



*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.

*Westfield*  
*Local Heroes*

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)

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**Tea Tree Plaza**  
SA



**"It is not a normal job; it's a passion," says Dorothy. "I do it because their world has been shattered, and they need help to navigate those early days, weeks and months."**

## Helping families to grieve after the loss of a child

**Dorothy Crosby — SIDS and Kids SA**

*Life-saving, Selfless, Dedicated*

People often ask Dorothy Crosby how she manages to keep supporting grieving families following the unexpected death of a child.

But what they should be asking is why she does her work.

"It is not a normal job; it's a passion," says Dorothy. "I do it because their world has been shattered, and they need help to navigate those early days, weeks and months."

Dorothy has a master's degree in counselling and works three days a week for SIDS and Kids SA. But she is always on call to respond to referrals from the police, ambulance service or hospital social workers.

"Sometimes, I need to respond immediately, and other times they might ask me to visit the family the next day," says Dorothy.

She feels humbled to be voted a Westfield Local Hero.

"We are grateful for the recognition of maybe quieter stories in the community."

Dorothy has found friends and relatives are often there to support grieving families for the first few weeks and months following their loss but can expect them to get back on with their life more quickly than is realistic.

"Bereaved families need support and people to validate their experience as they navigate their loss. There are activities that can trigger strong emotional responses, such as returning to work, socialising and meeting other people who have children. We help families grieve in the way they need to grieve and give them tools to do this," says Dorothy.

Another part of her role is to hold monthly support groups where parents can meet others on a similar journey.

"We also hold an annual memorial service for families to honour their child. I consider it an honour to walk beside these families as they rebuild their lives," says Dorothy.

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. SIDS and Kids SA will use its grant to continue running the counselling service.

"It gives us security to know we can continue doing the work we do," says Dorothy.



**"The grant will allow us to sponsor underprivileged people to come to our camps where they have a safe place to come and share their stories and get ongoing support," says Stacey.**

## Encouraging young people to talk out loud

### Stacey Mousley — Talk Out Loud

*Trustworthy, Selfless, Caring*

Stacey Mousley is a brave and resilient young woman who has had more than her share of adversity.

But she's determined to give back and dedicates her spare time to volunteering, wanting to make a positive and lasting impact on her community.

Stacey lost her cousin and a close friend to suicide, and one of her passions is suicide prevention, so she volunteers at Talk Out Loud, where she helps provide a safe space for young people who are struggling with a crisis. "We also try to reach parents of children with mental health issues," says Stacey, who has a bachelor of psychological science degree and has completed first aid and suicide awareness training.

She says it is "amazing" to have been voted as a Westfield Local

Hero. "I am very passionate about youth mental health. It's good to have the community behind us. It means a lot."

She says one of the tough times she has faced in her life was in 2016 when she and her mentor were struck by lightning. Both were admitted to hospital, but "sadly, my mentor passed away. This was hard, but volunteering and providing support to others helped me get through this period of my life."

Stacey and other volunteers run youth camps for Talk Out Loud and organise various events at the organisation's premises in Ridgehaven.

"Young people often feel like they are alone and have nowhere to turn to when things are tough, and we help provide a safe space for them."

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. Talk Out Loud will use its grant to fund camps, set up a website, buy signage for its premises and run weekly events, including meditation, workshops, karaoke and movie nights.

"The grant will allow us to sponsor underprivileged people to come to our camps where they have a safe place to come and share their stories and get ongoing support," says Stacey.

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

# Midwife proves that no act of kindness is a bad idea

**Stephanie Malan** — The Village Co SA  
*Kind, Determined, Passionate*

Stephanie Malan never set out to start a charity, but the midwife could not stop herself from feeling heartbroken by new mums who did not have the essentials needed to care for themselves and their babies.

Now the mother of two runs The Village Co SA from her family home, sourcing donations and distributing bags of necessities to close to a thousand new mums a year.

The grateful recipients are typically living with financial strain, domestic violence or mental illness. They may also be teenage mothers or refugees.

Stephanie says she burst into tears when she found out that she had been voted a Westfield Local Hero. "I felt a little bit embarrassed because I never

thought I would be called a hero. But I feel really proud and honoured that the organisation has been recognised.

"It is so special to me to have created an organisation which marries the work of midwives and the gift of pure kindness to women."

At first, Stephanie was told her wish to help would be too difficult to achieve, but she says no act of kindness is a bad idea.

"Forming a charity was never my plan, but the idea evolved into something big, and something people want to join and support," she says.

The bags of essentials are distributed by midwives and social workers at Lyell McEwin Hospital and The Women's and Children's

Hospital, but Stephanie would like to reach more women.

Westfield Local Heroes are nominated and voted for by their communities, with three top finalists per Westfield centre each awarded a \$10,000 grant for their affiliated organisation. Village Co SA will use its grant to rent space to store donations and to extend its service to a third hospital.

"I get thousands and thousands of nappies in one day, and I have to store them in my bedroom at home," says Stephanie.

"Having a place for donations to be delivered safely as well as a public space for volunteers to come and help us pack bags will be amazing."



**"It is so special to me to have created an organisation which marries the work of midwives and the gift of pure kindness to women."**

# Your 2019 Finalists

## Alexandra McGee

### Welcoming Australia

To Alexandra McGee, the things that unite people are far more relevant than those that divide. Guided by that philosophy, the inspiring teacher has taken a group of 15 refugees and migrants under her wing in her 12-month Intercultural Futures program. Alexandra started by understanding the interests of each of her participants, aged 18 to 30. She then developed the program around them and found mentors for each one. "I can see we are making a difference," says Alexandra, who is impressed by the cohesive, resilient and questioning group that has developed during the 12-month program.

## Damien Walker

### Salisbury City Rotaract Club

Damien Walker's mission in life is to donate his time to improve his community. As President of the Salisbury City Rotaract Club for people aged 18 to 30, the 23-year-old teacher and life coach is doing that and more. The club gives young people from all backgrounds an opportunity to develop themselves and give back to the community. "Our organisation is a platform where diversity thrives and where young people can learn, develop and lead," Damien says. "As an openly gay man, I show people they can rise above perceived adversity to be a success."

## Christopher Lynch

### Golden Grove Cricket Club

Christopher Lynch founded the Golden Grove Cricket Club more than 20 years ago and is as enthusiastic as ever. Early on, he, his sons and other members converted the club to a turf wicket. At times, he used his own money to fund the club through periods of financial instability. Christopher believes participation in community cricket aids inclusion into the local community and Golden Grove is actively recruiting Indian, Sri Lankan, Bangladeshi, Afghani and Pakistani cricketers. He wants every cricketer to feel welcome at the club regardless of gender, cultural background or skill level.



# Recognising all of our 2019 Nominees

**Ann BANSEMER**  
Adelaide Zombie Walk

**Tim BARNES**  
Empty Hands Martial Arts

**Pauline BROWN**  
Angel Gowns for Australian  
Angel Babies Inc

**Nathan CASEY**  
The Salvation Army

**Cody CHADWICK**  
Salisbury Cycle Speedway

**Casey CLIFTON**  
EPC All Star Cheerleading

**Leanne COULSON**  
Country Fire Service

**Troy COWELL**  
Troy Cowell Personal Training

**Dorothy CROSBY**  
SIDS and Kids South Australia

**Efthymios EFTHYMIU**  
St Raphael Seniors Club

**Mary GALOUZIS**  
Talk Out Loud

**David GEORGE**  
Clovercrest Baptist Church

**Eleanor GORDON**  
The Salvation Army Tea Tree Gully

**Kim JEANES**  
United Way SA Inc

**Elizabeth JOHNSON**  
Edmund Rice Camps SA

**Emma KING**  
Nourish and Flourish  
(Kangatraining Tea Tree Gully)

**Chris LYNCH**  
Golden Grove Cricket Club

**Eilish MAGUIRE**  
Welcoming Australia

**Stephanie MALAN**  
The Village Co SA Ltd

**Steven MANN**  
Pembroke Old Scholars Soccer Club  
(POSSC)

**Jane MATTHEWS**  
Angel Gowns Australia

**Alexandra McGEE**  
Welcome to Australia

**Stacey MOUSLEY**  
Talk Out Loud Australia

**Brenton PRING**  
Tiger Judo Club

**Ben ROWE**  
Elizabeth Church of Christ

**Marianne SORGINI**  
Make A Wish

**Danielle STEWART**  
Lyell McEwin Emergency Department  
Staff Wellness Board

**Damien WALKER**  
Salisbury City Rotaract Club

**Kirsty WHITEHEAD**  
Children's Tumour Foundation

**Kathlene WILSON**  
Family Zone Lutheran Community  
Care Ingle Farm

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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**SCENTRE GROUP**