



Westfield

Local Heroes

2021

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 Heroes

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.



Westfield

Woden

ACT

Peter Cursley has worked for more than 20 years to raise millions of dollars for the Neonatal Intensive Care Unit and Special Care Nurseries at Canberra Hospital and help them give hundreds of newborns a year the best chance of a healthy life.

Peter founded the Newborn Intensive Care Foundation in memory of his second daughter, Hanna, who passed away in 1993.

The foundation raises funds for medical equipment, clinician education and research so that sick and premature newborn babies go home sooner and healthier than would otherwise be the case.

One example of the impact of Peter's work is that doctors have used an eye laser the foundation donated to save the sight of 22 babies.

"I'm motivated when a mum writes to thank me for the equipment that saved her premature baby, who has since

grown up to be an amazing gymnast," Peter says.

Most recently, Peter funded an education program to help nurses and doctors support families whose baby passes away in the neonatal unit.

Peter is proud to be nominated as a Westfield Local Hero. "I am humbled by the recognition but, as a one-man band, such recognition leads to more awareness of the foundation and that leads to more financial support."

Peter's nominator says: "Peter is a Westfield Local Hero because his contributions to the local community have saved and changed the lives of hundreds of premature babies and families across Canberra and the region."



Giving sick newborns a chance

Peter Cursley

Newborn Intensive Care Foundation

Passionate, Resilient, Life-Saver

"I'm motivated when a mum writes to thank me for the equipment that saved her premature baby, who has since grown up to be an amazing gymnast."



Keeping people safe

Val Dempsey

St John Ambulance Australia (ACT) Inc.

Tireless, Loyal, Generous

Last year alone, Val gave over 600 hours of service through St John Ambulance ACT.

Dedicated volunteer Val Dempsey is an experienced nurse who has been supporting her community for nearly 40 years.

Last year alone, Val gave over 600 hours of service through St John Ambulance ACT.

In addition to regularly providing first aid at community events and activities, Val is always quick to lead or assist with volunteer induction and first aid training for the community.

She also supports the elderly and volunteers for NightCrew to keep young people safe in the CBD.

She keeps volunteering despite a degenerative muscle disease that makes exertion difficult.

Val has excelled in crucial volunteer support roles such as weekend duty liaison officer and member welfare officer. She was the incident leader for 36 volunteers who were deployed to the bushfires in NSW, and she was there to greet each one on their return to ACT.

In addition to Val's work with St John Ambulance, she makes quilts for the elderly and accompanies people to chemotherapy.

Val feels both humbled and proud to be nominated a Westfield Local Hero. "To say that I am grateful would be an absolute understatement. Through this nomination, I can promote the wonderful work at St John Ambulance ACT."

Val's nominator says: "Val is a Westfield Local Hero because she cheers people up every time she walks into the room, knows so much and is always happy to share. She lives and breathes compassion and genuinely enjoys helping others."

Suzanne Crane is on a mission to support physical health, social connection and mental wellbeing for people living in Canberra's retirement communities. As part of her role as an Volunteer Outreach Ambassador for parkrun for the ACT she became involved with Capital Nordic walking.

Suzanne is highly involved with Capital Nordic Walking and is the driving force behind a volunteer program for seniors called Nordic Stride 4 Life: Safer, Stronger, Together (NS4L).

Nordic walkers use specially designed walking poles similar to ski poles for their group fitness sessions. The activity is said to improve posture, reduce joint pain, improve cardiovascular fitness and reduce anxiety and depression.

Despite living with psoriatic arthritis, a painful autoimmune disorder, Suzanne goes above and beyond to ensure the program's success. She innovatively organised shorter programs so older and less fit people could get involved.

Since the middle of 2020, more than 100 people aged from their 60 to their 90s have started Nordic walking at several ACT retirement villages.

"Residents of these communities can gain enormous benefit from Nordic walking," says Suzanne. It's more than exercise. Advantages also include spending time outdoors and the social connection of walking in a group.

Suzanne is excited about being nominated as a Westfield Local Hero. "It bolsters my determination to continue volunteering."

Suzanne's nominator says:
"Suzanne is a Westfield Local Hero because she is successfully promoting health, wellbeing, and a sense of belonging and inclusion for Canberra's older citizens across a wide range of fitness levels. Suzanne does this with incredible courage, grace and resilience."



Improving lives with exercise

Suzanne Crane

Capital Nordic Walking

Caring, Courageous, Driven

"Residents of these communities can gain enormous benefit from Nordic walking. It's more than exercise. Advantages also include spending time outdoors and the social connection of walking in a group."

Your 2021 Finalists



Rob Regent

Everyday Champions

Rob Regent is a big-hearted coach and personal trainer with a big vision – to inspire people with a disability to live a great life and create a more understanding and inclusive community.

Rob is founder of Everyday Champions, a social enterprise that encourages healthy lifestyles, builds life skills, runs sports activities and provides fun days out.



Michael

ACT Rural Fire Service

Michael is a dedicated volunteer firefighter for the ACT Rural Fire Service. Michael is always willing to help fight fires. When Michael is not fighting fires or training, he and the other volunteers teach fire safety at school fetes, plant trees and helps with the local Scout group in Duffy.



Shannon Wood

Woden Community Service

Woden Community Service worker Shannon Wood is the driving force behind Little Pantry, which gives donated food and personal items to people in need and refers them on for further support for people of all ages and those with mental illness and disabilities. Shannon is respected for her kind, thoughtful and non-judgmental approach to the community.

Recognising all of our 2021 nominees

Elizabeth Stephens
**Diversity ACT Community
Services**

Arianne Tan
Matthew Breen
Running for Resilience

Georgia Briggs
Paperback Planes

Vickie Hingston-Jones
**Tender Funerals Canberra
and Regions**

Rikki Lloyd
Canberra PCYC

Robyne Therese Boyd
**St. Benedicts Church,
Queanbeyan**

Dr Shirleene Robinson
The Pinnacle Foundation

Kristine Hewett
**Adamas Nexus Domestic
Violence Support Group**

Rachel Fleurant

Missionaries of God's love
Kathryn Yuile
South Canberra Football Club

Jodie Barber
JDRF Australia

Trudi Fajri
**Weston Creek Wildcats Junior
Australian Football Club**

Marg Peachey
ACT Wildlife Inc

Val Dempsey
**St John Ambulance Australia
(ACT) Inc.**

Allan Booth
Weston Creek Mens Shed

Suzanne Crane
Capital Nordic Walking

Linda Drumgold
**Vinnies Energy Efficiency
Program**

Peter Cursley
**Newborn Intensive Care
Foundation**

Rob Regent
Everyday Champions

Michael
**ACT Rural Fire Service and
Scouts ACT**

Shannon Wood
Woden Community Service

**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

The background features a large, abstract graphic composed of overlapping, rounded shapes in various shades of red and white. The shapes are layered, creating a sense of depth and movement. The overall aesthetic is clean and modern.

westfield.com.au/local-heroes

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SCENTRE GROUP