

Westfield Local Heroes is a community recognition and awards program, designed to shine the spotlight on those people across Australia and New Zealand who make a positive impact to their local community and environment.

Individuals are nominated by their local communities, with the outcome of a public vote determining the three successful 2021 nominees for every Westfield centre.

Westfield Local Heroef

Now in its fourth year, we have awarded \$4.88 million to 489 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 2021 nominees for being recognised by their communities and thank them for the important contribution they all make.



For six years, C3 Langford's volunteer head cook Anita Quistini-Ross has carefully prepared free three-course sitdown dinners that fill bellies and provide a feeling of community for more than 200 guests.

Everyone is welcome at the Love Lanford dinners. Guests include struggling families, migrants who are not eligible for government assistance and lonely seniors. People find a sense of family and somewhere to belong.

Over the years, Anita and her fellow volunteers have provided more than 40,000 meals. Not even COVID-19 could stop them. They cooked food for delivery to people's homes throughout the shutdown.

Anita feels joy that the many hours she volunteers means children can go to bed with a full stomach, and there are leftovers from dinner to take to school the next day.

One of her best rewards is when she helps a person develop job skills and turn their life around, and they return as a volunteer.

Anita feels grateful to be nominated as a Westfield Local Hero. "I have never done any of this work to be recognised and feel overwhelmed with gratitude that I have been able to give back to a community that I love."

Anita's nominator says: "Anita is a Westfield Local Hero because she has the heart to volunteer for countless hours to provide a place for people from a range of backgrounds to feel welcomed over a meal and have a sense of home and a place they belong."



Anita Quistini-Ross

C3 Langford

Loyal, Selfless, Generous

"I have never done any of this work to be recognised and feel overwhelmed with gratitude that I have been able to give back to a community that I love."



Dayna Pool

Healthy Strides Foundation

Committed, Passionate, Inspiring

"Our intensive programs and research have significantly accelerated skill development. They mean less time out of school and reduced interstate travel to access services."

Physiotherapist and researcher
Dayna Pool worked with the
Perth Children's Hospital to
develop an innovative technique
that has helped about 40
Western Australia children with
neurological disorders learn
walking skills.

This inspired her to set up the non-profit Healthy Strides Foundation in 2018 to provide desperately needed, affordable, evidence-based therapy services in Western Australia and has since helped over 200 children with learning walking skills. The early days were tough, and she remortgaged her home to buy equipment.

"Our intensive programs and research have significantly accelerated skill development. They mean less time out of school and reduced interstate travel to access services," Dayna says.

The work has been recognised nationally, with Dayna and her team winning the Australian Allied Health Excellence award in 2020.

One heart-warming example of Dayna's impact is a boy with cerebral palsy who could not walk or play without his mother's help. After several intensive programs, he now enjoys being included in kindy and his community. "We are privileged to have been part of his journey," says Dayna.

She's thrilled and privileged to be nominated as a Westfield Local Hero. "It reflects the importance of the work that we do and the impact that it has on individual lives, families and the community. Being nominated is so encouraging."

Dayna's nominator says: "Dayna is a Westfield Local Hero because of her passion for her research into the rehabilitation of children with neurological disorders. She has developed programs that have a massive impact on the lives of Western Australia children and families."

Megan Norbury provides a shoulder to lean on for new parents whose babies are born sick or premature.

Megan's two babies were born three months early, so she knows how new parents feel when a pregnancy doesn't go to plan and their baby is fighting for life in a neonatal intensive care unit.

As a employee with Miracle Babies Foundation, Megan provides peer support to families in the Perth area during a baby's hospital stay and beyond.

In the NICU, Megan is available to listen to parents' concerns and questions and provide comfort and hope.

In the community, she runs a peer-support group for parents of babies born prematurely or sick, which currently supports 50 families.

Megan experienced isolation and loneliness as a new mum, and joining the foundation has allowed her to offer the support she sorely needed then. "I don't have any medical experience, but I know what it feels like as a mother, something the doctors and nurses just can't explain," says Megan.

"The guilt, the worry, the fear of not taking a baby home, I can honestly tell the parents that I meet that I know how they feel."

Megan was taken by surprise by her nomination as a Westfield Local Hero. "To share the journey with the miracle families is an absolute honour," she says.

Megan's nominator says: "Megan is a Westfield Local Hero because she is an absolute role model for her community by providing a safe, non-judgmental environment where families can feel safe and supported."



Megan Norbury

Miracle Babies

Dedicated, Supportive, Invaluable

"I don't have any medical experience, but I know what it feels like as a mother, something the doctors and nurses just can't explain."

Your 2021 Finalists



Joan Sutherland

The Haven

Big-hearted Joan Sutherland provides more than 200 free meals a day to families in need. She overcame a lack of resources to start The Haven, which provides hot and frozen meals, showers, sleeping bags, clothes, nappies and personal items. Children receive school lunches, including a special treat.



Julian Pace

Happiness Co

Thousands of people worldwide are happier because of Julian Pace, who founded Happiness Co to tackle depression and loneliness through face-to-face and online programs. The social enterprise promotes happiness, kindness and community cohesion through online programs, live workshops and events. Julian was a Westfield Local Hero in 2019 and a finalist in 2020 and appreciates being nominated for a third time.



Caoibhe Hendy

Therapy Focus

Occupational therapist Caoibhe Hendy goes to extraordinary lengths to provide life-changing help to thousands of people with complex disabilities. Caoibhe is a senior manager at non-profit Therapy Focus. She arranges home modifications and sources assistive technology equipment that enables people to be as mobile and independent as possible.

Recognising all of our 2021 nominees

Ivan Marcelo

Good Deed Movement

Perry Kleppe

Willetton Football Club

Mark MacGowan

Labor

Steven Smith

Red Frogs Western Australia

John and Bev Lowe

MoortCare

Soul Gestures (Catherine)

Soul Gestures

Tony Scouler

Real Life Church

Leighton Matthew Walling

Vanleigh supports / mosaic disability

DJ Lim

Perth Rams Rugby Union

Football Club

Ash Bisdee

Aubin Grove Primary School

Bronwyn Ann Dunn

Comfort Quilts Against Cancer

Amanda-Jane Peacock-Savic

Piara Waters Junior Football

Club

Terrianne McDonald

CWA Gidgegannup

Mr Mark Morgan

St Mary's Outreach Service

Anita Kidd

Belmont City College Parents and Citizens Association

Simon Kane

The Kids' Cancer Project

Dallas Bird

Darling Range Wildlife Rescue

Bruce Langoulant

Meningitis Centre Australia

Alana Christidis

YMCA WA

Felicity Austin

Visability & Kites Children's

Therapy

Annie Johnston

The Pinnacle Foundation

Michelle Hazelwood

Darling Range Wildlife Shelter

Amanda Healv

Kirrikin Australia

Rebecca (Bec) Griffiths

SOWRD State Emergency

Services Unit

Cory Maoahia

Red Frogs Western Australia

Roseanne Scott

Trillion Trees

David Paton Metliss Johnson

Assisting Your Life To Achieve

Stephen Milford

Canning Districts
Swimming Club

Nicole Syriotis

Nardine Wimmin's Refuge

Irina Yakimenko

Cultural Learning Centre

Mosaica inc.

Lauren Found

ConTempo Music Inc.

Susan Murray

Broken Crayons Still Colour

Foundation

Caitlin Roper

Collective Shout

Kody Tan

Friends Day Out

Olly Phillips

Rolevstone Volunteer Fire

Brigade Inc.

Andrew Pate

City of Gosnells Volunteer

Bush Fire Brigade

Mr & Mrs John and Bev Lowe

Moortcare

Azalea Hampson

Drop n Shop créche

Dean Morris

GOSAC

Dianne Owen

Building Friendships

Rach Mac

Broken Crayons Still Colour

Bella Broadway

Connection and Wellbeing

Australia (CAWA)

Dayna Pool

Healthy Strides Foundation

Caoibhe Hendy

Therapy Focus

Sarah Patterson

Midlas

Kathie Mitchell

Starting Over Support -

People Who Care

Megan Norbury

Miracle Babies

Anita Quistini-Ross

C3 Langford

Joan Sutherland

The Haven

Julian Pace

Happiness Co

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



