

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 Innaloo

WA

Domestic violence survivor Rach Mac won't let others suffer in silence.

Rach founded the Broken Crayons Still Colour Foundation to help women formulate exit plans to escape and relocate.

Once they do, she provides ongoing support.

Rach arranges meals so families won't go hungry, and toiletries, clothing and furniture to help make their new home a sanctuary.

Every year she organises a Christmas drive so every woman and child receives a gift and a large Christmas food hamper.

Rach also provides much-needed emotional support, attending court as the women face their abuser in court.

"I take victims and help make them empowered survivors," she says.

Rach is often up until the early hours helping those in need and uses her own money to organise fundraising events.

"My vision is to raise enough funds to build our own safe haven," she says.

Rach advocates for more legal protection for victims.

Her own abuser was given bail, giving him free rein to stalk and ultimately attack her again.

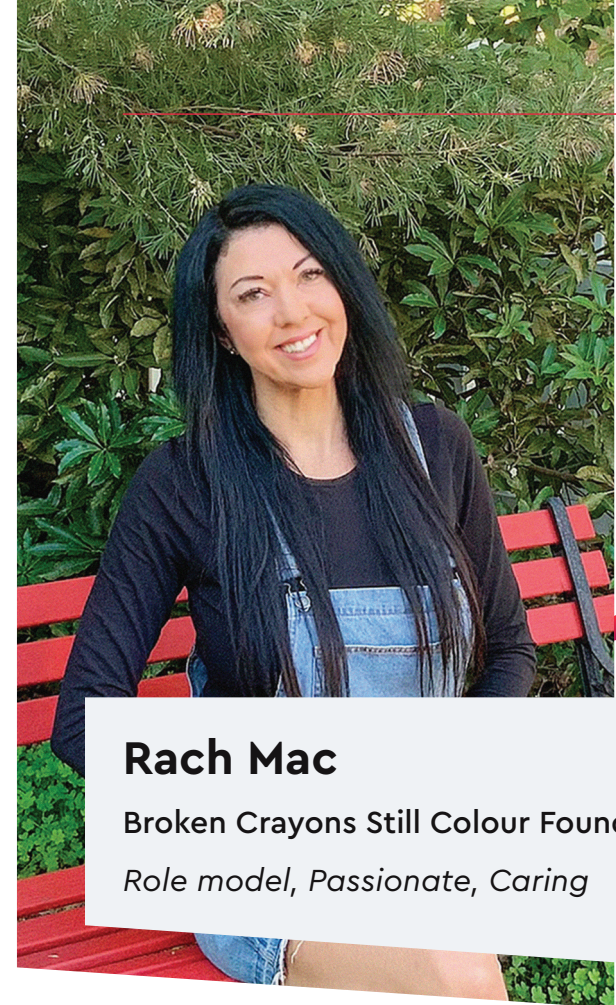
"If I continue to debate and take on our politicians, then hopefully I can get laws changed," Rach says.

"Domestic violence is escalating at a rapid rate. It is unacceptable and can't be swept under the carpet."

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.

Broken Crayons Still Colour Foundation will use its grant to assist more women and children to escape and rebuild their lives.

Rach's nominator says: "Without Rach there wouldn't be as many domestic violence survivors. Many would still be with their abuser or worse."



Rach Mac

Broken Crayons Still Colour Foundation

Role model, Passionate, Caring

Saving lives

"I take victims and help make them empowered survivors."



Michelle Jamieson

Telethon Speech & Hearing

Caring, Compassionate, Empathetic

A shoulder to lean on

"I listen and make this a safe and comfortable environment."

Michelle Jamieson has a personal understanding of what parents may go through when their child is diagnosed with hearing loss or a speech and language delay.

She experienced this journey with her own daughter's diagnosis more than 15 years ago.

Michelle and her family received much-needed support from Telethon Speech & Hearing (TSH), a non-profit that offers essential early intervention and school support services, including audiology, speech pathology, psychology, occupational therapy and specialised language support.

Inspired by her own experience, Michelle wanted to give back and started volunteering with TSH.

She is now the Family Liaison Officer, and guides parents of newly diagnosed children while offering them a shoulder to cry on. She helps advocate for NDIS funding for each child and facilitates education sessions and a supportive parent networking opportunities to encourage connections with other like-minded families.

"The beginning of this journey is the hardest and darkest times in their lives. No one can tell them why their child is delayed, and they face being

judged for their child's behaviour," Michelle says.

"I listen and make this a safe and comfortable environment."

Michelle has gone above and beyond for more than 2000 families over the past 13 years.

She is extremely passionate about seeking funding for scholarships to support the numerous requests from families, including single parents who are experiencing financial hardship and are in need of the vital early intervention services at TSH.

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Telethon Speech & Hearing will use its grant to help up to eight families experiencing financial hardship will be able to attend Telethon Speech & Hearing's early intervention program.

Michelle's nominator says: "Without Michelle's enthusiasm, passion and empathy, many parents would continue to feel lost and helpless. She makes them feel confident their child will be receiving the best care."

Rebecca Evans has a disabling condition called Nemaline Myopathy and relies on an electric wheelchair to get around and a machine to help her breathe.

Last year, Rebecca was selected as vice-captain of the Australian Under 21 Powerchair Football team, despite having played for only two years. She is also in the initial Poweroo squad for the 2021 Sydney World Cup.

"Growing up with a physical disability, I never imagined that sport would play a major role in my life," Rebecca says.

Over the past four years, the psychology student has become an integral part of the Perth powerchair sports scene. She is an enthusiastic member of several sports organisations and generous motivator of others. She is also a leader of the Youth Disability Advocacy Network.

Somehow, Rebecca finds time to co-organise a junior league for young athletes who use power wheelchairs.

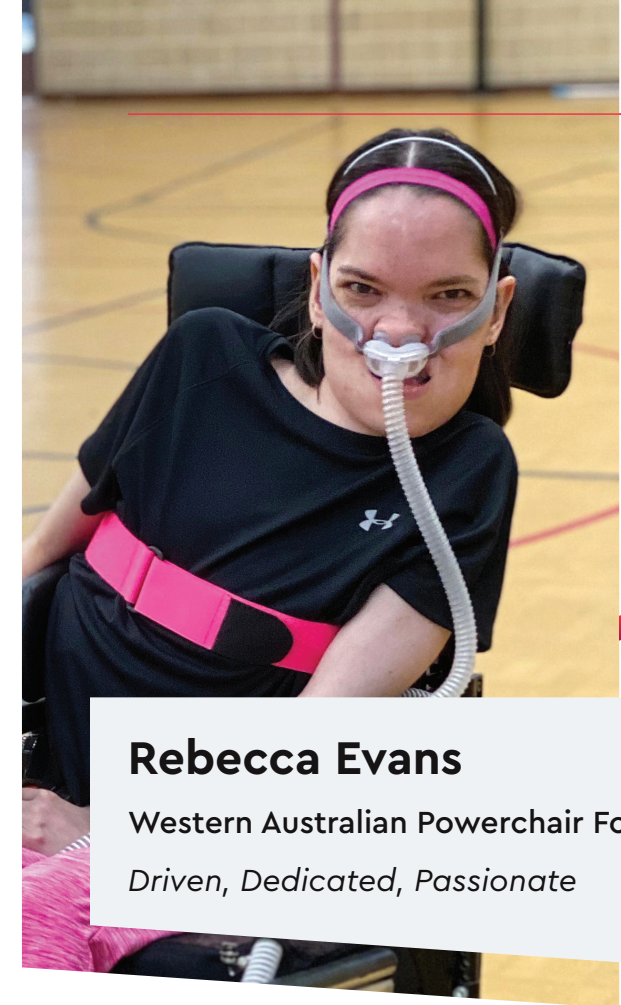
"I do what I do because helping people with disabilities is what I am passionate about," Rebecca says.

"If it weren't for my disability, I think my life would be completely different, and not necessarily for the better. I wouldn't have met the people I have met, wouldn't be competing in powerchair sports and wouldn't necessarily have become involved in disability advocacy."

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Western Australian Powerchair Football Association will use its grant to contribute towards the cost of a special sports wheelchair for children.

Rebecca's nominator says: "Rebecca has a positive effect on everyone she meets and lifts the people around her to be better in all ways. She is a leader and a great role model for her peers."



Rebecca Evans

Western Australian Powerchair Football

Driven, Dedicated, Passionate

Giving it all for sport

"Growing up with a physical disability, I never imagined that sport would play a major role in my life."

Your 2020 Finalists

Ashley Moon

Men's Shed, City of Stirling

Prolific volunteer Ashley Moon is helping to break down gender stereotypes by teaching women basic plumbing and car maintenance.

The founding member of the Men's Shed in the City of Stirling is running a 12-month pilot program to teach women these and other useful skills, including plastering.

He also assists with a program for men with a disability and teaches woodworking twice a week.

Unlike some of the men he teaches, Ashley says his women students are not afraid to ask a question if they don't understand.

"Helping others is my current enjoyment," says the grandfather of four.

Kevin Prunster

Cancer Council WA

Volunteer Kevin Prunster is digging deep to make sure cancer patients from country areas get life-saving care.

Every week he spends eight to ten hours calmly driving patients from the Cancer Council WA's accommodation lodges in Perth to their treatment appointments.

This takes the stress of navigating city traffic away from patients and their carers.

It also saves fuel and parking costs, relieving some of the financial burden associated with cancer.

"Being a driver is so rewarding because these people are really unwell and it's nice to feel you are able to help them at a difficult time," Kevin says.

Sam Kaye

Ocean Heroes

Cottesloe café owner Sam Kaye not only collects money for local charities, but he is a standout surfing volunteer for Ocean Heroes, where he is the go-to person for any child that needs extra care and compassion.

Ocean Heroes holds free surfing events for people with autism spectrum disorder. The participants are paired with experienced surfers for an opportunity to experience the thrill of riding a wave.

Sam has been volunteering at Ocean Heroes since 2017 and is known for the connection he builds with the participants, and parents appreciate his caring nature.

Recognising all of our 2020 nominees

Kirstin Button

Saba Rose Button Foundation

Bridget Staude

Teach Learn Grow

Rebecca Guy

WA Classical Music Connect

Alex Wilson

Red Frogs Australia – WA

Joe Georgiades

Marist Football Club

Eleana Breademeyer

Ability Centre And Tuart Hill Primary School

Greg Hughes

The Light For Riley Project

Michelle Jamieson

Telethon Speech & Hearing

Rod Mifflin

Western Australia Gould League (The Herdsman Lake Wildlife Centre)

Kevin Prunster

Cancer Council WA

Ashley Moon

Men's Shed – City Of Stirling

Sam Kaye

Ocean Heroes

Kate Kirwin

She Codes Australia

Rebecca Evans

Western Australian Powerchair Football Association

Bro Olly Pickett

Wheelchairs For Kids

Charlene Yates Bishop

Avner Pancreatic Cancer Foundation

Jacqueline Bastaja

Little Things For Tiny Tots

Kellie Hopkins

Perth Broncos American Football Club

Frank Ainsley

Lifeline WA

Elisha Rose

Adopt Change Limited

Stan Crombie

The Ladybird Foundation

Rach Mac

Broken Crayons Still Colour Foundation

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
Kidslines: 0800 54 37 54
Depression Helpline: 0800 111 757
Samaritans: 0800 726 666
Family Violence Information Line: 0800 456 450

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