



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 120 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 120 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

Warringah Mall
NSW



"It's about creating a world for others that I wish my brother had lived in. There is really nothing to surpass the feeling you get from helping someone or contributing positively to a person's life. It's super-rewarding."

Sister gives others opportunities her brother never had

Laura O'Reilly — Fighting Chance Australia

Passionate, Entrepreneurial, Determined

Laura O'Reilly grew up seeing the world through the eyes of her brother Shane, who had profound cerebral palsy.

Although Shane was a dynamic young man with computer skills, there were desperately limited post-school opportunities for him.

This inspired Laura and her other brother, Jordan, to create a business that could help Shane reach his potential. Sadly, Shane died in 2011.

The siblings' goal lives on in Fighting Chance, a non-profit organisation they set up to collaborate with others to build sustainable social enterprises that provide much-needed opportunities for people with disabilities.

Laura is the CEO and is surprised and honoured to have been voted a Westfield Local Hero "given the calibre of the other candidates".

She says her work is highly personal. "It's about creating a world for others that I wish my brother had lived in. There is really nothing to surpass the feeling you get from helping someone or contributing positively to a person's life. It's super-rewarding."

So far, Fighting Chance has developed two social enterprises: Jigsaw and Avenue.

Jigsaw is a document and data management business that offers services to government and commercial clients. It is aimed at fundamentally changing the way people with disability receive job training and transition to mainstream employment.

Avenue is a co-working space that supports adults with profound and severe disability to work in the sharing economy, either in micro-enterprises or on their own business idea.

Both support Laura's steadfast conviction that "all people have a contribution to make to society, and that no person should be excluded from using their talents in the economy simply because of their disability".

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.

"Because of the community voting for me, Fighting Chance is able to buy new computer equipment for our community. It means a great deal to me to have been successful but it means a lot to the people that we support as well," says Laura.



"The grant is huge for us. It removes a lot of pressure," says Terry. "It means we can multiply what we are doing and support more people in the community."

Mate's tease inspires a male-bonding movement

Terry Cornick — Mr. Perfect

Empathetic, Motivated, Passionate

Terry Cornick felt uneasy when a friend teased him about being "Mr Perfect" and having it all.

The friend did not know his history or his problems, and Terry wasn't sure how to talk about them, or the pressure men can feel to be perfect.

"I felt I had lost connection with the world a little when I was going through some struggles," says Terry.

Mr. Perfect was born when Terry opened up to his mates in the pub, and they had their own troubles to share.

The idea behind the movement is to reduce isolation in men by arranging BBQ get-togethers where friendships can form and people can share their mental health story if they wish.

For Terry, one of the most gratifying things about being voted a Westfield Local Hero is for his efforts to be recognised by his own community.

"It shows there are people who care about what we do."

Mr. Perfect has meetup BBQs at more than twenty locations around Sydney and New South Wales, but the Northern Beaches is where Terry lives. One of the flagship BBQs is held at the local Freshwater beach.

Terry says he wants his two young sons to grow up in a community where they can reach out socially for support for their mental health should they need to.

Mr. Perfect has also expanded into the digital world and complements its BBQs by offering

online support for men and their families through blogs and forums.

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Mr. Perfect will use its grant to fund almost one hundred BBQs at five locations for a year.

"The grant is huge for us. It removes a lot of pressure," says Terry.

"It means we can multiply what we are doing and support more people in the community. I have grown Mr. Perfect with little resources from one location to where it is now, and have handled all operations, juggling this with a busy life."

Your 2019 Finalists

Alison Harrington

Moove and Groove by discoDtours

Alison Harrington has used her entrepreneurial skills and a passion for philanthropy to set up a silent disco program that engages more than 200 Northern Beaches seniors in healthy and enjoyable weekly activities. The participants aged 65 to 90 have a ball listening to familiar tunes played through wireless headphones as the Moove & Groove instructors get them dancing. The ultimate purpose is to create moments of joy for older Australians, their carers and families, says Alison. "While our classes deliver benefits to all seniors, we also have a program which specifically caters for people with dementia."

Andrea Hogan

Northern Beaches Women's Shelter

Andrea Hogan loves living in Manly with her family. She also has a strong social conscience and a desire to help others. So, in 2009, she and a few friends formed The Sisterhood; a group of women who meet quarterly to support each other, have fun and raise funds for charity. One of the charities is the Northern Beaches Women's Shelter, which relies heavily on The Sisterhood. "We actively assist at a grassroots level to allow the wonderful women running the shelter to provide the services necessary to support the women in need," says Andrea.

Laura Hamilton

Avalon Youth Hub

Laura Hamilton has a special rapport with young people and takes personal responsibility for their wellbeing. As Community Engagement Manager at the Avalon Youth Hub, she is often the first port of call for those aged 12 to 25 in need of support, and she sensitively ensures they are connected with the right service. She also consults widely so young people have a say about the services and workshops on offer. "All the areas we focus on are driven by young people for young people," says Laura, who has a degree in counselling and communication.

Recognising all of our 2019 Nominees

Layne BEACHLEY
Aim for the Stars Foundation

Jack BERNE
A Fiver for a Farmer

Monika BIERNACKI
DoggieRescue.com

Malcolm BROWN
Red Cross

Terry CORNICK
Mr Perfect

Jayne ECONOMOS
Make-A-Wish Australia

Laura HAMILTON
The Burdekin Association

Alison HARRINGTON
Moove & Groove by discoDtours

Andrea HOGAN
Northern Beaches Women's Shelter

Samantha KING
Business Education Network
(The BEN)

Georgia LLEWELLYN
Elanora Girl Guides

Alicia LOW
Pilates Alicia

Peta MURTHISON
Bounce for Batton or Bear Cottage

Laura O'REILLY
Fighting Chance Australia

Eleni PSILLAKIS
Brazengrowth

Danielle RYAN
Blue Bottle Films

Mel THOMAS
KYUP! Project

Eliza WILSON
Streetwork Australia

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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