



*Westfield*

---

*Local Heroes*

---

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.



*Westfield*  

---

*Local Heroes*  

---

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.

---



*Westfield*

RICCARTON

NZ



## **Charlotte Pawson** ParaFed Canterbury

---

*Passionate, Compassionate,  
Energetic*

### **Why youth worker Charlotte never has a bad day**

There's so much more than just sports on offer at Charlotte Pawson's sports programs.

Friendships blossom as the children with disabilities meet others facing similar challenges to themselves at the action-packed sessions.

"When you see a five-year-old girl with a disability making friends with another little girl with a similar disability, it's just so beautiful," says Charlotte, the Junior Sports Manager at ParaFed Canterbury.

"She may never have met another child with a similar disability, so it's lovely to be able to bring kids together in this way."

Charlotte designs and delivers sports programs for children and youth aged five to 21 with physical disabilities. She offers a different sport each week, including football, triathlon, laser tag and 10-pin bowling, as well as disability-specific sports.

Through physical activity, children are encouraged to build confidence, a love of movement and a sense of community.

Parents, too, have an opportunity to make friends and help create a support network for themselves.

Charlotte also manages the ParaFed Canterbury Junior Team, which competes in the annual Halberg Junior Disability Games, and in 2017 won the best regional team award.

Winning is always nice, but the highlight of her role is the kids themselves, she says.

"They are just so courageous and determined. It's so rewarding seeing them achieve their goals and have success. And that's just so inspiring. You can't have a bad day when you are with people like that."

Charlotte says she's honoured and thankful to be voted a Westfield Local Hero.

"We feel it's great to have our organisation recognised for what it does."

Families pay a nominal annual fee for their kids to participate, so ParaFed will use the \$10,000 Westfield Local Heroes grant to keep participation costs to a minimum.



## Mana Harema La Vida Youth Trust

*Bighearted, Real, Inclusive*

### Why Mana chooses his words and tone so carefully

Sometimes it's not what you say, but how you say it that can have the biggest impact.

That's why youth worker Mana Harema is careful to use an empowering tone and language when he connects with young people.

"We just want to walk alongside young people who are having a tough time as their adult but friendly figures who are helping them through that stage in their lives," Mana says.

"Young people are capable, and at times just need a guiding hand."

He's a 24-7 youth worker with the La Vida Youth Trust to promote a greater connection between young people, their families, schools and the community in the Riccarton area.

Mana is also a community worker, supporting people who are potentially falling through the gaps, helping to connect them into the wider community and to find ways for them to make their own contribution.

He provides safe group activities and sports for youth, role modelling, mentoring and helps them gain access to services where necessary, challenging anti-social behaviours along the way.

His approach is paying dividends, with problems such as graffiti virtually disappearing since he started supporting young people in the area.

"That was achieved just through connection," Mana says.

"So instead of judging and being negative about people who are not doing a great thing, our approach was to build relationships with them."

He is moved to be a Westfield Local Hero.

"I don't think you can get better recognition than that, personally or for the Trust as well. It's a massive acknowledgement of the Trust doing good work in its local community."

La Vida Youth Trust will use its \$10,000 Westfield Local Heroes grant to run junior sports programs for 40 weeks and to continue funding Mana's role.



## **Robyn Twemlow** Tourette's Association New Zealand (TANZ)

---

*Generous, Determined,  
Devoted*

### **It's easy to see why a little boy called Robyn a hero**

When Robyn Twemlow's daughter was diagnosed with Tourette Syndrome aged nine, she had no one to turn to for support, information or advice.

She didn't even know of anyone with the syndrome, which added to her isolation.

"At the time, my husband and I didn't know anything about Tourette's," says Robyn.

"Amid the complete and utter shock of the diagnosis, there was nothing – no website, no support groups, nothing."

So, Robyn set about creating her own organisation to connect with others and to offer a friendly ear to families and those who have Tourette's.

That was five years ago and now, through setting up the Tourette's Association New Zealand, Robyn has established a support network across the country, raising awareness in schools and the wider community.

Robyn is hands-on and multidimensional. She visits parents, gives talks at schools, manages the organisation's website and lobbies the government to have the condition recognised as a disability.

She has also set up and runs Camp Twitch, an annual gathering of children and young adults with Tourette Syndrome, where they can be themselves without fear of bullying or ridicule.

One little boy who attended Camp Twitch nominated her as his hero in a school writing exercise.

"He said going to Camp Twitch was the first time he'd felt normal and not different," Robyn says.

"That really touched me and made all the hard-work worthwhile."

Robyn says being a Westfield Local Hero represents awesome acceptance and recognition from the wider community.

The \$10,000 Westfield Local Heroes grant will be used for improvements to Camp Twitch and funding professional development.

# Your 2018 Finalists

## **Matthew Button** | Big Brothers Big Sisters

*Humble, Dedicated, Giving*

Matthew singlehandedly started Big Brothers Big Sisters in Christchurch, providing trained volunteer mentors for disadvantaged young people. The relationship that develops between mentor and youth helps to increase self-esteem, confidence and resilience and provides them with an adult to confide in and rely on. Matthew is integral to the running and continual development and since opening he has improved the lives of over 550 young people.

---

## **Charlotte Ellis** | Royal New Zealand Plunket Trust

*Humble, Passionate, Giving*

Charlotte's purpose as a volunteer for Plunket Christchurch is to support families and work towards the Plunket vision – "In the first 1000 days we make the difference of a lifetime." In her 4.5 years as a Plunket volunteer she has helped to ensure that parents have access to community services such as parenting education classes, and helps them to develop a well-connected support network, supporting families to raise happy, healthy children.

---

## **Bob Shearing** | Enrich Community Chaplaincy Trust

*Dedicated, Friendly, Gifter*

Bob is a volunteer and Chairperson of the Enrich Community Chaplaincy Trust, an organisation that was established to benefit the intellectually disabled community of Canterbury. He has worked tirelessly for the past 20 years to help the vulnerable and is the driving force behind the continual fund-raising required to support the Chaplain's who visit the disabled in their community homes to ensure the well-being and inclusion of the intellectually disabled.



# Recognising all of our 2018 Nominees

**Bella AITKEN**  
Kiwi Family Trust

**Bridget ALLEN**  
New Brighton Stitch o Mat

**Matthew BUTTON**  
Big Brothers Big Sisters of  
Christchurch

**Mary Jo CHASE**  
The Village Community Centre

**Charlotte ELLIS**  
Royal New Zealand Plunket Trust

**Priscilla GLASSON**  
St George's Cancer Wing

**Mana HAREMA**  
La Vida Youth Trust

**Jennifer HEPERI**  
Mimi Ha Ha Horse Haven

**Rebecca MILLIGAN**  
Cat Rescue Christchurch  
Charitable Trust

**Charlotte PAWSON**  
ParaFed Canterbury

**Carol RENOUF**  
Oak Development Trust

**Sauna REVELEY**  
Delta Community Support Trust

**Ginny RHODES**  
Dress for Success Christchurch

**Robert Arthur SHEARING**  
Enrich Community Chaplaincy  
Trust

**Nick STONEMAN**  
ASK Trust

**Robyn TWEMLOW**  
Tourette's Association  
New Zealand (TANZ)



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

---

**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

Owner and Operator of **Westfield** in Australia and New Zealand