



PHOTOGRAPHY BY  
*Cleo*

## Rachel Prest

RAID MY WARDROBE FOUNDER

A former primary school teacher turned eco fashionista entrepreneur, Rachel Prest, mother of two, has been inspiring Newcastle women to refresh, recycle and reinvent their wardrobes for nearly 10 years. Born in the agricultural town of Griffith, NSW, Rachel moved to Newcastle more than 20 years ago. She has a passion and interest in all things sustainable and natural. A greenie and closet activist, she's passionate about issues close to her heart; eco fashion, sustainable farming, natural health, clean food, zero waste, human rights and empowering disadvantaged women. She loves inspiring and connecting people in meaningful ways through her health, beauty and fashion events, and more recently became an Independent Advocate of InnerOrigin. Through Newcastle's iconic recycled fashion Raid My Wardrobe, Rachel has used her platform to bring awareness to many real issues that women face. Over the years she has rallied her community and supplied much-needed resources to numerous local charities, including Got Your Back Sista, Dress for Success, Uplift Bras, Lifeline, Red Cross, Vinnies, Salvos and Samaritans.

## My favourite things

### KEEPING ACTIVE

I have never been one to sit idle. I love moving my body and keeping fit, whether it's gym, yoga, swimming, gardening or lounge room dancing, I move every day. I especially love being in nature and thrive on ocean swims, bush walks and, more recently, mountain bike riding.



### HEALTHY FOOD

I grew up on an orchard in regional NSW with every fruit and vegetable plant imaginable. I am of Italian origin - I love food and I love cooking! Nowadays, food is my medicine and I am passionate about natural health and wellness, supporting local farmers and eating fresh, organic, natural, vegan foods.



### RECYCLED FASHION

I've trawled op shops and markets for years since my uni days in Sydney. It's thrilling to find a treasure in your size for a bargain and telling your best friend about it. It is feel-good fashion too, kind to the earth, and that's super important to me. Now I do it for a living!

### LIVE MUSIC

From open-air concerts and festivals to intimate shows, I love getting my groove on at a live performance. Being in event management, I appreciate the experience of people coming together in the community. I love the vibe and meeting new people. Some of my highlights: Pearl Jam, Live, Chili Peppers, Jamiroquai, Silverchair, Madonna, and Florence and the Machine.



### HANGING OUT WITH FRIENDS

My friends are the glue that hold my life together. Being a people person, I thrive on good conversation and hanging out with fun humans that make me laugh. So, you'll find me hanging out with my friends usually doing my fave things: eating, op shopping, exercising or listening to live music.