



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

Chermside

QLD



"It is not a privilege for a community member of any ability to be involved. It is their right," says Jay, who has put many hours and his own money into the program since creating it in 2006.

Scoring goals for participation in sport

Jay Larkins — Brisbane Paralympic Football Program

Selfless, Passionate, Committed

Jay Larkins was determined to create an opportunity for this son, Jarrod, to play football, even though he has cerebral palsy.

He achieved his aim and has also brought the game to people with different abilities all over Brisbane.

Jay is the founder and head coach of the Brisbane Paralympic Football Program, which exists to ensure that anyone can play football.

"It is not a privilege for a community member of any ability to be involved. It is their right," says Jay, who has put many hours and his own money into the program since creating it in 2006.

Jarrod has gone on to represent Australia in Paralympic football, along with four others from the program. He now assists Jay and the team, supporting others to participate in the sport.

"It is great that he has reached the pinnacle in his chosen sport, but to me, it's what he does to assist others that I find inspiring," says Jay.

"He works to help other participants with the same dream of being the best they can be, in whatever sport they choose."

Jay is grateful to have been voted a Westfield Local Hero. "I am truly humbled to be chosen by my community," he says.

Apart from giving participants the health benefits of sport, Jay endeavours to help them connect with their community, make friends and develop confidence.

"I can think of one young participant who arrived five years ago, with her mother telling us she would always use a wheelchair."

"Today she uses crutches and a walker and can even walk six steps unaided. I have no doubt she will one day represent Australia in Paralympic sport."

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.

Thanks to the grant, Brisbane Paralympic Football Program is buying uniforms for all players and volunteers and expanding the program around Queensland.

"You can only truly understand what the program means for participants by seeing them in action," says Jay.



Bravery Box will use its grant to buy gifts such as T-shirts, journals and bravery gym packs to help kids strengthen their "bravery muscles".

Mum uses daughter's cancer bravery to help others

Tanya Allan — Bravery Box

Supportive, Dedicated, Enthusiastic

Bravery is more than a word for Tanya Allan; it's something she sees every day in kids fighting cancer.

Tanya is the founder of Bravery Box, a support program that helps children and teens find their inner strength in the toughest of circumstances.

She started Bravery Box as a way of supporting her daughter Lara when she was receiving treatment for leukaemia. Tanya and her husband found that she would respond positively when they celebrated her choice to be brave.

"Lara began to look forward to hospital visits," says Tanya. "She focused on the connection, celebration and her friendships with the nursing staff."

Two years on, the charity has provided hundreds of young people with support, encouragement and donated

rewards as they deal with the constant challenges of their condition.

"We wanted to be able to arm all children with this kind of resilience," says Tanya, who has found being voted a Westfield Local Hero an incredibly emotional journey.

Lara underwent 800 days of chemotherapy, and Tanya says she benefited immensely from having her bravery encouraged and celebrated during her hospital stays.

Other families have found it useful as well, with parents reporting that children have begun to look forward to their hospital visits and see past the pain they are experiencing.

"Recently, I heard from the mother of a girl with a rare cancer that requires quite a long and painful treatment.

"She received our new series of teen books at a recent hospital visit, and they quickly helped distract her from her pain, so she almost skipped out, excited to get home and begin reading."

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Bravery Box will use its grant to buy gifts such as T-shirts, journals and bravery gym packs to help kids strengthen their "bravery muscles".

"Just being nominated was extraordinary, and we have benefited from the exposure as well as the financial help," says Tanya.

Providing for sick kids in the house that love built

Sue-Ann Dunning — Ronald McDonald House

Dedicated, Inspiring, Passionate

Sue-Ann Dunning helps families of very sick kids who need a place to stay while in Brisbane or the Gold Coast for medical treatment.

As a volunteer at Ronald McDonald House Charities South East Queensland, she makes the lodging as welcoming as possible for children and their parents who often need to spend months away from their home town.

The charity has three houses and can accommodate one hundred and thirty-nine families at a time, giving more than seven hundred families from regional Queensland a place to stay every year.

Sue-Ann has experienced personal illness and loss in her family, which helps her relate to others going through a challenging period.

She is excited by the recognition the charity has received from

her being voted a Westfield Local Hero.

"I am very passionate about my volunteer work for Ronald McDonald House," says Sue-Ann. "To me, it's the house that love built."

Throughout the year, she organises activities for the children and gives much-needed personal support to their parents, even if it is just a listening ear or a hug.

She also works with others to help make Mother's Day, Father's Day, Easter and Christmas special occasions.

"We prepare a Christmas hamper for every family, and it is waiting for them on Christmas morning," says Sue-Ann. "We make sure there is a gift for every child and also festive treats for the whole family."

Beyond that, she helps with fundraising and gives up time every year to work at the charity's week-long cycling event.

"I am more than happy to do my bit and offer as much support as I can during the ride," she says.

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The charity will use its grant to fund maintenance at Ronald McDonald House in Herston.

"The grant means McDonald House Charities can continue to provide much-needed support and essential accommodation for families of sick or injured children," says Sue-Ann.



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Your 2019 Finalists

Eileen Cooke

Preterm Infants' Parents' Association

Eileen Cooke knows first-hand just how stressful the birth of a preterm baby can be, and she is committed to helping other families when it happens. About one in 12 babies in Australia are born more than three weeks early, and they often have severe and ongoing medical problems. But families in Brisbane can turn to Eileen and the other volunteers at the Preterm Infants' Parents' Association, who give them financial and emotional support. "We help parents navigate the rollercoaster of having and raising a preterm baby," Eileen says.

Jane Hockey

Hope Centre Services (Mimi's House)

Jane Hockey believes there is no such thing as a bad child and that even the most complex behavioural problems can be overcome with perseverance and love. Jane is a volunteer with Mimi's House, a mentoring and nurturing program based at Hope Centre Services, for local children who might be struggling at primary school due to their behaviour. Many of the young participants come from difficult family backgrounds, but Jane helps them build confidence, learn new skills and make friends. "I am an educator and an advocate for the vulnerable," says Jane.

Phil Lilliebridge

Legacy Brisbane

Phil Lilliebridge is there for military families in their time of need. Together with the other volunteers at Legacy Brisbane, Phil helps the loved ones of soldiers who have died or become incapacitated. A former commissioned officer and son of servicepeople himself, Phil lost his father when he was 21 and experienced the support Legacy provided to his mother. Now, he provides personal support to families going through the first stages of grief. "I am rewarded by knowing that I've made a difference in the lives of people who really need me," Phil says.

Recognising all of our 2019 Nominees

Tanya ALLAN
Bravery Box

Phil LILLIEBRIDGE
Legacy Brisbane

Peter BREEN
The Stairwell Project – Music
in Hospitals

Janelle BULL
Albany Creek Kindergarten
Association Inc

Courtney BURKE
Make-A-Wish Australia

Eileen COOKE
Preterm Infants' Parents' Association
Inc (PIPA)

Emma DEAN
Cheep Trill Ltd

Sue-Ann DUNNING
Ronald McDonald House Charities
South East Queensland

Alice EDDY
Destiny Church Brisbane

Timothy EGGAR
Queensland State Emergency Service

David ENGWICHT
Creative Communities International

Rebecca GREENSHAW
Make-A-Wish Australia

Yasmin GRIGALIUNAS
World's Biggest Garage Sale

Jane HOCKEY
Hope Centre Services – Mimi's House

Nikki HOWSON
GIVIT

Adam JAMES
Liberty Enterprises Australia Ltd

Jay LARKIN
Brisbane Paralympic Football Program

Jesse MOSS
Holy Spirit Northside Private Hospital

Hilda MURPHY
Wesley Mission Queensland

Zoe REHBEIN
Children's Tumour Foundation

Brownwyn SHEEHAN
The Pyjama Foundation

Adrian SURPLICE
Dayboro RSL Sub Branch

Howard TAYLOR
Brisbane Excelsior Band

Gabrielle TOCHTERMAN
Bramble Bay Deadly Runners
and Walkers

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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