



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

INNALOO

WA



Joanne Beedie Helping Little Hands

Selfless, Strong, Inspiring

Joanne's baby trauma inspires her to offer a helping hand

Joanne and Scott Beedie thought they'd won the lottery when they discovered they were expecting identical twins. But that turned to worry when the boys were diagnosed with twin-to-twin transfusion syndrome.

After losing baby Logan at 21 weeks, Joanne gave birth to the surviving twin, Lewis, at 27 weeks. He weighed just 940 grams and spent 12 weeks in the neonatal intensive care unit (NICU) at Perth's King Edward Hospital.

It was traumatic, says Joanne. "It's not something that mums and dads should go through. It's so stressful, and the anxiety... you never know what's going to happen."

Joanne was determined to turn the experience into a positive one. She joined forces with another couple, their "bedside buddies", who also had premature twin boys to set up Helping Little Hands.

The charity provides practical help for the hundreds of parents with a premature baby in 'King Eddies'.

Joanne has organised a Dinner's Ready program offering home-cooked meals to tired mums and dads; a Nutritious Nibbles service providing healthy snacks for long days at the hospital; home support such as lawn mowing and cleaning; and fuel vouchers to ease the cost of travel.

Joanne says it's "incredible" to have been voted a Westfield Local Hero. "It means the community is supporting what I and my team are doing.

"We've been running Helping Little Hands for a year and I don't think we appreciated just how big the need is. The spotlight that's been given to this issue is wonderful."

Little Helping Hands will use the \$10,000 Westfield Local Heroes grant to continue its work at the hospital.

"We'll put some of it towards the Helping Get There program. A team of social workers identifies the families most in need and we will provide fuel vouchers to allocate to the family and help with their travel costs," says Joanne.

"The rest will go towards facilities in the NICU environment that makes parents' time there easier, as well as the Nutritious Nibbles service that is refilled at the hospital twice a week."



Kiren Bigwood Little Things for Tiny Tots

Passionate, Dedicated, Caring

Kiren's big heart brings lots of joy for tiny tots

As a new mum, Kiren Bigwood was struck by her baby daughter's vulnerability. She had lots of family support but began to think about other parents who might be struggling to afford essential items for their newborns.

That's where the seed for Little Things For Tiny Tots was planted, says Kiren. "I had a lot of baby goods myself and so many things I wanted to donate."

She spoke to several women's refuges and family support services and, together with two other Perth mums, was inspired to set up a charity to help babies in need.

The three women began by gathering their own pre-loved baby items and reaching out to friends on Facebook. Soon they had enough to put together five New Baby Boxes.

That was in November 2015. By mid-2018, the Little Things charity was distributing up to 38 boxes – including more than 1500 nappies – each month.

Kiren runs the charity from home, spending her spare time collecting new and pre-loved items such as clothing, blankets, nappies, wipes, bibs and toys that help families care for a baby in the first few weeks of life.

The boxes are then distributed by partner organisations and government agencies – mostly to women with limited financial and emotional support. Every one contains a handwritten note with words of encouragement.

"The mums find it very touching because there are people who care about them."

Kiren is "humbled" to have been voted a Westfield Local Hero and have the support of the community.

"It's great that Westfield recognises what an individual such as myself can do on a smaller level," she says. "We are a grass-roots organisation and operate only in Perth, so the local aspect is very important."

Little Things for Tiny Tots will use the \$10,000 Westfield Local Heroes grant to help pay for one of its biggest challenges, storage.

"This will go towards a new warehouse facility. We've been able to achieve so much working out of a two-car garage, but if we have more space we can double our donations and give help in other ways, such as donating cots, prams and car seats."



Wayne Bradshaw The Fathering Project

*Kind, Devoted,
Accelerator of change*

Get on the b-u-s to be a better dad

If you want to be a better father, just think of a bus, says Wayne Bradshaw, the leader of the Fathering Project.

He believes kids need three things from their dad, and each is represented by B, U or S:

- B stands for being there.
- U stands for unconditional love, even when there's bad behaviour.
- S stands for special, as in finding the specialness in your kids and helping them build their self-worth.

Wayne says he's no expert on being a dad, but after becoming involved with the Fathering Project in 2014 he has learnt a lot about the importance of fathers.

The project is based at the University of Western Australia and was founded by cancer specialist Dr Bruce Robinson more than 20 years ago after he noticed that many of his dying patients expressed regret at not having spent more time with their kids.

As leader of the project, Wayne is a tireless champion for fathers across Western Australia.

The charity reaches thousands of people with the motto of "changing kids one dad at a time".

And Wayne drives a variety of approaches to promote the role of fathers – and father figures – including a schools program and Champion Dads groups.

"It's about trying to improve outcomes for kids," says Wayne. "The main program is to create fathering groups in schools and opportunities for men to gather. Typically, men don't communicate as well as women, and the groups give them a chance to do activities together.

"As part of that process, they learn how to be better dads, which makes them realise how important they are," says Wayne.

Wayne is "grateful" to have been voted a Westfield Local Hero and achieve recognition for his cause within the community.

The Fathering Project will use the \$10,000 Westfield Local Heroes grant to expand the core program in schools.

"We should be able to reach another dozen schools with the grant," says Wayne. "We can impact about another 1,000 dads and about 1,700 kids. It also helps to support our volunteers – the champion dads who are the leaders in the schools."

Your 2018 Finalists

Brian Becker | Spine & Limb Foundation Inc

Committed, Indomitable, Old-School

Brian is a 76-year-old volunteer for the Spine & Limb Foundation, an organisation providing rehabilitation assistance and support to people with spinal cord injury, paralysis and those suffering from traumatic genetic limb loss. Brian is responsible for the maintenance of over 200 charity clothing collection bin sites throughout Perth – travelling around to remove illegally dumped litter or unwanted goods, cleaning up graffiti, replacing damaged or cut padlocks and righting and replacing bins.

Robyn Cardy | Perth Inner City Youth Service

Diversity, Belonging, Hope

Robyn works for the Perth Inner City Youth Service (PICYS), an organisation providing shelter, food and mental health services for the 'hard to reach' members of the community; people who have not been accepted by other services and often deemed 'too difficult' to manage.

Chandra Woodley | Cat Haven

Passionate, Determined, Creative

Chandra is a valued member of the Cat Haven, Western Australia's largest cat welfare organisation, taking in up to 8,500 stray and unwanted cats and kittens each year. Its purpose is to rehome as many cats as possible, to educate owners and improve the welfare of cats across the state. Chandra and her team find the time and resources to take the cats to community events (to be rehomed) and deliver cats in their own cars, with their own fuel.

Recognising all of our 2018 Nominees

Rasha ABU-JEIDA
Girl Guides Western Australia

Brian BECKER
Spine & Limb Foundation Inc

Joanne BEEDIE
Helping Little Hands

Kiren BIGWOOD
Little Things for Tiny Tots

Isabella BOLADERAS
The Performance Company

Wayne BRADSHAW
The Fathering Project

Eleana BREDEMEYER
Ability Centre

Lesley CANGEMI
Ishar Multicultural Women's
Health Centre

Robyn CARDY
Perth Inner City Youth Service

Jeanette ("Netteke") CROMBIE
The Ladybird Foundation

Sain DZEMAIL
Insain

John & Karen ELLIS
West Coast Futsal Association

Jack FAHEY-GILMOUR
Swan Districts Junior Football
Umpires Association

Molly FERRIER
RSPCA Western Australia

Robert FERRITTO
Nulsen Disability Services

Hayden GLASS
Red Frogs Australia

Rebecca GUY
Sweethearts Music Management

Sarah HAMILTON
Hampton Park Scout Group
(Scouts WA)

Katie HARDMAN
Mt Hawthorn Primary School

Sandra HASLER
Carine Calisthenics

Stephen HUNT
Scouts WA

Shane JOHNSTONE
Be Inspired Foundation

Monique LE ROUX
Perth Volunteer Branch of
Make-A-Wish Australia

Bethany MULDER
H.O.P.E Inc

Anthea PECZKA
Dog's Refuge Home

Aishvarya SATKUARAJAH
Girl Guides Western Australia

Paul SHANAHAN
Future Bayswater

Brooke TRAN
Transplant Australia WA

Kira TREMAIN
Department of Fire and Emergency
Services (WA)

Murray WEBB
Dismantle Inc

Chandra WOODLEY
Cat Haven

Westfield
Local Heroes



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