



*Westfield*

*Local Heroes*

2019

Westfield Local Heroes is a community recognition and grants program, designed to shine the spotlight on those people who connect and enrich their local communities across Australia and New Zealand.

Individuals are nominated by their local communities, with the outcome of a public vote determining the three successful 2019 nominees for every Westfield centre. In total, we are recognising 121 Westfield Local Heroes across Australia and New Zealand in 2019.

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Each of the affiliated organisations of the Westfield Local Heroes have received a grant to support their work. Westfield will award 121 grants across Australia and New Zealand – totalling \$1.2 million.

We congratulate all the 2019 nominees for being recognised by their communities and thank them for the important contribution they all make to improving social wellbeing in their local areas.

[westfield.com.au/local-heroes](https://westfield.com.au/local-heroes) [westfield.co.nz/local-heroes](https://westfield.co.nz/local-heroes)

*Westfield*

**Belconnen**  
ACT



**"We believe every child deserves a safe start and every family deserves dignity."**

## Giving babies a safe start

**Hannah Andrevski** — Roundabout Canberra

*Dedicated, Energetic, Giving*

Hannah Andrevski was on maternity leave when she wanted to pass on some of her high-quality baby items to people less fortunate than herself.

She could not find such a redistribution service in Canberra. So, after doing her research, she decided to start her own charity.

Despite having her newborn and a toddler to care for and no experience running a charity, Hannah recruited a team of volunteers and launched Roundabout Canberra in February 2018.

So far, the charity has provided more than one thousand children with packs of items that may include safety-checked car seats, cots and prams as well as linen, clothing and toys.

"When a service is working with a family in need of essential items for their children, they order

exactly what that client needs, so the items differ from client to client. We also always include lots of consumables like nappies and wipes," says Hannah.

"We believe every child deserves a safe start and every family deserves dignity."

She is chuffed to be voted a Westfield Local Hero. "I have worked hard to build a charity that makes a difference in our local community, so it's amazing to have that recognised by the community."

Hannah has returned to her paid work but devotes many hours a week to running volunteer sessions, packing orders, checking car seats and managing relationships with local social workers and organisations.

"The families that we support experience a range of challenges, with the predominant factor

being financial strain. Other challenges include social isolation, family violence, disability and homelessness," says Hannah.

Roundabout has also made a significant contribution to the environment. "Since we opened, we've saved approximately nine tonnes of baby and children's items and equipment from landfill," she says.

Westfield Local Heroes are nominated and voted for by their communities, with the three top finalists per Westfield centre each awarded a \$10,000 grant for their affiliated organisation.

Roundabout Canberra will use its grant to provide one hundred family support packs with specially selected items.

"Being able to help those extra families will make a big difference," says Hannah.



**Camille says that as a sexual violence survivor it feels validating to be voted a Westfield Local Hero. "I am grateful that people are listening and noticing and making a big effort to be a part of the change by voting."**

## Brave survivor leads cultural change on uni campus

### Camille Schloeffel — The STOP Campaign

*Passionate, Dedicated, Activist*

Camille Schloeffel could have been put off by the cynics who said she was too young and inexperienced to start a student movement against sexual violence.

But driven by her own experience of sexual violence and a desire to help others, the Australian National University student persevered and successfully launched the STOP Campaign, which is bringing about cultural change on campus.

With her team of twenty-five volunteers, Camille is educating students about consent, becoming an effective bystander and students' responsibilities to each other.

"Many students are fresh out of high school and have received limited education on healthy relationships and sexual health, which is where we come in."

Camille says that as a sexual violence survivor it feels validating to be voted a Westfield Local Hero. "I am grateful that people are listening and noticing and making a big effort to be a part of the change by voting."

She says sexual violence is a sensitive topic and working with survivors can be traumatising, so it has been "amazing to see" the movement grow. "It definitely shows the power of youth in being able to make a big change in their own community."

Since Camille launched her campaign, the university has updated several policies to tackle sexual misconduct.

"I am responsible for advocating that all residential colleges advertise that they have a sexual violence disclosure policy," says Camille, a final-year Human Rights

and Development Studies student and winner of the 2018 Fenner Hall Collegiate Award for outstanding service to the community.

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The STOP Campaign will use its grant for marketing and to produce educational material to share stories of survivors, reduce stigma and raise awareness about the prevalence and impact of sexual violence.

"The grant means we can reach more people on campus and get out to other universities as well as reach more people in the Canberra community. It will also take a lot of fundraising stress off the students," says Camille.



**"Learning dialectical behaviour skills changes the lives of those with BPD and their families," says Natalie. "It is an evidence-based treatment for those who are highly suicidal."**

## Giving care to people with borderline personality

**Natalie Malcolmson — BPD Awareness ACT**

*Selfless, Compassionate, Resilient*

Natalie Malcolmson gave up her public service career in 2014 to care for her husband, who has borderline personality disorder (BPD), a complex and often misunderstood mental illness.

She was horrified by the lack of affordable support in ACT, so she sought training in dialectical behaviour therapy (DBT), which has improved her and her husband's quality of life.

She also set up BPD Awareness ACT to offer affordable community support for those with BPD and their families and to teach DBT skills to others.

"Learning dialectical behaviour skills changes the lives of those with BPD and their families," says Natalie. "It is an evidence-based treatment for those who are highly suicidal."

She says it is validating to be voted a Westfield Local Hero. "It's exciting because it's not just about me, it is also recognition for people with BPD and their families, who really struggle and who often feel hopeless and helpless."

People tend to judge those with BPD because they have trouble maintaining relationships and often become emotionally dysregulated, says Natalie. "Once you understand BPD and that the behaviours are not on purpose, you can come from a more compassionate place."

She wants to share a message of hope that people can learn how to self-regulate and improve their quality of life.

"I believe in recovery from mental illness, and I am committed to working with those who need dialectical behaviour skills the

most but can't afford it," says Natalie, who was named ACT Carer of the Year in 2018.

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BPD Awareness ACT will use its grant to help fund the cost of hiring a venue for group sessions. The money will also be used to run a parenting course for those with BPD and to pay for community awareness activities.

"It is an amazing opportunity for people on a low income or on New Start to be able to access dialectical behaviour skills that will improve their lives," says Natalie.

*If you need support, please phone Lifeline: 13 11 14*

# Your 2019 Finalists

## **Bill Caddey**

### **Belconnen Community Services**

Bill Caddey was a primary school teacher for 25 years and strongly believes all children deserve an opportunity to do their best.

As Network Coordinator at Belconnen Community Services, he works with teachers and caseworkers to identify the support families need to help them achieve this. "My role is to bring people together to address needs in our community. The aim is to build a young person's confidence and skills so they can develop a sense of belonging and in turn be able to make a positive contribution," says Bill.

## **Ben Shipard**

### **Marathon Health**

Ben Shipard is the kind of volunteer every charity needs. One week he'll be sharing strategic ideas at a conference, the next he will be cooking at a youth refuge. Ben's passion is youth mental health, and he works tirelessly with headspace Canberra to encourage people to seek help if they need it. Through his outreach work, he reduces the stigma of mental illness and helps people recognise mental health issues in themselves and others. Ben often provides a welcoming and non-judgemental first point of contact for people seeking information about headspace.

## **Tim Daly**

### **This Is My Brave Australia**

Tim Daly's infectious enthusiasm helps people believe they can do things they haven't tried before. He uses this quality to reduce the stigma of mental illness by encouraging people to share their lived experience through live theatre events organised by This Is My Brave Australia (TIMBA).

Tim started TIMBA because of the stigma he felt after he gave up his high-powered corporate career because of anxiety and depression and to care for his wife, who has multiple sclerosis (MS). Through expressing themselves and being involved in a collaborative venture, people feel less stigmatised, says Tim.

# Recognising all of our 2019 Nominees

**Hannah ANDREVSKI**  
Roundabout Canberra

**Peter BONE**  
Survivors Ink

**Bill CADDEY**  
Belconnen Community Service

**Tim DALY**  
This is My Brave Australia Inc

**Bronte FROOME**  
White Ribbon and DVCS

**Joshua GOYNE**  
Stroke Support & Awareness Australia

**Jan HEROLD**  
ALEA (Australian Literacy Educators'  
Association)

**Kristen HEWETT**  
Adamas Nexus

**Betty LAM**  
Baringa Early Learning Centre

**Lea LEES**  
Marathon Health Limited

**Natalie MALCOLMSON**  
BPD Awareness ACT

**Tim McLAUHLAN**  
Marathon Health

**Caroline ODGERS**  
GIVIT

**Luke O'MAHONEY**  
Centre for Excellence in  
Domestic Violence Interventions

**Bronwyn PARSONS**  
Another Chance Op Shop

**Melissa RICKETTS**  
Hurricanes Softball Club

**Camille SCHLOEFFEL**  
The Stop Campaign

**Josh SCHWARTZ**  
Make-A-Wish Australia

**Ben SHIPARD**  
Marathon Health

**Robyn THURECHT**  
ArtKids

**Sue WHITE**  
Scullin Community Group

**Alexander WILSON**  
Cerebral Palsy Alliance

**Nathan WOODWARD**  
Act Softball Association

**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

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**2019**

**SCENTRE GROUP**