

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

Riccarton

NZ

Matt Brown is working hard to end the cycle of domestic and family violence.

He started She Is Not Your Rehab, a movement to encourage men to deal with their own experiences of childhood abuse instead of taking it out on their wives and girlfriends.

"The movement is simply an invitation for men to acknowledge their own childhood trauma and to take responsibility for their healing instead of transmitting it on those around them," Matt says.

She Is Not Your Rehab was launched on TEDx in 2019 and complements Matt's efforts to help men through his barbershop, My Father's Barber.

Matt shares his own story of childhood abuse, which encourages men to be open about their childhood trauma

In collaboration with a family violence service, he hosts anti-violence groups to give men access to free therapy and support.

"Every day we get emails sharing how it is impacting men and their whanau," Matt says.

The number of men seeking help has increased since She Is Not Your Rehab started taking off on social media.

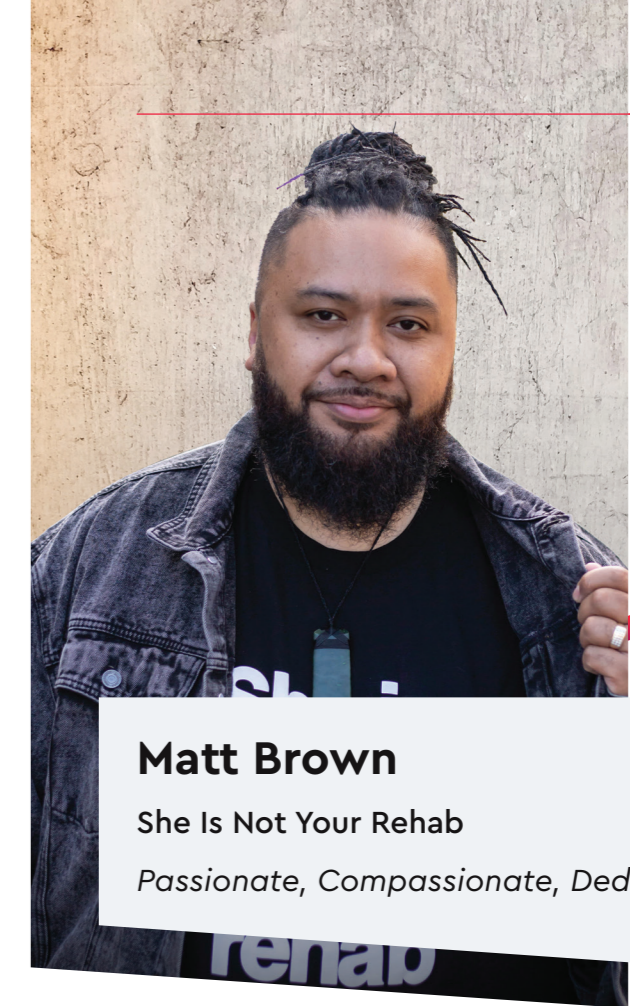
"Men are coming to our group counselling session and making the first step in acknowledging their trauma," Matt says.

"Our communities are crying out for help, support and tools to see these cycles of abuse and trauma come to an end."

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.

She Is Not Your Rehab will use its grant to run more local group therapy sessions for men.

Matt's nominator says: "Matt is an incredibly passionate person who seems to spend every waking moment promoting his message."



Matt Brown

She Is Not Your Rehab

Passionate, Compassionate, Dedicated

Helping men to heal

"Our communities are crying out for help, support and tools to see these cycles of abuse and trauma come to an end."



Bruce Ward

Blue Light Christchurch

Empathetic, Passionate, Dedicated

Big-hearted police officer

"Over the years many participants have contacted me to tell me the difference Blue Light made in their life," says Bruce.

Big-hearted Bruce Ward knows he is making a difference in the lives of youth who have had a rough start.

A police Senior Constable, Bruce has spent the last 11 years working as a Youth Aid Officer.

He has also been a volunteer with Blue Light for 17 years, organising events for young people who have been abused or who are troubled by domestic violence.

His interventions include camps, mentoring, drug and alcohol courses and adventures like rock climbing.

"Over the years many participants have contacted me to tell me the difference Blue Light made in their life," says Bruce.

He helps wherever he can. He made one family's dream come true after he visited on a police matter and realised money issues meant no Christmas that year. He approached local businesses and arranged donations of toys and food to ensure Christmas came.

Last December, Bruce arranged an action-packed week away in Auckland for Muslim boys aged 12 to 17 who were grieving after the Christchurch mosque shootings nine months earlier.

He wanted them to get support while making some new, happy memories.

"This trip was a chance to build relationships with police and for us to give something special back," says Bruce.

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Blue Light Christchurch will use its grant to arrange additional camps, including one for the Muslim girls traumatised by the 2019 attack on their community.

Bruce's nominator says: "Being called a hero is probably the last thing Bruce would expect, but we all know he deserves it."

Landing a job as night supervisor at Ronald McDonald House South Island in 2012 was a silver lining for Jan Nottingham after the Christchurch earthquake in 2011 destroyed her home.

She has been giving back ever since; as a caring listener, a shoulder to cry on and a guaranteed hug for any of the 8,500 families who have passed through the doors.

Families from all over New Zealand stay at the house while their child is in hospital. Some are there for six months or more and many visit regularly over the years.

Jan is the reason many families call it a home away from home.

"While they are here, these families become our family. It's my job to make sure they feel as welcome and comfortable as possible," Jan says.

She cherishes her interactions with the families.

"You see people come in here so wrung out. Mum might have had a rough day at the hospital and she'll be in tears. You'd love to say that it's going to be alright, but you can't.

The best thing you can do is give a cuddle and provide a little comfort.

"I'm doing work I love, which means to me it's not work at all," says Jan.

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Ronald McDonald House South Island will use its grant to repaint and refurbish its education room.

Jan's nominator says: "Jan is the glue that holds Ronald McDonald House South Island together and ensures we provide the best care for families as possible."



Jan Nottingham

Ronald McDonald House South Island

Empathetic, Encouraging, Strong

Doing it for love

"While they are here, these families become our family. It's my job to make sure they feel as welcome and comfortable as possible," Jan says.

Your 2020 Finalists

Bariz Shah

University of Canterbury Muslim Students Association

Bariz Shah is determined to embrace negative energy and use it as fuel for positive change.

The leader of the University of Canterbury Muslim Students Association stepped up after the tragedy of March 15th to advocate against division, organise events to enhance understanding and stand firm on spreading a positive narrative.

Bariz co-founded a project called *fiftyone*.

Where he travelled to Afghanistan with his wife and established 51 micro-businesses in honour of the 51 lives lost.

Daniel Eastwood

St John of God Waipuna

Support worker Dan Eastwood goes above and beyond to help young men within the Corrections system.

He works for the St John of God Waipuna, which in partnership with Department of Corrections provides rehabilitation and reintegration programs for young men in prison and in the community.

Six years ago, Dan came up with the idea of an ongoing, weekly support group, enlisting the help of a fellow support worker.

By building relationships with the men, they encourage them to face their challenges, often through activities such as a bike race.

"People thought it would never work, that the men would never come. But they have," Dan says.

Recognising all of our 2020 nominees

Barbara Aitken
Kiwi Family Trust

Katie Joann Burke
Cat Rescue Christchurch Charitable Trust

Graeme Smith
Mnd New Zealand

Aleisha Black
Miscarriage Matters NZ

Dean Le Warne
North Beach Surf Lifesaving Club

Carly Johanna McCall
Fitclub At The Hub

Roy Kenneally
Crossover Trust

Yolanda Soryl
Christchurch Vegan Society Inc.

Peter Currie
Yun Jung Do International

Everett James Sullivan
Familial Trust

Marc Duff
Greater Hornby Residents Association

Jackie Claridge
Canterbury And West Coast Cancer Society

Vicki-Anne Parker
NZ Gifts Of Love And Strength

Eve-Marie Smith
La Vida Youth Trust

Lisa Mead
Social Currency Investment

Susan Bye
Somerfield Community Emergency Response Team (Scert)

Lizzy Eddy (Ne Minish)
Community Development Network Trust

Nicole Stowers
Plus 64 Fitness

Caroline Eastmond
Waiau Community Pool

Andrea Tisch
Delta Community Support Trust

Anna Mcconchie
Belfast Playcenter

Jay Geldard
24/7 Youth, E Tu Tangata.

Barrett Hocking
The Salvation Army, Rangiora

Julia Mclean
Accountability Action

Lucy Gray
Te Iringa O Kahukura (Cashmere High School)

Therese Fisher
The Tamariki Book Festival

Lizzy Minish
Cdn Trust (Community Development Network Trust)

Matt Brown
She Is Not Your Rehab

Jan Nottingham
Ronald Mcdonald House South Island

Bariz Shah
University Of Canterbury Muslim Students Association

Senior Constable Bruce Ward
Blue Light Christchurch

Daniel Eastwood
Sjog Hauora Trust, Waipuna And Te Rangatahi Tumanako Trust

Jill Falloon
Good Night Sleep Tight Charitable Trust

Rebecca Anne Parnham
Giving Seeds Of Love

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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