

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.



Karen is extremely passionate about giving vulnerable children and young people entering foster care a sense of self-worth, dignity and hope.

As a foster carer, Karen was heartbroken to see how many children and youths were removed from their homes with nothing but the clothes on their back or a few items shoved into a plastic bag.

Determined to give them a sense of self-worth, she established the Queensland arm of Hope in a Suitcase Australia, a non-profit that provides children and young people entering care with a suitcase filled with brand-new pyjamas, clothing and toiletries, a book, small toys or activities and a comfort item, such as a soft toy.

Karen's greatest reward is hearing case workers tell of young faces lighting up with joy after realising the beautiful new items are all theirs and come from a community that cares about them.

Hope in a suitcase partners with foster care agencies and case workers to deliver suitcases to the children.

Karen is grateful to be nominated as a Westfield Local Hero.
"Raising awareness of Hope in a Suitcase will help us have an even greater impact in our community. We are passionate about giving hope, love and joy to vulnerable children who are going through traumatic circumstances beyond their control," she says.

Karen's Nominator says: "Karen is a Westfield Local Hero because she puts hope in children's hearts and shows them love which reduces their anxiety and trauma."



Karen Germon

Hope in A Suitcase

Innovative, Dedicated, Leader

"We are passionate about giving hope, love and joy to vulnerable children who are going through traumatic circumstances beyond their control."



Jodie Alderton

Harmony Hooves, Healing Hearts Selfless, Rescuer, Rehabilitator

"I want everyone to feel joy and love from animals; they are so healing for people."

Jodie Alderton has saved countless animals while bringing comfort to people since founding Harmony Hooves, Healing Hearts.

Jodie rescues, rehabilitates and re-homes animals in need, including horses, dogs, cats, goats, chickens and ducks. She also keeps some animals to train for the therapy program she runs at her small farm.

The animals do a great job supporting young people with anxiety, self-esteem and social issues and they bring comfort and joy to elderly people, psychiatric patients, and people with a disability.

The benefits of animal therapy include calmness, reduced loneliness and lower blood pressure.

It can also assist with pain control and reduce suffering for patients in palliative care.

Over 120 people with a disability attend weekly sessions at the

farm. Jodie, her chicks, ducklings and goat kids also visit a local psychiatric hospital twice a week and bring joy to the residents of more than 30 aged care facilities.

In addition, Jodie offers volunteer training to at-risk school students, giving them a sense of purpose and belonging.

She feels humbled to be nominated as a Westfield Local Hero. "I want everyone to feel joy and love from animals; they are so healing for people," Jodie says.

Jodie's Nominator says: "Jodie is a Westfield Local Hero because she saves the lives of vulnerable animals and trains them to change the lives of vulnerable children and adults." Melissa McGuinness is bravely sharing the story of the multiple fatality car crash caused by her son Jordan with thousands of young people at schools and sporting clubs as she facilitates a youth-led road safety mission through her charity.

Melissa co-founded YOU CHOOSE Youth Road Safety with her husband to challenge the myth that road fatalities come down to luck and that it is normal to engage in lethal driving habits because you are young.

The program's foundational motto, Own the Choice Own the Outcome, is underpinned by a powerful message: This generation has the awesome potential to be the first to change driving Australian culture for the better.

Melissa started the program after the police invited her to share the real-life consequences of Jordan's crash at a Coomera event for high school students. She touched a chord, and

demand for her presentation has grown enormously from schools, parents, police and local councils.

Every time Melissa visits a school or club, she leaves behind a group of young advocates for her message to replace luck with accountability.

Melissa finds being nominated as a Westfield Local Hero uplifting.
"It reinforces our determination to continue; and to ensure that the YOU CHOOSE messages are carried into communities by young drivers, long after we're unable to deliver them ourselves."

Melissa's nominator says:
"Melissa is a Westfield Local
Hero because she galvanises
her personal loss into life-saving
optimism that uplifts a new
generation of young drivers to
protect their families and the
community from the misery of
road trauma."



Melissa McGuinness

YOU CHOOSE Youth Road Safety

Courageous, Committed, Transformative

"It reinforces our determination to continue; and to ensure that the YOU CHOOSE messages are carried into communities by young drivers, long after we're unable to deliver them ourselves."

Your 2021 Finalists



Nathan Gallagher
StandbyU Foundation

Nathan Gallagher helps protect hundreds of women and children from domestic violence safe through his work with the world-leading StandbyU Foundation. The charity provides people with a safety watch they can use to discreetly summon help at the touch of a button if they feel threatened. The device tells people in their network where they are and allows them to listen to what's happening.



Melanie McKenzie

Harrison's Little Wings

Mel McKenzie stepped up to fill a gap in support for women diagnosed with high-risk pregnancies when she founded Harrison's Little Wings. The charity provides practical support to families, including meals, housekeeping and childcare, and someone to talk to as they deal with their uncertainty. Mel was a Westfield Local Hero in 2020 and appreciates being nominated for a second time.



Amber Ford

Show The Way Inc.

Amber Ford has given thousands of vulnerable people food, clothing and hope through her Show The Way charity. Amber provides weekly cooked meals and provides hampers filled with pantry items, fresh fruit and vegetables, bread, clothing and blankets on other days. In addition, the charity's referral service directs people to organisations that can help with housing and other support.

Recognising all of our 2021 nominees

Rachel Rowe

Autism Camp Australia

Jay Toope

PCYC - Gold Coast

Abe Bland

Tribes Adventure Group

Natalie Contogeorge

Boots for one & all community

Paul Cowen-Aston

Rural Fire Service

Queensland & Child Safety

Services

Raylee Annette Taylor

Care For Life Suicide Prevention Network

[CFLSPN]

Jason Daniel

Cystic Fibrosis Queensland

Wayne Sticher

Cycling Without Age Gold

Coast

Paul Redley

Southport Sharks Junior AFL

Club

Ms Heidi Booth

Helensvale State School

Paul Butterfield

Toyakan Karate School

Anjanette Hutchison

Goodstart Early Learning
Pacific Pines

Vicky Rose

Nerang Neighbourhood Centre

Michael Barrett

Transformations Program Australia

Nikki Cheslin

On The Edge

Adam Bruce Watson

Volunteer Marine Rescue Southport – Surfers Paradise

Association Inc.

Leisa J Logan
Fight 4 Youth

Di Macleod

Gold Coast Centre Against

Sexual Violence

Marianne Whalan

Healing Hooves Inc

Tonita (Toni) Wolf

Agape Outreach Inc.

Teresa Bettles

Rosies Youth Mission

Quang Long Bradley

Helensvale High and Primary School

Mark Woodhouse

Silver Bridle Action Groups Inc

David Paynter

Gold Coast Tool Library

Debbie Spence

Ashmore Branch Little

Athletics Centre

Andre'a Simmons

Australian Anti Ice Campaign

Chris Boyle

StandbyU Foundation

Paul Carlyle

Australian Anti Ice Campaign

Dr Nadine Hamilton

Love Your Pet Love Your Vet

Glynis Leanne Nunn

Gold Coast Academy

of Sport

Tani Bloudell

Radio Lollipop Australia

Fiona Lamb Lotus

Phyllis Hobbs

Labrador Scout Group

John Holbrook

Animal Welfare League

of QLD

Raymond Dent Labrador Oztag

Danny Nugent

Australian Volunteer Coast

Guard

Alicia Millier

Surf Life Saving (Burleigh Heads SLSC)

Craig Wallace

Titans Together – LeagueAbility Program

Amputee Support Group Gold Coast Inc

Wayne <u>James Tester</u>

Car000 - Variety Queensland

Martin Hall

Consulting Hall

Angelina Chanel Hickey

Creative Director

Gold Coast Fashion Project

Inc.

Andv Cullen

PTSD Resurrected

Cornelia Babbage

Multicultural Families

Organisation

Lann Levinge

Levinge EventGarry Goodman

Eximm

Lino Hola

Mens Medicine

Gillian Crow

Javeenbah Theatre Company

Natarsha Stevenson

Lifestyle Solutions

Michelle Beattie

Hearts of Purple Ltd

Nikki Sega

Walk With Us

Melanie McKenzie

Harrison's Little Wings

Ilona Tavlor

The Twin Rivers Centre

Melissa McGuinness

YOU CHOOSE Youth Road

Safety

Amber Ford

Show The Way Inc.

Nathan Gallagher
StandbyU Foundation

Karen Germon

Hope in A Suitcase

Jodie Alderton

Harmony Hooves, Healing Hearts

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



