



Westfield

Local Heroes

2020

Westfield Local Heroes is a recognition and awards program that discovers and celebrates people across Australia and New Zealand who make a positive impact to their local community and environment.

Individuals are nominated by their local communities and a public vote determines the successful 2020 nominees for every Westfield centre.

The successful heroes are each awarded \$10,000 for their affiliated organisations.

Westfield *Local Heroes*

Since the program began, we have awarded \$3.62 million to 363 community organisations.

Every year, we recognise more than 120 Westfield Local Heroes and provide more than \$1.2M in community grants to their affiliated organisations.

We congratulate all the 2020 nominees for being recognised by their communities and thank them for the important contribution they all make.

westfield.com.au/local-heroes

westfield.co.nz/local-heroes

Westfield

Carindale

QLD

Aidan Lamberth delivers 1000 meals a month to families who are unable to leave the bedside of their critically ill children.

Sadly, he knows all too well the difficulty these parents face because he and wife, Renee, spent four months with their desperately ill baby daughter at the Queensland Children's Hospital.

When their daughter passed away from a rare genetic disease, the couple decided to set up the Scarlett May Foundation to provide healthy, high-quality meals to parents in her honour.

Every month a team of volunteers prepares and packs the meals in a commercial kitchen for parents, grandparents and siblings and delivers them to four hospitals.

"Most volunteers are just everyday mums and dads who have realised they can make a significant difference to families who are doing it tough," Aidan says.

The foundation also cofunds a bereavement coordinator at the Queensland Children's Hospital to ensure families have ongoing support.

It also pays for fingerprint jewellery for parents whose child has a terminal diagnosis.

"We were blessed to have family and friends who supported us with meals, purchased our keepsakes and paid for counselling for us," Aidan says.

"We saw firsthand that so many others didn't receive the same support, so we wanted to fill the gap."

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Scarlett May Foundation will use its grant to purchase a blast chiller to safely increase the number of meals provided.

Aidan's nominator says: "Aidan has turned his grief and pain into something positive for the community. I have seen families tear up at the sight of a new delivery of Scarlett May meals."



Aidan Lamberth
Scarlett May Foundation
Generous, Driven, Visionary

Feeding families

"Most volunteers are just everyday mums and dads who have realised they can make a significant difference to families who are doing it tough."



Elena Gosse

Women's Legal Service Queensland

Inspirational, Tenacious, Charismatic

Bouncing back to help others

"I try to encourage those who may be perpetrators of violence, both men and women, to connect with their feelings and open up to loved ones or a counsellor before it is too late."

Elena Gosse survived family violence as a child, moved from Russia to Australia, learned a new language, is a parent of two daughters (one of whom has a disability), gained a second university degree as a non-native English speaker and co-owner of her family's thriving swimming pool water disinfection company.

Elena is also a loyal supporter of Women's Legal Service Queensland (WLSQ), which provides legal and welfare assistance to women and children escaping domestic and family violence.

Elena is a sought-after speaker and shares her story and message that domestic violence does not choose age, colour, sexual orientation, status or profession, and neither does it have a gender.

In 2016, and again in 2019, Elena swapped the boardroom for the dance floor as part of Dancing CEOs, an event which raises awareness and funds for WLSQ. She has raised over \$120,000 for WLSQ and continues to raise funds for the organisation.

"Through my authenticity, strength, vulnerability and self-belief, I have overcome significant challenges to be a leader, successful businesswoman and family violence survivor," Elena says.

"I try to encourage those who may be perpetrators of violence, both men and women, to connect with their feelings and open up to loved ones or a counsellor before it is too late."

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Women's Legal Service Queensland will use its grant to boost its call centre capacity and help more women.

Elena's nominator says: "Elena leads by example, being the change she wants to see in the world and sharing her own stories of personal and professional success and failure in order to inspire others. She continues to advocate against domestic and family violence."

Angela Christodoulou has been known to camp under a tree for three days to rescue a koala and her joey.

As a co-founder of the Queensland Koala Society, she gives it her all to protect the local south-east Brisbane koala population, which has been displaced by urban sprawl.

Angela has rescued more than 505 koalas over the years and has recruited local volunteers to help.

"We ensure they get medical treatment and care they need until they can be released back into their natural habitat," Angela says.

Community education is a crucial part of the society's work. "We encourage people to keep their dogs in at night and to drive carefully."

An essential part of community engagement is to invite people to come along whenever the society releases a rescued koala.

"That's when I get a lot of interest from people wanting to volunteer," Angela says.

"Community involvement is vital. People are surprised by the number of koalas we have in this immediate area."

Angela always makes sure people who call the society's rescue hotline can follow the koalas on their road to recovery.

"Collectively as a community we need to get involved with trying to save this precious species," she says.

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Queensland Koala Society will use its grant to build a larger rehabilitation facility.

Angela's nominator says: "Angela is dedicated to protecting native fauna for future generations. She rehabilitates injured, sick or displaced koalas and returns them to their natural habitat as quickly as possible."

Angela Christodoulou

Queensland Koala Society Inc

Dedicated, Caring, Compassionate

Saving koalas

"Collectively as a community we need to get involved with trying to save this precious species."

Your 2020 Finalists

George Kambouris

SBH (Spina Bifida Hydrocephalus) Queensland

George Kambouris was born with spina bifida and wasn't expected to survive infancy.

He defied the odds and now provides support and hope to other people with the disabling genetic condition, which affects the development of the spine and spinal cord.

In his part-time role with SBH (Spina Bifida Hydrocephalus) Queensland, George tackles this challenge by helping people with the condition to increase their work skills and experience.

He helps them build their resumes and refine their interview skills and advocates for them in the community.

Ken Loftus

The Sunlight Centre

Counsellor Ken Loftus knows there is no time to waste when people are thinking of suicide, so he enables immediate access to crisis support.

In 2017, he founded independent charity The Sunlight Centre to offer free crisis counselling for anyone with suicidal thoughts or self-harming behaviour.

Ken counsels the majority of clients, aged 12 to 79, who can get help without a GP referral or mental health plan.

"We cut out the middleman so clients can get in straight away to get three months of free counselling," he says.

If you need support, please phone:

- The Sunlight Centre 1300 259 724

Christine (Chris) J Rafter

Care Kits for Kids Qld Inc

Sewing dynamo Chris Rafter can make 200 Babies outfits in a weekend, all for a good cause.

She is the president of Care Kits for Kids, which distributes backpacks to children going into out-of-home care.

Each contains two sets of clothes, pyjamas, age-appropriate toiletries, a book and toy and educational items.

Chris whizzes up hundreds of outfits to makeover the Barbie dolls she has collected to distribute through the backpacks.

"We love providing a bridge between a caring community and children in need," she says.

Recognising all of our 2020 nominees

Bill Simpson

Spinal Life Australia

Ian Thomson

Ocean Crusaders Foundation Ltd

Ken Loftus

The Sunlight Centre

Elena Gosse

Women's Legal Service Queensland

Angela Christodoulou

Queensland Koala Society Inc

George Kambouris

SBH Queensland

Aidan Lamberth

Scarlett May Foundation

Christine J Rafter

Care Kits For Kids Qld Inc.

Melanie Sennett

Stepping Stone Clubhouse Inc

Sophie Mulheran

Sophia Mulheran Designs

Julia Fenton

Redlands Dog Obedience Club

Lisa-Jane Luck

Community Assist Redlands Enterprises Inc

Jason Fiddes

RedCity Roar Basketball Association

Sarah Jacobs

The Christian Church – Local Community Department

Jeffrey Maclean

Queensland Brain Institute, University Of Queensland

Sabeel Burgess

Open Haven Ltd

Nathaniel Clarke

Small Steps 4 Hannah

Teresa Reed

Mangrove Housing Ltd

Natalie Flood

Maridahdi Brisbane Primary School

Emma Gray

The Nurtured Village

Rachel Grace Pick

Brisbane Basket Brigade

Karen Howe

Fun Farm Limited

Andrew Benton

Radio Lollipop Brisbane

Yvonne Elizabeth Campbell

Specialcare Central Inc.

Alix Russo

Night Ninjas Incorporated

Cherrie Dowling

Horses in Mind

Patricia Jones

Friends with Dignity

Robert Charles Innes

PCYC Breaking The Cycle - Carindale

Deb Simms

Carina C&K Kindergarten

Edith Cooper

Dragons Abreast Brisbane

Allan James Prestwood

Southern Moreton Bay Islands Coastcare

Linda Smith

The Sunlight Centre

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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SCENTRE GROUP