



*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*

**Whitford City**  
WA



**"I am a passionate advocate for greyhounds and positive education, and with this program, I get to combine both," says Liz, who volunteers for Greyhound Adoptions WA.**

## Educator spreads wellbeing with three positive pooches

**Liz Povah** — Woodvale Secondary College

*Generous, Reliable, Kind*

When students at Woodvale Secondary College are feeling sad, stressed or lonely, they go to the school's wellness centre for some unconditional love from a trio of friendly greyhounds.

Boots, Rush and Archie are terrific dogs, and it takes them no time to put a smile on the students' faces, says educator Liz Povah, who started the Positive Pooches Program at the school three years ago.

"The students arrive anxious about whatever is going on in their lives and walk away feeling much better. Students who had found attending school a challenge now attend full-time and happily," says Liz.

"The greyhounds have also given socially isolated students a means of connecting to others over their shared affection for the dogs," she says.

"It is a wellbeing initiative that has made such a difference for everyone at the school."

Liz feels proud to have been voted a Westfield Local Hero and humbled by the support from the community. But her main reward is seeing how much joy and support the dogs bring to the students and staff.

As an educator with 30 years' experience, Liz believes schools can help students, staff and the community to embrace positive psychology. This is why she was instrumental in developing the wellness centre, where students also learn mindfulness, relaxation techniques and the power of positive thinking.

She has helped other institutions introduce similar programs, and a Department of Education video about the Positive Pooch Program has gone viral.

"I am a passionate advocate for greyhounds and positive education, and with this program, I get to combine both," says Liz, who volunteers for Greyhound Adoptions WA.

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. The school will use its grant to improve the area in which the students engage with the dogs.

"It is going to make a huge difference," says Liz. "I am also hoping to use some of the money to put together resources for other schools that want to implement similar programs."



**"The funding and publicity will enable us to help a lot of women with something that most of us take for granted and to remove barriers and difficulties from the everyday lives of women and girls," says Cathy.**

## Providing sanitary items to women and girls

**Cathy O'Brien** — Share the Dignity  
*Uplifting, Hilarious, Kind*

Accountant Cathy O'Brien has always been grateful that her material needs have been fulfilled, and is conscious things could have been different if she were born into a different family.

It is important to her to help others in need, which is why she jumped at the chance to volunteer for Share the Dignity, a charity that collects sanitary and hygiene items which are distributed via partners to girls and women who are homeless, victims of domestic violence or facing other types of hardship.

One of the charity's highlights takes place every November when it collects handbags filled with sanitary items and products such as shampoo, conditioner, deodorant, soap and toothpaste to give away as Christmas gifts.

"I find so much rewarding about the work," says Cathy, who juggles her volunteering with her professional career and being a single mum.

She values the ability to make a difference in people's lives as well as the opportunity to meet and connect with kind and inspiring people who are working hard to help others.

Cathy is a diligent ambassador for the charity and has a track record of signing up many businesses as collection points. Her work helped Share the Dignity meet its targets last year.

She feels both proud and grateful to be voted a Westfield Local Hero. "I'm excited about the opportunity to help more people and raise awareness of a cause I care greatly about.

"By receiving these essential items, women improve their sense of dignity by not having to go without or make do with substitutes," she says.

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Share the Dignity will use its grant to increase the number of products distributed via partner charities.

"The funding and publicity will enable us to help a lot of women with something that most of us take for granted and to remove barriers and difficulties from the everyday lives of women and girls," says Cathy.



**"We have seen time and again that when we involve the local community in the opportunity of participating and in helping someone back onto their feet, the community unites together."**

## The life-changing joy of helping others

### Janine Wood — No Limits Perth

*Dedicated, Caring, Gentle*

Janine Wood loves helping others and co-founded No Limits Perth with two police officers to offer random acts of kindness to those in crisis.

The charity redistributes furniture, white goods, linen, toys, emergency packs and food to people who are struggling to make ends meet.

Those who benefit include victims of domestic violence needing to start over, people who have been made redundant, single-parented families or pensioners.

The mission is to give everyone a second chance, without judgment, at no cost and expecting nothing in return.

Although happily married for the past 25 years, Janine is a survivor of domestic violence and understands how it feels to need support.

She is humbled to have been voted a Westfield Local Hero. "I am very grateful because the work we do is obviously making a difference. For many, the donations have been life-changing, and doing the work has been just as life-changing for us."

Janine is proud that all practical donations reach those in need at no cost through the efforts of volunteers.

She also organises the distribution of more than 1000 food hampers a year for the needy and uses her background in education and qualifications in pastoral and youth care to provide guidance and support.

Known for her compassionate outlook, Janine says the work of the charity helps to build stronger communities.

"We have seen time and again that when we involve the local community in the opportunity of participating and in helping someone back onto their feet, the community unites together."

Westfield Local Heroes are nominated and voted for by their communities, with three people per Westfield centre each awarded a \$10,000 grant for their affiliated organisation. No Limits Perth will use its grant to buy fuel and to pay delivery staff.

"We have a lot of volunteers. Some are homeless, or at risk of homelessness, so the grant means we can now pay them to help us with deliveries and much-needed help. We value people and for us to be able to offer something in return for their effort is huge."

# Your 2019 Finalists

## Fraser Griggs

### P2S RUGBYWORKS

Fraser Griggs was inspired to set up P2S RUGBYWORKS following a trek across England to raise money for a similar charity. He found sponsors and high-profile ambassadors for the program, which uses the values of rugby union to help disadvantaged young people reach their potential. Spurred on by seeing his daughter bullied at school, Fraser aimed to break the cycle of aggression by creating employment and mentoring opportunities for at-risk children. "Our young people move into meaningful employment using the skills they have practised, such as teamwork, communication and trust," Fraser says.

## Alex Wilson

### Red Frogs Australia

Alex Wilson struggled to find a clear direction after leaving high school, but knew he'd found the right vocation after volunteering for Red Frogs Australia. A formidable leader with an ability to see the big picture, Alex works around the clock to provide a support network for university students and school leavers — from acting as the sober friend at parties and organising alcohol-free alternatives to running first-year welcome seminars and helping kids with identity issues. "Our presence at university events means that students know there are a group of people who have their back if something goes wrong," Alex says.

## Mark Harrison

### Mullaloo Beach Community Group

Decorated Red Cross volunteer and passionate environmentalist Mark Harrison dedicates his time to helping kids learn about coastal ecosystems while preserving Mullaloo Dunes for future generations. An experienced bush regeneration specialist, he is developing a program that encourages school children and special needs students to develop conservation skills and take ownership of small plots of land. He has designed a strategy to eliminate the onion weed that threatens to destroy the much-loved, 16-hectare sand dunes. "The purpose of the work is to include the local community in the environmental guardianship of Mullaloo Dunes," Mark says.



# Recognising all of our 2019 Nominees

**Lizzy ALDERSON**  
Make A Wish

**Tara CONRADT**  
The Sanctuary

**Michelle DUNLOP**  
Street Friends

**Melissa GARDINER**  
Wanneroo Basketball Association

**Fraser GRIGGS**  
P2S Rugby Works

**Mark HARRISON**  
Mullaloo Beach Community Group Inc

**Sharon KENNEY**  
The Spiers Centre Inc

**Stephen KINNERSLY**  
Brighton Seahawks JFC

**Alisha MACLEAN**  
Red Frogs Australia

**Natalie MASON**  
9 Lives Cat Rescue

**Celeste MILNER**  
Perth Ice Skating Club

**Cathy O'BRIEN**  
Share the Dignity

**Cassie PETHRICK**  
Girl Guides WA Inc

**Olly PICKETT**  
Wheelchairs for Kids

**Elizabeth POVAH**  
Woodvale Secondary College

**Jasmine SAINSBURY**  
Merriwa Community Hub

**Felicity SPILLER**  
Duncraig Outdoor Girl Guides

**Joshua WALSH**  
Greenwood Giants Basketball Club

**Jackie WANN**  
Girl Guides WA Inc

**Judy WELCH**  
RSLWA

**Kay WHITELEY**  
Wagamuffns Dog Training

**Alex WILSON**  
Red Frogs Australia

**Janine WOOD**  
No Limits Perth

**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**