



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

TEA TREE PLAZA

SA



John Flack Pathway Communities

Tireless, Servant, Embracing

The charity where people come back to return the favour

Something special happens to the people who have been helped by Pathway Community Centre. Once they are back on their feet, they tend to come back and give back.

Pathway is a Christian charity that provides food, counselling and interest-free loans to people in need.

Under the guidance of director John Flack an army of volunteers provide support to 9,000 people in need, ranging from the homeless and unemployed to people who are feeling isolated, school students and disadvantaged youth.

John is employed to work for the charity three days a week but inevitably works seven.

His philosophy to give people a hand up rather than a handout.

"The food really is a means to an end. The end result that we really hope for is that people will gain some resilience and some options in their lives."

He tells the story of a woman who has started paying off her electricity bill thanks to the money she has saved by not having to buy food.

Restoring a sense of purpose and connection can be part of the

process too. People who have been helped by Pathway often come back as volunteers.

"They've come in because they want to take the opportunity to give back for the help they have received."

John says he feels privileged to have been voted a Westfield Local Hero.

The organisation will use its \$10,000 Westfield Local Heroes grant to fund much-needed maintenance of its community centre.

John also hopes to use a portion to fund solar panels to reduce the centre's \$14,000 electricity cost.



Lachlan Miller SA Health – Hampstead Rehabilitation Centre

Confident, Compassionate, Caring

Why Lachlan feels lucky after devastating car crash

Lachlan Miller was in a car crash that broke his back and his neck and caused a brain injury. Even though he's no longer able to work as a diesel mechanic or play rugby, he reckons he's one of the luckiest people alive – because he's alive.

Having come to terms with his acquired brain injury (ABI), he's giving back at the Hampstead Rehabilitation Centre, where he was helped after his accident.

His appreciation for life is something he shares with patients still facing up to living with a brain injury.

He recognises the importance of patients being able to talk to someone who can show them that they can still go on to have a good quality of life.

One of the first patients he helped was someone who was no longer able to continue with her horse-racing career after an accident. "It changed her whole outlook on life so I can really see the benefits of what we do."

He takes patients to football games and participates in on-site music and dance events.

He's also joined a consumer advisory group to provide a perspective on the care and rehabilitation of younger patients.

He is proud to be a Westfield Local Hero. "I want to help show people that they can get back to having a really good quality of life again."

The centre will use its 10,000 Westfield Local Heroes grant to fund day-to-day activities to help patients build their confidence. It will also support vocational training for patients, such as coffee-making.



Rachael Zaltron Bacpacks4SAKids Inc

*Inspirational, Tireless,
Committed*

How a five-year-old summed up Rachael's good work

Many people are grateful for the work Rachael Zaltron does in the community. But she is particularly touched by a thankyou note from a five-year-old girl.

The child had received one of the colourful backpacks Rachael and her colleagues send to displaced children. In it were a few useful age-appropriate items such as new clothes, a torch, a soft toy, toiletries, pencils and a colouring-in book.

The grateful girl had never had new underwear before and she sent Rachael a drawing of herself with a big smile.

Feedback like that is a "big reality check", says Rachael, who started Backpacks 4 SA Kids in 2013 with the aim of helping a few vulnerable and neglected children.

Together with another family, she began collecting donations for items with which to fill the backpacks and assembled them in her carport.

In that first year, 554 backpacks were provided to children under the age of 16 who had been displaced from home, often because of abuse, neglect or violence.

Now the organisation has state-wide reach, a large warehouse and a band of committed volunteers.

It provides more than 3,000 backpacks a year to children displaced from home and the demand is increasing as Rachael's work is recognised by child support and domestic violence agencies across South Australia.

The organisation also provides about 1,000 Anchor Packs to people aged 12-24 who are homeless and often sleeping rough. These comprise a duffle bag, a mobile phone, toiletries, sunscreen, ponchos, colouring items, a torch, a radio, a drink bottle and socks.

The organisation also provides Home Starter Packs to young mothers moving away from domestic violence.

Rachael says it is a "big honour" to be a Westfield Local Hero.

Backpacks 4 SA Kids will use the \$10,000 Westfield Local Heroes grant to buy pyjamas and other types of clothing for the children.

Rachael says: "By giving them something new you are giving them a new level of confidence."

Your 2018 Finalists

Lenae Bradbury | Salisbury High School

Dedicated, Selfless, Vibrant

Lenae is involved in Salisbury High Schools Student Representative Council (SRC) as a volunteer and has recognised the need to help students who were lonely, isolated or being bullied. Lenae has gathered a team around her, working tirelessly to build a safe space for students.

Mary Galouzis | Talk Out Loud

Inspirational, Empathetic, Passionate

As the volunteer CEO of Talk Out Loud, Mary works tirelessly to assist youth in crisis or a parent concerned for their child's safety and mental health. She ensures that young people are given the tools to help themselves and acts as a friendly ear for those in need.

Frank Jackowiak | Make-A-Wish Australia

Committed, Calm, Approachable

Frank founded the Adelaide branch of the Make-A-Wish foundation over 31 years ago, and has worked tirelessly to grant wishes to critically sick children with life-threatening illnesses in the Adelaide region. Together with the team, Frank has helped to grant 779 cherished wishes, and is described as part of the backbone of not only the Adelaide branch but Make-A-Wish as a whole.

Recognising all of our 2018 Nominees

Luke AMES

Mark Oliphant College

Heather BITTER

Northern Adelaide State
Secondary Schools' Alliance
(NASSSA)

Lenae BRADBURY

Salisbury High School

Estelle BROADBENT

NASSSA Community Learning
Centre

Jarrad CHESTER

Northern Adelaide Senior College

April CRISANTI

Moveit Fitness & Wellbeing

Anu DISSANAYAKE

Mark Oliphant College

Marissa ELSWORTHY

Figure Skating

John FLACK

Pathway Community Centre

Mary GALOUZIS

Talk out Loud Ltd

Keeley GRAY

Craigmore High School

Franciszek (Frank) JACKOWIAK

Adelaide Volunteer Branch of
Make-A-Wish Australia

Elisa JOHNSON

Women's & Children's Hospital
Neonatal Intensive Care

Dan LESTER

Dans Gym Australia

Jane MARSHALL

Craigmore High School

Lachlan MILLER

SA Health – Hampstead
Rehabilitation Centre

Stacey MOUSLEY

Talk Out Loud Australia

Ted MULDOON

Para Hills Knights Soccer Club

Matt NANKERVIS

Craigmore High School

Jules PECK

Salisbury East High School

Pat PIETSCH

Good grief

Emma RAMKE

Disability Unit Para Hills
High School

Josh SANDERS

Gawler & District College B – 12

Garry STEWART

Hope Valley Sporting Club

Jenny SUTER

Act for Kids

Lisa WEIL

Guide Dogs Association of
SA and NT Inc

Steph WILSON

Aboriginal Education Team at
Salisbury High School

Rachael ZALTRON

Bacpacks4SAKids Inc



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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