

## ART

# CATHY HELPS TO HEAL THROUGH ART

THORNLIE artist Cathy Bynder has been praised for her work helping people to find peace and healing through art.

She has been named 2016 Naidoc Perth Artist of the Year as part this year's Naidoc Perth Awards.

Bynder also volunteers at the Langford Aboriginal Association where she has helped budding artists since 2010.

"Artwork is very healing," she said.

"People say they can't paint and don't feel well. But often when they do paint their faces light up.

"It gives them an inner peace.

"I know it would be good for people who feel sad and want to display their abilities."

She said her art career started as a child playing with a stick in the sand.

Now Bynder uses colours of the land, with streaks of paint on canvas representing country.

She also does dot paintings.



**Artist Cathy Bynder loves to help people paint.**

Picture: Marie Nirme [www.communitypix.com.au](http://www.communitypix.com.au) d456078