



*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*

**Helensvale**

QLD



**"It was quite a buzz to know many people were being really supportive. The recognition is amazing from the perspective of bringing awareness to teenage mental health."**

## Teacher works tirelessly to help troubled teens

**Megan Stray — Heal.ed tribe**

*Selfless, Compassionate, Devoted*

Former primary school teacher Megan Stray founded the enterprise Heal.ed Tribe to help young people with mental illness stay engaged with family, friends, school and their life.

She takes every opportunity to run empowerment programs for children and teens and to give presentations at schools and awareness-raising events.

But Heal.ed is getting its best results from its free day retreats for girls.

Within these retreats, the girls are shown different coping skills by practitioners who donate their time. Megan ensures a full day of love, pampering and healing with activities including yoga, kinesiology, facials, journaling and reiki.

The retreats have a novel funding mechanism. For each fee-paying woman, a teen in need is gifted a

day of nurture, understanding and care.

"Women are nurtured and empowered through their own retreat day and, through participating, they give to a beautiful yet dangerously vulnerable group of teens," says Megan.

She feels "totally honoured" that her community voted her a Westfield Local Hero.

"It was quite a buzz to know many people were being really supportive. The recognition is amazing from the perspective of bringing awareness to teenage mental health."

Heal.ed participants are referred by community organisations such as Gold Coast Youth Centre, Kalwun, Arcadia College, Homeless Youth and local high schools as well as through private referral.

"Towards the end of my teaching, I retrained as a kinesiologist and began my kinesiology journey," says Megan. "It was within my kinesiology practice that I saw more and more young people struggling.

"What I learned is that they all wanted to be heard, to be understood, to be cared for. But there is not enough support."

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.

Heal.ed will use its grant to fund website development and marketing. It will also be able to put on extra retreat days for teens and tweens.

"The grant will allow me to put the structures in place to begin the expansion of Heal.ed," says Megan.



**"It gives me tremendous satisfaction that we're doing something good and it's positive for the community. It's proof that the programs are working."**

## Coach gives joy of Nippers to kids with special needs

**Nick Marshall** — The Albatross Nippers  
*Selfless, Friendly, Fun*

Physiotherapist and surf club coach Nick Marshall knew he had to help when he realised local children with special needs were missing out on the joy of Nippers.

So, he started the Albatross Nippers to provide an inclusive opportunity to enjoy the quintessentially Australian rite of passage.

Nick, who is the physiotherapist for the Australian Lifesaving Team and has been a coach at Nobby's Beach surf club for ten years, designed a special program in which his young Nippers buddy up with mainstream peers to enjoy confidence-building activities in the surf and on the beach.

He is "blown away" by being voted a Westfield Local Hero.

"It gives me tremendous satisfaction that we're doing

something good and it's positive for the community. It's proof that the programs are working."

The award also creates better awareness of the Albatross Nippers, which could attract new volunteers, says Nick.

He plans activities around each child's abilities and puts a lot of care into recruiting compatible buddies for each one.

Over the past five years, the program has expanded to beaches from Southport on the Northern end of the coast to Currumbin on the southern end.

"I don't have a family member who has special needs and I can't imagine or begin to understand what these families are going through," says Nick. "But as a surf coach, physiotherapist and parent, I can make a difference to

these families and I can make the community I live in a better place."

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Thanks to its grant, the Albatross Nippers will be able to fully fund participation in the Nippers for two or three seasons, including the cost of safety uniforms.

"It'll be easier to expand the program to new beaches and surf clubs," says Nick. "Each summer, we add a program to a new surf club and hope to reach out to new volunteers."



**"I want to thank friends, families and the community for their support. We know that we are making a positive difference in the lives of families with children with special needs."**

## Mother gives the gift of mobility and socialisation

**Jane Standen — GiveAbility**

*Selfless, Empathetic, Passionate*

School children borrow all-terrain wheelchairs and walkers to participate in their first cross country. Families borrow specialist wheelchairs for their first trip to the beach together.

These are just two of the ways GiveAbility co-founder Jane Standen is helping local disabled children.

Her work is inspired by her first-hand knowledge of illness and disability as her eldest son was diagnosed with leukemia before his third birthday, and her seventeen-year-old daughter is profoundly disabled.

"These lived experiences and the challenges we have faced as a family have been the genesis for the GiveAbility program," says Jane, who co-founded it with her husband, Scott Standen, and paediatric physiotherapist Melissa Locke.

Jane is extremely grateful for being voted a Westfield Local Hero.

"I want to thank friends, families and the community for their support. We know that we are making a positive difference in the lives of families with children with special needs."

The foundation lends out its mobility equipment free-of-charge, which is especially useful for families waiting for their own equipment through National Disability Insurance Scheme (NDIS) funding.

GiveAbility also facilitates improved well-being and social interaction by providing a safe place for families to learn new skills or just relax and meet new friends in its multi-sensory room at Parkwood Village.

In the past, the program has offered free music therapy sessions in its sensory room to help with cognitive

development, gross and fine motor development and social development and interaction.

Each of these initiatives supports the health and wellbeing of children with special needs and provides opportunities for broader community participation and social inclusion for them and their families.

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. GiveAbility will use its funds to relaunch its music therapy program, directly helping 400 children and their families.

"Our music therapy sessions in the sensory room are highly sought after and provide important social interaction," says Jane.

"Hopefully we can create more awareness for families who need our help."



# Your 2019 Finalists

## **Carly Fradgley**

### **Baby Give Back**

When lawyer Carly Fradgley roped in a few friends to start Baby Give Back, she thought it would be a fun way to help families in need. What started as a hobby has grown into a full-blown charitable enterprise that has helped more than 1700 families in two years. It provides children and babies with new or safety-checked preloved essentials such as car restraints, clothes and cots. "We believe every baby deserves a safe start regardless of their family's situation," says Carly, who is both CEO and an active volunteer for the charity.

## **Ben Tullipan**

### **Empower Golf Australia**

Ben Tullipan suffered horrific injuries and lost his legs in the 2002 Bali Bombings. In 2007, he took up golf for rehabilitation and recreation and started meeting people who wanted to play but couldn't because of disabilities.

Ben has a passion for getting the disabled active and volunteers for Empower Golf Australia. He has introduced a mobility device called the ParaGolfer to the Parkwood Golf Course and organises free development days for the disabled. "I empower these less-abled individuals with the choice to live and get active through sport," says Ben.

## **Tani Stubbs**

### **Radio Lollipop**

Tani Stubbs has a heart condition and other health challenges, but that has never stopped her from going out of her way to help as many people as she can. When she was hospitalised as a child, she thoroughly enjoyed the entertainment put on by the Radio Lollipop crew. For the past two years, she has been giving back as a Lollipop volunteer on the East Coast, providing a welcome distraction and fun for children in hospital. The young patients can request their favourite songs, win prizes and hear their voice on the radio.



# Recognising all of our 2019 Nominees

**Jonathon ALBERTINI**  
Gold Coast Barbershop  
Harmony Club Inc

**Margaret BRAY**  
Make-A-Wish Australia

**Kathy CARDONA**  
Sheilas Shack Inc

**Jaeneen CUNNINGHAM**  
Safe Haven Community

**Carly FRADGLEY**  
Baby Give Back Ltd

**Wendy GREEN**  
United Hands of Hope Inc

**Nicole GUSMAN**  
Jumpstarz

**Shannon JAMIESON**  
Tamborine Mountain Eagles  
Football Club

**Rusanne JOURDAN**  
Scripture Union

**Malcolm KENNEDY**  
Set Free Ministries

**Dianne KENT**  
Ronald McDonald House Charities  
South East Queensland

**Kirsten Leigh KILGOUR**  
JDR Films Ltd

**Fiona LAMB**  
Lotus Living Organically Inc

**Mindy MANN**  
Baby Give Back

**Nick MARSHALL**  
Albatross Nippers Inc

**Nikki MCCAHOON**  
Mama Tribe

**Melanie McKENZIE**  
Harrison's Little Wings

**Natalie McMAHON**  
Kiwanis Pacific Pines

**Theresa MITCHELL**  
Agape Outreach Inc

**Andrew PYE**  
Miami Oztag

**Jessica REILLY**  
Helensvale Calisthenic Dance  
Academy Inc

**Kathy ROGERS**  
Days for Girls

**Andrea SIMMONS**  
Australian Anti Ice Campaign

**Rachel SKELTON**  
Children's Tumour Foundation

**Jane STANDEN**  
GRT Foundation Limited – GiveAbility

**Megan STRAY**  
Heal.ed Tribe

**Tani STUBBS**  
Radio Lollipop (Australia)

**Simone STUMER**  
Robina Lions Club Inc

**Mary THOMSON**  
Animal Welfare League of QLD

**Daniel TIAITI**  
Forward Church

**Ben TULLIPAN**  
Empower Golf Australia

**Bryce U'REN**  
Super Max & Bryce as part of the Lions  
Club of Gold Coast Tallebudgera Inc

**Kathleen VLASIC**  
Rosie's

**Belinda WELSH**  
Ronald McDonald House Charities  
South East Queensland

**Mark WOODHOUSE**  
Silver Bridle Action Group Inc

**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**