

WESTFIELD 2021 LOCAL HEROES

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 Jocal 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 Innaloo WA

Retiree Ronald Wingate has come to the rescue of the Dianella Autumn Club for seniors, helping to bring connection to people in Dianella and surrounding areas.

Ronald and his wife, Roslyn, joined the club about two years ago and quickly noticed that it was struggling, both financially and with dwindling membership.

Ronald volunteered to join the committee as treasurer. Not only did he get the finances in order, but he used his marketing skill to boost membership numbers.

Now people visit regularly to play bowls, dance, chair yoga, table tennis and participate in programs including friendship events. There's also a monthly lunch club for people to share a meal in a friendly, enthusiastic atmosphere.

Ronald gives his time generously and has secured a permit to drive members on outings in the bus which belongs to the City of Stirling. He also obtained a grant for a defibrillator. "I am inspired to hear members say the club now feels friendly and relaxed. By involving all members, I believe that everyone is excited about the future," Ronald says.

He feels motivated and encouraged about being nominated as a Westfield Local Hero. "To receive comments from members that the club has a new lease of life makes me feel challenged to improve by trying new things," he says.

Ronald's nominator says: "Ronald is a Westfield Local Hero because he is tireless and devoted and makes himself available to anyone in need. He is always thinking of ways he can better help his community. Volunteers of Ronald's calibre are rare and the City of Stirling is very fortunate to count Ronald amongst our volunteer team."

# Transforming life for seniors

## Ronald Wingate

Dianella Autumn Club

Committed, Conscientious, Compassionate

"I am inspired to hear members say the club now feels friendly and relaxed. By involving all members, I believe that everyone is excited about the future."



## Caring for fragile newborns

### Joanne Beedie

NICU Helping Little Hands Incorporated Kind, Selfless, Accepting

"By allowing families to focus on their babies, we support emotional bonding and better mental health. Families can feel supported during one of the most challenging times they can face." Joanne Beedie helps remove financial stress to enable thousands of Perth families impacted by a premature birth to concentrate on bonding with their fragile newborns.

In response to her own traumatic three-month NICU experience, Joanne co-founded Helping Little Hands to support families at King Edward Memorial Hospital and Perth Children's Hospital.

Joanne works hard to reduce the burden of everyday tasks and helps cover travel and food costs. The charity also helps with car seats and prams after discharge.

The aim is to allow the parents to concentrate on caring for their babies, themselves and their families.

"By allowing families to focus on their babies, we support emotional bonding and better mental health. Families can feel supported during one of the most challenging times they can face," Joanne says. She believes the best medicine for a premature baby is time with their parents.

During COVID-19, the volunteers have been unable to visit patients in hospital, so they have used their strong network of health professionals to reach families with donations of fuel, transport and supermarket vouchers.

Joanne was a Westfield Local Hero in 2018 and appreciates being nominated for a second time. "It feels like our achievements have made a recognisable impact in the community. It motivates us to know our work is important, recognised and valued."

Joanne's nominator says: "Joanne is a Westfield Local Hero because she gives her heart to others and supports people going through one of the most traumatic times a family can experience when a baby is born prematurely." Perth Children's Hospital social worker Shelly Skinner is making a difference in young lives as the founder of Lionheart Camp for Kids, a bereavement program for children and teens following the death of a family member.

Her two-day camps provide a safe, fun-filled space for children and their surviving relatives or guardians to explore and understand their grief.

As a palliative care social worker, Shelly recognised a lack of support for WA children who lose a relative.

Lionheart runs three or four camps a year with a vision to ensure no one grieves alone and everyone has healthy skills and coping strategies to use whenever they face life's challenges.

"I remember wondering what would have happened to me if my mum had died when I was six instead of 26. My life would've been so different financially, emotionally, socially – in every way. I want to ensure that every bereaved child gets the support they need," Shelly says.

She is incredibly grateful to be nominated as a Westfield Local Hero. "It strengthens my resolve to continue to strengthen our community. I believe that by teaching our children and families about big feelings, healthy grieving, overcoming adversity and integrating grief into your life, we can build a stronger, more resilient, more connected community."

Shelly's nominator says: "Shelly is a Westfield Local Hero because, without her vision, Camp Lionheart would not have achieved all that it has. She dreams of a world where no child grieves alone and where the grief of children and families is supported by the whole community. Her infectious passion drives the organisation."

# Supporting grieving children

## Shelly Skinner

Lionheart Camp for Kids

Dedicated, Passionate, Caring

"I want to ensure that every bereaved child gets the support they need."

## Your 2021 Finalists



Rodney Bridge Sideffect Australia Limited

Rodney Bridge reaches more than 100,000 students and parents a year with his campaign to encourage informed decisions about the dangers of synthetic drugs. Rodney lost his son Preston in a drug-related accident in 2013 at his school ball afterparty. Since then, his mission in life has been to save other families from the same devastation. Rodney believes people wouldn't take synthetic drugs if they knew what was in them.



### Kelly Bergsma The Good Chat Foundation

Kelly Bergsma is helping to improve the mental health and wellbeing of dozens of underprivileged children in her community by providing them with short-term sporting sponsorships. She has launched The Good Chat Foundation, which gives children sporting equipment and access to a professional coach. Her charity helps them find their purpose, feel a sense of belonging and build connections.



### Jill Griffiths Volunteering WA – Homeless Connect

Jill Griffiths helps give almost two thousand people in Perth a day of dignity through the annual one-day Homeless Connect event that provides one-stop access to dozens of services. Jill is a core member of the project, which connects guests with accommodation support, legal advice and employment services. Visitors also receive free meals and can visit volunteer doctors, dentists and vets for their pets.

## Recognising all of our 2021 nominees

Alanagh Tolley Godderidge Cycling without Age

Ernest Chua Red Frogs WA

Phillip Glossop YouthCARE

Alicia Martin Perth Blood Institute

Graham Paul **EdConnect** 

Vanessa Smith Wild, Divine, Feminine

Kirsten Amy Button The Saba Rose Button Foundation

Andy Kahle Therapy On Wheels

George Anderson City of Stirling - Volunteers

Stan Crombie
The Ladybird Foundation

Aaron Sutton Self Made Indigenous Corporation

Edna Prosser Graylands Hospital Volunteer Service Travis Lithgo Mount Hawthorn Primary School Parents and Citizens Association

Quintilla Sutton Self Made Indigenous Corporation

Phillip Raston Pelican Point Sea Scouts

Jacob Ibrahim Red Frogs WA

Kiren Bigwood Little Things for Tiny Tots

Rach Mac Broken Crayons Still Colour Foundation

Grainne McGuire Hannah's House

Sean Conway Canned Comedy

Anita Alice McSweeney Lions Club of Floreat

Paul Holliday Human Excellence Project

Simon Kane
The Kids' Cancer Project

Jonathan Banks Perth Spectres Basketball Club Diane Wilcox Magic Coat For Kids

Alanagh Godderidge Cycling Without Age Sorrento

Kirsten Button The Saba Rose Button Foundation

Shelly Skinner Lionheart Camp for Kids

Joanne Beedie NICU Helping Little Hands Incorporated

Jill Griffiths Volunteering WA – Homeless Connect

Rodney Bridge Sideffect Australia Limited

Kelly Bergsma
The Good Chat Foundation

Ronald Wingate **Dianella Autumn Club** 

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

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