



*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*

**Tea Tree Plaza**

SA

**Volunteer Kate Pastro is a passionate advocate for LGBTQI+ mental wellness and has taken the initiative to develop a program to support young people while they are on the waiting list to see a psychologist.**

Kate has played a crucial role at Talk Out Loud for three years, where she has risen to the position of Camp Captain for the quarterly youth empowerment program.

In addition, Kate has developed a popular one-on-one program called REAL Talk, with REAL standing for Relaxed Environment of Active Listening.

"REAL Talk gives youth a sense of belonging and lets them know they are not alone and have someone to talk to," says Kate.

She is proud that the sessions have grown in popularity and that she has been able to move them online during the COVID-19 pandemic.

"Seeing youth come in anxious and depressed and hardly able to voice what they are going through and then seeing their transformation after only a few sessions is what keeps me going," she says.

Kate feels humbled and honoured to be nominated as a Westfield Local Hero. "It means the absolute world to me by showcasing the important work I do for Talk Out Loud, and the impact Talk Out Loud has on so many of our young people."

*Kate's nominator says: "Kate is a Westfield Local Hero because she is a passionate and kind-hearted volunteer who aspires to change the way people think. She helps them to be confident enough in themselves to take risks, even though the outcome might not be clear."*



**Giving LGBTQI+ youth a voice**

## Kate Pastro

Talk Out Loud

*Passionate, Empathetic, Inclusive*

**"REAL Talk gives youth a sense of belonging and lets them know they are not alone and have someone to talk to."**



## Walking beside parents

### James Norris

Walk With Wings

*Inspirational, Selfless, Humble*

"Knowing we can change another family's world in Harrison's honour is something wonderful."

**James Norris has volunteered countless hours for seven years to support parents of premature babies and those who have lost a child.**

James and his wife, Kerry, co-founded the Walk with Wings charity in memory of their son Harrison, who passed away unexpectedly in 2013. They provide peer support, premmie support packages, free AngelCare baby monitor hire and free hand and foot impressions of children who have passed away.

None of this would be possible without James. He is available day and night seven days a week to speak to parents. No topics or challenge is too difficult, from consoling a dad who feels left out of the NICU journey to taking an impression of a child's hand or foot for bereaved parents.

When not working directly with parents, James is a dedicated fundraiser. He has walked 80km from Paralowie to Port Wakefield in 16 hours five times to raise money for his charity.

"Knowing we can change another family's world in Harrison's honour is something wonderful," says James.

He feels overwhelmed to be nominated as a Westfield Local Hero. "I do what I do for the love of doing it, not so much to be in the spotlight, but the feeling of knowing I have been nominated is truly amazing."

*James' nominator says: "James is a Westfield Local Hero because through the heartbreaking and sudden death of his own son, he has shown resilience, strength, courage and determination to ensure that he is able to support another family who is walking the same path that he is, so they do not feel alone."*

**Nicola Bennett dedicates her days to helping people engage with their community and continue employment after a spinal cord injury.**

Dedicated and empathetic, Nicola is a Spinal Nurse Advisor at PQSA (Paraquad South Australia), where she builds strong connections with patients and their families.

Nicola understands that people often experience depression and feel unmotivated following a spinal cord injury. She is so focused on helping them get on with their lives that she often works in her own time to give them the care they need.

"My main goal is to support and educate my clients to develop not only the health outcomes they deserve but to give them a strong sense of independence," she says.

Nicola has more than 30 years of experience with spinal cord injuries. She travels around South Australia to assist clients with education, continence management, skin issues and the

social and psychological impact of their injury.

Nicola is proud and honoured to be nominated as a Westfield Local Hero. "I love my role in the community. We don't do what we do or go that extra mile and put in countless hours for awards. However, this nomination is wonderful, and if it raises awareness about what we do for the disability sector, it'll be a bonus."

*Nicola's nominator says: "Nicola is a Westfield Local Hero because of the difference she makes to people living with a spinal cord injury."*



## Helping people with spinal injuries

### Nicola Bennett

PQSA

*Dedicated. Hardworking, Passionate*

**"My main goal is to support and educate my clients to develop not only the health outcomes they deserve but to give them a strong sense of independence."**

## Your 2021 Finalists



### **Kirsty Whitehead**

#### **Children's Tumour Foundation**

Brave mum Kirsty Whitehead advocates and raises funds for children with neurofibromatosis (NF), a genetic condition that causes tumours in the nervous system. Kirsty is a dedicated volunteer for the Children's Tumour Foundation (CTF) and runs a South Australian online support group for those living with the condition. In addition, she has raised more than \$11,000 by shaving her head to support a clinical trial for drugs to shrink tumours.



### **Warren Hicks**

#### **South Australian State Emergency Service Volunteers' Association Incorporated**

SES volunteer Warren Hicks is a first responder and a steadfast advocate for other South Australian SES volunteers. Warren is chair of the SES Volunteers' Association, where he promotes the health and wellbeing of 1500 volunteers across 64 units in the state. Warren campaigns to the State Government and is also on call all day every day to support individual volunteers as the need arises.

# Recognising all of our 2021 nominees

Sawsan Zadeh  
**Pinnacle College Parents and  
Friends Committee**

Rachael Zaltron  
**Backpacks4SAKids**

Nicoma Fryar  
**Backpacks 4 SA Kids**

Craig Mousley  
**Golden Grove Tennis Club**

David MacDonald  
**Kersbrook Trail Maintenance**

Michelle Kenley  
**Cudlee Creek Tennis Club**

Steve Lubcke  
**Lifepoint Care**

Stacey Alexander  
**Wise Employment Modbury**

Marissa Elsworthy  
**Noarlunga Figure Skating Club**

Janelle Neave  
**Absolutely Autism Au**

Brett Raymond  
**YP Field Archers**

Travis Devine  
**Tea Tree Gully - State  
Emergency Service**

Brooke Brown

Kirsty Whitehead  
**Children's Tumour Foundation**

Danielle Borg  
**Talk Out Loud**

Kate Pastro  
**Talk Out Loud**

Angela Lloyd  
**Tango Netball Club Inc**

Warren Anthony Hicks  
**South Australian State  
Emergency Service Volunteers'  
Association Incorporated**

Stacey Mousley  
**Talk Out Loud**

James Norris  
**Walk With Wings**

Nicola Bennett  
**PQSA**

**If you or anyone you know would like more information  
on what support is available:**

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#### **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



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

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



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