

A vibrant red ribbon graphic that flows across the page from the top left to the bottom right. The ribbon is three-dimensional, with shadows and highlights that give it a sense of depth and movement. In the center of the ribbon, the text "Westfield Local Heroes 2021" is written in white. "Westfield" is in a serif font, "Local Heroes" is in a large, elegant script font, and "2021" is in a clean, sans-serif font. The ribbon's path is dynamic, with several loops and turns, creating a sense of celebration and energy.

*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*

**Tuggerah**

NSW

**Retired nurse Lorraine Churchill has dedicated the past 16 years to providing financial help to families with premature newborns or children who need hospital care in Sydney or Newcastle.**

She does this as the compassionate and dedicated Secretary of the volunteer-run Central Coast Kids in Need, which has covered nearly \$4 million in accommodation and medicine costs for more than 3,000 families since 2005.

Without the help of Lorraine and the small team, many distraught mothers and fathers would be separated from their children while they are in hospital.

The charity also assists with high-cost prescription medications, specialised infant formula and equipment that helps improve children's quality of life.

Many of the families would have been financially ruined if they had to pay these costs on their own.

The charity also assists families whose children have autism, ADHD or physical disabilities.

Lorraine is honoured to be nominated as a Westfield Local Hero. "It is heart-warming that I am so highly thought of in the community, and it motivates me to do this for as long as possible. I am blessed with two healthy children and two grandchildren, so it inspires me to help those who are not as fortunate," she says.

*Lorraine's nominator says:  
"Lorraine is a Westfield Local Hero because she has personally touched the lives of so many families going through the worst times of their lives. In times of helplessness with a seriously ill child, her arms pick you back up."*



**Keeping families together**

**Lorraine Churchill**

Central Coast Kids In Need

*Heroic, Selfless, Inspiring*

**"It is heart-warming that I am so highly thought of in the community, and it motivates me to do this for as long as possible."**



## Reaching out to first responders

### Ross Beckley

Behind The Seen

*Humble, Inspirational, Amazing*

"I don't want any first responder or their family to suffer what I did. It's preventable if we put our hand up for help early."

**Compassionate firefighting veteran Ross Beckley is on a mission to encourage Central Coast emergency service workers to put their hand up if they need help.**

Ross co-founded the Behind the Seen project with his wife partner seven years ago. The group creates resources to encourage mental health conversations and advocates for policy change.

Ross's mantra is: "Heroes are People Too." Which means they have the same emotions as everyone else.

He has visited every Central Coast rural fire brigade to make a presentation and offer peer support and provide innovative resources materials.

Ross's experiences during his 21-year-career as a first responder led to post-traumatic stress disorder (PTSD).

He knows from experience that it is not healthy to suffer in silence. That's what drives his passion for

early intervention and reducing the stigma of depression, anxiety and PTSD among first responders.

"I don't want any first responder or their family to suffer what I did. It's preventable if we put our hand up for help early," he says.

"I was called a hero as a firefighter and never felt comfortable with that. I served to help my community, not for recognition."

But being nominated as a Westfield Local Hero is different, he says. "It gives me an opportunity to spread the word that first responders need the community's support."

*Ross' nominator says: "Ross is a Westfield Local Hero because he epitomises all that is great about a volunteer: he is selfless, compassionate and a real giver."*

**Christine (Chris) Mastello wants everyone in the community to feel cared for and valued and runs several programs to help hundreds of people in need.**

Chris does her charitable work under the umbrella of her volunteer-run non-profit, Southlakes Incorporated, which she started in 2013.

She hands out hundreds of food hampers, pre-cooked meals and essentials for children and babies every week.

In the nine months leading up to Christmas 2020, her foodbanks gave away \$185,000 worth of food to vulnerable community members.

She also brings together volunteer hairdressers, who provide free haircuts to the homeless and anyone who is struggling.

Now the charity is about to launch its third project, the Share Your Home initiative. Locals who have a spare room will gift three months of free accommodation

to someone who is homeless and needs a hand to get back on their feet.

The charity also supported isolated seniors during COVID-19 lockdowns. Since Covid last year, Chris has expanded her locations and now assist people throughout the entire Central Coast. "This most recent lockdown is really affecting people, in the last 20 days we have provided free food for over 700 people," she says.

Chris is honoured to be nominated as a Westfield Local Hero. "We all work so hard and go above and beyond what would normally be expected of a volunteer. The people we work with are good and decent. Through no fault of their own, they have landed in a bad life situation," she says.

*Christine's nominator says: "Christine is a Westfield Local Hero because she puts her entire being into helping those who need it, helping to lift them up and put them back onto the path of happiness."*



## Giving food and spare rooms

### Christine Mastello

Southlakes Incorporated

*Dedicated, Unstoppable, Kind*

**"This most recent lockdown is really affecting people, in the last 20 days we have provided free food for over 700 people."**

## Your 2021 Finalists



**Sally Hudson**

**Happiness Habits Inc.**

Sally Hudson offers free mentoring, empowerment training and social connection to help vulnerable women on the Central Coast turn their lives around. She co-founded her non-profit organisation Happiness Habits to provide practical and emotional support to women who have survived domestic and family violence or have dependency issues, mental illness or other challenges.



**Joshua Sullivan**

**Rural Fire Service –  
Central Coast Comms Brigade**

Joshua Sullivan always puts the community ahead of his own needs as the volunteer captain of the Rural Fire Service Central Coast Communications Brigade. He didn't hesitate to put his career on hold to help coordinate the response to the 2019–20 bushfire crisis working 12-hour shifts. The Central Coast District receives up to 2000 triple zero calls each year across over 2400 square kilometres.



# Recognising all of our 2021 nominees

Lynda Elsley  
**Northlakes High School  
Leo Club**

Kerie Ann Wells  
**NSW Police Force**

Juan Iocco  
**Naughty Noodle Fun Haus inc**

Patricia Kirkpatrick  
**Shoebox Revolution**

Jade Watson  
**Brisbane Water Netball Club**

Joshua Maxwell  
**Jopuka Productions**

Kim S Durga  
**The Wellbeing Initiative**

Debbie Samuels  
**The Creative Compassion  
Centre**

Sharyn Becker (nee Burgess)  
**Because We Care Boutique  
Central Coast**

Carly Pal  
**Central Coast Disaster Relief**

Jay Osborn  
**TLK Youth College**

Amy Nelmes Bissett  
**Coasties Magazine**

Tracey Nyatsanza  
**Pacific Link Housing**

Mark Constable  
**Nurse unit manager –  
Emergency, Wyong hospital  
and central coast rescue squad**

**Wadalba Rural Fire Brigade**

Vickie Parry  
**Yerin Aboriginal Health  
Services Ltd**

Tania Haydn  
**Woy Woy Peninsula  
Community Garden**

Jade Tamara Cartwright  
**Lifeline Australia**

Tricia Carlow  
**Central Coast Disaster Relief**

Cathy Gilmore  
**Seabird rescue Central Coast**

Miranda Browne  
**The Entrance Food Hub**

Sarah Beard  
**Take 3 for the Sea**

Eleni Papadakos  
**Peggys Promise Rescue**

Emily Sinderberry  
**Condobolin Chamber of  
Commerce**

Robin Fox  
**Meals on Wheels**

Joanne Hawken  
**JoJo's Cat Haven**

Dee Walton  
**Central Coast Animal Care  
Facility**

Kaylene Conway  
**CC365**

Jake Cassar  
**Lifeline Central Coast**

Joshua Sullivan  
**Rural Fire Service Central  
Coast Comms Brigade**

Tanya Freisler  
**CKO for Parkinsons**

Tricia Fortier, OAM  
**The Humour Foundation**

Tanya Kane  
**Green Point Community  
Centre**

Christine Mastello  
**Southlakes Incorporated**

Sally Hudson  
**Happiness Habits Inc.**

Lauren Moore  
**The Kids' Cancer Project**

Lorraine Churchill  
**Central Coast Kids In Need**

Stuart Smith  
**Options Theat Behind The  
Seen**

**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 red and white shapes. A large, rounded red shape dominates the right side, while a white shape overlaps it from the bottom left. The overall composition is clean and modern.

[westfield.com.au/local-heroes](http://westfield.com.au/local-heroes)

[westfield.co.nz/local-heroes](http://westfield.co.nz/local-heroes)

*Westfield*  

---

*Local Heroes*  

---

**2021**

SCENTRE GROUP