

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

Warringah Mall

NSW

Angus (Gus) Worland has given up a stellar breakfast radio career to focus on Gotcha4Life, which he founded to promote mental fitness and wellbeing.

He's a respected and down-to-earth role model, and he is helping people understand what it means to be supportive, kind and to get in and make a difference.

"I believe we need to change the rules around what it takes to be a man and woman in this country. We can do this with education. We have programs we support that do exactly that," says Gus.

One of his crucial messages is that it's ok for a man to tell their mate that they love him or that they're not ok.

Gotcha4Life organisation was born out of a Gus's ABC TV series Man Up, which aired a few years ago.

"We are building mental fitness in communities right across Australia. Suicide rates in Australia are a disgrace, and we have to get them down to zero," Gus says.

"It's hard to change people's minds on what it takes to be a man or woman today.

"The box of rules is changing. We have to let people know that it's ok not to be ok," Gus says.

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.

Gotcha4Life will use its grant to provide free workshops to men and women who wouldn't usually be able to afford them.

Gus's nominator says: "Gus is determined to make a difference and dedicating his life to helping others as well as building mental fitness in Australia."



Angus (Gus) Worland
Gotcha4Life
Dedicated, Genuine, Passionate

Changing rules for men and women

"The box of rules is changing. We have to let people know that it's ok not to be ok"



Malin Frick

Northern Beaches Clean Up Crew

Kind, Caring, Legend

Inspiring people to do good

"The Clean Up Crew shows what Australia is all about – a caring community where everyone chips in for a good cause everyone believes in"

What started five years ago as two friends trying to do a good deed has grown into the popular Northern Beaches Clean Up Crew, with more than 100 volunteers working together every month.

That's largely thanks to co-founder Malin Frick, who spends her time organising, coordinating and running the clean-ups.

She also uses social media to educate people around the world about the impact of waste and single-use plastic and speaks to students at local schools.

The clean-up crew is open to all, with Malin and co-founder Kobie providing the necessary safety equipment.

"The Clean Up Crew shows what Australia is all about – a caring community where everyone chips in for a good cause everyone believes in," Malin says.

"It has grown into a caring, inclusive movement where everyone is seen and appreciated."

One of the exciting features of the crew is how it brings people from all walks of life together.

"On an average clean-up, we have people from over 10 countries, with several languages spoken. But everyone is united and gets along because each and everyone believes in good and doing a good deed for the planet as well as making some new friends at the same time," Malin says.

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Northern Beaches Clean Up Crew will use its grant to buy a trailer as well as gumboots for children.

Malin's nominator says: "Malin not only cares about and brings the local community together, but she cares about protecting the local environment, flora, fauna and marine life."

Peter Watson was inspired to learn to cook and to develop a program that teaches cooking skills to older men, after seeing what a lack of such skills did to his father.

Peter's father married twice and never needed to cook. But he outlived both wives and by the time he passed away was thin and poorly nourished.

After Peter mastered nutritious meals, he set about establishing the Forest Men's Kitchen Association for older men. Most of them were suddenly confronted by their lack of skills after their wife passed away or became incapacitated.

The membership is doubling each year and there is now a waiting list to join.

"We are currently teaching basic cooking skills to about 80 older men on the Northern Beaches who are also making some new friends in the process," says Peter.

"Our catch cry is, 'old dogs, new tricks, great mates'."

After 18 months, most men are dab hands at 50 main courses and desserts.

Most stay on for the company well after they have become competent cooks.

Peter recruited a very experienced chef to coordinate running of the nine cooking sessions each month. The Men's Kitchen team now has 20 cooking instructors, written three cookbooks and has expanded the association to operate across three Northern Beaches locations.

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Forest Men's Kitchen Association will use its grant towards operational costs to keep membership fees down.

Peter's nominator says: "Peter has addressed a local community need for men to be able to cook to preserve their good health and wellbeing. He is a significant asset to the community."

Peter Watson

Forest Men's Kitchen Association Inc

Determined, Caring, Supporting

Teaching men to cook

"We are currently teaching basic cooking skills to about 80 older men on the Northern Beaches who are also making some new friends in the process," says Peter.



Your 2020 Finalists

Jane Vincent

StreetWork Australia Limited

Jane Vincent joined StreetWork in 2014 to help with fundraising for an event. But she identified with the organisation's purpose and is now chairperson of the Northern Beaches board.

StreetWork was established 40 years ago on the premise that one supportive mentor is often all that is needed to turn a young life around.

This is a philosophy close to Jane's heart.

"I believe intensive, one-on-one mentoring is the best means of breaking the cycle of disadvantage in our community," she says.

Jane spends many volunteer hours raising funds and advocating for at-risk young people on the in the Manly-Warringah community.

Mel Thomas

KEYUP! Project

Mel Thomas is helping a generation of young women to raise their voices and stand up against domestic violence.

Mel founded KEYUP! Project to give young people practical life skills and tools to keep themselves safe.

More than 10,000 young people across Australia and New Zealand have joined the KEYUP! movement.

"I'm passionate about safeguarding my local community, all of us want to protect ourselves — and our children— from physical, mental, or emotional attack. We want to feel in control, safer, and more knowledgeable so we have the upper hand when it comes to dealing with bad guys and danger." Mel says.

Honae MacNeill

One Meal – It Makes a Difference

Honae MacNeill has managed One Meal – It Makes a Difference on the Northern Beaches virtually since the day she joined as a volunteer in 2016.

She leads a team of volunteers who cook and serve nutritious meals every Sunday evening to 30 or 40 locals, mostly regulars.

"We offer them something to anchor their week to – a consistent set of faces at the same place and time, a safe place to eat a nutritious meal, have a cuppa and some conversation."

Honae also mentors Duke of Edinburgh students and manages the day-to-day operations.

Recognising all of our 2020 nominees

Gwen Korebrits
Dance Health Alliance

Steven Gamble
Man Anchor

Vicki Condon
Raise Foundation

Leon Faulkner
Bayview Golf Club Golf Rocks Kids Academy

Glenn Wysman
Link Community Care

Pix Jonasson
Making Meditation Mainstream

Roxy Rogan
Wild Education

Alissa Smith
School Sunnies Australia

Anona Le Page
Community Northern Beaches

Lawrence (Larry) Smith
Pioneer Clubhouse

Samantha Merriful-King
The Business Education Network

Roland Davies
Emu Parade

Greg Twemlow
Sevenmile Venture Lab

Maryann Tanks
Play Groups NSW

Kerry Gleeson
CCNB

Samantha Callender
One Eighty

Robyn Hinson
Ms Tique

Pam Anderson
Bear Cottage Children's Hospice

Barry Finch
St Vincent De Paul Society

Lauren Shadbolt
Operation Straw

Jack Layard
Youth Health Promotion (Northern Sydney Local Health District)

Rosa Chirillo
Make-A-Wish

Kari Higgins
Fisher Road School

Justin O'Hare
66 Second Challenge / Clean Up Australia

Cathy Webber
Epilepsy Action Australia

Sarah Herriot
Raise Foundation

Amanda Thomas
Raise Foundation

Janeve Freidman
Raise Foundation

Katherine Gill
Fnd Australia Support Services Inc.

Christine Curran
The Burdekin Association

Katherine Fraser
Girl Guides NSW, ACT & NT

Renata Tacadena
Aspect Vern Barnett School

Warren Bingham
Schoolaid

Josie Parata
Lighthouse For The Community

Bruno Spedalieri
St Vincent De Paul Society

John Donnelly
St Vincent De Paul Society

Chrissy Gabor
Streetwork Australia Limited

Malin Frick
Northern Beaches Clean Up Crew

Casey Squires
Toastmasters

Mel Thomas
Keyup! Project

Honae Macneill
One Meal – It Makes A Difference

Angus Worland
Gotcha4Life

Peter Watson
Forest Men's Kitchen Association Incorporated

Jane Vincent
Streetwork Australia Limited

Steve Hills
St Vincent De Paul Society

Antonella Lopez
Work Warriors

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