



*Westfield*

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*Local Heroes*

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2018

Westfield Local Heroes were nominated and voted for by their communities, with the three successful Westfield Local Heroes per centre each awarded a \$10,000 grant to support their affiliated organisation's work, programs or activities.



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*Local Heroes*  

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In the first year of the Westfield Local Heroes program, we received an overwhelming response and many heart-warming stories after asking the local community to nominate individuals who promote wellbeing and harmony in their communities.

We congratulate every one of our nominees and recognise the important contribution they make to their local community.

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*Westfield*

ALBANY

NZ



## **Annette Wilson** North Shore Group Riding for the Disabled Inc

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*Generous, Diligent,  
Compassionate*

### **Annette dedicates her horse passion to a human cause**

Not everyone gets to combine what they love doing with the chance to make a difference in people's lives, but Annette Wilson is definitely one of those people.

Annette has been volunteering at the North Shore Group Riding for the Disabled for 17 years, working with riders, their families and schools.

"I have had a passion for horses all of my life which is why I was drawn to the group," Annette says.

The association welcomes disabled children and adults of the North Shore, from Devonport through Takapuna, Glenfield, Albany and Whangaparaoa.

As a direct result of the sessions, the riders show improved social interactions with their peers and family and their learning at school often becomes more focused.

They often form a strong emotional connection with the horse that is difficult for them to make with people.

In the past, the organisation has focused on the physical advantages horse riding provides. However, there is a new focus on enhancing the riders' educational, social and emotional wellbeing.

"Watching the riders come through the group is the icing on the cake for me," Annette says.

One of her roles is to organise programs for the riders. This includes stimulating activities individualised to each rider's needs and abilities and allocating volunteers to each rider. She is also a long-serving member of the governance committee.

On top of all that, as acting horse manager, Annette prepares the horses for their special roles. This involves finding the best horse for each rider and selecting new horses as the older ones retire.

Annette is respected for her compassion and willingness to work with all riders, regardless of their physical or behavioural problems. If a volunteer finds a child particularly challenging Annette will step in and take over the care while encouraging the volunteer to observe and help once they feel able.

She says she has lived in the area all her life and she is truly humbled that people have recognised her as a Westfield Local Hero.

The organisation will use its \$10,000 Westfield Local Heroes grant to buy a horse for the group, which Annette says is significant. "We will be able to source a horse with the perfect size, age, health and temperament to join our current herd."



## Ashleigh Phipps Conscious Kids

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*Selfless, Positive, Dedicated*

### Win-win as Ashleigh finds the perfect way to help kids embrace the outdoors

Ashleigh Phipps hit upon the perfect outlet for her desire to help children when she accepted a position at Conscious Kids two years ago.

The organisation offers a completely nature-based experience that gets Kiwi kids aged five to twelve outside.

Ashleigh says she "absolutely loves working with kids in the outdoors. The passion of those involved with Conscious Kids really excites me."

During their outdoor educational programs, the children work collaboratively with local communities, families, parks and schools. They develop social competence in mixed aged groups and self-confidence through problem-solving and sensitivity to the environment.

There is a special focus on providing a safe and inclusive space for those with mental health and behavioural concerns or sensory sensitivities, who are likely to struggle in standard classrooms.

Ashleigh helps design the programs based on her personal experience with ADHD and has pushed the organisation to develop specialised youth skills and career development opportunities for its teen volunteers.

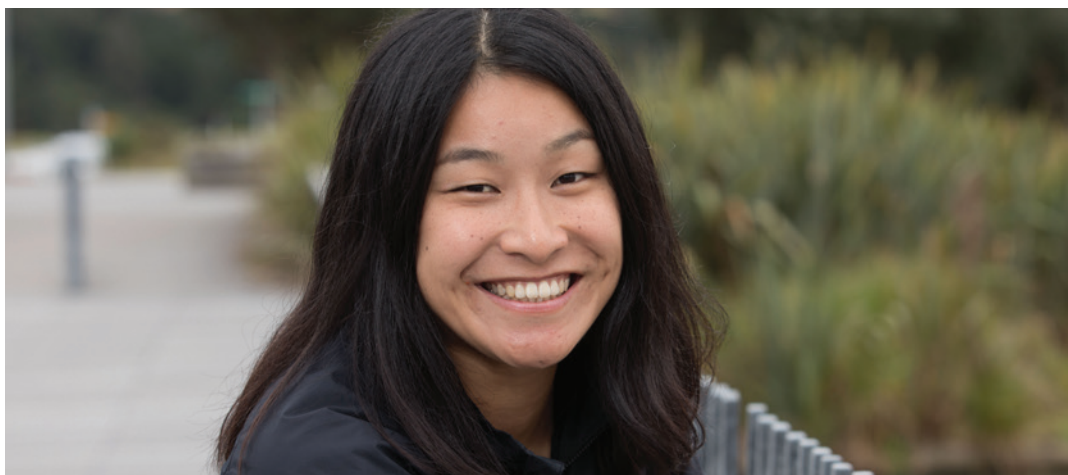
Children on the programs make their own choices within a framework of respect for those around them and the environment. They extend their thinking through skill-building workshops in areas such as marine biology, fishing, building shelters and fire craft.

Ashleigh's work creates a sense of place for children, youth and families within the context of the natural environment, while her infectious enthusiasm promotes positive engagement for staff and volunteers.

She says being a Westfield Local Hero means a lot because it shows that, no matter what age you are, you can make a real difference by standing up for what you are passionate about.

"I hope the award will inspire this new generation of teenagers to get more involved in community projects and initiatives."

Conscious Kids will use its \$10,000 Westfield Local Heroes grant to fund a part-time youth development specialist to provide hands-on learning and skills to the next generation of outdoor educators.



## Shoko Maeda Harbour Sports

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*Intelligent, Dedicated,  
Energetic*

### Shoko champions an active lifestyle to promote wellbeing and social inclusion

Shoko Maeda's passion for promoting wellbeing, harmony and social inclusion through sport and recreational activities has made her a much-valued and admired member of her adopted local community.

Originally from Japan, Shoko organises and participates in a number of events for Harbour Sport, a community-based organisation dedicated to enriching the local community through greater physical awareness and activity.

"Harbour Sport is at the forefront of physical wellbeing teaching in the North Harbour region and this is what inspired me to get involved," says Shoko, who has a Masters degree in sports science.

"Sport brings people together and encourages wellbeing."

Shoko organises and participates in the following activities: Active Families, a program that helps children and their families develop better eating habits and lead an active lifestyle; Retirement Villages Exercises, which encourages the elderly to be more active; and Early Childhood Fundamental Movement Skills, which teaches young children basic movement skills essential for development.

She has also organised an internship program for Japanese and other international students to learn about the educational and

cultural differences between New Zealand, Japan and other countries with regard to physical well-being and diversity in sport.

Shoko's energy levels have helped her to forge meaningful connections with people from all ages, ethnicities and cultures, and she has been particularly inspirational in getting new immigrants to participate in events, which helps them discover their new surroundings and reduces their sense of social isolation.

Shoko is deeply touched to be a Westfield Local Hero.

"Harbour Sport constantly strives to get more people involved in physical activity to improve their quality of life so it's crucial to the community's wellbeing. I am so excited about what I can do to give back to our local community. This has inspired me to do more and I'm confident I can live up to this recognition," she says.

"I am overwhelmed by the warmth of the local people, which has further reinforced my decision to move to New Zealand."

Harbour Sport will use its \$10,000 Westfield Local Heroes grant to develop its internship program for international students who find it hard to connect with their new environment.

# Your 2018 Finalists

## **Nicola Cronin** | Bellyful New Zealand Trust North Shore Branch

*Level-Headed, Energetic, Kind-Hearted*

Nicola is a volunteer coordinator for the North Shore branch of Bellyful NZ, where she volunteers her time to cook and deliver free meals to families who are struggling and do not have a good support network. Her sense of community and nurturing personality drive Nicola's desire to help others.

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## **Ursula Elisara** | Immerse Charitable Trust

*Passion, Integrity, Vision*

Ursula is an experienced foster caregiver who understands the complex and ongoing impact that childhood trauma can have on development. Through her work with the Immerse Charitable Trust, Ursula aims to transform the culture of foster care in New Zealand by educating, upskilling, inspiring and supporting caregivers and professionals to better understand and meet the needs of children who have experienced abuse, neglect and other traumatic events.

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## **Kathryn McMahon** | Age Concern North Shore Incorporated

*Generous, Dedicated, Sensitive*

Kathryn co-ordinates a volunteer visiting service for isolated older people to help improve morale, connectivity and inclusion. She recruits, screens and trains volunteers of all ages and backgrounds to match up with an older person to visit both in their homes and at local shopping centres.



# Recognising all of our 2018 Nominees

**Louise ALLNUTT**  
Foster Hope Charitable Trust

**Deidre ANDERSON**  
Victim Support North Shore –  
Division of (New Zealand Council  
Of Victim Support Groups  
Incorporated)

**Melanie BARR**  
Shore Junction

**Renee BECKETT**  
Stella Maris School

**Kavita BUDHIA**  
North Shore Playcentre Association

**Nicola CRONIN**  
Bellyful New Zealand Trust –  
Auckland North Shore branch

**Haiying DONG**  
Whanau Marama Parenting

**Deb DOYLE**  
St John Youth

**Ursula ELISARA**  
Immerse Charitable Trust

**Katie HILLEBRAND**  
Waimauku Doctors Ltd

**Jane HUNTER**  
North Harbour Community Patrol

**Justine IOUTA**  
North Shore Women's Centre

**Alex KOPPENAAL**  
No 6 (North Shore) Squadron,  
Air Training Corps

**Shoko MAEDA**  
Harbour Sports

**Kylie McGREGOR**  
Harbour Sport

**Kathryn McMAHON**  
Age Concern North Shore Inc

**Ashleigh PHIPPS**  
Conscious Kids

**Chris STEEL**  
Child Cancer Foundation

**Hannah STREET**  
Springboard Community Works

**Chris TURNER**  
Life Education Trust Rodney

**Salil WAREKAR**  
YMCA of Auckland Inc

**Allen WESCHE**  
Tuilaepa Youth Mentoring Services

**Lesley WILSON**  
Albany Primary School

**Annette WILSON**  
North Shore Group Riding for  
the Disabled Inc



**If you or anyone you know would like more information on what support is available:**

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**AUSTRALIA**

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Helpline: 1800 55 1800

MensLine: 1300 78 99 78

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

**NEW ZEALAND**

Lifeline: 0800 543 354

Suicide Crisis Helpline: 0508 828 865

Kidsline: 0800 54 37 54

Depression Helpline: 0800 111 757

Samaritans: 0800 726 666

Family Violence Information Line: 0800 456 450





SCENTRE GROUP

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