



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

NORTH LAKES

QLD



Paula Burgess Beyond The Maze

Determined, Dedicated, Altruistic

Experience with ADHD inspires Paula's different way of thinking

When Paula Burgess's son was diagnosed with attention deficit hyperactivity disorder (ADHD), she struggled to find advice on how to help him.

She had struggled with the condition as a child and was determined he would not have the same plight.

She could not find enough useful information on the internet so, after doing her own research, she wrote a book called *Beyond the ADHD Label* to help parents in a similar position. She also went on to complete an 18-month course in ADHD coaching.

She then set up a small business, Beyond The Maze, to help families cope with ADHD.

But she doesn't like the formal ADHD definition. "I like to refer to it as attention-different rather than deficit because ADHD is a different way of thinking," she says.

"A lot of people don't understand it. Some don't think it's real. They think it's just a child being naughty."

Beyond the Maze uses her real experience to provide low-cost coaching for people with ADHD or, in the case of children, their parents.

"I try to make everything accessible and affordable."

She also has a Facebook group and runs free support groups and free webinars, "because there's not a lot of support, and not much of it is free".

Paula is pleased to be voted a Westfield Local Hero and will use the \$10,000 Westfield Local Heroes grant to purchase sensory tools and equipment and implement a membership program.

"I want to get more activities and equipment in the office for the kids to use in our sessions," she says.

"I also want to write another book for Dads with ADHD kids, as well as getting the book *Beyond the ADHD Label* into every day care centre and paediatrician's office."



Luke Skipper Rivers Church of Christ (The Christian Crisis Caravan Initiative)

Inclusive, Tolerant, Respectful

Luke aims for a fleet of caravans to house homeless people

Luke Skipper serves in the army and is an ordained Christian minister, so he's no stranger to serving others.

He is now spearheading an innovative short-term housing solution for Moreton Bay people displaced by domestic violence or poverty as there is no service suitable for families in the area.

Traditional bricks and mortar housing was not an option, so Luke originally suggested tents. But he and his colleagues decided that was too temporary.

"We settled on caravans. Depending on where the need is, we can move them around," says Luke, who has been on a pastoral placement with Rivers Church of Christ since 2016 and will eventually return to the army as a chaplain.

The housing initiative is a partnership between his church and several other churches. At present, there is funding for one caravan, but the plan is to eventually have a small fleet.

The caravan plan is a pet project for Luke, but he has been busy during his time in the area. He is the founding chairman of a community group, Moreton Bay Community Matters, which gives out more than 100 food hampers a week.

He has also set up a community garden for marginalised people and oversees a special needs program in conjunction with the local Pine Rivers Special School where children can develop valuable and practical life skills in a safe and friendly environment.

Since setting up the food scheme and food garden, the church has come across many people who have found themselves homeless or on the verge of becoming homeless.

"We get referrals from a wide variety of places, including hospitals, the Salvation Army, local churches and the police about people struggling with no place to go," says Luke.

He's pleased to be voted a Westfield Local Hero but says the most important concern is getting two caravans into service as soon as possible.

The churches have already set aside money for one caravan and the Rivers Church of Christ will use its \$10,000 Westfield Local Heroes grant to buy a second caravan much sooner than expected.



Jane McMillan Leukaemia Support Queensland

*Passionate, Dedicated,
Hardworking*

Blood cancer patients have Jane to hold their hand

Jane has held the hands of patients with blood cancer – figuratively speaking, but often literally as well – for more than a decade.

She started volunteering after a friend, a single mother of two children, was diagnosed with acute myeloid leukaemia in 2004. Jane became her carer.

She founded the Caboolture branch of Leukaemia Support Queensland two years later and has spent 12 years organising all manner of fundraising events. This includes the Lose Your Locks campaign, which encourages schoolchildren to shave or colour their hair to raise money.

She works on car rallies, movie nights, dinners and sausage sizzles, raising funds to cover accommodation, hospital parking, counselling and food hampers for patients and their families.

When Jane isn't raising funds to help patients she's a carer herself, accompanying patients during treatment and providing emotional support for their families.

"I've sat with parents whose children are dying. These are horrible diseases and they don't discriminate, by gender or age," she says.

"It's so hard, but the strength the patients show, especially the children, is inspiring."

Jane is proud that a new haematology outpatient centre in North Lakes was the result of her advocacy.

"We fought hard, we organised rallies outside Caboolture hospital, we walked from Redcliffe to Caboolture and I badgered the health minister."

Jane also visits schools and community groups to update them on the latest blood cancer research.

She says it's very humbling to be voted a Westfield Local Hero by her community.

The Jane McMillan organisation will use its \$10,000 Westfield Local Heroes grant to sponsor nurses and allied health professionals to attend haematology conferences.

"We'd also like to fund iPads for the haematology centre."

Your 2018 Finalists

Stephanie Blunt | Y-Care

Inspired, Creative, Teacher

Stephanie has dedicated her career to assisting and developing young people, many of whom who have been highly disadvantaged, at risk and victims of trauma. Her mission is to empower and inspire today's young people to achieve their full potential. Stephanie works directly with young people and their families to provide support and practical assistance in development, parenting and engagement.

Julie Fenton | Centre Against Domestic Abuse Inc

Unique, Effective, Holistic

The PRADO (Partnership Response at Domestic Occurrences) is an integrated response for high risk Domestic and Family Violence cases in the Pine Rivers Area. The purpose of PRADO is to provide vulnerable families with individual support to enhance their wellbeing and safety. Julie delivers high quality case management responses to maximise the safety of families. She achieves outcomes through early intervention and multiple points of contact, teaching safety skills, developing safety plans, providing information and crisis accommodation options during critical timeframes.

Karen Johns | DARE Formal Wear

Passionate, Dedicated, Selfless

Karen raises awareness and educates communities about domestic violence through education and recovery programs. She maintains a busy schedule presenting awareness sessions about domestic violence to high school students, women's events and church groups providing them with information and resources on how to identify abuse early, the cycle of domestic violence, the nature of domestic family violence and where they can get help.

Recognising all of our 2018 Nominees

Aaron AINSWORTH
Y-Care (South East Queensland) Inc

Donna BARLOW
KSP Theatre Inc

Campbell BENNETT
Clontarf Beach Baptist Church

Julie BLACKMAN
North Lakes District Rugby League
Football Club Inc

Stephanie BLUNT
Y-Care

Shelagh BRENNAND
Stroke Foundation

Janette BURCHARD
Angel Gowns for Australian
Angel Babies Inc

Paula BURGESS
Beyond The Maze

Pru BURKE
Blackbird Kids Clothing Exchange
Scarborough

Courtney BURKE
Make-A-Wish Australia

Daisy COX
A Little Sparkle- Bringing Girls
on the Spectrum Together

Leanne DINNING
Brisbane Convoy for Kids Inc

Bruce ECKERSLEY
Clontarf Beach Baptist Church

Jessica FAY
Brisbane Convoy for Kids

Julie FENTON
Centre Against Domestic
Abuse Inc

Lyn GILROY
Redcliffe PCYC

Ken GRAY
St Patrick's College Shorncliffe
Foundation Limited

Raewyn HARPER
Clontarf Beach Baptist Church

Wes HENRY
Pine Central Holy Spirit Rugby
League Football Club Inc

Chantel HINE
Real Me – C3 Church Bridgeman
Downs

Rebecca HOLLOWAY
SU Qld – Undurba State School

Karen JOHNS
DARE Formal Wear Ltd

Sam McDONELL
C3 Bridgeman Downs

Natalie McDONNELL
Clontarf Beach Baptist Church

Jane McMILLAN
Leukaemia Support Queensland

Andrew OTTIE
Clontarf Beach Baptist Church

Melissa REDSELL
A Brave Life

Patricia REILLY
Aussie Helpers

Luke SKIPPER
Rivers Church of Christ (The
Christian Crisis Caravan Initiative)

Arthur VERNON
Multicap Limited



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



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