

Hi everyone, I'm Nush.

I was born in Sri-Lanka but have lived in Melbourne close to 30 years. I have spent the last few years living in Brunswick and I really love what the northside has to offer. I'm a Pastry Chef by trade but have also studied Horticulture, worked on a farm and currently do casual gardening work.

I love being outdoors, camping and bush festivals. The dancefloor is my happy place.

I don't have many dislikes, beer sadly is one and I'm not much of a meat eater. Also people being unkind to each other and animal cruelty 😞

My favourite colour is Purple with turquoise being a very close second. I associate both these colours with peace.

I was attracted to being a youth mentor because I sure as hell could have used one especially in my early/ mid 20s and know others who really could benefit or could have benefited from a service like this growing up. I was a pretty happy and creative person growing up. I loved hanging out with mates, partying and travelling.

Sometimes you get introduced to things and you don't know how damaging it is or how strong the hold it has on you until you've pretty much reached rock bottom and you see how far you've fallen. For me this happened when I first tried ice. A guy I used to work with gave it to me for the first time when I was 19. We used to hang out a lot and got along like a house on fire. I wasn't using it too frequently back then but over a few years it went from monthly to weekly to almost every day use when I was 23 and was a battle to get off and stay off it there on. My mental health and self esteem declined to the point where I had to stop working for a few months when I was 27 to really take a look at myself. It really wasn't easy to kick but over the next few years I gradually decreased my use to being free from it the last 8 months without the desire to use it at all. It took many years of research on how I could help myself, different therapies and energy clearings/ healings which all played a part in helping me understand myself better and what inside me was causing me to treat myself like this.

I learned how to start truly loving and nurturing myself and it's an ongoing process, one I'm starting to love as well. If I could help someone understand themselves better so they could potentially lessen their recovery time or be there for them just to love and support them when they aren't doing so well would really mean a lot. It's my way of giving back for all the people and blessings that have bought me back to myself.

I think A Path To Follow provides a service that has the potential to be healing and fulfilling for both mentee and mentor and fosters a more personal connection between people than what you might get through other mental health services. Just wanted to say thanks Kirstie for letting me write a bit about myself for the Newsletter . Thank you for reading and I'm looking forward to reading more about everyone else.

Much love, Nush

