



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 westfield.co.nz/local-heroes

Westfield

Kotara
NSW



"Soul Café has come a long way, and I feel very lucky to represent them. Everyone is on the same wavelength about how we care about the community."

Retired football star shares food and connection

Steve Poulton — Soul Cafe

Compassionate, Hardworking, Generous

Steve Poulton was a first-grade footballer who won grand finals with Wests Newcastle in the 1980s, although he also partook in unhealthy behaviours during this time.

He has since given up his unhealthy habits and for the past fourteen years has been volunteering for twenty hours a week at the Soul Café charity, collecting donated food from restaurants and cooking breakfasts for homeless people.

"I like talking to the different people who come in. Some of these guys have no one else to talk to," Steve says. "I also like working with the other volunteers."

He feels honoured to be voted a Westfield Local Hero. "It's been a privilege. The cafe has changed my whole outlook on life," he says.

"Soul Café has come a long way, and I feel very lucky to represent them. Everyone is on the same wavelength about how we care about the community."

Steve saves the money he used to spend on cigarettes and alcohol and buys special treats to hand out to guests at the café.

He has enormous compassion for those with substance abuse problems and facilitates a weekly SMART Drug and Alcohol Recovery Program.

"The people at Soul Café are not accepted by society because of how they look or smell, or they might be struggling single parents or families. A lot of the guys are just out from prison or are in trouble," says Steve.

"At Soul Café, they can get food, hygiene products and a blanket, or

they can see the doctor or mental health nurse. We try to help them out of the trouble they are in."

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.

Soul Café will use its grant to buy food and train more volunteers for the SMART recovery program.

"The program has had good results. The grant will really go a long way," says Steve.

And he reminds us: "Don't look down on the homeless, because one day you could end up there yourself."



"I am passionate about women's rights and empowering women through my work," says Carly, who is a confidant, role-model and mentor to her students.

Martial arts champion helps women regain confidence

Carly Reasbeck — Got Your Back Sista

Dedicated, Supportive, Compassionate

Carly Reasbeck is a former Australian martial arts champion, but little compares to the pride she feels when helping women regain their confidence after domestic violence.

Carly is a self-defence trainer at Got Your Back Sista and teaches women and girls how to protect themselves, which also improves their physical fitness and emotional wellbeing.

"I am passionate about women's rights and empowering women through my work," says Carly, who is a confidant, role-model and mentor to her students.

Her lessons support the organisation's goal of helping women to lead socially connected lives free from violence.

Carly is "over the moon" to be voted a Westfield Local Hero and is grateful to the community

for seeing what she does as important and worthy of support.

A significant number of Carly's students have experienced, or are living with, the trauma of domestic violence. By the time they complete her course, they can confidently assert and protect themselves.

They can also identify red-flags for a dangerous situation or relationship, which may help them avoid being threatened, attacked or abused.

"I've seen many of these girls transition from being reserved to being able to realise their capability. I'm always encouraging women to be themselves and able to practise in an environment where there is no judgment," she says.

"My purpose is to teach valuable skills to reduce the risk of being threatened or attacked, as well

as promote harmony and social wellbeing," says Carly, who has been the NSW Tae Kwon Do Champion 15 times and the National Champion 12 times.

She was also a reserve Olympic athlete for the Sydney Olympics in 2000 and an Olympic Program Squad member for Athens Olympics in 2004.

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Got Your Back Sista will use its grant to hire an instructor to accommodate more women and girls in self-defence courses.

"This will allow more women and girls to complete the programs. To me, they're the ones that inspire me," says Carly.



"The framework of support we offer is a tangible and constant reminder to our Legatees that we will always consider them a part of the Police family," Philippa says.

Veteran provides the glue to keep police family together

Philippa Woolf — NSW Police Legacy

Industrious, Compassionate, Dependable

Soon after her retiring following twenty-six years in the NSW Police, Philippa Woolf started volunteering for NSW Police Legacy to support serving and retired members and their families.

She works with patience and compassion across the Hunter region to ensure local Legatees feel connected to the police community and can access a diverse range of services and assistance.

Philippa, whose husband is still serving in the Police, is regarded as the glue that holds the local network together and regularly checks in on people of all ages, providing the charity with updates on their needs.

She feels humbled to be voted a Westfield Local Hero. "I think the level of support is a demonstration that people understand how difficult policing is, and they want

families of serving and retired officers to be looked after."

Philippa says NSW Police Legacy provides an amazing range of services and support options for families; but, sadly, the number the Legatees who need assistance continues to grow.

"My role is to provide ongoing support to those facing significant hardship and challenges and to encourage and maintain their connection to the wider Police family," she says.

In 2016 Philippa set up a resource library with books, printed material and DVDs on grief, building resilience and other useful information.

"The framework of support we offer is a tangible and constant reminder to our Legatees that we will always consider them a part of the Police family," Philippa says.

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NSW Police Legacy will use its grant to provide school scholarships, welfare payments and access to psychologists for those touched by tragedy or difficult circumstances.

"We are committed to finding ways to support the various needs of our Legatees wherever we can," says Philippa.

"This may be in practical ways such as arranging driving lessons or scholarships, or through more emotional support options such as attending regular catch-ups with others who have shared experiences of loss."

Your 2019 Finalists

Grace Woolcock

Newcastle Meals on Wheels

Grace Woolcock has been an integral part of Newcastle Meals on Wheels for decades and, at the age of 90, she still serves meals two or three times a week. "I have been a volunteer since 1966, originally cooking, serving and delivering five days a week," she says. Part of her legacy is Grace's Place, a welcoming venue named in her honour that is the heart of the organisation's Wellness Program. Anyone over 65 can enjoy a meal and participate in activities designed to reduce social isolation and nurture physical health and cognitive skills.

Wendy Jenkins

Angel Gowns For Australian Angel Babies

When Wendy Jenkins sits down to watch TV at night, she invariably has a crocheting hook in hand and will be making beautiful tiny blankets, booties and beanies to send to a stranger in need. She is a committed volunteer for Angel Gowns for Australian Angel Babies Inc (AGFAABI), which supplies funeral attire for stillborn babies and those up to 18 months who have passed away. Families are provided with free packs that contain a gown/wrap, blanket, nappy, beanie and booties as well as a keepsake. Volunteers repurpose the gowns out of donated wedding dresses.

Joanne Sunderland

Narnia Young Parents Early Learning Centre

Joanne Sunderland is full of admiration for young mums and dads who strive to finish their HSC after their baby is born. She is also perpetually cheerful and loves babies, making her a perfect fit with the Narnia Early Learning Centre. She eagerly and lovingly cares for the little ones while their parents attend school in a flexible learning environment that also teaches them parenting and life skills. Thanks to people like Joanne, many of the students have achieved generational change and have become the first in their family to finish school or go to university.

Recognising all of our 2019 Nominees

Sonia BARATTINI
Waltz-Sing Matildas Inc

Lisa BARTLEY
Hunter Breast Cancer Foundation

Robert BELL
Hunter Multicultural Communities Inc

Brian BOW
Lions Club of Jesmond

Jennifer BURNS
Communities Activities Centre
Uniting Church Merewether

Peter BUSCH
Leukaemia Foundation

Bryna BUTLIN
Make-A-Wish Australia

Adam COOK
Foodway Medowie

Nick CRAMERI
The Marching Koalas

Dayle CUMMINGS
Ronald McDonald House Charities

Michelle FAITHFULL
Hunter Homeless Connect

Melissa GONTIER
Hunter Hands of Hope

Lisa GREISSL
The Big Hug Box

Wendy JENKINS
Angel Gowns for Australian
Angel Babies Inc

Alan JOHNSON
Arts In Recovery

Chris JONES
Live Free Project

Toby KABLE
All Ability Sports Coaching

Kay LANE
Music Teachers' Association of NSW

Melissa LAWS
Wallsend Warriors Swimming Club

Kupakwashe MATANGIRA
Hunter Christian School

Mark MIDSON
New Lambton FC Arnetts Program

Melissa MIDSON
New Lambton FC Arnetts Program

Howard MOLE
Bikers For Kids Inc

Milly MORISON
Sen Events

Hollie NEWMAN
Elasmo Ocean

Glenn OLDFIELD
The Valentine Hydrotherapy Pools Inc

Sonja POHLMAN
Parkrun Australia

Steve POULTON
Soul Café

Carly REASBECK
Got Your Back Sista

Belinda ROALS
Tiki Animal Rescue

Michael SCHRADER
Centre for Hope

Monica SKEHAN
Young People's Theatre Newcastle
Incorporated

Paige SMITH
Mission Australia

Shelly SPALDING
It Takes a Village

Joanne SUNDERLAND
Narnia Early Learning Centre
Young Parents – Waratah

Michael THOROUGHGOOD
Cerebral Palsy Alliance

Elizabeth TREADWELL
Wemoosh Before and
After School Care

Kristy WHITE
Firstchance Inc

Barry WILKINSON
Australian Armed Force
Re-enactment Heritage Unit

Gabriel WINGATE-PEARSE
Newcastle Aikido

Grace WOOLCOCK
Newcastle Meals on Wheels

Philippa WOOLF
NSW Police Legacy

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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SCENTRE GROUP