



Westfield

Local Heroes

2021

"The Westfield Local Heroes program was an incredible opportunity to connect and engage with my local community."

- Danny Hui, Westfield Local Heroes alumni



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

In the four years since the program began, we have awarded \$4.88 million to 489 community organisations.

Every year, we recognise more than 120 Westfield Local Heroes and provide \$1.26M 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.



"I think it's really valuable that we really care for each other."

Kind. Selfless. Accepting.

WESTFIELD INNALOO LOCAL HERO 2021
Joanne Beedie - Helping Little Hands

2021 Participation

more than
1,400
Nominations



more than
143,000
Community Votes



Community Sentiment

Westfield Local Heroes are positive community role models who work in a diverse range of sectors and with a varied degree of experience. They include environmentalists, innovators, community volunteers and leaders, welfare service providers, first responders, essential workers, health and medical experts, educators, social entrepreneurs and intrapreneurs.

"Being recognised is amazing as it will mean more people will see the work we do and get involved." –
Sarah Page, Westfield St Lukes Local Hero 2021

"To have my efforts recognised in this way drives me to continue my volunteering and to drive improvement in the way we deliver our service." –
Ryan Jacobsen, Westfield Knox Local Hero 2021

"A great opportunity to further reach and inspire more young champions to recognise the strength of who they are." – **Matt Runnalls, Westfield Doncaster Local Hero 2021**

Centres

New South Wales

Bondi Junction.....	12
Burwood.....	18
Chatswood.....	24
Eastgardens.....	30
Hornsby.....	36
Hurstville.....	42
Kotara.....	48
Liverpool.....	54
Miranda.....	60
Mt Druitt.....	66
Parramatta.....	72
Penrith.....	78
Sydney.....	84
Tuggerah.....	90
Warringah Mall.....	96

ACT

Belconnen.....	104
Woden.....	110

Victoria

Airport West.....	118
Doncaster.....	124
Fountain Gate.....	130
Geelong.....	136
Knox.....	142
Plenty Valley.....	148
Southland.....	154

Queensland

Carindale.....	162
Chermside.....	168
Coomera.....	174
Garden City.....	180
Helensvale.....	186
North Lakes.....	192

South Australia

Marion.....	200
Tea Tree Plaza.....	206
West Lakes.....	212

Western Australia

Booragoon.....	220
Carousel.....	226
Innaloo.....	232
Whitford City.....	238

New Zealand

Albany.....	246
Manukau City.....	252
Newmarket.....	258
Riccarton.....	264
St Lukes.....	270

New South Wales

A stylized map of New South Wales, Australia, rendered in various shades of red and maroon. The map is divided into several irregular regions, with a darker maroon area in the east and a lighter red area in the west. The text 'New South Wales' is overlaid in white on the western part of the map.

NSW Centres

Bondi Junction

Burwood

Chatswood

Eastgardens

Hornsby

Hurstville

Kotara

Liverpool

Miranda

Mt Druit

Parramatta

Penrith

Sydney

Tuggerah

Warringah Mall



Westfield

Bondi Junction

NSW

Chana Kavka started the Sydney Friendship Circle with one volunteer and a big dream. Today she galvanises hundreds of young people with disabilities to engage with each other and society.

The Friendship Circle was launched 15 years ago and offers regular Sunday activities and other opportunities for children, teenagers and young adults, with and without disabilities. A crucial element is the connection fostered between volunteers and the families they help.

Chana has kept a local, family-focused flavour as the Friendship Circle has grown in numbers and reputation. At present, she supports nearly 100 families.

Chana's latest project is a non-profit bakery to give people with disability an opportunity to bake and sell delicious food at the Mark Moran Vaucluse retirement village, creating a connection between young people and elderly people.

"The best thing about my work is that we connect people who may never have connected," says Chana, a former special education and preschool teacher.

Chana says it feels special to be nominated as a Westfield Local Hero. "It demonstrates that you have made a material difference in people's lives. "This will inspire our team to keep going. One day everyone will be counted and will have the opportunity to contribute to our collective future."

Chana's nominator says:

"Chana is a Westfield Local Hero because she has inspired hundreds of young people – with disabilities and without – to step up and contribute to a more inclusive society. By personal example and her insistence that everyone is unique and valuable, Chana has made a big difference and empowered so many to see a better future for themselves."



Creating human connection

Chana Kavka

Sydney Friendship Circle

Dedicated, Committed, Talented

"This will inspire our team to keep going. One day everyone will be counted and will have the opportunity to contribute to our collective future."



Moving together to do good

Renuka Fernando

The Run for Good Project

Driven, Committed, Visionary

"Our volunteers fully furnished the homes, put food in the fridge and toys on the children's beds. Seeing the smile on those children's faces will always stay with me."

Renuka (Ren) Fernando is the founder of The Run for Good Project, mobilising local community to raise funds, donate goods or give their time to help women impacted by domestic violence, people experiencing homelessness and people seeking asylum. Ren has also created a community of 130 runners who meet for free weekly sessions at Centennial Park to keep fit and do social good.

In the past 12 months, Ren and her community have provided furniture to over 100 families, shoes to 300 homeless people and more than 1500 gift cards and Opal cards.

Ren's most memorable project was helping 13 refugees settle into local apartments. "Our volunteers fully furnished the homes, put food in the fridge and toys on the children's beds. Seeing the smile on those children's faces will always stay with me," says Ren.

In response to COVID-19, the group quickly collected used mobile phones and laptops to keep asylum seekers connected. They also asked for food donations and became volunteer food delivery drivers.

Ren has found it humbling to be nominated as a Westfield Local Hero. "It reassures me that I am on the right track carrying out valuable community work, and it deepens my commitment to launch future."

*Renuka's nominator says:
"Ren is a Westfield Local Hero because she walks the talk and is committed to action, no matter the hurdles, and shows how we can all make a change."*

Inspirational Lisa and Adrian Saunders have harnessed the power of community to keep 1400 tons of computer equipment, appliances, wire and cables out of landfill.

They co-founded the social enterprise Arnie's Recon last year to make it easy for people to recycle their electronics and appliances. Lisa and her team collect any amount of e-waste that people send their way. "Our service is free to make it easy for people to recycle," says Lisa.

Some of what they collect is rehomed. The rest is used for spare parts or recycled as scrap.

At first, Arnie's Recon consisted only of Lisa and Adrian, with Lisa sometimes resorting to asking passers-by to help her load a 30kg washing machine or a 75kg computer server in their van. They now have a team to help, with a focus on creating opportunities for older people.

Thanks to their efforts, people have become excited about recycling and have organised

neighbourhood programs and set up local collection spots.

"I've always been concerned about the environment and wanted to do something tangible with real results," says Lisa.

She is excited that being nominated as a Westfield Local hero is an opportunity to highlight the benefits of recycling and let people know that there is an alternative to landfill.

Lisa's nominator says: "Lisa is a Westfield Local Hero because she is truly inspirational. She started a social enterprise with the simple intention of making the world a better place and has made a huge impact in a short period."



Saving old computers from landfill

Lisa Saunders

Arnie's Recon

Committed, Focused, Determined

"I've always been concerned about the environment and wanted to do something tangible with real results."

Your 2021 Finalists



Ben Higgs

Rise Foundation

Ben Higgs has touched the lives of more than 30,000 people through the Rise Foundation, which he formed to give people the tools to take care of their mental health. He and his fellow mental health trainers work with people from all walks of life, including lawyers, accountants, first responders, underground miners, airport baggage handlers and teachers.

If you need support, please phone
Lifeline: 13 11 14



Elloise Brake

The Royal Hospital for Women Foundation

Clinical psychologist Elloise Brake has helped more than 150 women struggling emotionally before and after having a baby or with other life events. Many of the women Elloise sees are highly anxious about their capacity to be good enough parents. She supports her clients to find their own path through the intense adjustment to new motherhood.



Liam Buckley

The Pinnacle Foundation

Liam Buckley is giving back as the NSW Chair of the Pinnacle Foundation, which provides mentors and scholarships to help young LGBTIQ+ students complete their tertiary education and become role models. Thanks in part to Liam's fundraising, there are 10 NSW scholars in the program this year, joining dozens of achievers from previous years.

Recognising all of our 2021 nominees

Xi Chen

Merci Health

Glenn Miller

Dreams2Live4

Ren Fernando + Ben Stammer

The Run for Good Project

Anita Kolni

Ocean Lovers Alliance

Jo O'Brien

Platinum Pre School – Randwick

Scott Paul Denton

Vaucluse Amateur 12ft Sailing Club

Anthony Cohen

Project Displaced

Rory Robertson

Yalari Limited

Kit Shepherd

Transition Bondi

Emmanuel Constantinou

**Bondi & Districts Chamber
of Commerce**

Elloise Brake

**The Royal Hospital for Women
Foundation**

Tara Hurster

Sheldon Watts

Gerald Stephenson

Surf Life Saving Australia

Martin Morgan

Bondi Anglican

Josival Bispo

Topazio Association

Shterny Dadon

**Australian Jewish Fertility
Network**

Kerry Gonski

**Australian Jewish Fertility
Network**

Rachel Hibbard

The Bondi Centre, SESLHD

Sarah Launt

Bondi Beach. Babes

Luke Currie-Richardson

Feed A Family

Brittany Bloomer

Pound Paws

Muhammad Ghani (Munna), Syed

Huda, Dean Har-el, Jeff Falzon,

Steven Sangsahachart and

Mohammad Sediqi

Secure Corp

Adam Hegedus

**Educating The Future
Australia Limited**

Amy Lynch

Bondi Beach Babes

Donny Galella

Donny Galella

Tara Hurster

The TARA Clinic

Chana Kavka

Sydney Friendship Circle

Emma Jane Hamilton

REELise Incorporated

Nicolas Brown

batyr

Renuka Fernando

Run For Good

Lisa Saunders

Arnie's Recon

Liam Buckley

The Pinnacle Foundation

Ben Higgs

Rise Foundation



Westfield

Burwood

NSW

Gavin Smith is dedicating his retirement to saving the bees that are vital to food crops flourish.

The former teacher is a volunteer with Urban Beekeepers of the Inner West and works hard to restore populations of Australian native and European honeybees, which have been decimated by fires, droughts and loss of their natural habitats in urban areas.

Gavin has rescued hundreds of swarms and uses his teaching skills to educate the community that bees are not important only for honey; they are crucial for pollinating 70% of our food crops. He encourages people to plant urban gardens that support them.

Following the devastating 2019–20 bushfires, Gavin and Urban Beekeepers of the Inner West initiated Beemergency. They tirelessly raised money for materials to build new hives and worked at collecting bee swarms.

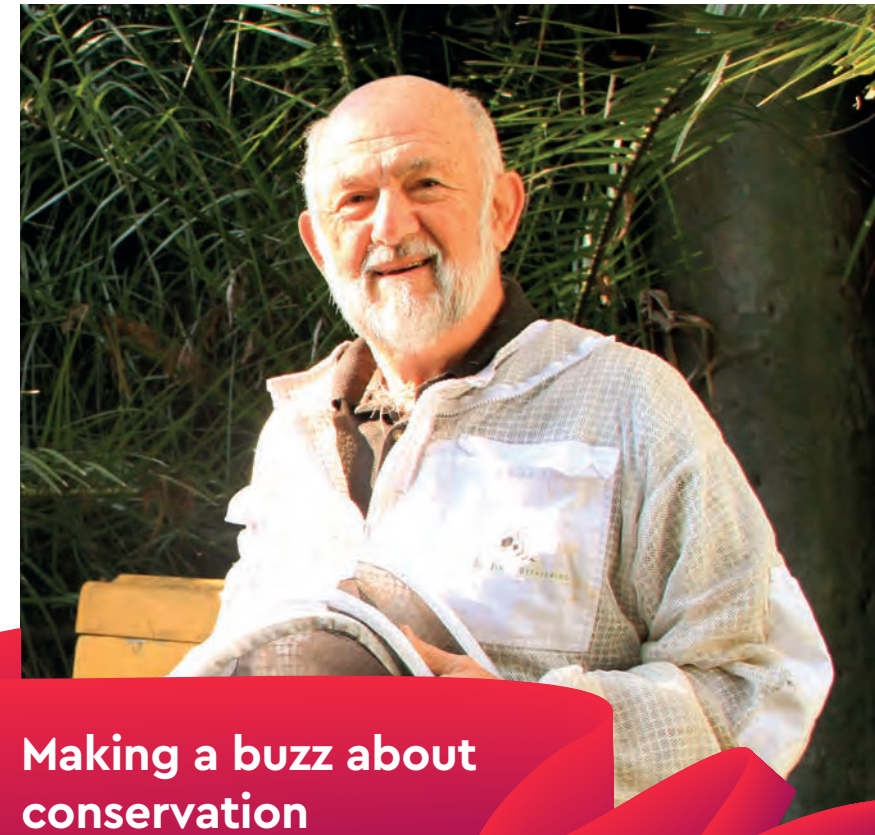
While the project stalled during the peak of the COVID-19 pandemic, Gavin is determined

to get it on track to ensure bee colonies return to regions affected by the bushfires and, more recently, the floods.

One of Gavin's best rewards is watching others catch his enthusiasm for beekeeping.

He is thrilled to be nominated as a Westfield Local Hero. "I hope this helps spread the word that the bush is under threat, and really simple community efforts can make a difference. Millions more bees are needed," he says.

Gavin's nominator says: "Gavin is a Westfield Local Hero because he uses his vast knowledge to ensure the sustainability of bee populations. He gives his time, knowledge and energy to many local groups."



Making a buzz about conservation

Gavin Smith

Urban Beekeepers of the Inner West

Tireless, Passionate, Dedicated

"I hope this helps spread the word that the bush is under threat, and really simple community efforts can make a difference. Millions more bees are needed."



Keeping older people strong

Yinxia (Robin) Hu

Australian Culture and Commerce Association

Kind, Wise, Inclusive

"We provide aid to families in NSW, and also organise mission trips to the Philippines once a year and fundraise to help those struggling from disasters around the world such as in Lebanon, Syria, Egypt and Uganda."

Yinxia (Robin) Hu has helped a growing number of elderly people keep fit and mentally strong with Tai Chi through his work with the Australian Culture and Commerce Association.

Robin arrived in Australia 30 years ago. In 2012 he was elected president of the association, which helps immigrants to settle into Australia.

The association also promotes multiculturalism through popular events such as an annual Lunar New Year Carnival that attracts 100,000 people.

Robin's special passion is Tai Chi, which he uses to help control his own pain. Determined to help others, he set up a Tai Chi team attracting over 100 participants with an average age of 70.

When the COVID-19 pandemic hit, he ensured classes could continue and bought masks for his students.

He also printed out leaflets to encourage people to attend

and stay physically and mentally healthy during the pandemic. His generosity went further, and he bought Tai Chi clothing for those in need.

He is proud that Tai Chi keeps the participants healthy.

Robin says he is honoured to be nominated as a Westfield Local Hero. "It is an affirmation of my many years serving the community. It will encourage more people to come out to do social welfare and fill our society with love."

Robin's nominator says: "Robin is a Westfield Local Hero because he has made an important contribution to many elderly people, helping them get out during the COVID-19 pandemic. In addition, they have improved their physical condition by learning Tai Chi under his watch."

Deanna Hayes is a mum and full-time operating theatre nurse, yet she finds time to campaign in her local community about the impact of climate change.

As a dedicated volunteer for Australian Parents for Climate Action (AP4CA), Deanna also makes a positive impact at her hospital, where she and a colleague coordinate a green team focused on recycling and waste management.

Deanna has turned her passion for the environment into action. She enthusiastically advocates for a safe climate for our children's future by educating her community. She is proud to have personally collected the 10,000th signature in AP4CA's Solar our Schools campaign, which calls on the federal government to fund solar panels and batteries for every school and early childhood centre.

Deanna was so proud when the NSW government launched a multimillion-dollar pilot

renewable energy program off the back of the campaign. "It demonstrates how community efforts can help implement big positive change."

"I'm motivated by my love for my children and my profound respect for the local and global environment," Deanna says.

She is proud it was her teenage son who nominated her as a Westfield Local Hero. "It makes me feel like such a valued mother, community member and AP4CA volunteer. It motivates me to continue my work."

Deanna's nominator says:
"Deanna is a Westfield Local Hero because she works tirelessly as a nurse and hospital green team coordinator. She is also a volunteer for Australian Parents for Climate Action and is helping to get clean energy into schools, thus saving money and saving the climate."



Mum fights for children's future

Deanna Hayes

Australian Parents for Climate Action

Caring, Dedicated, Tireless

"I'm motivated by my love for my children and my profound respect for the local and global environment."

Your 2021 Finalists



Nicole Harcourt
Sanctuary Housing

Nicole Harcourt has helped over 500 women and their children move onto a happy and safe life since she established Sanctuary Housing in 2017. The mother-of-two funded the purpose-built shelter herself. Up to 40 women and children at a time can be accommodated, receiving meals, clothing and toys as well as dignity and respect.



Sina Winterstein
Lighthouse Community Support

Sina Winterstein the Multicultural Community Liaison Officer at Campsie Police Area Command has helped hundreds of school students make positive life choices through the Lighthouse Community Support Wise Up leadership and mentoring program. Her mantra is "actions speak louder than words" and also volunteers for the Lighthouse COVID-19 response that provides food, clothing and toys to families in need.



Charbel Azzi
Maronites on Mission

Busy lawyer Charbel Azzi dedicates numerous hours a week assist the charity Maronites on Mission to give up to 400 hungry people a meal on the street or groceries in their homes. He is a co-founder and key member of Maronites on Mission and always has time for a friendly chat with clients.

Recognising all of our 2021 nominees

Paul Cragg
Stepping Stone House

Natasha Welsh
Derek's Place

Janu Dhayanathan
**Children's Tumour Foundation
of Australia**

David Burns
Collective Leisure

Nicholas Karagiannis
Crash Claim

Pilar Lopez
House to Grow

Patricia Abraham
Eurella Community Services

Rosemary King
**St Paul's Anglican Church
Burwood**

Gina Atlas
Help for Hirschsprung

Darrin Tucker
NRMA

Louise Sauvage OAM
Wheelchair Sports NSW/ACT Inc

Jenny Baker
**Leichhardt Wanderers
Netball Club**

Dr. Maher Milad
Medical Centre

Dean Laws
Parkinson's NSW Limited

Thomas Camporeale
**Co.As.It. – Italian Association
of Assistance**

Teik Ning Yang
RuffTRACK Limited

Bindi Lea
The Village Project

Douglas Sinclair
**AUSCAP Australian Civil
Air Patrol**

Mary Jo McVeigh
Cara Care

Dr Faryal Zehra
Little Helpers on the Run

Melanie Tran
St John Ambulance NSW

Donna Boyd
St Vincent de Paul

Sina Winterstein
Lighthouse Community Support

Nicole T Harcourt
Sanctuary Housing

Deanna Hayes
**Australian Parents for
Climate Action**

Gavin Smith
**Urban Beekeepers of the
Inner West**

Amber Rules
**Rough Patch Affordable
Counseling and Mental Health
Supports**

Associate Professor Lucy Morgan
Lung Foundation Australia

Gina Atlas
Help For Hirschsprung's Disease

Yinxia Hu
**Australian Culture and
Commerce Association**

Charbel Azzi
Maronites on Mission



Westfield

Chatswood

NSW

Compassionate financial counsellor Anne Holmes offers emotional and practical support to people experiencing financial distress.

As the volunteer team leader of the Financial Counselling Service of Lifeline Harbour to Hawkesbury, Anne helps people affected by unemployment, gambling, mental illness, financial abuse and other issues.

She and her team also offer guidance to, and advocate for, people with disabilities and young people who cannot manage their debts.

Known for her kindness, Anne has guided many people out of distress over the years. She has 21 years of experience as a financial counsellor and believes nobody's circumstances are beyond help.

That help includes prioritising debts, budgeting, negotiating with creditors and explaining people's rights.

Ultimately, the aim is for people to feel better about themselves,

restore any damaged relationships and find employment if they are out of work.

Anne worked tirelessly to respond to the added demands of the COVID-19 pandemic and ensure her service could continue helping its clients during social distancing restrictions.

Anne feels complimented by being nominated as a Westfield Local Hero. "I am very grateful for the opportunity that this nomination may give me. I work for a wonderful organisation. There are many people like me at Lifeline."

Anne's nominator says: "Anne is a Westfield Local Hero because no challenge is too big. Anne uses her financial expertise and her caring, compassionate approach to bring hope and practical solutions to her clients. A wise and respected practitioner, Anne is always there with a calm approach for her clients, team, colleagues in the broader industry and the community."

If you need support, please phone Lifeline: 13 11 14



Relieving financial distress

Anne Holmes

Lifeline Harbour to Hawkesbury (Financial Counselling Service)

Wise, Ethical, Proactive

"I am very grateful for the opportunity that this nomination may give me. I work for a wonderful organisation. There are many people like me at Lifeline."



**Saving eyesight,
reducing stress**

Sapna Nand

Glaucoma Australia

Dedicated, Caring, Modest

"When first diagnosed, people are scared and confused and are grateful to have someone at the end of the phone who can alleviate their fears and work with them to keep them on track."

Sapna Nand is an empathetic healthcare professional who supports hundreds of people at risk of losing their sight or who have lost their sight because of glaucoma.

Artarmon-based Sapna is an orthoptist educator at Glaucoma Australia. She combines her clinical knowledge and warm personality to help her patients care for their eye health and reduce the stress and anxiety that often accompanies a glaucoma diagnosis.

Sapna gets to know each patient as an individual and goes above and beyond the call of duty to regularly check in with them to ensure they have the resources they need. One of her standout achievements is the high level of treatment adherence among her patients, which is more than double the national average.

"When first diagnosed, people are scared and confused and are grateful to have someone at the end of the phone who can

alleviate their fears and work with them to keep them on track," Sapna says.

She also facilitates two national support groups where more than 700 patients and families share their experiences.

Sapna is honoured to be nominated as a Westfield Local Hero. "I feel good knowing that my work is making a difference in our local community. This is great encouragement to keep doing."

Sapna's nominator says: "Sapna is a Westfield Local Hero because she is a trusted partner and provides practical and emotional support to local families who are living with glaucoma."

Determined fundraiser Jake de Kort is on a mission to change the lives of people and families affected by childhood cancer.

Jake is a dedicated volunteer for The Kids' Cancer Project helping to fundraise through his Blue Bottle project. Jake helped form Blue Bottle in memory of his sister Alana who passed away from a rare childhood cancer just before her 15th birthday in 2018. Motivated by her bravery, Jake is dedicated to sharing her story, raising awareness and crucial funds to fight childhood cancer.

"My dream is that no family, friendship group or community will have to go through the experience mine did", he says.

Jake believes that "science is the solution" to ending childhood cancer. With a double degree in Actuarial Studies and Science (pathology major), Jake hopes to use these skills in the future to develop a tool for early cancer diagnosis and intervention.

Post COVID-19, Jake is planning many ambitious fundraising events including a Guinness World Record Attempt and 1500km Jet Ski Trek.

Jake feels emotional to be nominated as a Westfield Local Hero. "I believe the true hero for our fundraising efforts is Alana. It's often hard to fundraise because of all the memories it brings back, but this nomination shows that the community is there to support us and help fight childhood cancer".

Jake's nominator says: "Jake is a Westfield Local Hero because he has taken the horrible experience of losing his sister and used it as a driver to make change. Jake is working towards making huge waves in the childhood cancer space, and he has what it takes to change the world."



Bravely fighting childhood cancer

Jake de Kort

The Kids' Cancer Project

Impactful, Determined, Courageous

"My dream is that no family, friendship group or community will have to go through the experience mine did."

Your 2021 Finalists



Madeleine Riley-Haynes
Job Centre Australia Ltd.

Madeleine Riley-Haynes puts a relentless effort into helping young adults with disabilities to find work and achieve their goals. In her role at Job Centre Australia, Madeleine delivers a range of services, including support with employment and work experience, teaching life skills such as cooking and budgeting, and encouraging participation in the community and social activities.



John Pitt
North Sydney Community Centre

As a council parks and gardens worker, John (Johnny) Pitt has always felt a strong connection to his Indigenous heritage in Queensland. He brought much joy to the people of North Sydney and St Leonards for 50 years in the role. He retired from his full-time job last year, but he is still putting smiles on people's faces as the part-time caretaker at the North Sydney Community Centre, where he keeps the playground clean and the children safe. He is also grateful that his work enables him to keep his connection to country.



Yuki Takahashi-Braybrook
Willoughby City Council

Diligent and humble leader Yuki Takahashi-Braybrook works hard to ensure children of all backgrounds receive the care and connection they deserve at the Chatswood Early Childhood Education and Care Centre. Yuki leads a team of 16 at the centre's long daycare and has set up several initiatives that focus on cultural inclusivity.

Recognising all of our 2021 nominees

Jamie Romanin

**JDRF (Juvenile Diabetes Research
Foundation)**

Yoel Hyman

North Shore Basketball League

Chae Jeong

Echo

Siena Deane

Rural Fire Service

Teik Ning YANG

RuffTRACK Limited

Ted Bergin

AUSCAP Australian Civil Air Patrol

GESTALT HAIR/ Joseph Cappadona
Cancer Council

Anna Humberstone

**Hummingsong Community
Choirs**

Brione Smink

Pink Hope

Charlene Davison

GO Foundation

Scott Hinton

Gordon District Cricket Club

Trevor Phillip Ward

1st East Ryde Scout Group

Anne Thompson

**Sustainable Schoolwear and
WornUp**

Jerico Navea

Phoenix House Youth Services

Paul Pokorny

Sea Heritage Foundation Pty Ltd

Jane Clarke

Collective Shout

Sapna Nand

Glaucoma Australia

Bridget Kennedy

The Sydney Edible Garden Trail

John Pitt

**North Sydney Community
Centre**

Josh D

Job Centre Australia Ltd.

Yuki Takahashi-Braybrook
Willoughby City Council

Anne Holmes

**Lifeline Harbour to Hawkesbury
(Financial Counselling Service)**

Jake de Kort

The Kids' Cancer Project

Madeleine Riley-Haynes

Job Centre Australia Ltd.

Chrissy Gabor

StreetWork Australia Limited



Westfield

Eastgardens

NSW

Belinda Casselden's passion and drive to improve the lives of women and children affected by domestic violence has led to the launch of the Hope Believe Shine Foundation: a foundation raising funds for specialist frontline domestic violence services.

As a domestic violence survivor, Belinda understands the devastating impacts of domestic violence and the importance of these services in the recovery process. Belinda devotes her time to supporting local domestic violence organisations so they can focus on what they do best – helping their clients.

"Sustainability of these services is dependent on adequate funding. Sadly demand is increasing and funding is not increasing at the same rate. The first service we are supporting has been in the local community for over 40 years and sees approximately 1000 clients a year. They need funds to keep doing the wonderful work they do" says Belinda

"I understand personally the value of being supported by specialist domestic violence frontline services. These services listen, understand, believe and respect women like myself. They are essential to the healing and recovery process."

Belinda feels honoured to be nominated as a Westfield Local Hero. "Being able to use my skills, insights and personal experience to improve the lives of others is rewarding. It drives me to want to do more."

*Belinda's nominator says:
"Belinda is a Westfield Local Hero because she puts it all on the line in her fight for specialist frontline services and women and children affected by domestic violence. Her dedication and passion are making a real difference."*



Funding domestic violence frontline services

Belinda Casselden

Hope Believe Shine Foundation

Brave, Dedicated, Determined

"I understand personally the value of being supported by specialist domestic violence frontline services."



Providing clothes to restore dignity

Keith Donnelly

Keith's Closet

Genuine, Dynamic, Fearless

"I'm completely stunned. I didn't realise that others see the work I do. Sometimes, I don't realise the effort that is required."

Mental health nurse Keith Donnelly has a demanding job and a family to care for. Yet, he is also the founder of Keith's Closet, an innovative free boutique that provides dignity-restoring clothing, shoes, toiletries and household items to men and women with mental illness.

So far, Keith's Closet has supported 1600 people – both in-patients and those living in the community. Keith also offers a volunteer outreach service to support people transitioning to their homes after a hospital stay.

Keith's Closet is almost a second full-time job for the dedicated nurse, who has recruited an impressive array of sponsors and supporters, including the local MP, NSW Health and several businesses. He has collected thousands of donations of clothing and household items, including washing machines, beds, sofas, TVs, DVDs players.

One of the initial challenges was to find space for Keith's

Closet and a storage room but that was made possible through discussions with management at Prince of Wales Hospital and NSW Health.

People with mental illness are vulnerable to self-neglect, says Keith, who believes following a visit to Keith's Closet people look good and feel good.

He feels surprised and validated to be nominated as a Westfield Local Hero. "I'm completely stunned. I didn't realise that others see the work I do. Sometimes, I don't realise the effort that is required."

Keith's nominator says: "Keith is a Westfield Local Hero because he has restored dignity and self-esteem to 1600 people experiencing mental illness. In the words of a client: 'With nice clothes, I am once more equal to anyone. New clothes give me a lot of confidence. I can start organising a job interview and restart my life.'"

Rachael Smith sprang into action at the start of COVID-19 to provide local families in need with essential groceries.

She teamed up with Alt Saints General Store to launch Pantry4ThePeople, where people can help themselves to donated items as needed. Rachael's motto is: Take what you need, give what you can." Anyone from the community is welcome to use the pantry and can discreetly take items at night if they wish.

Rachael aims to ensure that people always have access to a meal and that school lunch boxes are never empty. People can also request items, which Rachael sources and hand delivers to their homes.

With the help of her family, Rachael has secured regular donations from local businesses and uses social media to encourage members of the community to participate.

Now Rachael has her eye on future sustainability and has

initiated community fruit and vegetable gardens to supply the pantry.

"We speak to many people at the pantry and feel proud when we hear how grateful they are," says Rachael.

She feels humbled and emotional about being nominated as a Westfield Local Hero. "In a very short time, the feeling of community and inclusivity has far exceeded any of our initial expectations."

Rachel's nominator says: "Rachel is a Westfield Local Hero because she took immediate action at the local level to impact her community for the better."



Feeding the community

Rachael Smith

Pantry 4 The People

Caring, Tenacious, Innovative

"We speak to many people at the pantry and feel proud when we hear how grateful they are."

Your 2021 Finalists



Ben Folino

Purple Hearts

Ben Folino started the Purple Hearts club 10 years ago to give children and adults with disabilities an opportunity to play football. But his commitment goes much further. Purple Hearts has developed into a community that helps parents understand they are not alone and prepares the players for employment.



Anna-Jane Linke

Seaside Scavenge

Anna Jane Linke has removed more than 15 tonnes of litter from waterways and educated more than 10,000 people about the value of waste as a resource. Not only that, but her unique 'cash'-for-trash Seaside Scavenge events provide participants with a fun way to connect with their community and have given a second life to 11 tonnes of clothing. AJ was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time.



Henry Teofilo

Beaches Outreach Project

Henry Teofilo goes above the call of duty in his work with the Beaches Outreach Project and is committed to supporting local young people as they explore their freedom. He leads several projects, including the trusted minibus that patrols the beachfronts, parks, malls and other areas to offer first aid and additional help.

Recognising all of our 2021 nominees

Rachel Brito & Melissa Bramich
Randwick Barracks Family Centre

William Last
Souths Cares

Jen Dugard
**Safe Return to Exercise,
Body Beyond Baby**

Jason Hyland
Maroubra Junction Hotel

A.C.E.Sherlock's Taekwon-Do

Cameron Wilson
Mood Active

Diane Briffa-Cochrane
Girl Guides Maroubra

Tania Nand
Coogee Dolphins Sports Club

Con Theocarides
C and C Chicken

Sylvia Baynes
**Prince of Wales Hospital
Randwick**

Jp Gauntlett
AAPES Parkour

Troy Saidi
Vale Tudo Training Australia

Matina Moutzouris
Hunt 4 Hope Op Shop

Jason Williamson
JWM + Bella Management

Kumar JHA
Opportunities Australia

Kim Babbage
The Kids' Cancer Project

Samantha Payne
**The Pink Elephant Support
Group**

Lyn Telfer
Bella Life Pty Ltd

Sandy Donohoe
Plates 4 mates

Michelle Weir
The Kids' Cancer Project

Lorraine Sutton
Wrap With Love

Nicola Powell
Clovelly Community Bank

Tracy Williams
Charity Bounce

Trevor Cochrane
**Sydney Military Brotherhood
Military Motorcycle Club**

Ben Higgs
Rise Foundation Australia

Kira-Lea Dargin
Women's Footy Foundation

Ben Folino
Purple Hearts

Henry Teofilo
Beaches Outreach Project

Iveta Kohutova
**Eastern Suburbs Police Citizen
Youth Club**

Belinda Casselden
Hope Believe Shine Foundation

Kevin Heath
Dreamtime Academy

Keith Donnelly
Keith's Closet

Anna-Jane Linke
Seaside Scavenge

Rachael Smith
Alt Saints



Westfield

Hornsby

NSW

After suffering a complete spinal cord injury, Steve Ralph is on a mission to help people with paralysis or disability regain independence, choice, and control of their health and care.

Steve became paralysed from the neck down in an accident in 2017. He has since founded Maslow, an award-winning app that helps people coordinate their various therapy regimes and providers and stay on top of everything so they can spend more time living.

Maslow helps users to remotely access their home therapy programs and share them and their routines with support workers and family. It is voice-enabled and accessible, so even those with extensive paralysis can use the app to make staying on top of their care easier.

Steve was once an active, independent, and adventurous young adult. After having that stripped away, he has become motivated to advocate for people with disabilities.

"As a young person who has acquired a disability, I am dedicated to breaking down barriers and perceptions for people with disabilities in the community," says Steve.

He says he is proud to be nominated as a Westfield Local Hero. "We're excited to continue working to ensure everyone who suffers a traumatic injury – and anyone living with a disability – has access to the best possible tools to help them improve their quality of life."

Steve's nominator says: "Steve is a Westfield Local Hero because he has courageously overcome the physical and mental barriers of being paralysed and built a vision that inspires hope, opportunity and equality through technology for other people suffering paralysis."



Supporting people with paralysis

Steven Ralph

Maslow

Resilient, Optimistic, Inspiring

"As a young person who has acquired a disability, I am dedicated to breaking down barriers and perceptions for people with disabilities in the community."



Saving women in crisis

Hylette Evans

Hornsby Ku-ring-gai Women's Shelter

Passionate, Courageous, Resilient

"Often women come to the shelter not believing in their own abilities. To see them get to a place where they can live independently, gain employment, further their education and look forward to their future is inspiring and rewarding."

Courageous shelter manager Hylette Evans has devoted her career to saving women in crisis, giving them support to get back on their feet after experiencing domestic violence or homelessness.

Hylette is a qualified nurse and counsellor. She has developed a strong network of volunteers at the Hornsby Ku-ring-gai Women's Shelter, which helps more than 100 women a year.

Hylette works with compassion to restore trust and confidence and goes above and beyond to help families with food, accommodation and basic essentials.

"Often women come to the shelter not believing in their own abilities. To see them get to a place where they can live independently, gain employment, further their education and look forward to their future is inspiring and rewarding," says Hylette.

Through the COVID-19 pandemic, Hylette resisted challenging

pressure to close the shelter. Instead, she kept going so local women always had a place to go.

Available day or night, Hylette's work has become a foundation in the community.

Hylette is humbled to be nominated as a Westfield Local Hero. "I am proud to be the manager of a service that is there to help women when they really need it. To have the work we do validated with this nomination is very much appreciated."

Hylette's nominator says: "Hylette is a Westfield Local Hero because she is a courageous and passionate advocate for vulnerable women and children. She is a quiet achiever who has never wanted personal recognition for the hundreds of lives she has saved. Through her dedication, she has inspired a community to come together and fight for women in crisis."

Brave volunteer Grant Wargren has been fighting fires since the 1970s, saving lives, property and wildlife from natural disasters and responding to road, boat and rail accidents.

Grant has put others first for 45 years as a firefighter and is a Group Captain for the Rural Fire Service (RFS) in Hornsby.

In the devastating 2019 bushfires, Grant together with several other members saved a man who had a heart attack when his home was impacted by the fires.

Over the years, Grant has repeatedly put his life at risk to save others and is available day and night to lead his team to accidents on the M1.

"I became involved with the RFS when I lived in Normanhurst and saw first-hand the impact of the Westleigh fires of 1975," says Grant.

One of his legacies is a safer training system for new volunteers, which has helped save lives.

"My motivation is to be able to help the community and reduce the impact of natural disasters. Living in an area surrounded by bushland, I feel it is my duty to look after our environment and community," says Grant.

He feels flattered to be nominated as a Westfield Local Hero. "No one joins the RFS to receive praise or recognition, but it feels good to be recognised."

Grant's nominator says: "Grant is a Westfield Local Hero because he is always willing to risk his life to save others."



Fighting fires and saving lives

Grant Wargren

Hornsby/Ku-Ring-Gai Rural Fire Service

Dedicated, Cool-headed, Leader

"My motivation is to be able to help the community and reduce the impact of natural disasters. Living in an area surrounded by bushland, I feel it is my duty to look after our environment and community."

Your 2021 Finalists



Thomas Dent

StreetWork Australia Limited

Motivated by seeing young people achieve their dreams and turn their lives around, Thomas Dent has been helping to create a sense of community and inclusion for vulnerable young people for over 15 years. Tom supports and mentors youth caseworkers and volunteers at the charity StreetWork and helps connect them with services that can help them.



Jo Marx

It's About Us Ltd

Jo Marx is on a mission to improve the mental health and wellbeing of cancer patients and provides free support to hundreds of families. Jo is the founder of the charity It's About Us and works tirelessly from her base on the upper North Shore to provide a warm, caring and supportive environment for people to connect.



Dr J.R. Baker

Primary & Community Care Services

Dr J.R. Baker is committed to helping people recover from crisis and injury and supports people living with physical and mental disabilities. As CEO of the non-profit Primary & Community Care Services, J.R. leads a team of social workers, occupational therapists, psychologists, nurses and other healthcare professionals who help about 9000 people a year.

Recognising all of our 2021 nominees

Madison Gilson
Ronald McDonald House

Jonathan Shar
Australian Disability Ltd

Gulfam Rafi
Thymn Square Cafe

Ian Stewart
Hornsby Kuring-gai Sailing Club

Suzanne Cox
Cox Academy of Irish Dance

Matthew James O'Neill
Ryde Hornsby Baseball League

Iain Brew
**Humans of Beecroft and
Cheltenham 2119 NSW**

Lynda (Lyn) Garside
Cavy Central Guinea Pig Rescue

Jan Primrose
**Protecting Your Suburban
Environment Inc (PYSE)**

Paul Ferry
Mt Colah Football Club

Rebecca Jane Canty
Hornsby Gang Show

Nathan Gilke
**Marian Street For Young
People**

Bernard Schaffler
Transpower Electronics Pty Ltd

Gailsusan Moore
**Community Foundation of North
Western Sydney**

Graham Williams
**AUSCAP Australian Civil Air
Patrol**

Porsche Paulini
Porsches Rescue

Nasiba Akram
HOST International

Alan Henson
St Vincent de Paul Society

Jo Marx
It's about us Ltd

Janine Yeates
RuffTRACK Limited

Hylette Evans
**Hornsby Ku-ring-gai Women's
Shelter**

Dr James Robert Baker
**Primary & Community Care
Services**

Steven Ralph
Maslow

Grant Stanley Albert Wargren
**Hornsby Shire Council Rural
Fire Service**

Thomas Dent
StreetWork Australia Limited



Westfield

Hurstville

NSW

Horticulturist Lucillia Chan is dedicating her retirement to helping people from all walks of life experience the joy and healing power of nature.

Lucillia is an enthusiastic volunteer for the Hurstville Community Garden Association, which has set up a 30-bed garden in Hurstville.

The association grows vegetables and flowering plants and has a communal area where people can simply enjoy the beauty. It is all the more inclusive because Lucillia is fluent in English and Cantonese.

Several local groups use the garden, including the gardening therapy group that Lucillia started to help people affected by cancer. The relaxing atmosphere, keeping busy with weeding and watering and interacting with other people help relieve members' stress and anxiety.

The garden also allows young mums to grow food, is used to teach high school students about sustainability and gives seniors

a place to connect with the community.

Despite her busy volunteering schedule, Lucillia generously gives her time to teach worm farming and composting to people in the neighbourhood.

Lucillia is honoured to be nominated as a Westfield Local Hero. "The garden provides a green space for people living in high-rise buildings. We practise organic gardening, which is important for the environment and the health and wellbeing of the community," she says.

Lucillia's Nominator says: "Lucy is a Westfield Local Hero because she helps people with cancer through her garden therapy classes, which have a relaxing effect. She uses her own funds and resources to run programs in the garden."



Giving a gift of nature

Lucillia Chan

Hurstville Community Garden Association

Passionate, Knowledgeable, Generous

"The garden provides a green space for people living in high-rise buildings. We practise organic gardening, which is important for the environment and the health and wellbeing of the community."



Rehoming digital devices

Annette Mayne

The Reconnect Project

Selfless, Giving, Hard-working

"Every week I receive more and more emails from caseworkers who are desperate to source devices for their clients. Clearly, there is a need for what I am doing, which is a big motivator."

Annette Mayne has provided over 300 mobile devices to vulnerable people while keeping useable phones, tablets and laptops out of landfill.

Annette founded The Reconnect Project to tackle the surge in e-waste among financially advantaged consumers and the disparity between the haves and have-nots when it comes to accessing technology.

Her social enterprise refurbishes pre-loved devices – after erasing sensitive data – before passing them on to caseworkers from local services who distribute them to people who can't afford to buy their own device.

The initiative has helped women fleeing domestic violence who need a clean phone that an aggressor can't track.

In response to COVID-19, the project donated laptops to refugee families to use for homeschooling and to people with mental illness to access online counselling.

The devices are also a life changer for formerly homeless youth who are re-engaging with education.

Annette is honoured to be nominated as a Westfield Local Hero. "There is no other organisation providing this service in Australia. Every week I receive more and more emails from caseworkers who are desperate to source devices for their clients. Clearly, there is a need for what I am doing, which is a big motivator," she says.

Annette's nominator says: "Annette is a Westfield Local Hero because she selflessly helps women in desperate situations as well as diverting e-waste from landfill."

Altruistic Sonya Sarkis has raised funds in her community and put her savings towards setting up a comfortable and stylish temporary home for local women fleeing domestic violence.

Sonya has spent 20 years doing pro bono work and established her volunteer-run Sweet Dreams Foundation last May to give women somewhere safe to live until they can transition to longer-term accommodation.

The charity is also setting up support groups for the women and programs to help them become self-sufficient in the future.

"I am blessed to be in a position to be able to provide some of this needed support to others," Sonya says.

"This charity was set up in honour of my late mother and those women who did not have the resources or support to escape domestic violence."

One of Sonya's rewarding experiences was rescuing a woman who had been left at the side of the road by her violent partner. "Today, she is happy, has attained a Master's in Education and is teaching at a private school," says Sonya.

Sonya is honoured to be nominated as a Westfield Local Hero. "This nomination has further motivated me to continue this work and leave a positive legacy for the next generation," she says.

Sonya's nominator says: "Sonya is a Westfield Local Hero because she works tirelessly to connect with her local network of business connections, neighbours and school parents to raise funds for this worthy and most necessary charity."



Giving women hope

Sonya Sarkis

Sweet Dreams Foundation Limited

Brave, Loyal, Passionate

"This charity was set up in honour of my late mother and those women who did not have the resources or support to escape domestic violence."

Your 2021 Finalists



Ibtisam Hammoud

3Bridges Community

Passionate and dedicated employee Ibtisam Hammoud brings hope and connection to people of all ages through her work with 3Bridges Community. Ibtisam plays a big part in encouraging young people to believe in themselves, make informed decisions and follow their dreams. In addition, she helps older people in the community to access services and supports other 3Bridges activities.



Samey Minkara

Street Industries

CEO and Founder of Street Industries, Samey Minkara is an experienced youth worker. Samey started his mentoring program, Street Industries, last July to support young people impacted by Covid-19. He leads a team of volunteers that work on the streets to reach young people, assisting them to reconnect with their communities.



Mark Pacey

The Kids' Cancer Project

Dedicated dad Mark Pacey has pushed himself to his physical limits to raise over \$150,000 for The Kids' Cancer Project. To reflect the endurance of children with cancer, Mark came up with a 24-hour triathlon to raise funds for the project, which funds research into childhood cancers. He calls his event the Bloody Long Day.

Recognising all of our 2021 nominees

Yu Huai He

**The Federation of Australian
Chinese Cultural Associations**

Mr David Low

**Myhealth Hurstville Medical
Centre**

Dimitrios Papalexis

Soulgen

Disability Dating Australia (Sean)

DisabilityDatingAustralia

Allan Zreik

Zed n Zed Jewellers

Vaughn Vaio Arambatzis

Sydney Dogs and Cats Home

Amy Chang

**AUSCAP Australian Civil Air
Patrol**

Cisco Chung

**Bankstown Canterbury
Community Transport**

Marnie Joseph

JD Sports

Xiaolong (David) Yang

Diversity and Disability Alliance

Suzanne Medway AM

Australian Wildlife Society

Terry Lynch

Autism Community Network

Lina Pintor Cabaero

Asian Women at Work Inc

Ibtisam Hammoud

3Bridges Community

Sofia Carvajal

**Huntsville Community Garden
Association**

Charlotte Mullens

Hurstville Community Garden

Sonya Sarkis

**Sweet Dreams Foundation
Limited**

Annette Mayne

The ReConnect Project

Samey Minkara

Street Industries

Mark Pacey

The Kids' Cancer Project

Lucillia Chan

**Hurstville Community Garden
Association**



Westfield

Kotara

NSW

Lisa Griessl has raised over \$110,000 since 2018 when she came up with a beautiful way to support the Cure Cancer Australia Foundation.

Lisa was inspired to give back to the foundation after surviving an aggressive spinal tumour, diagnosed when her youngest child was only three months old.

In seeking a way to involve local community in her fundraising she established The Big Hug Box initiative in 2018 to raise funds through sales of beautifully curated gift boxes. The boxes are bought by friends and family to gift to loved ones being treated for cancer.

They are filled to the brim with comforting goodies, including organic teas, gourmet biscuits and online meditation sessions.

Lisa, who juggles motherhood and her job with the demands of her non-profit organisation, has also been able to donate over 300 Random Hugs of Kindness boxes to patients at three local hospitals with the support of donors.

One of her most memorable moments was hearing from a patient that the gift box made her feel human again.

Lisa's latest initiative in collaboration with Cure Cancer is a Buddy Box for children receiving treatment.

She is honoured to be nominated as a Westfield Local Hero. "It reminds me that The Big Box Hug is making a real difference in the lives of patients in the local community. It motivates me to continue my work," Lisa says.

Lisa's nominator says: "Lisa is a Westfield Local Hero because of her tenacity and ability to think of others first. She juggles many hats with grace and humility and is an inspiration to us all."



Raising funds and spirits

Lisa Griessl

Cure Cancer Australia Foundation

Loyal, Empathetic, Giving

"It reminds me that The Big Box Hug is making a real difference in the lives of patients in the local community. It motivates me to continue my work."



Helping men find their inner voice

Luke Conners

#Talk2mebro

Inspiring, Dedicated, Influencer

"It gives me reassurance we are doing the right things in the community. That energises me to keep going, keep pursuing our mission to make suicide a thing of the past."

Luke Conners joined the army at the age of 17. Now he is serving on the home front, helping men of all ages to speak about their emotions and mental health.

In 2019 Luke started Talk2mebro in the Newcastle and surrounding areas with the goal to end suicide. He is changing men's lives through his work at seminars, retreats, schools, businesses and sports clubs.

The charity focuses on emotional resilience and suicide prevention, passing on the tools and skills to support others without judgment.

So far, Luke has reached more than 8000 Novocastrians through the different programs they offer.

Luke's passion for Talk2mebro was inspired by the memory of Matt, a corporal who took Luke under his wing when he was a young Digger but who later took his own life.

A testimony to Luke's drive is that he managed to engage with about 3000 people face to face

during COVID-19 social distancing restrictions.

With max 20 people allowed in a group, he organised close to 150 sessions of 90 minutes.

Luke feels great pride to be nominated as a Westfield Local Hero. "It gives me reassurance we are doing the right things in the community. That energises me to keep going, keep pursuing our mission to make suicide a thing of the past."

Like's nominator says: "Luke is a Westfield Local Hero because he is such an inspiring hard worker and has an attitude of never giving up. All at the age of 28."

If you need support, go to Talk2mebro or phone Lifeline: 13 11 14

Christine (Chris) Jones lives by the motto "always room for one more" and has dedicated her life to serving her local community for decades.

Chris is the founder of the LIVEFree Project. She and her team support those in the community who are experiencing the effects of crisis, hardship and trauma, family safety and health care.

Their support is available to people from all walks of life, backgrounds and abilities and helps them turn their life around.

"From the young age of six, I used to help my grandfather feed the homeless on these streets. Forty-eight years later, I am still there, still working with the people of this community," says Chris.

She gives her time relentlessly, delivering weekly mentoring, doorstep check-ins, clothing parcels, household goods and furniture to people rebuilding their lives.

"There is something sacred about being invited into someone's pain or struggle. This gift is never lost on me," says Chris.

A crucial part of her work is to show vulnerable people they are cared for and heard.

Chris is delighted to be nominated as a Westfield Local Hero. "The opportunity to be a part of such a widely recognised award in our local community just thrills my heart. I feel deeply moved to know that people in the community see what we do and recognise it as valuable."

Christine's nominator says:

"Chris is a Westfield Local Hero because she strives daily to enhance our community by building up and caring for the people who define it. A hero is someone who continually puts the needs of others before themselves, carrying themselves with humility and selflessness – if you knew Chris, you would see that this is at her core."



Giving decades of care

Christine Jones

LIVEFree Project

Selfless, Inclusive, Generous

"From the young age of six, I used to help my grandfather feed the homeless on these streets. Forty-eight years later, I am still there, still working with the people of this community."

Your 2021 Finalists



Justine Russell

Police Citizens Youth Clubs NSW

Justine Russell has dedicated the past 10 years to helping vulnerable young people turn their lives around with mentoring, education and support. Justine works and volunteers at the Police Citizens Youth Clubs (PCYC). She goes above and beyond to ensure vulnerable young people have a safe place to play sport, create art and socialise.



Amy Harvison

Top Blokes Foundation

Top Blokes Foundation's Head of Programs & Operations, Amy Harvison encourages thousands of young boys and men to look after their mental health and avoid risky behaviours. She uses her extensive knowledge to develop mentoring programs that help at-risk boys and young men become future leaders. Amy is motivated by the knowledge that most young people want to succeed and just need support to make it happen.



Ann-Maria Martin

Survivor's R Us Incorporated

Ann-Maria Martin founded Survivors R Us in 2017 to provide much-needed support for women experiencing domestic violence and others needing help to piece their lives back together. Her charity offers food relief, counselling, clothing and furniture. Volunteers are recruited from the Work for the Dole program, and she helps them gain valuable work skills.

Recognising all of our 2021 nominees

Kathy Herber
OzHarvest

Laura Kebb
Secret Book Stuff

Malka Rodal
Chabad of the Hunter and Central Coast

Jessica Shuwalow
Got Your Back Sista Limited

Suzi Ward
**Waratah Public School
Preschool**

Carmel Kaczmar
Miracle Assistance Dogs

Kayla Parker
Lifeline Hunter

Shelly Spalding
Charlie's Gift

Tracy Ellem
Creative Cooks Kitchen

John Dugas
Hunter Volunteer Centre

Cherie Peru and Renee Ridgeway
Callaghan District Netball Association

Craig Sparrow
Healing Path to Wellness

Sam Tassell
Alesco Senior College

Stephen John Meek
Bikers for Kids Inc

Callan Nickerson
Stockton SLSC

Katerina Razmovski
Merewether Public School

James Burrows
The Blonde Boy

Dave Sams
CDAT Port Stephens / Port Stephens Suicide Prevention / Salimander Recycling

Anne Patricia
Leukodystrophy Australia

Debra Stewart
Adulting for Australians

Chloe Chick
Ride Dungog Incorporated

The Novo's 105.3 Newfm: Jade, Matty & Krivo.
Food drive for the homeless. Newcastle community pantries.

Tahlia Anderson
Surfing the Spectrum

Daniel Sloan
South Lake Macquarie RSL sub Branch

Mark Basedow
Hunter Community Hub Pty Ltd

John McClymont
Kotara South Athletics Club

Sue Barker
Dog Rescue Newcastle

Winston Doak
Macdonald River Restoration Group Bendemeer

Brooke Tacon
Inner Shift

Luke O'Donnell
Bloom Skateboarding

Mrs Margaret Paget
Victory CAP Centre

Wendy Jenkins
Angel Gowns for Australian Angel Babies Incorporated

Luke Conners
#Talk2mebro

Justine Russell
Police Citizens Youth Clubs NSW

Chrissy McGuinness
Camp Quality – Newcastle

Amy Harvison
Top Blokes Foundation

Sandra Jacobs
The Nappy Collective

Christine Jones
LIVEFree Project

Lisa Greissl
Cure Cancer Australia Foundation

Ann-Maria Martin
Survivor's R Us Incorporated



Westfield

Liverpool

NSW

Stacy Jane is using her personal experience of domestic violence to provide practical help to others who are escaping from a troubled situation.

Stacy's non-profit Escabags, provides 'Escape Bags' to individuals and families with the necessities they need in the early days after fleeing.

Stacy hails from the UK but moved to Australia to escape a violent partner. She suffered from post-traumatic stress disorder and started sewing tote bags to alleviate some of the symptoms she was experiencing. It's as a result of these bags that gave Stacy the idea and inspiration to help others.

Escabags provides two types of 'Escape Bags'; 'Single Adult' and 'Parent and Child'. Both contain all the essential items that a victim of abuse may need when initially escaping an abusive or dangerous situation. Contents include: Essential toiletries, sanitary items, a notebook and pen and several other comfort items.

The Parent and Child Escape Bag includes additional items such as; Children's Story and colouring books, a dummy, nappies, a baby blanket and a teddy bear. All the tote bags are now sewn and donated by kind volunteers across Australia.

The free Escape Bags are available from over 450 trusted outlets, including police stations, health and community centres, and other privately own businesses across Australia.

Stacy is grateful to be nominated as a Westfield Local Hero. "Escabags has grown exponentially in the last 12 months because of the need for a practical solution and the kindness of the community. This recognition will help us grow further, so no one is ever too far from an Escape Bag and a life free from fear," she says.

Stacy's nominator says "Stacy is a Westfield Local Hero because she is using a very traumatic experience to bring hope to others. She wants them to know there is always light, no matter how dark things are."



Handing out hope

Stacy Jane

Escabags – Escape Bags

Strong, Inspiring, Kind

"Escabags has grown exponentially in the last 12 months because of the need for a practical solution and the kindness of the community."



Giving chances with art

Matthew Peet

The Street University Liverpool

Selfless, Dedicated, Talented

"I have always seen the success of the young people as my reward. To be acknowledged is above my expectations, and I hope it will open doors to further develop the program."

Humble and dedicated Matthew Peet has helped thousands of disengaged young people reach their full potential in his 12 years with the ground-breaking The Street University Liverpool.

Matthew is a youth worker with the non-profit and coordinates creative art workshops for people aged 12 to 25. The art gives them a creative way to express themselves while encouraging them to steer away from anti-social and destructive behaviours.

The workshops, including street art, rap and break-dancing, also harness their artistic potential for future study or employment.

He grew up dealing with many of the struggles young people face and knows from experience that art can change lives.

Over the years, Matthew has witnessed many young people stop taking drugs, reunite with their families and return to their studies after finding purpose through the workshops.

Some have returned the favour by sharing their skills and stories with other young people.

Other workshops offered by the university include photography, Aboriginal dance, podcast, TikTok production and graphic design.

Matthew feels honoured to be nominated as a Westfield Local Hero. "I have always seen the success of the young people as my reward. To be acknowledged is above my expectations, and I hope it will open doors to further develop the program," he says.

*Matthew's nominator says:
"Matthew is a Westfield Local Hero because he has dedicated his life to helping young people reach their full potential, all while remaining incredibly humble."*

Sharon keeps an ever-growing number of seniors fit and happy through her work with South West Community Transport.

Sharon has implemented popular programs at the non-profit.

Her fitness classes make exercise fun and help reduce falls, while the morning teas that follow encourage social interaction. Sharon's initial class of eight seniors has grown to 54 participants across three weekly classes.

She refused to let the COVID-19 pandemic get in the way of her clients' progress, distributing a booklet of at-home exercises and starting a one-on-one walking program.

One of Sharon's most memorable moments was when a client was able to stop relying on her walking stick and carer, becoming confident enough to go shopping on her own.

Sharon is also thrilled that one senior is putting effort into

improving her English to converse with her new friends.

Sharon also arranges social outings on public transport, accompanying seniors on trips to galleries, seaside cafes and the zoo.

She is excited to be nominated as a Westfield Local Hero. "I genuinely enjoy my work, and if I didn't have to pay bills, I'd probably do it for free. This has motivated me more to see what else I can do," Sharon says.

Sharon's nominator says:
"Sharon is a Westfield Local Hero because she makes a genuine difference in the lives of seniors, going above and beyond her job requirement and readily passes on her skills and knowledge to help those around her."



Making ageing fun

Sharon

South West Community Transport

Caring, Capable, Genuine

"I genuinely enjoy my work, and if I didn't have to pay bills, I'd probably do it for free. This has motivated me more to see what else I can do."

Your 2021 Finalists



Kylie Pussell

Miracle Babies Foundation Ltd

Kylie Pussell comforts thousands of families of premature or ill babies by reaching out to them in their time of need. Kylie co-founded the non-profit Miracle Babies Foundation in 2005. The charity supports 1200 families a year at the Liverpool Hospital NICU and special care nursery and is available at 23 partner hospitals. Support is also available through a free 24-hour helpline and an online peer support group.



Birgitte Maibom

Learning Links

Birgitte Maibom helps more than 4,000 children a year access the support they need to reach their potential. The non-profit Learning Links provides literacy and numeracy support to children with learning difficulties or a disability to prevent them from falling behind at school. It also runs early intervention programs, speech therapy and psychology services.



Annamaria Wood

Disability Macarthur

Innovative Annamaria Wood has spent the last 25 years meeting the unmet needs of people in the community living with a disability as CEO of Disability Macarthur. The non-profit organisation improves the lives of over 500 families, offering overnight respite care for children and adults. It also brings joy to children with physical or intellectual disabilities through an adventure club.

Recognising all of our 2021 nominees

Patrick Uy

Barlionz

Hung Thanh Pham

Barlionz Australia

Reverend Bill Crews

**Rev. Bill Crews Foundation +
The Exodus Foundation**

Norma Burrows

**Liverpool Women's Resource
Centre Incorporated**

Charlie Fruean

**NSW Council for Pacific
Communities**

Aleksandra Alavanja

NSW Gov Communities & Justice

Steven Toohey

Youth Mission Team Australia

Aggie Hornung

**Liverpool City Little Athletics
Centre**

Jean-Pierre Brochard

**AUSCAP Australian Civil Air
Patrol**

Martin Ferguson

Barlionz Australia

Brian Bey

Rural Fire Service (volunteers)

Raymond Claude Bell OAM

**Australian Air League Moorebank
Squadron**

Matthew Peet

The Street University Liverpool

Kylie Pussell

Miracle Babies Foundation Ltd

Lindsay Round

RuffTRACK Limited

Shenouda Mansour

**Coptic Orthodox Community
Outreach**

Birgitte Maibom

Learning Links

Annamaria Wood

CEO of Disability Macarthur

Sharon

**South West Community
Transport**

Stacy Jane

Escabags – Escape Bags



Westfield
Miranda
NSW

Denny Rowlands is the driving force behind the Red Fins Nippers program that welcomes children of all abilities to the Wanda Surf Lifesaving Club.

Denny is a respected member of the club and set up the program in 2018 with just six members. Since then, it has grown to 37 children.

The volunteer-run program accommodates the needs of every child, whose challenges include autism, physical disabilities, intellectual disabilities, visual impairment and hearing loss.

The children thrive in the supportive environment, and their families feel welcome as part of the Wanda community.

It is a testament to Denny's vision that the Red Fins held the biggest inclusive program along the Bate Bay Beaches this Nipper season.

Denny's has his own children with Autism, who are thriving in the program. It's an ongoing learning experience for him as he learns as

much as he can about the needs of all the participants.

"I'm inspired by the determination of the kids, who overcome their barriers each weekend, and I'm inspired by my children to be the person I need to be for them," says Denny.

He's humbled to be nominated as a Westfield Local Hero. "There are many people in the community doing positive things for those around them, and I feel honoured to be included with them," says Denny.

Denny's nominator says: "Denny is a Westfield Local Hero because he changes the lives of children by making them feel welcome and part of our surf club and the local community. He gives the children the opportunity to shine no matter their ability. He truly teaches all around him true empathy and makes us proud and eager to volunteer."



Giving a Nipper experience to all

Denny Rowlands

Wanda Surf Lifesaving Club

Patient, Kind, Inclusive

"I'm inspired by the determination of the kids, who overcome their barriers each weekend, and I'm inspired by my children to be the person I need to be for them."



Supporting the community

Ashleigh Daines

The Family Co.

Compassionate, Dedicated, Driven

"I'm passionate about being able to support and empower individuals to build resilience and overcome adversity."

As the CEO of The Family Co., Ashleigh Daines does all in her power to ensure local children and families have a safe home, strong connections and opportunities to thrive.

Ashleigh touches the lives of thousands of people a year and has a sense of compassion and urgency about addressing problems others steer clear of.

Her team connect people with social workers, family therapists, educators and welfare workers who provide practical, and emotional culturally appropriate support.

Support provided ranges from children experiencing anxiety or educational problems through to complex trauma or abuse.

Ashleigh's response to the COVID-19 pandemic has been one of her standout contributions.

She knew families would be under pressure and quickly moved to an online service delivery model to ensure continued support.

"Our services were essential during the peak of the pandemic in providing assistance to the local community," says Ashleigh, who has led the addition of new programs in recent months to support needs in the community.

"I'm passionate about being able to support and empower individuals to build resilience and overcome adversity," she says.

Ashleigh feels honoured to be nominated as a Westfield Local Hero. "It recognises the amazing services that The Family Co. has offered to our local community and recognises the wonderful contributions of the whole The Family Co. team."

Ashleigh's nominator says: "Ashleigh is a Westfield Local Hero because she is a passionate advocate for families, women, and vulnerable members of the community, particularly those impacted by domestic violence, disadvantage or trauma. She is driven and focused on improving support for local families."

Growing old doesn't mean you stop having fun!

Music and movement instructor Emma Watts is taking music, fun and healthy movement to people in aged care and disability services across the Shire.

Emma started The Daisy Chain initiative three years ago to help people improve their physical and mental health and to help facility staff connect with suitable entertainers and instructors for people in their care.

Emma is hands-on in her work and often adds intergenerational joy to her classes by having her children engage with elderly and disabled community members.

Emma spends many hours arranging sessions and is motivated by the smiles and joy on participants' faces.

Her work is a tribute to her nan, who passed away from Alzheimer's Disease three years ago. "She taught me how music can help us feel free. Her battle with dementia inspired me to

create The Daisy Chain so others can feel that freedom," says Emma.

A testament to Emma's dedication is the 1,000 origami Easter bunnies with messages of love and hope that she sent to residents during the COVID lockdowns.

Emma is proud and humbled to be nominated as a Westfield Local Hero. "It gives me the opportunity to highlight the amazing work that is done in aged care and disability and to tackle more of the challenges around these areas."

Emma's nominator says: "Emma is a Westfield Local Hero because she brings brightness, movement and laughter to our local aged care and disability services in the Shire."



Bringing joy to older people

Emma Watts

The Daisy Chain

Dedicated, Relentless, Caring

"She taught me how music can help us feel free. Her battle with dementia inspired me to create The Daisy Chain so others can feel that freedom."

Your 2021 Finalists



Danielle Lucas

Care 4 Kids Ltd

Danielle Lucas reminds hundreds of children a year that they are not forgotten by providing them with lovingly put together care packs to enjoy during a difficult time. Danielle founded her Care 4 Kids Ltd charity in 2016 and has made up and distributed thousands of care packs since then. She works with police stations around Australia and is in regular contact with social workers in Sutherland and with local women's refuges. Danielle was a Westfield Local Hero finalist in 2018 and appreciates being nominated for a second time.



Geoff Vickers

Special Olympics – Sydney South

Humble Geoff Vickers has spent 25 years organising, supporting and volunteering for Shire-based athletes, with the last nine as chairman of Special Olympics – Sydney South for people with an intellectual disability. Geoff has a special place in his heart for all 120 Special Olympics athletes at the club, as well as the 60 volunteers. Thanks to him, the club is one of the best-run community organisations in Australia. Geoff was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time.



Amethyst Barnbrook

Expanding Influences

Amethyst (Ame) Barnbrook helps more than 80 people with disabilities navigate the NDIS and gain access to the support they need. Ame is the co-founder of Expanding Influences, which she started in her spare room and has grown over the past three years to employ 15 people. Ame works day and night and often on weekends to help people in the Shire and other areas. Ame was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time.

Recognising all of our 2021 nominees

Garry Keir
Engadine Community Services

Chia Chun Amy Muscat
**AUSCAP Australian Civil Air
Patrol**

Sean Linkson
The Pinnacle Foundation

Marnie Dauroff
CM Wellness

Blair McDonald
NSW Rural Fire Service

Julia Szulerowski
Children's Tumour Foundation

Sean Gossell
Disability Dating Australia

Geoff Vickers
Special Olympics – Sydney South

Elizabeth O'Neill
Orana NSW Inc

Jacki Hornung
**Support Amputees Family
and Friends**

Shire Hamper Helpers

Mikala Welsh
Garie SLSC

Luke Muttdon
Stellar Experiences

Sally Ann Conwell
Welcome Studio

Jayson Sidney Norris
Windang Surf Lifesaving Club

Amy Louise Leahy
Project Youth

Pastor Rosel Joy Bona
Life Choice Ministries

Gus Worland
Gotcha4Life

Anna Sammut
Order of Malta Volunteers

Danielle Lucas
Care 4 Kids Ltd

Gregory Davis
**Associate Professor Gregory
Davis Rooms**

Kathryn 'Huggies' Hull
**Southern Power Australian
Football Club – Youth Girls**

Jillian Critchley
**Charcot Marie Tooth Disease
Kids Group**

Scott Thomas
Elouera SLSC Nippers

Jamie-Lee O'Connor
Phoenix Community Project Inc

Amethyst Barnbrook
Expanding Influences

Patricia Scheetz
The Sweetest Gift

Lynn Wilson
Tuberous Sclerosis Australia

Indiana-Belle Rubin-Tasic
**The Wheel – A Sustainability Hub
Inc.**

Denny Rowlands
Wanda Surf Lifesaving Club

Emma Watts
The Daisy Chain

Ashleigh Daines
The Family Co.



Westfield

Mt Druitt

NSW

Emma Smith has smoothed the path for countless school-aged immigrants in her five years with the Mount Druitt Ethnic Communities Agency (MECA).

Emma is busy with full-time university studies but still finds time to volunteer with the non-profit's youth mentoring program for disadvantaged high school students from culturally and linguistically diverse backgrounds who are at risk of dropping out.

The students are matched with mentors who help them build their skills and confidence and reinforce the importance of education for a bright future.

Emma rose to the challenge after COVID-19 lockdowns brought a halt to the program last year. When schools reopened, she worked hard to get the mentoring program back on track for stressed students.

Emma has also changed young lives through the non-profit's homework support club. It's the flicker of understanding in students' eyes and their bright

smiles as they grasp a new concept that pushes her to do more and work harder for them.

Emma is humbled to be nominated as a Westfield Local Hero. "I choose to do this work because it brings me joy and because of the strong sense of community at MECA that makes it an exciting place to be," she says.

Emma's nominator says: "Emma is a Westfield Local Hero because she is passionate about giving young people the best mentoring possible so they can choose a good career for their future and make Australia a better place."



Helping immigrant students

Emma Smith

Mount Druitt Ethnic Communities Agency

Empathic, Dedicated, Passionate

"I choose to do this work because it brings me joy and because of the strong sense of community at MECA that makes it an exciting place to be."



Giving youth a chance

Solomone Fotu

Rap 4 Change

Passionate, Dedicated, Caring

"It is a great achievement for me knowing where I was in life and where I am now. It will definitely help motivate me to go for bigger things in the future."

Solomone Fotu has been giving back and helping smooth the bumps on the road for vulnerable young people ever since he was given a chance to overcome his own challenges.

He grew up in a family that struggled with money and other issues. But his life took a turn for the better after joining the Rap 4 Change leadership program, which taught him vital life skills.

Solomone is now a volunteer leader with the group, which is a beacon of hope for Mount Druitt teenagers and young adults who are unemployed or struggling with substance abuse and self-harm.

He and his fellow volunteers show young people how to make positive choices through the Rap 4 Change school programs, hip-hop lessons, mentoring and sporting activities.

The team also provide counselling to people in juvenile detention.

They encourage young people to consider vocational training, and they help to prepare them for employment.

The charity also runs a baseball club where kids as young as five can have fun and learn teamwork and social skills that help them stay on track in school.

Solomone feels blessed to be nominated as a Westfield Local Hero. "It is a great achievement for me knowing where I was in life and where I am now. It will definitely help motivate me to go for bigger things in the future," he says.

*Solomone's nominator says:
"Solomone is a Westfield Local Hero because he has a big heart and passion for helping other young people in the community no matter who they are or where they come from."*

Dr Faryal Zehra is spreading love and kindness by reaching out to thousands of isolated and marginalised people with the assistance of a team of enthusiastic, pint-sized volunteers at Little Helpers on the Run.

Faryal put her career on hold to set up the charity, engaging children to look after our vulnerable community members.

Together they have delivered over 4000 kindness projects, promoting improved physical and mental wellbeing in the community; reaching out to elderly residents in over 100 Aged Care Facilities; the homeless and people with disabilities.

"A giving person, a person who takes notice of others, will be a valuable asset to the community."

Faryal has organised and overseen hundreds of tea parties for the elderly to sustain their social connections and emotional wellbeing. She has raised funds to provide regular healthy breakfasts

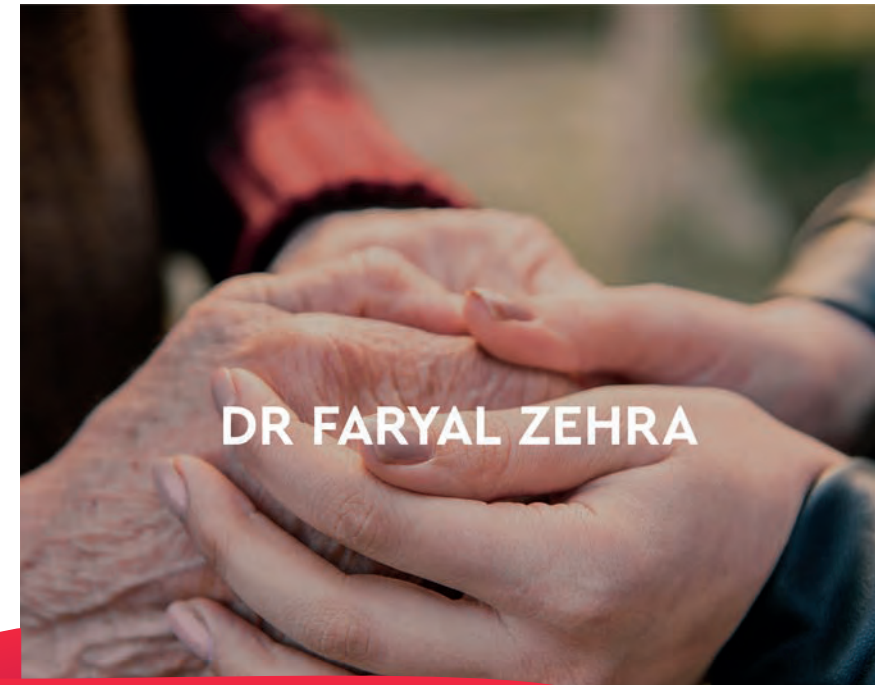
to over 2500 children at 16 low socioeconomic schools.

The non-profit organisation also provides grocery hampers, fresh fruit and vegetables to families in need.

One of Faryal's most significant rewards is knowing that caring also benefits the volunteer children's mental health.

She feels very honoured to be nominated as a Westfield Local Hero. "It's also a nomination for every volunteer, and it will definitely motivate us to do more for the community. We are bridging the intergenerational gap and improving the quality of life of our elderly".

Faryal's nominator says: "Faryal is a Westfield Local Hero because she has put aside her own career to make the world a better place. She is facilitating love, hope and light for the homeless and disadvantaged."



DR FARYAL ZEHRA

Bridging the generation gap

Dr Faryal Zehra

Little Helpers on the Run

Tireless, Determined, Unrelenting

"A giving person, a person who takes notice of others, will be a valuable asset to the community."

Your 2021 Finalists



Darryl Hamilton

Mt Druitt Police Area Command

Darryl Hamilton has helped young people in the Aboriginal and broader community towards a brighter future as a volunteer with the Mount Druitt Police Area's Breaking Barriers program. The early morning physical training sessions alongside police breaks down barriers and builds self-esteem. It has reduced the number of youth in contact with the justice system.



Jay Tobin

Whitelion Youth Agency Ltd

Jay Tobin has made an enormous difference in the lives of at-risk youth during his four years with the Whitelion Youth Agency, with many now in secure employment thanks to his help. Jay is a youth worker with the non-profit. He assists disengaged youth to complete a hospitality program at the organisation's work-experience café. With Jay's support, 93 participants have completed their Certificate III in Hospitality, and 45 have found a job.



Donalee Rose

Hearing Australia

Donalee Rose helps many Western Sydney people with hearing loss enjoy the sounds they love again through her work with Hearing Australia. She is usually the reassuring first point of contact for people attending a hearing test at the mobile hearing van and local pop-up care and education kiosks and is proud to start people on their hearing journey.

Recognising all of our 2021 nominees

Rosemary Peri
**Jesuit Social Services –
Western Sydney**

Jane Attard-Taylor
WASH house Mt Druitt

Afford disability

Marybeth Sheen
The Hive

Lisa Hamilton
**Riverstone Neighbourhood
Centre and Community Aid
Service Inc**

Gladys Panoncillo
**Rooty Hill Multicultural Carers
Support Group**

Argyro Ballas
Blacktown City Council

Tula Clemont
Youth With A Mission

Elaine Gordon
**Baabayn Aboriginal
Corporation**

Damoon Sheidai
Fred Murray Centre (Blackett)

Kirra and Tuola
Ywam Mission

Michelle Sheean
Bidwill Uniting

Catherine White
The WASH House

Cindy Ryan
The WASH House

Solomone Fotu
Rap 4 Change

Nathan Young
Ivanka Pelikan
Graceades Community Cottage

Harinder Kaur
**Harman Foundation Limited
NSW SES Blacktown Unit**

Rhonda Kraini
**Rhonda's Health & Survival
Your Community Needs**

Ned Narouz
Rap 4 Change

Maryam Popal Zahid
Afgan Women on the Move

Laila Alloush
VASS

Rob Buckwell
**Senior Health Program /
English for Living**

Kiera Weldon
Rainbow Baby Shows

Preetham Jalady
**AUSCAP Australian Civil Air
Patrol**

George Awad
Team Jesus Sydney

Lindsay Round
RuffTRACK Limited

Elaina Bohman
RuffTRACK Limited

Rana Barham
**Mt Druitt Police Area
Command**

Darryl Hamilton
**Mt Druitt Police Area
Command**

Paul Sneesby
NSW Police

Dr Faryal Zehra
Little Helpers on the Run

Misty Riley
Mission Australia

Jay Tobin
Whitelson Youth Agency Ltd

Josephine Valenti
Soaring Eagles Youth LTD

Emma Smith
**Mount Druitt Ethnic
Communities Agency**

Donalee Rose
Hearing Australia



Westfield

Parramatta

NSW

Christine (Chris) Cleary goes out onto the streets almost every night to provides free medical services to homeless and at-risk people in western Sydney.

Chris founded her StreetMed charity in 2014 and leads her fellow volunteers to do blood pressure and other health checks and speak to people about their mental health. They also share smiles and shoulders to cry on, and hand out hot meals, blankets, toiletries and food for pets.

Part of Chris's reward and motivation is that the people she helps trust her enough to let her into their lives. "Every single day, I get to spend time with society's most forgotten, yet most resilient human beings," she says.

At the start of the COVID-19 pandemic, when most organisations were winding down their services, relentless Chris was out every night, often with her 14-year-old son, ensuring all their homeless friends were safe, fed and cared for.

Chris has twice been named Hills District Citizen of the Year and is the 2020 Rotary Inspirational Woman of the Year. She feels privileged to be nominated as a Westfield Local Hero. "Not all days are rainbows with the work that I do, but being nominated by my peers will help me on the tough days," she says.

Chris's nominator says: "Chris is a Westfield Local Hero because she fights tirelessly to better the lives of society's most vulnerable and forgotten. Chris is an absolute inspiration to not only those she helps and those that adore her, but to every single person she crosses paths with. I am in awe of this strong, amazing woman."



Checking health and giving friendship

Christine Cleary

StreetMed Inc.

Compassionate, Caring, Generous

"Every single day, I get to spend time with society's most forgotten, yet most resilient human beings."



Taking the hospital to patients

Dr Ruth Parsell

CareFlight

Dedicated, Passionate, Empowering

"It is so rewarding to see people who are so unwell go on to return to their loved ones and their usual activities."

Trauma specialist Dr Ruth Parsell provides the best possible care to critically ill and injured people in Sydney and beyond.

Ruth is deputy medical director at CareFlight, a charity that takes the emergency department to the patient in a state-of-the-art medical helicopter.

Ruth is a former paramedic who was inspired to study medicine because she was so impressed by the work of the CareFlight team, who are based at Westmead.

Ruth provides a rapid diagnosis of the patient's condition and takes quick action, often delivering life-saving care with her team in the air on the way to hospital.

Ruth's incentive is the knowledge that she saves lives and prevents disability. This is especially rewarding when the patient is a child. "It is so rewarding to see people who are so unwell go on to return to their loved ones and their usual activities," she says.

Ruth's colleagues see her as a role model who proves that women can successfully combine raising a family and a challenging career in aeromedical medicine.

She was surprised to be nominated as a Westfield Local Hero. "I hope the nomination raises awareness of what we do. It certainly motivates me to continue to train hard to be better, undertake research projects and train others in our field."

Ruth's nominator says: "Ruth is a Westfield Local Hero because she is a fantastic role model, paving the way for women in aeromedicine. As CareFlight's first female deputy medical director, Ruth shares her passion for medicine, empowering the next generation of CareFlight doctors. Onboard CareFlight's rapid response helicopter, Ruth saves the lives of critically injured people every day."

Seethalakshmi (Seetha) Srinivasan helps migrant parents settle into a new life and education system and is a pillar of support for isolated women.

As community liaison officer at Rydalmere Public School, she coordinates various programs to make parents feel included, empowered and confident to thrive.

Seetha is an immigrant herself and can empathise with how difficult the parents can find it to start a new life in a new country with different laws, a new language and new cultural expectations.

She slowly introduces parents to Australian culture through a variety of programs. These include English classes for migrant women, bubs and books, walking groups and pathways to employment.

"Ten women found jobs through our programs," Seetha says. "I feel proud and thankful that I can help."

During the COVID-19 lockdowns, she has supported mothers with home-schooling and technology. One of the challenges was the cost of masks, so she organised a workshop where 30 mums learned how to make fabric masks for their families.

Seetha is delighted to be nominated as a Westfield Local Hero. "It is an acknowledgement of the importance of my work. With this nomination, I am more encouraged to do my best to enrich the lives of people in the community, especially the ones who are vulnerable."

Seetha's nominator says: "Seetha is a Westfield Local Hero because she changes and improves the lives of the people around her. She genuinely cares for her community and leaves no stone unturned till she can support and help them. She is a strong-willed individual who has a clear vision of what her community needs."



Helping migrant parents settle in

Seethalakshmi Srinivasan

Rydalmere Public School Community Hub

Committed, Focused, Approachable

"Ten women found jobs through our programs, I feel proud and thankful that I can help."

Your 2021 Finalists



Natty Osorio Diaz

The Smith Family

Natty Osorio Diaz is a passionate supporter of over 300 families and 600 students. She's in her dream job at The Smith Family, where she helps families access holistic educational support, including literacy, numeracy and technology programs, mentors and financial assistance for educational items. After hours, Natty takes her community spirit to the next level and volunteers as a refugee and asylum seeker support worker.



Marnel LaGarde

Parramatta/Holroyd Family Support Inc.

Marnel LaGarde knows no bounds when it comes to her community and has spent 35 years doing whatever she can to make a positive difference for local families. Since 1985, Marnel has been a devoted member of the Parramatta/Holroyd Family Support team and is now CEO. In addition, she delivers home-cooked meals to elderly neighbours, refurbishes bicycles for disadvantaged children and arranges donations of second-hand furniture for struggling families.



Helen Williams

Hope Connect Inc

Support worker Helen Williams is tenacious in her efforts to improve the lives of families in the most deprived suburbs of Parramatta. For the past 16 years, Helen has devoted herself to the Non-government organisation Hope Connect. She creates a safe space for families to share the most private and painful parts of their life and is known for her caring approach to helping people survive and thrive.

Recognising all of our 2021 nominees

Safa Majidi
batyr

Patrick Soosay
Harris Park Community Centre

Cassie Ma
Commonwealth Bank of Australia

Khiara Renae Lizzio
Soaring Eagles Youth LTD

Avijit Sarkar
Natraj Academy

Kalanjay Dhir
Pari

Justine Hanna
YOUFIT

Georgina
Australian Support Resources

Mitchell Woellner
UTS Gators Gridiron

Mrs Cheryl Webber
Endeavour Industries Goulburn Inc.

Georgina (George) Perry
Specific Learning Difficulties Association of NSW

Sayed G Karimi
Australian Afghan Hassanian Youth Association

Ashwina Beeharry
Westmead Hospital

Marian Casey
St John Ambulance NSW

Steve Shah
MPN-Mate Research Foundation

Carmen Platt
The Generous and the Grateful

Sujan Selventhiran
Tamil Resource Centre

Priyanka Bromhead
we are the mainstream

Narelle Barker
SchoolAid

Andre Kleiberg
Eastwood Thornleigh District Tennis Association Inc.

Jasmine Issa
Project Generosity Inc.

John Brumby
TAD (Technical Aid to the Disabled)

Varun Bapat
AUSCAP Australian Civil Air Patrol

Nicole Stacy King
Riding for the Disabled Association NSW Tall Timbers Centre

Umar Khiyam
Australian Afghan Hassanian Youth Association

Michael Cauchi
RuffTRACK Limited

David Johnston
AUSCAP Australian Civil Air Patrol

Takyu Leong
Toongabbie Legal Centre Inc

Safa Alkhulaifawi
Marvel

Saira Mohammad
Accessible Diversity Services Initiative Limited (ADSI)

Nazila Nosratieh
Green dental

Duy Quang Nguyen
Multicultural Disability Advocacy Association (MDAA)

Gina Atlas
Help for Hirschsprung's Disease

Patrick Uy
Bar Lionz

Nitin Fernandez
Maslow

Seethalakshmi Srinivasan
Rydalmere Public School Community Hub

Natty Osorio Diaz
The Smith Family

Dr Ruth Parsell
CareFlight

Helen Williams
Hope Connect Inc

Marnel LaGarde
Parramatta/Holroyd Family Support Inc.

Ela Pinar
Story Factory

Ziyad serhan & Tareq Ahmed
Educaid

Jason Sotiris
Supertee

Afaf Al-Shammari
Think+Do Tank Foundation

James Younan
The Banksia Project

Christine Cleary
StreetMed Inc.



Westfield

Penrith

NSW

Club manager James Frecklington is leading his team on a mission to connect with vulnerable young people and help them shine.

As the manager at the Police Citizens Youth Club (PCYC) Penrith, James is dedicated to creating a welcoming space that the community can come to for support, no matter their circumstances.

From free fitness classes for young mums and children to support sessions that connect at-risk youths with supportive police officers, the centre runs programs to benefit everyone in the community, particularly those most in need.

James is fully committed to the PCYC, where he was gym manager before being promoted to club manager. "Many of the people I worked with have become competitive athletes. It's helped me realise how much of an impact I can have on people's lives," he says.

James started his role at PCYC just after COVID, leading the team of staff and volunteers out of lockdown, to a successful end of 2020 and start of 2021 empowering young people. He has also prioritised the mental health of his volunteers.

James says his nomination as a Westfield Local Hero inspires him to do more. "It is an absolute honour to be nominated by my community. It shows that all my hard work and commitment is noticed and having an impact."

James' nominator says: "James is a Westfield Local Hero because he has overcome adversity and is fully aware of how he can impact the lives of those who work in and attend the PCYC. He is always welcoming, never judges and cares deeply."



Welcoming vulnerable young people

James Frecklington

PCYC Penrith

Empowering, Honest, Kind

"Many of the people I worked with have become competitive athletes. It's helped me realise how much of an impact I can have on people's lives."



Advocating for Aboriginal children

Heidi Bradshaw

Narang Bir-rong Aboriginal Corporation

Strong, Dedicated, Caring

"As an Aboriginal woman, I am passionate about making a definitive change where we can all see and feel a difference."

Advocate and activist Heidi Bradshaw is committed to empowering and supporting vulnerable Aboriginal children, speaking up for them when they can't speak up for themselves.

For 16 years, Heidi has worked determinedly to protect Aboriginal children in and out of foster care. As the Chief Executive Officer of Narang Bir-rong Aboriginal Corporation, she works with disadvantaged Aboriginal families to reduce child protection concerns and prevent children from needing to go into care.

Heidi's own family suffered a history of child protection issues, which motivates her to continue her relentless hard work. "As an Aboriginal woman, I am passionate about making a definitive change where we can all see and feel a difference," she says.

Heidi's team also support young people already in care to achieve their goals and have a positive

future. In addition, they educate non-Aboriginal organisations so that they can work together and achieve more positive and empowering outcomes.

Heidi feels honoured that her community nominated her as a Westfield Local Hero. "I feel privileged that people acknowledge something that I am involved in and recognise the work that Narang Bir-rong Aboriginal Corporation does. Being part of this organisation inspires me every day. I hope we can circulate that inspiration out to the wider community."

Heidi's nominator says: "Heidi is a Westfield Local Hero because she dedicates her time to protecting those in need. She strongly advocates for the rights of Aboriginal children in foster care, who often cannot speak for themselves."

Sandy Golder is a mother on a mission to provide a space for parents of children with special needs to feel valued, loved and understood.

Sandy co-founded Thrive Tribe & Co to provide a community network for families living with a disability. Participants benefit through online and in-person meetups, wellness programs, retreats for mums and mentoring.

"There are so many families struggling just to get through the day. They feel unsupported and misunderstood. We want to reach these families and bring them up for air," Sandy says.

As a parent of a child with special needs, Sandy was driven to do something positive because the statistics show mothers of children with intellectual disability are at increased risk of disease and mental health issues.

Her goal is to improve the quality of life for families by transforming the parents' health and wellbeing. They do this by teaching

communication and relationship skills and providing tools to build resilience and emotional and physical health.

The support, friendships and programs are life-changing for many of the participants.

Sandy feels emotional and blessed to be nominated as a Westfield Local Hero. "Our community and members are so important to us. These parents so often are forgotten or put their needs last, which causes many issues in an already stretched and stressed family," she says.

*Sandy's nominator says:
"Sandy is a Westfield Local Hero because the support and dedication she gives to clients is the best in Penrith by far."*



Giving parents a boost

Sandy Golder

Thrive Tribe & Co

Supportive, Advocate, Passionate

"There are so many families struggling just to get through the day. They feel unsupported and misunderstood. We want to reach these families and bring them up for air."

Your 2021 Finalists



Kristine Gauci

Our Community Cares

Kris Gauci is a determined charity leader who digs deep to support people with cancer, homeless people and the elderly in Penrith. She co-founded the Our Community Cares charity, which gives equipment to cancer centres and delivers food and clothing packages to the homeless. It also runs a program for high school students to visit aged care homes and connect with the residents.



Kylie Crambrook

Mypower Foundations

Kylie Crambrook has created a network of support workers to help people with a disability gain independence. Driven by an urge to help others, Kylie left her job in 2016 and launched Mypower Foundations. Five years on, she has a team of 30 who help about 60 families across the Blue Mountains and surrounds. Many of the support workers have a disability themselves.



Craig Smith

Paying It Forward Homeless Services Inc

Dedicated and caring volunteer Craig Smith works tirelessly to ensure that people experiencing homelessness in Penrith never go hungry. Craig is the leader at Paying It Forward (PIF) homeless services, where he and his team support over 50 people every week, providing hot meals and food parcels in a safe, non-judgemental environment.

Recognising all of our 2021 nominees

Susan Bennett
Rotary Club of Condobolin Inc

Rita Sullivan
Your Community Needs

Jason Goodhart
Fire and Rescue NSW

Kelly Taveuveu
Stride

Justin Benjamin Black
National Parks and Wildlife Service

Sgt Greg Donaldson
NSW Traffic and Police Highway Patrol Control Command

Olivia Hayes
Feel the Magic

Chloe Konnecke
Narang Bir-rong Aboriginal Corporation

Cameron Turner
Cranebrook High School

Burger Head

Luigi Greco
The Australian Man Cave Support Group Penrith

Anthony Trimmingham OAM
FADISS Ltd trading as Family Drug Support

Cheryl Adams
YAWN (You Ask We Nurture)

Marina Rowe
Disaster Relief Australia

Karen Bentley
Nepean Swim and Fitness

Alan Bentley
Nepean Swim and Fitness

Gail Terrassin
Australian Red Cross

Arlia Fleming
Elizabeth Evatt Community Legal Centre – Transforming Justice Australia

Richard Gray
North West Disability Service

Janine Evans
Sweetpeas Kindergarten and Long Day Care

Noeleen Horswell
YAWN (You Ask We Nurture)

Catherine Cole
YAWN (You Ask We Nurture) Connect Child and Family Services

Janice Samson
YAWN (You Ask We Nurture) Connect Child and aFamily Services

Fiona Juniati Melaningsih Kutschera
Kumon Western Sydney

Chantel Borg
The Source Bulk Foods

Lana Leslie Henfling
Connect Child & Family Services Ltd

Bob Montgomery
Huntington's NSW ACT

Jenna Beggs
Department of Education

Gary Arnold
Black Dog Ride

Heidi Bradshaw
Narang Bir-rong Aboriginal Corporation

Sarah Weir
The Kids' Cancer Project

Elaina Bohman
RuffTRACK Limited

Sonya Simson
YAWN (You Ask We Nurture) Connect Child and Family Services

Jasmine Tribe
YAWN (You Ask We Nurture) Connect Child and Family Services

James Frecklington
PCYC Penrith

Kristine Gauci
Our Community Cares

Kylie Crambrook
Mypower Foundations

Craig Smith
Paying It Forward Homeless Services Inc

Sandy Golder
Thrive Tribe & Co



Westfield
Sydney
NSW

Dr Helen Gooden has given life-saving knowledge about the hidden symptoms of ovarian cancer to thousands of future doctors and nurses since she introduced the Survivors Teaching Students program to Australia.

Helen is the national manager of the program and works tirelessly with 150 brave ovarian cancer survivors and caregivers who share their diagnosis stories with students at 14 universities across Australia.

Ovarian cancer is known as the silent killer because the symptoms are often missed. But Helen and the volunteers are doing all in their power to change that.

After hearing the survivor stories, many students are adamant they will consider gynaecological cancer every time a women patient displays the symptoms they have heard about.

"The program opens conversations about women's reproductive cancers that are

taking four times as many lives per year than the road toll," says Helen.

Since its launch in 2017, the program has reached 5000 students.

Helen is honoured to be nominated as a Westfield Local Hero. "I am humbled to work with my amazing volunteers and enormously proud of the work they do, sharing their stories, their pain, vulnerability and often loss," she says.

"This nomination is for each and every one of them and to honour those we have lost and will continue to lose each year."

Helen's nominator says: "Helen is a Westfield Local Hero because of her tireless work supporting Survivors Teaching Students, ensuring our future doctors and nurses are better equipped to work towards improving outcomes for women."



Innovating for women's health

Dr Helen Gooden

ANZGOG & Survivors Teaching Students

Informed, Dedicated, Passionate

"The program opens conversations about women's reproductive cancers that are taking four times as many lives per year than the road toll."



Hearty meals for the homeless

Jackie Warn

One Meal – It Makes a Difference

Committed, Generous, Empathetic

The nomination motivates me to think of other ways we can help the homeless and marginalised in the community. Think I'll have to make a list!"

Jackie Warn has dedicated the last six years to One Meal – It Makes a Difference, a charity that provides meals to homeless and underprivileged people in Sydney.

Jackie spends her Friday and Saturday nights cooking hearty meals and collecting food donations to feed 180 to 200 people on Saturdays at Green Park and Ward Park in inner Sydney.

Volunteers also hand out sleeping bags, blankets, fruit, toiletries and clothing to those in need.

Jackie manages dozens of volunteers, provides food safety and health training and is director of the One Meal committee assisting in fundraising and strategy planning.

She tackles the job with boundless energy and a smile on her face.

Many charities shut their doors during the COVID-19 pandemic, but Jackie and One Meal

volunteers with the support of Darlo Darlings group continued to run the program – despite a shortage of donated food – and even expanded it to a second location to meet increased need.

Jackie is moved by the gratitude shown by many service users.

"Many live on their own, so just a friendly conversation can mean a lot to them," she says.

Jackie is honoured to be nominated a Westfield Local Hero. "The nomination motivates me to think of other ways we can help the homeless and marginalised in the community. Think I'll have to make a list!"

Jackie's nominator says: "Jackie is a Westfield Local Hero because she is a true giver whose dedication, disposition and acts of kindness are infectious to all who surround her. She treats everyone as her own family, with the utmost dignity and respect. She makes those who are marginalised feel cared for and gives them a sense of belonging."

As a patient advocate, Gail O'Brien AO offers people with cancer a shoulder to lean on.

Gail is a director and the patient advocate at Chris O'Brien Lifehouse, the only independent not-for-profit cancer hospital in Australia, located in Newtown named after her late husband, Professor Chris O'Brien AO, who passed away from brain cancer in 2009.

Prof O'Brien was a respected head and neck surgeon who had a vision for an integrated cancer treatment centre where patients are supported through all the elements of their illness. His idea was realised with the opening of Chris O'Brien Lifehouse to patients on 19 November 2013.

Gail is renowned for her compassion, patience, and warm support of patients and families at the hospital, which treats 60,000 people a year.

"They are bewildered, fearful and feel isolated by their disease," says Gail.

"Knowing that what we do has a hugely positive impact on the patient and family is a huge privilege and enormously motivating."

In 2018, Gail was named an Officer of the Order of Australia (AO) for her work.

Gail is delighted to be nominated as a Westfield Local Hero. "It is gratifying to know that my work is noticed outside the organisation where I work," she says.

Gail's nominator says: "Gail is a Westfield Local Hero because her kindness and empathy when she talks to patients is truly incredible."



Advocating for cancer patients

Gail O'Brien

Chris O'Brien Lifehouse

Inspirational, Empathetic, Kind

"Knowing that what we do has a hugely positive impact on the patient and family is a huge privilege and enormously motivating."

Your 2021 Finalists



Sarah Garnett

The Footpath Library

Sarah Garnett has been bringing the joy of reading to people experiencing homelessness since 2003. Sarah set up The Footpath Library in Martin Place in Sydney after discovering that many disadvantaged people in our community love to read but have difficulty accessing good quality literature. She also provides coffee and reading glasses.



Craig Foster

Addison Road Community Organisation

Craig Foster AM is a generous volunteer ambassador for Addison Road Community Organisation. The former Socceroos captain has helped boost the charity's crisis relief food efforts, donations and #HamperofHope program by mobilising sport and other well-known advocates for vulnerable people including homeless, international students, multicultural communities, Aboriginal community services, asylum seekers and refugees. He also lends his high profile and voice to the charity's #RacismNotWelcome street sign campaign.



Gabriella Holmes

Sir David Martin Foundation

Gabriella Holmes has helped countless young people recover from substance misuse, family breakdown and other issues for two decades. Gabriella is the area manager at Mission Australia's Triple Care Farm, a residential youth drug and alcohol rehabilitation facility, which treats about 200 young people from around the country every year. She is also an ambassador for the Sir David Martin Foundation, which is the major funder of the facility.

Recognising all of our 2021 nominees

Karina Rauch
**Rotary Club of Gregory Hills
Next-Gen**

Danielle O'Keefe
The House that Dan Built

Bronte Arns
Giant Steps Australia

Davida Sweeney
The Generous and the Grateful

Mahlie Jewell
Australian BPD Foundation

Marjorie Tenchavez
Welcome Merchant

Laura Salado Vega
**International Medical Graduates
Sydney Community**

Talya Jacobson
The Indie Groove

David Graham
RuffTRACK Limited

Carly Stanley
**Deadly Connections Community
and Justice Services Limited**

John Anderson
AUSCAP Australian Civil Air Patrol

Maureen Lee
The Newtown Blessing Box

Scott Maggs
Beard Season

Margot Politis
Milk Crate Theatre

Elizabeth-Duck Chong
ACON

Carmen Gain
**Wellington Amateur
Swimming Club**

Sandra Harris
**Sydney 24/7 street kitchen
& safe space**

Rodney Mitchell
Minute by minute disaster relief

Steven Lowrie
Rozelle Neighbourhood Centre

Aunty Beryl Van-Oploo
**National Centre of Indigenous
Excellence**

Dr Derrick Tin
TacMed Australia

Stephen Lunny
**Surry Hills Neighbourhood
Centre**

Sarah Garnett
The Footpath Library

Dulce Munoz
**Mums4Refugees NSW
Incorporated**

Mark Spinks
Babana Aboriginal Men's Group

Alan Froude
OzHarvest

Gabriella Holmes
Sir David Martin Foundation

Craig Foster
**Addison Road Community
Organisation**

Gail O'Brien
Chris O'Brien Lifehouse

Dr Helen Gooden
**ANZGOG & Survivors Teaching
Students**

Jackie Warn
One Meal – It Makes a Difference



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**



Westfield

Warringah Mall

NSW

Keen footballer John Tansley is helping local children with intellectual needs enjoy the thrill of kicking a ball and enjoy the benefits of participating in a team sport.

For many years, John has bounced out of bed on Saturday mornings during term time to run the all-year Active Opportunities program at Cromer Park.

The Manly United program is for children aged five to 16 years and is affiliated with Special Olympics Northern Beaches. Active Opportunities also run another program for children out of Lindfield Football Club.

John has recruited 50 young players and a large group of volunteer coaches who want to put something back into the sport.

He has worked tirelessly with the local football Association and Manly United to obtain funding, equipment and uniforms so players can experience being part of the football club.

The family man is inspired by the positive impact this experience has on participants and their families.

"The interaction and seeing their confidence develop is seriously priceless," John says.

John, who has been involved in volunteer work for 25 years, is thrilled with his nomination as a Westfield Local Hero. "This is community and inclusion at work, and it makes me extremely proud that our program has been recognised through this nomination," he says.

John's nominator says: "John is a Westfield Local Hero because he makes sacrifices to help others. He has boundless energy, passion and a commitment to inclusivity and football."



Championing inclusive football

John Tansley

Active Opportunities Inc.

Selfless, Inspiring, Passionate

"The interaction and seeing their confidence develop is seriously priceless."



Tireless mental health champion

Barbara Stenhouse

Lifeline Northern Beaches

Respect, Compassion, Collaboration

"I am passionate about de-stigmatising mental illness and encouraging people to have conversations about how they are feeling."

Psychologist Barbara Stenhouse is a tireless champion for mental health in her community and has facilitated more than 2000 low cost or free counselling sessions in the past year.

Barbara is the counselling manager at Lifeline Northern Beaches and believes everyone should have access to counselling support, regardless of their economic circumstances.

In her two years in the role, Barbara has expanded the counselling team from 14 to 21 qualified volunteer counsellors and psychologists, helping to meet the demand for face-to-face counselling. While Lifeline is known for its crisis hotline, she wants to support people before they get to crisis point.

Crucially, Barbara facilitated a quick transition to online appointments at the beginning of COVID-19 social distancing. Demand has continued to balloon as people seek help for anxiety and depression, isolation,

domestic and family violence, job loss, financial stress and suicidality.

"We have seen an unprecedented increase in people reaching out for counselling," Barbara says.

She has started two new services: one with Avalon Youth Hub and an outreach service in Mosman.

"I am both humbled and honoured to be nominated as a Westfield Local Hero," says Barbara.

"I am passionate about de-stigmatising mental illness and encouraging people to have conversations about how they are feeling."

Barbara's nominator says: "Barbara is a Westfield Local Hero because she is a positive role model in our community who works tirelessly to remove the stigma around mental illness and empowers people to draw on their personal strengths."

If you need support, please phone Lifeline: 13 11 14

Christian Barwell gives over 100 teenagers and adults with disabilities on the Northern Beaches an opportunity to do activities many people take for granted – like visiting a restaurant with a group of friends.

Christian's younger sister, Emma, grew up with a disability. This experience gave him insight into how society can further disable people, and how people can achieve their goals and dreams if given the proper support. Driven to make a positive difference, he launched Up & Over last year after completing his Bachelor of Business degree.

Up & Over arranges fun and engaging social outings like mini-golf, rock climbing and restaurant visits at which people build friendships with peers in their own age group.

Christian not only provides a caring and engaging service, but he also builds genuine connection with all participants.

Crucially, Christian's work also helps to change community perceptions around people with disabilities. He believes there is no limit to what people can achieve with appropriate support.

Christian feels honoured to be nominated as a Westfield Local Hero. "It motivates me to keep putting smiles on people's faces and to put the work we do in the spotlight so that society can become more educated and inclusive."

Christian's nominator says: "Christian is a Westfield Local Hero because it is rare to see a passionate young person so heavily involved in making a difference to the lives of those with a disability. Christian genuinely believes in people and empowers those around him to exceed the limits of their perceived ability."



Challenging disability

Christian Barwell

Up & Over

Passionate, Proactive, Ambitious

"It motivates me to keep putting smiles on people's faces and to put the work we do in the spotlight so that society can become more educated and inclusive."

Your 2021 Finalists



Gwen Korebits

Dance Health Alliance

Gwen Korebits has helped thousands of people dance their way to better health. After studying therapeutic dance, the former professional ballerina developed a movement therapy program for people with chronic mental health and neurological conditions. She also started the Dance Health Alliance charity, which runs programs in several areas around Sydney and trains allied health professionals to deliver dance therapy.



Jason Partington

Making Meditation Mainstream

Jason Partington is bringing the benefits of meditation to the masses. Having used meditation to support his own mental health, he now offers free face-to-face meditation groups and online meditation classes through Making Meditation Mainstream, which has reached tens of thousands of people and raised over \$31,000 for Lifeline Northern Beaches.

If you need support, please phone
Lifeline: 13 11 14



Mel Thomas

KYUP! Project

Martial arts instructor Mel Thomas is helping build a safer community for girls and women by teaching them self defence and playing a mentorship role. Mel, a survivor of childhood domestic violence and intimate partner violence, set up KYUP! Project in 2013 as a charity with a mission to end violence against women. Melanie was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time.

Recognising all of our 2021 nominees

Anna Charleston
Be Centre Foundation

Te Reo Potaka Kenneth Haronga
Warringah Softball

Mrs Yvonne Talbott OAM
**Wheelchair Sports NSW/ACT
Inc**

Jack Berne
**A Fiver for a Farmer and Jack's
Mates Foundation**

Bobby Lehane
Rock the Pool

Benjamin Lucas
2Minute Mates

Ben Murdock
Northern Beaches Men

Miguel Gonzalez
La Creme Creative

Paris Jeffcoat
One Eighty Avalon Inc.

Nathan Roberts
NSW Rural Fire Service

Fiona Pearse
Queenscliff Netball Club

Chelsea Bonner
Bella Management

Lynette Favelle
Street Mission Incorporated

Dena Farley
Children's Tumour Foundation

Rosa Chirillo
Make-a-Wish

Lizzie Welborn
Newport Surf Life Saving Club

Anna Nero
Zinnee Pty Ltd

Jarin Baigent
Trading Blak & Jarin Street

Gerard Barwell
Teen Connect

Samantha Neaves
Stage Artz

Jason Partington
Making Meditation Mainstream

Kevin Lee
**Narrabeen Beach Surf lifesaving
Club Inc.**

Melissa Angelevski
Ability Options

Sarah Weate
Manly Food Co-op

Rob Pearson
Long Reef Surf Lifesaving Club

Clint Bowen
Tour de Cure Australia

Margaret Murden
StreetWork Australia Limited

John Kelly
Community Northern Beaches

Monika Biernacki
Doggierescue.com

Peter Duff
NSW Rural Fire Service

Patrick Hunter
Plastic Free Beaches

Matthew Lonergan
**Movers Against Domestic
Violence**

Barbara Stenhouse
Lifeline Northern Beaches

Greg Mullins
**Terrey Hills Rural Fire Service/
Northern Beaches RFS**

Nikki Thomson
Taldumande Youth Services

Melanie Thomas
KYUP! Project

Christine Robbins
**One Meal – It Makes A
Difference – Northern Beaches
Co-op**

Steven Anthony Gamble
Man Anchor

John Tansley
Football4All

Gwen Korebrits
Dance Health Alliance

Christian Barwell
Up & Over

Australian Capital Territory



ACT Centres

Belconnen

Woden



Westfield

Belconnen

ACT

Gaye Wade has helped thousands of children in need to get a safe start to life while reducing landfill through her organisation Roundabout Canberra.

Gaye spent a lifetime looking after children and families as a midwife and has volunteered with the non-profit since 2018 so she could help children in need during her retirement.

Roundabout Canberra is now a thriving enterprise that donates high-quality, pre-loved essentials that meet rigorous safety standards to vulnerable families.

Gaye is much admired for attending most volunteer sessions to sort through donations of clothing, linen and baby items such as prams, cots, nappies, toiletries and car seats.

Beautifully presented gift packs are then passed on to social service agencies to be distributed to families.

"We often receive notes of thanks," she says.

If clothing and linen donated to the charity are unsuitable, they are given to organisations that repurpose them as cleaning rags.

Gaye is proud that Roundabout Canberra helped over 1300 children last year and saved 15 tonnes of fabric from landfill.

"It is a great honour to be nominated as a Westfield Local Hero, but I feel I only play a small part in a greater community effort to assist those less fortunate," she says.

Gaye's nominator says: "Gaye is a Westfield Local Hero because she has spent her life supporting families. She is warm, friendly and kind-hearted and truly dedicated to helping others in her community."



A safe start for children

Gaye Wade

Roundabout Canberra

Dedicated, Kind, Trusted

"It is a great honour to be nominated as a Westfield Local Hero, but I feel I only play a small part in a greater community effort to assist those less fortunate."



Feeding and clothing her neighbourhood

Margaret McGrath

Ngunnawal Street Pantries

Selfless, Community-minded, Driven

"My philosophy on life is that if I can make even one person's walk easier, then my life has been well lived and successful."

Margaret McGrath has inspired a street pantry movement in Ngunnawal that people have accessed on more than 60,000 occasions since the beginning of the COVID-19 pandemic.

In 2020, struck by the plight of local battlers doing it tough during the pandemic, Margaret set up the first Ngunnawal Street Pantry by placing a tub of free food beside her mailbox.

Eighteen months later, there are four pantries in the Gungahlin suburb. They offer free food, toys, clothing, blankets and toiletries donated by the community to those in need. They are open every day with no questions asked.

For Margaret, who self-funds the initiative, caring for her community is a no-brainer.

"My philosophy on life is that if I can make even one person's walk easier, then my life has been well lived and successful," Margaret says.

The initiative also bolsters community spirit by providing safe and non-judgmental spaces for locals from all walks of life to connect.

"To be nominated as a Westfield Local Hero is a huge honour, as I see the Ngunnawal Street Pantries as belonging not to me, but to the whole community," Margaret says. "I hope I can inspire more people to consider how they can help the community they live in."

Margaret's nominator says: "Margaret is a Westfield Local Hero because she started the pantries while working full-time. She has spent all her free time running the pantries and used her own money to support them."

Leigh McIntosh is a driving force behind a movement that makes hockey players feel welcome regardless of their mental health or economic circumstances.

Leigh, who lives with bipolar disorder, has been playing hockey since his youth and is grateful for the support he received from the community. This safety net has inspired him to give back as a volunteer for the Livin for Hockey (LFH) initiative.

Leigh and his LFH colleagues live by the mantra "Teammates for Life". Their efforts remove barriers to participation and reduce stigma. LHF provides players with hockey equipment and negotiates fee relief with clubs around Australia. Leigh has found the state and national governing bodies incredibly supportive of his efforts.

Leigh also has a passion for mental health first aid training for hockey officials across Australia and spends much of his time visiting different clubs.

He hopes his work encourages hockey participants to look out for each other's mental health and their own.

He feels excited to be nominated as a Westfield Local Hero. "I am extremely grateful to all of those who support me and our organisation. It shows an appreciation of what we are trying to achieve and a desire to make a difference in people's lives."

Leigh's nominator says: "Leigh is a Westfield Local Hero because it takes bravery and commitment to put yourself forward and start a movement."



Destigmatising mental illness in sport

Leigh McIntosh

Livin for Hockey (LFH)

Decent, Openhearted, Free

"I am extremely grateful to all of those who support me and our organisation. It shows an appreciation of what we are trying to achieve and a desire to make a difference in people's lives."

Your 2021 Finalists



Tracey Parker

Australian Kookaburra Kids Foundation

Tracey Parker loves her job with the Australian Kookaburra Kids Foundation, where she brings joy into the lives of children impacted by family mental illness. Thanks to her hard work, socially isolated children aged 8 to 18 get to make new friends at camps and activity days while participating in fun activities like canoeing, horse riding, bowling and laser tag.



Jon Wells

Hawker Men's Shed

Jon Wells is always first to pitch in to help. With over 40 years in volunteer roles, it was only natural he would say yes when asked to establish the Hawker Men's Shed. The Shed provides both men and women at risk of social isolation with a place to socialise while learning new skills.



Dr Eloise Bright

ACT Pet Crisis Support

Dr Eloise Bright works tirelessly so people don't have to euthanise a sick pet because they can't afford to pay. She has helped more than 140 pets and their people since she started ACT Pet Crisis Support in 2019.

Many of the people Eloise helps are pensioners and people with a disability or chronic health condition.

Recognising all of our 2021 nominees

David Barrie
Everybody Wins

Adrian Gibbs
2xxfm 98.3

Annika Holly Reynolds
GreenLaw

Mr Fred Fawke
Rotary Club of Belconnen

Robyn Smith
Pink Hope

Mary Liondi-Barlow
Good Omen Goodeze

Tanveer Khan
**Margaret Hendry School, Taylor,
ACT & Gungahalin Library**

James Wain
**Vietnam Veterans And Veterans
Federation Act Inc (Veterans
Support Centre Belconnen)**

Zakia Patel
Multicultural Hub Canberra

Kathryn Jeffress
JDRF Australia

Margaret McGrath
Ngunnawal Street Pantries

Janet Hunt
ANTaR ACT

Daniel Sanguinetti
Bus Stop Films

James Boyce
Missionheart

Caitlin Figueiredo
Jasiri Australia

Alexandra McBain
batyr

Leigh McIntosh
Livin for Hockey (LFH)

Manjula Nelapati
Telugu association of Canberra

Tracey Parker
**Australian Kookaburra Kids
Foundation**

Cara Jacobs
YWCA Canberra

Jon Wells
Hawker Men's Shed

Gaye Wade
Roundabout Canberra

Paul Potter
**St Vincent De Paul – The Blue
Door Centre**

Carol Jennings
**Cyclabilities – Waterabilities
program**

Dr Eloise Bright
ACT Pet Crisis Support

Kaye Keogh
K-Digital

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



Victoria

VIC Centres

Aiport West

Doncaster

Fountain Gate

Geelong

Knox

Plenty Valley

Southland



Westfield

Airport West

VIC

Alyshia Clarke started her Dance 4 All studio to bring children of all abilities together to have fun and be themselves.

Alyshia is a dance teacher and integration aide and started her dance studio to break down barriers for children with autism, developmental delays, physical challenges and sensory sensitivities who often feel excluded from social and sporting programs.

She trialled one all-abilities dance class to test the interest and put on a second class within a week following overwhelming demand.

The joyful classes are designed to help the children develop motor, social and cognitive skills.

Assistant buddies are welcome to attend at no cost so that every dancer has the support they need.

Alyshia's most memorable moments include watching a non-verbal child communicate and withdrawn students becoming increasingly confident.

She is thrilled the classes promote acceptance of the children, with the all-abilities classes growing faster than the mainstream dance classes she offers. Some families travel 45 minutes to attend.

Alyshia is proud to be nominated as a Westfield Local Hero. "I hope to become a positive role model for my students and the wider community. Neurodiverse children are gifted in ways that our society doesn't value enough," she says.

Alyshia's nominator says: "Alyshia is a Westfield Local Hero because she challenges social barriers and stigma around disability. She believes everyone deserves a chance to dance."



Dancing through barriers

Alyshia Clarke

Dance 4 All

Passionate, Generous, Ambitious

"I hope to become a positive role model for my students and the wider community. Neurodiverse children are gifted in ways that our society doesn't value enough."



Providing support and safety

Jocelyn Bignold OAM

McAuley Community Services for Women

Passionate, Innovative, Campaigner

"We are on a constant path to providing more solutions through accommodation and support but also through our advocacy work. I am inspired every day by the work we are doing."

Jocelyn Bignold OAM leads an organisation that makes a considerable difference in the lives of women and children experiencing family violence and homelessness.

As CEO of the McAuley Community Services for Women, Jocelyn is the driving force behind the non-profit, which operates a range of crisis to long term housing and was the first 24/7 crisis service in Victoria. It supported 1392 women in the last financial year, an 18 per cent increase over the previous year.

Working in partnership with other local services, 405 trauma counselling sessions were provided; more than \$218,000 in debt collectively owed by women linked to family violence was waived.

Under Jocelyn's leadership, McAuley also helped dozens of women who had been homeless or at risk of homelessness into permanent accommodation, 36 into employment and provided

tutoring for children whose schooling had been interrupted by family violence.

Jocelyn has over 25 years' experience advocating for women and was awarded the Medal of the Order of Australia (OAM) in 2020 for her work.

She is determined to find new and better ways to support women and children.

Jocelyn says her nomination as a Westfield Local Hero honours her whole team. "We are on a constant path to providing more solutions through accommodation and support but also through our advocacy work. I am inspired every day by the work we are doing."

Jocelyn's nominator says: "Jocelyn is a Westfield Local Hero because she has dedicated her life to initiatives that improve the safety of women and children in our community, leading by example and creating change."

Ali Halkic has reached more than 500,000 people with his bullying prevention workshops since he set up his Bully Zero organisation.

Ali's son Allem was just 17 when he took his own life in 2009 after being relentlessly bullied online by a former friend.

From that moment, Ali has been in the public eye highlighting the dangers of cyberbullying. These include severe anxiety, depression and suicidal ideation.

Ali established Bully Zero eight years ago to garner community support for the thousands of Australians who experience bullying every day.

The non-profit's workshops help young people, parents and the wider community understand the impact people's actions can have on others, even if they are bystanders.

Ali's team also deliver a three-year program in workplaces. About one in four workplace mental health claims are caused by bullying.

Ali is proud that his evidence-based bullying prevention workshops resonate with young people, parents, teachers and employees.

He says his nomination as a Westfield Local Hero honours his son. "His tragic loss has equipped me with the tools to educate the community about bullying and the risks associated with it. Ultimately, these tools help save lives," he says.

Ali's nominator says: "Ali is a Westfield Local Hero because his mission to prevent and reduce bullying through evidence-based education, advocacy and community support has saved lives."

If you need support, please phone Lifeline: 13 11 14



Putting an end to torment

Ali Halkic

Bully Zero

Dedicated, Selfless, Determined

"His tragic loss has equipped me with the tools to educate the community about bullying and the risks associated with it. Ultimately, these tools help save lives."

Your 2021 Finalists



Sandra Jacobs

The Nappy Collective

Sandra Jacobs is supporting the health and wellbeing of tens of thousands of vulnerable children through her Nappy Collective charity. The charity collects outgrown nappies from families and passes them on to parents who cannot afford enough nappies for their babies. Sandra has turned her local initiative into a national charity and has helped 140,000 families in eight years.



Kristen Mirchevski

Vision Australia

Social worker Kristen Mirchevski lost her vision in childhood and leapt at the chance to help others lead an independent and fulfilling life. Kristen is a long-time client of Vision Australia and knew she was in the perfect position to volunteer to help others cope with the loss of their eyesight. She offers a listening ear to people who often have no one else to turn to.



Kyle Hayes

batyr

Brave Kyle Hayes is smashing the stigma around mental health as a lived experience speaker with for-purpose organisation batyr. He encourages people to reach out for help through face-to-face and online presentations. Kyle is proud that he has become the adult he needed when he was younger. He helps young people open up instead of being told to man up.

Recognising all of our 2021 nominees

Catherine Kruljac
PCD Australia

Jill Goss
Parkinson's Victoria

Steve Clogstoun
DDP Yoga

Maddison parker
**Access wildlife – keeping
charlottes promise**

Barbara Davis
Korus Connect

Marlon De Leon
**Filipino Community Council
of Victoria Inc.**

Mark Thomas
The Code 9 Foundation

Lisa and Darren Doherty
Cream Town

Janelle Ellis
Recovery plus

Krysti Severi
Rescue Rehabilitate & Release

Sandra Jacobs
The Nappy Collective

Kyle Hayes
batyr

Matthew Johns
Lighthouse Foundation

Alyshia Clarke
Dance 4 All

Jocelyn Bignold OAM
**McAuley Community Services
for Women**

Ali Halkic
Bully Zero

Kristen Mirchevski
Vision Australia

Logan Shield
Moonee Valley Sustainability



Westfield

Doncaster

VIC

Chris Varney has helped thousands of Autistic students focus on their unique strengths since founding the I CAN Network in 2013.

Chris was diagnosed as Autistic as a boy and was raised by parents who encouraged him to embrace an 'I can' attitude. They also celebrated his passions.

He founded his non-profit after realising many other young people don't have mentors to support them.

The network has employed over 60 Autistic people to deliver its 'I CAN' peer support program, most likely making it the largest autistic-led organisation in Australia.

Chris is proud that each year his team help over 2,000 young people aged 8-22-years-old across school mentoring programs and online mentoring programs to develop self-confidence, optimism and a sense of belonging through shared experiences with other students.

One of his most unforgettable moments was watching a student share their story at a school-wide assembly and feeling a palpable mind shift in the school's attitude to Autism.

Chris is humbled to be nominated as a Westfield Local Hero. "I am motivated by a deep desire to build a world that embraces autism. I want every young autistic person to see themselves as I see them; capable, interesting and worthy of inclusion and respect," he says.

Chris' nominator says: "Chris is a Westfield Local Hero because his strengths-based approach to mentoring autistic young people is transforming mindsets and lives."



Celebrating autism strength

Chris Varney

I CAN Network Ltd

Visionary, Authentic, Inclusive

"I want every young autistic person to see themselves as I see them; capable, interesting and worthy of inclusion and respect."



Feeding COVID hunger

Kellie Ann Wishart

MCC CareNet

Passionate, Visionary, Innovative

"To see the relief on a parent's face when you provide them with food that they not only need but their family will enjoy makes all the hard work worth it."

Kellie Ann Wishart leapt into action to meet the growing demand for food relief sparked by the COVID-19 pandemic, and many local families are better off as a result.

Kellie has spent many years helping people in crisis as a social worker and started a small community food pantry, MCC CareNet, through her church in 2019.

When the pandemic hit, demand for food relief grew eight-fold.

This inspired Kellie and MCC CareNet to work with another local charity to create The Food Collective Project to expand food relief across the wider community.

Thanks to Kellie, a team of volunteers distribute food donated to the project to other services that can reach people doing it tough. The project currently provides 130 families with food relief each week.

"I have seen the difference that well-timed, useful emergency relief makes," says Kellie.

Now MCC CareNet plans to expand its hours and develop a mobile food pantry.

Kellie is humbled to be nominated as a Westfield Local Hero. "What we have achieved has been a collaborative effort. To see the relief on a parent's face when you provide them with food that they not only need but their family will enjoy makes all the hard work worth it," she says.

*Kellie Ann's nominator says:
"Kellie is a Westfield Local Hero because she has created a legacy that will have a long-lasting impact for vulnerable community members who fall through the cracks."*

Michelle Power has transformed the lives of vulnerable young mothers and their babies through her work with the Lighthouse Foundation.

Michelle was inspired to volunteer with the non-profit after opening her home to a homeless young mother who has a young son and realising she wanted to help more young people in need.

She now works alongside the young parents' program for the foundation, which offers young people experiencing homelessness and neglect a place to live while they heal and receive support to move on to a brighter future.

Her trusted volunteer team provides physical, emotional and financial support to three young mums and four children who live together in one of the foundation's 10 homes.

They take on the role of family, helping them feel cared for and loved, including sitting down with them for Christmas dinner.

Seeing the smiles on the young girls' faces and knowing their future is safe is all the reward Michelle needs.

She is honoured to be nominated as a Westfield Local Hero. "I don't do this work for the recognition, and I feel like my work with the Lighthouse is really only beginning. Volunteering allows me to do kind things for others every day, which gives me great personal fulfilment," she says.

Michelle's nominator says: "Michelle is a Westfield Local Hero because her policy of helping another person every day is inspirational and profoundly caring."



Giving young mums a home

Michelle Power

Lighthouse Foundation

Kind, Determined, Proactive

"I feel like my work with the Lighthouse is really only beginning. Volunteering allows me to do kind things for others every day, which gives me great personal fulfilment."

Your 2021 Finalists



Shelly Lynde

Children's Tumour Foundation

Shelly Lynde used her formidable powers of persuasion to secure Federal Government funding for the Children's Tumour Foundation to increase support for children living with neurofibromatosis (NF). The foundation runs specialised clinics to help manage the genetic condition, which causes tumours to grow on nerves. It also funds research.



Lucy Thomas OAM

Project Rockit

Lucy Thomas stepped up to challenge bullying in schools and online, co-founding social enterprise PROJECT ROCKIT when she was fresh out of high school. Her social enterprise is now a national movement, with over 500,000 young people sharing their vision of a world where kindness and respect thrive.



David Treloar

Nexus Young Veterans Program

David Treloar is helping veterans stay healthy and safe through his work with the Nexus Young Veterans Program.

David served in the Australian Defence Forces for 20 years before being medically discharged with Post Traumatic Stress Disorder (PTSD). He is now dedicated to assisting other young veterans. He uses his military experience to reach out in a way that doesn't overwhelm other veterans.

Recognising all of our 2021 nominees

Maggie Lloyd
**Life's Little Treasures
Foundation (LLTF)**

Andrew McIntosh
**Victorian Aboriginal
Remembrance Committee**

Anthony Field
The Wiggles

Jessica Lillian Nooney
**Head Nurse at Cabrini Health-
Missionary Sisters of the
Sacred Heart of Jesus**

Faye Drummond
BASScare

Peter Abbott
Lighthouse Foundation

Michael Leeds
Deepdene Uniting Cricket Club

Ally
From Woolworths Doncaster

Kirsty Jayne Porter
Umbrella Dementia Cafes Ltd

Nina Laitala
**Victorian Student
Representative Council**

Rahela Fazli
Golden Heart Foundation

Annette Subhani
New Pathways Life Coaching

Heather Renton
**Syndromes Without a Name
(SWAN)**

Kat Agar-Teehan
**Little Urchins Wildlife
Sanctuary**

Caitlyn Georgeson
The Pinnacle Foundation

Pam Meddings
**Doncaster District Community
Youth Club Inc**

Sarah Cavenagh
Quilts of Love for Fire Victims

Brian Tooth
Doncare

Keith Anderson
Parkinson's Victoria

Geoff Constable
Parkinson's Victoria

Irene Opper
Neighbourhood Connect

Kritz Sciessere
Big Sister Experience

Robyn Cronin
Pat Cronin Foundation

Nic Moore
**Bulleen Templestowe Junior
Football Club**

Mark Gellie
Red Frogs Australia

Adrian Ferris
**Our Lady of the Pines Catholic
Primary School**

Louise Callaghan
Fitted for Work

Simon (Hengyu) Qian
**The Federation of Chinese
Associations VIC**

Kiraly Pugliese
ParentMedic Victoria

Madeleine La Ferla
Yogahood Australia

Robbie Singh
Gracie Jiu Jitsu Burwood

Elizabeth Phillips
Doncare

Krysti Severi
Rescue Rehabilitate Release

Anna Dunn
North Balwyn Bowls Club

Isabelle Mayne
Livin Social

Jamal Elsheikh
One Love Australia

Erin Smith
The Code 9 Foundation

Shelly Lynde
Children's Tumour Foundation

Samuel Kershler
Giant Steps Melbourne

Chris Varney
I CAN Network Ltd

Kellie Ann Wishart
**MCC CareNet & The Food
Collective Project**

Eva Giuretis
Project Underdog Rescue Inc

Michelle Power
Lighthouse Foundation

David Treloar
Nexus Young Veterans Program

Lucy Thomas OAM
Project Rockit



Westfield

Fountain Gate

VIC

Young Ashvina De Zoysa defied the odds when she launched COOK4CALD to give people in need home-cooked meals.

Ashvina is determined to do something to help the thousands of people in her area of Melbourne who live in poverty. So, she started her youth-run non-profit to gift struggling families a nutritious and tasty meal during summer, traditionally a time for celebration and lots of eating.

The 22-year-old persevered with sourcing donations to make her novel project work, despite the naysayers telling her she was too young and inexperienced to succeed.

Ashvina proudly proved the doubters wrong, delivering red Thai curry, chicken biriyani, butter chicken and other delicious meals in sustainable packaging to 80 people every Sunday throughout last summer.

She was helped by over 50 enthusiastic volunteers, with social media the key to raising the non-profit's profile.

COOK4CALD will run its program again this summer. Ashvina's greatest hope is that her efforts will inspire and empower other young people to tackle disadvantage.

She says it is incredible to be nominated as a Westfield Local Hero. "It makes my passion for my cause so much stronger. I will always strive for equality of status for marginalised communities."

Ashvina's nominator says: "Ashvina is a Westfield Local Hero because she dedicates her time to selflessly support others. Her work has significantly impacted families in the south-east."



**Meals made
with young love**

Ashvina De Zoysa

COOK4CALD

Passionate, Inspiring, Selfless

"It makes my passion for my cause so much stronger. I will always strive for equality of status for marginalised communities."



Helping children open up

Matt Runnalls

Mindfull Aus

Empathetic, Authentic, Determined

"It is incredibly meaningful and a great opportunity to further reach and inspire more young champions to recognise the strength of who they are, no matter their challenges or situations."

Matt Runnalls has spent the past seven years equipping thousands of school children with skills to deal with life's challenges through Mindfull Aus.

Matt was motivated to set up his charity after conquering mental health challenges and homelessness and to honour 10 friends he lost to suicide.

Driven by the knowledge that 55 per cent of mental health challenges begin before 14, he created a groundbreaking early intervention program called Healthier Hearts and Lighter Minds for kindergarten and primary school children.

The children are taught the importance of talking about their feelings with their parents, teachers and friends, with eight out of ten describing this as their favourite part of the workshop. In addition, four out of five reported they were encouraged to speak to a professional if they needed help.

The children also learn how to positively control their emotions through gratitude, exercise and mindfulness.

One of Matt's favourite parts is witnessing children as young as four openly describing their emotions.

He feels blessed to be nominated as a Westfield Local Hero. "It is incredibly meaningful and a great opportunity to further reach and inspire more young champions to recognise the strength of who they are, no matter their challenges or situations," Matt says.

Matt's nominator says: "Matt is a Westfield Local Hero because he gives absolutely everything personally and professionally to create a healthier and happier future for everyone he meets."

Julia Battams scaled down her successful equestrian business to help more than 50 people with disabilities reach their potential through Equine Pathways Australia (EPA).

Julia established the non-profit so more people with a disability or recovering from an injury could enjoy the physical and mental health benefits of being around horses.

She runs weekend workshops for children and adults, with high-level coaches donating their time to teach them the art of dressage.

The weekends also include sessions with a psychologist, physiotherapist, occupational therapist, doctor and nutritionist to help them work towards their physical and riding goals.

Julia and her volunteers continued to support the riders during the COVID-19 pandemic through Zoom clinics.

She can't think of anything more rewarding than watching the riders' skills and physical abilities

improve as they progress through the program.

EPA also supports athletes to compete on the national and world stage at events, including the Paralympics or to find employment in the equine industry.

Julia is proud to be nominated as a Westfield Local Hero. "It is certainly not me alone who deserves this; we have so many heroes in our team. We are opening up the equestrian world, which has so many benefits, to people who simply would not have had this opportunity otherwise," she says.

Julia's nominator says: "Julia is a Westfield Local Hero because she has unflagging patience and infectious enthusiasm that leaves the program participants on a natural high. She treats everyone with respect and dignity."



Therapy on horseback

Julia Battams

Equine Pathways

Caring, Inspirational, Wonderful

"We are opening up the equestrian world, which has so many benefits, to people who simply would not have had this opportunity otherwise."

Your 2021 Finalists



Margaret Caffyn

City of Casey TAC L2P Learner Driver Mentor Program

Margaret Caffyn has spent over 1000 hours teaching disadvantaged young people to drive through the TAC Casey L2P Learner Driver Mentor Program. Without her help, many would not get their driver's licence. The program improves the learners' employment prospects and helps them build confidence and social skills.



Kerry Alexander

Melbourne Youth Chorale

Kerry Alexander raised funds and improved communication to save the Melbourne Youth Chorale when it was on the brink of collapse. The 35-year-old organisation doesn't charge tuition fees because it believes every child deserves the gift of music. Thanks to Kerry's efforts, the choristers can continue training and have a chance of a brighter future through a musical career.



Simon Bloomer OAM

Carry On (Victoria)

Simon Bloomer OAM is a 72-year-old Vietnam veteran and has volunteered with Carry On (Victoria) for more than a quarter of a century to help other Australian Defence Force veterans who have been physically or mentally impacted by combat. The charity helps struggling veterans and their families into low-cost and safe housing and on to a brighter future. It also provides financial assistance for household and medical bills.

Recognising all of our 2021 nominees

Gavin Staindl

Pakenham Floorball Club

Jodie Hollis

Cancer Support Angels

Rebecca Little

Share the Dignity Australia

Anne-Marie Pascoe

Baw Baw Food Relief

Beata Stednik

ADRA

Tracey Elizabeth Ryan

Young Pink Sisters

Leah Humphries

Premiers16

Rebecca Nancarrow

Arena Jetz

Anne Atkin OAM

Parkinson's Victoria

Jasbir Singh Suropada

**Sikh Australian Support for
Family Violence**

Judy Martin

The Andrews Centre

Ian Mathewson

**Pakenham Pony Rescue (Not for
Profit) Organisation**

Praveen Raminda Sumanasekera

Gunarath Adikari Mudiyansele
Lysterfield District Trail Riders

Jen Blanch

Minerat college

Marian Antonia Bare

Heathgrove Study Centre

Meghan Porteous

**Casey Asperger Syndrome
Support**

Jemma Dunstan

Barton Primary School

Christopher Poulton

Country Fire Authority

Jennifer D'Costa

ADRA

Kelly Warren

Bk 2 Basics Melbourne

Eve Brkljac

Clean Up Australia Day

Lynn Richards

**Shepherd's Table; Our Lady help
of Christians Narre Warren; St
Vincent de Paul**

Gill Gilbert

Wigsisters

Siva kanteti

Mk business

Franca Heins

**We Care Community
Services Inc**

Daman Srivastava

DDs Kitchen

John McGreal

John Mc Foundation Inc

Jenny Rooney

Backpacks 4 Vic Kids

Kerry Alexander

Melbourne Youth Chorale

Margaret Caffyn

**City of Casey TAC L2P Learner
Driver Mentor Program**

Kay Taranto

Wild Days Wildlife Shelter

Ashvina De Zoysa

Cook4CALD

Simon Bloomer

Carry On (Victoria)

Matt Runnalls

Mindfull Aus

Julia Battams

Equine Pathways Australia



Westfield

Geelong

VIC

Anthony Woodbury stepped away from his burgeoning career as a chef to co-found Feed Me Bellarine, which provides thousands of meals a month to families in need.

Anthony is an exceptional chef and was climbing the culinary ranks. Then he had a chance conversation with a local caterer who had started packaging leftover food to donate. The outcome of their chat was Feed Me Bellarine.

The pair rescue food and meals from local hospitality and wholesale businesses to distribute. They also source fresh produce to create chef-quality dishes with the help of over 100 volunteers.

They have distributed more than 100,000 meals over the past two years.

Anthony was motivated to help because he grew up in poverty. He is proud to serve around 700 families delicious and healthy meals each week.

The charity also runs a supermarket where families can pick up fresh produce and a café that serves gourmet meals on a pay-what-you-can basis.

Apart from filling bellies, Anthony has helped save more than 238,000kg of food from landfill.

Anthony likes to fly below the radar and feels humbled to be nominated as a Westfield Local Hero. "I was head chef at various wineries and grew up in extreme poverty. So when the opportunity to use leftover food and meals to benefit the public came up, I went for it with all I had," he says.

*Anthony's nominator says:
"Anthony is a Westfield Local Hero because he goes above and beyond for people in need, to the point he even helped renovate a house for a family living in a run-down office."*



Giving gourmet food

Anthony Woodbury

Feed Me Bellarine

Passionate, Wild, Risky

"I was head chef at various wineries and grew up in extreme poverty. So when the opportunity to use leftover food and meals to benefit the public came up, I went for it with all I had."



Hiking into the future

Andy Brittain

Geelong Youth Engagement

Committed, Encouraging, Accepting

"It has reinforced that I am on the right path. My motivation to do more is getting stronger as there are many more people in our community needing our help."

Andy Brittain has spent the past nine years helping at-risk youth turn their lives around through an intensive personal and physical development program delivered by Geelong Youth Engagement.

Andy developed the concept for the year-long program while working as a police officer. The Geelong Kokoda Youth Program finishes with a demanding trek along the Kokoda Trail in Papua New Guinea.

Up to 16 teenage participants are selected from local state high schools who are facing different challenges in their lives which may include struggles with mental health, self-harming, homelessness, anti-social behaviour, family violence, amongst others.

Training for the trek helps build resilience. At the same time, support from positive mentors helps the young people grow in confidence and develop a positive attitude. Continued

support is offered after the program ends.

The participants' progress is so profound that Andy gave up his successful policing career to ensure the program continued in the community after the COVID-19 pandemic threatened its future.

Andy is rewarded by seeing past participants continue on to be successful into their adult lives following their involvement in the program.

Andy is thankful to be nominated as a Westfield Local Hero. "It has reinforced that I am on the right path. My motivation to do more is getting stronger as there are many more people in our community needing our help," he says.

Andy's nominator says: "Andy is a Westfield Local Hero because he believes all young people should have the chance to reach their full potential. He gives them a sense of purpose and self-worth."

Claire Faulmann refused to let the COVID-19 pandemic interrupt OneCare's mission to support marginalised people through food relief and counselling.

Claire took over the CEO reins just two days before the pandemic was declared and quickly swung into action to ensure her team and volunteers could continue their work as lockdowns forced many other community services to shut their doors.

Under her guidance, the charity extended rather than shuttered its programs. The weekly community meal and foodbank service for 70 people expanded to deliver 500 meals a week. A staggering 1.5 tons of groceries were given to people doing it tough.

OneCare's programs are designed to support those who are socially isolated and disadvantaged, through meeting immediate practical needs and providing strong relationship connections.

Claire is widely admired by her team and volunteers for her positive attitude, collaborative approach and commitment to introducing new initiatives, and commitment to introducing new initiatives that promote increasing life skills and community participation.

She is honoured to be nominated as a Westfield Local Hero. "I believe that we have a responsibility to be kind, to share the wealth that we have and to empower others to make meaningful changes in their lives. It is an absolute privilege to do what I do," Claire says.

Claire's nominator says: "Claire is a Westfield Local Hero because her dedication to community service is remarkable. She gives her most valuable assets of time and energy graciously to those who are so often unseen."



Giving more during COVID

Claire Faulmann

OneCare Geelong

Passionate, Dedicated, Empowering

"I believe that we have a responsibility to be kind, to share the wealth that we have and to empower others to make meaningful changes in their lives. It is an absolute privilege to do what I do."

Your 2021 Finalists



Barb Speldewinde

Fight Cancer Foundation

Barb Speldewinde has volunteered with the Fight Cancer Foundation for twenty years, putting her hand up as a thank you for the life-saving treatment her son-in-law received for leukaemia. She manages the foundation's Geelong Recycle Shop, which funds accommodation for families who must travel to Melbourne for specialist treatment.



Bronwyn Haskell

Peace of Mind Foundation

Big-hearted Bronwyn Haskell has helped over 235 families deal with a devastating brain cancer diagnosis as a volunteer with the Peace of Mind Foundation. Her partner passed away from brain cancer, and she uses her lived experience to lead online and face-to-face support groups. She recently formed a bereavement support group for women who have lost their partner.



Jennifer Chiu

Eat Up

Volunteer Jennifer Chiu is a local branch leader for the charity Eat Up and helps make thousands of healthy sandwiches for marginalised children who would otherwise go hungry at school. Over the last four years, her team have delivered over 6000 healthy school lunches to students at six schools.

Recognising all of our 2021 nominees

Benjamin LeFevre
**SPAN Suicide Prevention
Awareness Network**

Chris Hall
Wheel 4 MND

Arthur Boyd
**Geelong Miniature Railway
Incorporation**

Bev Caroline Emmett
HeartKids Ltd

Collin Peebles
Geelong Food Relief Centre

Nasir Sobhani
The Streets Barbershop

Kylie Gray
Roaring Respite

Tom Harriott
The Mark West Foundation

Mark Kennedy
St Joseph's College Geelong

Kirsten George
Parkinson's Victoria

Angela Liston-McCaughley
The Type 1 Foundation

Robert Lytzki
Foundation 61

Julie Hall
The Dress Up Place Inc

Jorja McKinnon
Environment Education Victoria

Janet Lesley Douglas
Uniting Barwon

Michelle Polidano
The Empowerment Challenge

Rebecca Baron (Bec)
Cck4all

Louise Larkin
Friend In Me Inc

Claire Faulmann
OneCare Geelong

Michele Warren
3216Connect

Bronwyn Haskell
Peace of Mind Foundation

Barb Speldewinde
Fight Cancer Foundation

Elizabeth Haines
1st Torquay Scouts

Debra Kerr
One Coat Australia

Jennifer Chiu
Eat Up

Anthony Woodbury
Feed Me Bellarine

Andy Brittain
Geelong Youth Engagement



Westfield

Knox

VIC

Caring cook Alan Deans has served up over 36,000 delicious and nutritious meals to locals doing it tough in his 16 years of volunteering with non-profit Foothills Community Care.

Alan manages the volunteer kitchen team, which cooks and serves over 100 meals, including dessert, every Wednesday night to people in Ferntree Gully.

The people Alan helps are battling homelessness, addiction, domestic violence, food insecurity and loneliness.

Alan and the team also give fresh fruit and vegetables and additional re-heatable meals to their guests.

Every year, Alan sacrifices Christmas morning with his family to help prepare a festive feast for over 230 locals. Many would otherwise spend the day on their own if not for this generosity.

The highlight of Alan's work is seeing people who would usually fall through the cracks being included in the community. He is

also a kind mentor to the younger volunteers and enjoys passing on his catering skills.

Alan is humbled to be nominated as a Westfield Local Hero. "I am a small part of a great team of wonderful volunteers and supporters that is making a big difference in the community. I am motivated by my father's advice which was 'if you are going to make an impression on this earth, make it a good one'," he says.

Alan's nominator says: "Alan is a Westfield Local Hero because he constantly gives to his local community, especially to those who are vulnerable and isolated. Each of the 36,000 meals he has cooked has been made with love and care."



**Showing love
with food**

Alan Deans

Foothills Community Care Inc.

Dedicated, Giving, Patient

"I am motivated by my father's advice which was 'if you are going to make an impression on this earth, make it a good one.'"



Sharing hygiene items

Kate Austin

Pinchapoo

Warrior, Fearless, Driven

"This has given me a chance to take a breath and realise what we have created is something to be extremely proud of."

Kate Austin's bold idea for a social justice movement bloomed into Pinchapoo (pinch-a-shampoo), a non-profit that delivers millions of personal hygiene items to disadvantaged men, women and children each year.

Kate is a domestic violence survivor. She was hit with a lightning-bolt moment 12 years ago as she washed her hair with a bottle of shampoo she had taken from a hotel during a weekend away.

Her Robin Hood movement now works with over 600 organisations supporting vulnerable Australians and is the nation's biggest non-profit supplier of shampoos, soaps, deodorants, toothbrushes, sanitary products and other hygiene items donated by the community.

It Kate's vision that EVERY Australian has access to this basic human right essential to our mental and physical wellbeing.

It has also rescued 700 tons of stock that was destined for landfill.

Kate is proud that her non-profit provides volunteering opportunities to people with special needs, helping them become included and embraced within the community.

She feels humbled to be nominated as a Westfield Local Hero. "This has given me a chance to take a breath and realise what we have created is something to be extremely proud of," Kate says.

Kate's nominator says: "Kate is a Westfield Local Hero because of the countless lives she has touched. She bravely inspires thousands of people with her story of survival and mission to create change."

Ryan Jacobsen is the volunteer State Emergency Management Manager St John Ambulance Australia and gave his all to ensure the service rose to the challenge during the twin crises of the bushfire disaster in 2019-20 and the COVID-19 pandemic.

Ryan is a paramedic and has been volunteering with the charity since he was 15, attending events and providing first aid.

During the bushfires, he led the efficient and safe deployment of 124 volunteers who provided emergency first aid and psychological support to firefighters and the community. At one stage, the team worked for nearly 40 days without respite.

The charity was quick to roll out new initiatives during the pandemic. These included transporting vulnerable people to be tested for the virus, assisting with testing over 6000 people in coronavirus hotspots around Victoria and setting up an urgent care centre at two public housing

blocks when they were locked down.

Ryan is thrilled to be nominated as a Westfield Local Hero. "December 2019 to late 2020 was a period of extreme stress on myself and my personal life. To have my efforts recognised in this way drives me to continue my volunteering and to drive improvements in the way we deliver our service to maximise our impact," he says.

Ryan's nominator says: "Ryan is a Westfield Local Hero because he selflessly dedicates himself to helping others, supporting the community and saving lives."



Leading care in emergencies

Ryan Jacobsen

St John Ambulance Australia (Victoria) Inc

Passionate, Dedicated, Selfless

"To have my efforts recognised in this way drives me to continue my volunteering and to drive improvements in the way we deliver our service to maximise our impact."

Your 2021 Finalists



Margaret Cowin

Rotary Club of Knox

Margaret Cowin has given decades of her life to supporting her community. Now she is the driving force behind a Rotary Club of Knox pilot project to help young people gain access to professional counsellors they would otherwise not be able to afford. The program is called Knox Rotary's Simple Steps and allows participants to improve their self-esteem, learn coping skills and develop resilience.



Johanna Selleck

Friends of Glenfern Green Wedge

Johanna Selleck was a driving force behind a successful campaign to save a 10-hectare slice of land on Ferny Creek from being developed for housing. She is a founder of the 30-member Friends of Glenfern Green Wedge, which works to protect land enhance local waterways including Monbulk Creek.



Meg Yates

Trek Learning Centre

Founder and counsellor Meg Yates are planting the seeds for a brighter future for vulnerable children with her therapeutic farming program. Her non-profit Trek Learning Centre teaches organic farming principles, animal care and cooking and barista skills. The hands-on program is a circuit breaker for the impacts of childhood trauma- violence, neglect and harm and helps prepare young individuals for employment or study.

Recognising all of our 2021 nominees

Chuentat Kang
**GJS Intellectual Company
Australia**

Michael Macfarlane
1st Knoxfield Scout Group

Linny Kimly Phuong
The Water Well Project

Mark Pearson
Knox City Football Club

Daniel van Bergen
Knox Wind Symphony

Valerie Staddon
Parkinson's Victoria

Caroline Beks
Carolines Creations

Vasilios Pontikis
**Clayton Church of Christ /
Cafe Care Ministry**

Robyn Williams
**Meet Me In The Middle Cafe
(Social Enterprise in South
Croydon)**

Rania Melhem
**Miss AnonyMS (Blog/ Events) &
Multiple Sclerosis Ambassador**

Alan Waters
**Country Fire Authority (CFA)
Bayswater**

Jessica Macpherson OAM
St Kilda Mums

Nathaniel Diong
Future Minds Network

Alan Deans
Foothills Community Care Inc.

Meg Yates
Trek Learning Centre

Johanna Selleck
Friends of Glenfern Green Wedge

Kate Austin
Pinchapoo

Ryan Jacobsen
**St John Ambulance Australia
(Victoria) Inc**

Margaret Cowin
Rotary Club of Knox



Westfield

Plenty Valley

VIC

Gianna Donato is making a significant difference in the lives of marginalised, vulnerable adults and children through her work with the non-profit Encompass Care Victoria.

Gianna organises a team of volunteers who hand out food parcels to people in need every Tuesday and Wednesday. During their interactions, they tell people about the services that can help them out of a crisis. They also make breakfast sandwiches for children at three schools in Bundoora and Mernda. She is involved in liaising with over 50 welfare organisations and sits on Emergency relief committees to help the city of Whittlesea in assisting people.

In addition, the team run a weekly community café where people have a safe place to find a listening ear and enjoy a morning tea or lunch.

Gianna's goal is to make sure everyone who reaches out for help is heard and feels valued. One of her best rewards is seeing

how acts of kindness give people hope when they are down on their luck.

Her team dug deep during the peak of the COVID-19 pandemic, banding together with other community organisations, local councils, churches and police to raise funds to buy food, to give to those who needed it most.

Gianna is humbled to be nominated as a Westfield Local Hero. "I am the reflection of a great organization and team of committed, and this motivates me to keep being passionate about my work. Everyone deserves a second chance or a hand up so they can stand on their own two feet," she says.

*Gianna's nominator says:
"Gianna is a Westfield Local Hero because she has made a significant difference in the lives of many, bringing hope and help any time it is needed."*



Giving food and support

Gianna Donato

Encompass Care Victoria

Passionate, Faithful, Dedicated

"Everyone deserves a second chance or a hand up so they can stand on their own two feet."



Giving back with love

Jill Pope

Big Group Hug

Caring, Passionate, Engaging

"You can't just pretend women escaping domestic violence with their children and only the clothes on their backs isn't happening."

Jill Pope helps children in need and keeps baby items out of landfill as a dedicated volunteer for the Big Group Hug.

Jill is retired and volunteers at least 40 hours a week helping vulnerable children, from newborns to young teens, by providing their families with material aid.

She has inspired the community to get involved, with 81,000 items, including prams, cots, car seats, nappies, toiletries and clothing donated last year. The charity has helped 3143 children while keeping tons of quality goods out of landfill.

The charity works with maternal nurses, women's shelters and asylum resource centres to connect with vulnerable families.

What Jill enjoys most is working alongside like-minded volunteers who love caring for children and families.

Demand surged during the peak of the COVID-19 pandemic, but

the volunteers were innovative in finding new ways to source much-needed items.

Jill is proud the charity has met nearly every request for help.

She is humbled to be nominated as a Westfield Local Hero. "I volunteer with the most amazing human beings who give their heart and soul to this organisation to assist children and families. You can't just pretend women escaping domestic violence with their children and only the clothes on their backs isn't happening," Jill says.

Jill's nominator says: "Jill is a Westfield Local Hero because she is able to inspire young and old to help those around them without judgment."

Firefighter Steve Watts has spent the past four years raising awareness and funds for the 27,000 Victorians Living with Parkinson's disease.

Steve Watts is a Commander with Fire Rescue Victoria and was diagnosed with the progressive neurological condition in 2017 and understands that Emergency Service Workers get ill and injured too.

He was impressed by the support and care Parkinson's Victoria provides and decided to volunteer to support the cause and be a part of the Parkinson's community.

Steve's contribution helps connect people living with Parkinson's with peer support groups and specialists. It also supports the not-for-profits health information line that provides expert advice on medications, symptom management, mobility aids and wellbeing.

Steve is proud that his firefighting connections helped save the day when the COVID-19 pandemic

forced the cancellation of the annual Parkinson's Victoria walk to raise funds for front line services and research. He challenged and mobilised firefighters across 84 Fire Rescue Victoria fire stations to walk on a treadmill, with the support of the Firefighters Charity Fund who matched \$1 for each kilometre walked.

Steve's next challenge is to help Parkinson's Victoria break down employment barriers to ensure people don't suffer in silence because they fear disclosing their condition at their workplace.

Steve is humbled to be nominated as a Westfield Local Hero. "If I can make life better for even just one person suffering from Parkinson's, then it will mean I have made a difference. I hope I set a good example for others," he says.

Steve's nominator says: "Steve is a Westfield Local Hero because he has faced many challenges but continues to work tirelessly to raise awareness and funds for people living with Parkinson's."



Supporting people living with Parkinson's

Steve Watts

Parkinson's Victoria

Protective, Determined, Dedicated

"If I can make life better for even just one person suffering from Parkinson's, then it will mean I have made a difference. I hope I set a good example for others."

Your 2021 Finalists



Julie Malherbe

JABS Joey & Bat Sanctuary

Julie Malherbe has saved the lives of countless joeys, wombats and flying fox pups through her wildlife shelter, the Joey and Bat Sanctuary (JABS). A crucial part of her work is to educate the community about wildlife, including the importance of flying foxes. Julie also runs volunteer training days for anyone interested in helping to rehabilitate injured and orphaned animals.



Gurinder Kaur

Sikh Community Connections

Busy mum Gurinder Kaur swung into action to help keep people fed and supported during the peak of the COVID-19 pandemic. Gurinder juggles a full-time job and a ten-year-old child with her volunteer work for Sikh Community Connections, which provides free culturally appropriate food, counselling and a listening ear to 3500 local families doing it tough.



Ian Landy

Northern Pride Netball Association

Ian Landy helped form the Northern Pride Netball Association so children in his community could finally participate in netball competitions. The association has given 400 children the opportunity to have fun, stay fit and make friends during a Saturday morning game of netball.

Recognising all of our 2021 nominees

Nick Bean
Mange Management Inc.

Deborah Henry
From Us 2 You Incorporated

Alicia Wilson
Livin Social Adventures

Lyn Mil
Happy pty

Scott O'Brien
**Scouts Victoria – Whittlesea 1st
Scouts**

Joe Khoury
Worldmark Travel

Pastor Cherian Peter
Vittle Feast

Kassie McDonald
Planet Bounce Party Supplies

Karen Wiltshire
Kobe's Angels Cat Rescue

Jaymie Battening
Wollert Fire Brigade

Krysti Severi
Rescue Rehabilitate Release

Cherian Peter
Vittle Feast

Jedda Van Rooyan
Melbourne Muslimahs

Kate Turner
Murrandindi Wildlife Shelter

Julie Malherbe
JABS Joey & Bat Sanctuary

Jasmine Le Tisser
Children's Tumour Foundation

Ian Landy
**Northern Pride Netball
Association**

Gurinder Kaur
Sikh Community Connections

Steve Watts
Parkinson's Victoria

Chris Cobern
Landcare

Bev Carman
Northern Health Foundation

Jill Pope
Big Group Hug Ltd

Gianna Donato
Encompass Care Victoria



Westfield

Southland

VIC

Heather Baird has started a charity to provide clothes and a better life for thousands of children who have been placed in out of home care.

Heather grew up in foster homes and remembers being teased at school for being a "homie" because she stood out with her old clothing.

She founded A Better Life for Foster Kids in 2014 to support the current generation of children in care. Most arrive at their placement with only the clothes they are wearing.

Her charity gives the children an age-appropriate crisis case containing 55 items. These include clothing, toiletries, a blanket, activities and baby supplies if needed. Heather also provides furniture, prams and bedding to carers.

So far, the charity has gifted cases to more than 1500 children in care in Victoria.

Heather's work relieves the financial burden on carers and

allows them to focus on the children's emotional needs.

One of Heather's greatest rewards is hearing from carers that the charity's support has enabled them to continue looking after vulnerable children.

Heather says it is wonderful to be nominated as a Westfield Local Hero. "Our organisation is the community coming together to say that these kids deserve more than the poor outcomes they are currently facing," she says.

Heather's nominator says: "Heather is a Westfield Local Hero because she never stops working to create more support for carers and to address the gaps in the system that are creating poorer outcomes for kids in out of home care."



Filling a gap in care

Heather Baird

A Better Life For Foster Kids

Persistent, Resilient, Devoted

"Our organisation is the community coming together to say that these kids deserve more than the poor outcomes they are currently facing."



Striving for inclusion

Sarah Backholer

Helping Hands

Inspirational, Dedicated, Passionate

"I can honestly say that in the 15 years that I have been working with them, they have taught me as much about myself and the world as I have taught them."

Sarah Backholer has dedicated 15 years to helping more than 1000 people with autism reach their full potential.

Sarah established her Helping Hands centre after a chance encounter with an 11-year-old boy with severe autism sparked a passion in her.

"He was non-verbal. However, he spoke to me on so many other levels. I still work with him today as a 29-year-old adult," Sarah says.

Her centre specialises in interventions that lead to lasting improvements in behaviour, cognition, motor and social skills and independent living skills.

The centre offers psychology services, early intervention in kindergartens and schools and a service for children and young teens.

It can be challenging work, but Sarah is motivated by her belief that the young people she helps are some of the funniest, wisest,

most intelligent and loving people she has met.

Over 1000 people with autism have benefited from the centre's services since it opened its doors.

Sarah is honoured and humbled to be nominated as a Westfield Local Hero. "We have always believed that people with autism have so much to share with the community. I can honestly say that in the 15 years that I have been working with them, they have taught me as much about myself and the world as I have taught them," she says.

Sarah's Nominator says: "Sarah is a Westfield Local Hero because she is committed to seeing a world of inclusion where we are supportive and grateful to the people who see, hear and feel things differently to us."

Deb Brook captured the imagination of thousands of people in her community with a Facebook group she started in response to the 2020 bushfires and has gone on to provide crucial mental health support to thousands of children and adults displaced by domestic violence and vulnerable elderly isolated by the COVID-19 pandemic.

Deb is the founder of the volunteer-run Bayside Community Emergency Relief (BCER). She puts calls out to the community for specific donations, getting the right help to people by supporting organisations on the ground.

Thanks to her vision, the community responded by donating about \$1 million worth of specifically requested goods in 2020 alone.

Deb registered BCER as a charity in March 2020 and has continued to help thousands in need by meeting targeted requests from over 29 organisations.

BCER supports animal welfare, vulnerable elderly, adults and children fleeing domestic violence, plus other emergencies including bushfire, flood & storm relief.

Deb arranged more than 2,000 comfort packs for elderly people during COVID 2020 and was moved when she received numerous letters of thanks.

Deb was named Bayside Citizen of the year in 2021. She is beyond humbled to be nominated as a Westfield Local Hero. "Being recognised for literally thousands of hours of work is appreciated. It gives me pride to see how thousands of community members have united to proactively help people and wildlife in need," she says.

Deb's nominator says: "Deb is a Westfield Local Hero because she works around the clock doing good deeds for people who need a helping hand. She is one of God's angels."



Innovating to help others

Deb Brook

Bayside Community Emergency Relief Inc.

Hardworking, Generous, Humble

"It gives me pride to see how thousands of community members have united to proactively help people and wildlife in need."

Your 2021 Finalists



Lisa Lovell

Black Rock Pre School Centre Inc

Lisa Lovell has helped the community-run Black Rock Preschool grow from strength to strength, raising thousands to improve educational opportunities for young children. Lisa's children have now graduated from kindergarten but took on the role of president of the non-profit because she believes all local families have a right to an affordable pre-school close to their home.



Madeleine Buchner

Little Dreamers

Madeleine Buchner was just 16 when she started her Little Dreamers non-profit for people aged up to 25 who take care of someone else. Twelve years later, her team of 42 staff and 140 volunteers are making a big impact. They offer online tutoring, group mentoring and programs focused on identity, health and wellbeing, social connection, education, employment and financial literacy.



Marion Harriden

Make a Difference Dingley Village

Marion Harriden has spent more than three decades responding to every request for food and crisis support through Make a Difference Dingley Village. The non-profit may be small, but thanks to the perseverance and commitment of Marion and her fellow volunteers, at least 100 vulnerable families receive a much-needed grocery voucher each week.

Recognising all of our 2021 nominees

Helen Maxwell-Wright
JDRF Australia

Leticia Yamaki Camoleze
Brainwave

Ruby Healey
**Omega Netball Team,
Our Lady of the Sacred Heart**

Timothy Marchinton
Purple Soup

Sofia Vatos
Dogathon Family Fun Day

Tina Elias
UPPAREL

Alexandra Cole
ACE Dance Studio

Jaqueline Hendrey
**Longbeach Anglican Parish –
Matt's Place**

Megan Seccull
**Australian Animal Protection
Society**

Jo Mawson
**BMW Drivers Club Melbourne
Inc**

Kate Robb
Marine Mammal Foundation

Dr Smitha
Team Dental

Sarah Wade
Kids in Philanthropy

Mark Shannon
St. Vincent de Paul

Madeleine Buchner OAM
Little Dreamers Australia

K'sForDays (Nathan Harris-Dent)
**Dogs for Kids with Disabilities
Limited**

Kerri Anne Brussen
JoCare Pty Ltd

Priya Rani and Chris Hope
100 Coffee Movement

Paul Clifford
Cheltenham 7th Scout Group

Tahlai Vilorio
UPPAREL

Kate Gillard
TaskForce Community Agency

Michelle Hornstein
**Save the Delta Site Parkland /
Move the train yard**

Barbara Belfer
Yeshivah Beth Rivkah Colleges

Berlin Liew
Make-A-Wish

Bronwyn Covill
Need a Tutor Pty Ltd

Michael Elias
UPPAREL

Hector Simpson
UPPAREL

Chel Campbell
**Australia Alopecia Areata
Foundation**

Ms Natasha Reus
Cheltenham Cat Rescue

Hannah Gabrielle Friebe
**Sincerely Survivor – Mental
Health Advocacy through
the Arts**

Mr Dean Cohen
Flying Fox

Sarah Backholer
Helping Hands

Madeleine Buchner
Little Dreamers

Deb Brook
**Bayside Community
Emergency Relief inc.**

Karyn Spilberg
Parkinson's Victoria

Bridie Roberts
CleftPALS Victoria

Marion Harriden
**Make a Difference Dingley
Village**

Lisa May Lovell
**Black Rock Pre School Centre
Inc**

Peter Duncan
Lighthouse Foundation

Heather Baird
A Better Life for Foster Kids



Queensland

QLD Centres

Carindale

Chermside

Coomera

Garden City

Helensvale

North Lakes



Westfield

Carindale

QLD

Lloyd Clarke has channelled grief into determination to prevent domestic violence tragedies through his Small Steps 4 Hannah Foundation.

Lloyd lost his daughter Hannah and three grandchildren last year in a fatal domestic violence tragedy.

He wants to save other families from his pain by educating the community about the red flags for coercive control, which his daughter experienced from her partner.

With his wife, Suzanne, he has organised what they hope will be an annual HALT walk to stop domestic violence. HALT is made of the initials of their daughter and grandchildren, Hannah, Aaliyah, Lailanah and Trey.

The couple have given talks to girls aged 16-17 and their mothers to help them recognise coercive control red flags. Similar talks will be offered to boys and their fathers later this year.

Lloyd's greatest hope is that his efforts will make other women more aware of coercive control so they can escape.

Lloyd says he is humbled to be nominated as a Westfield Local Hero. "We didn't see the signs of coercive control and, more to the point, we didn't know about it, so we want to educate the community, so this doesn't happen to anybody else," he says.

Lloyd's Nominator says: "Lloyd is a Westfield Local Hero because he has risen from his grief and found strength in providing support, education and advocacy to halt the cycle of domestic and family violence."



Preventing family tragedies

Lloyd Clarke

Small Steps 4 Hannah Foundation

Selfless, Inspirational, Survivor

"We didn't see the signs of coercive control and, more to the point, we didn't know about it, so we want to educate the community, so this doesn't happen to anybody else."



Homes for the vulnerable

Horowai Rameka

Redland Community Centre – Homeless United

Heroic, Kind, Generous

"I am only a small part of a great team with the same passion for helping the less fortunate and vulnerable."

Horowai Rameka has provided life-changing help to homeless people during his four years with Redland Community Centre.

He has helped over 200 people gain back independence and dignity through Homeless Connect and supported others to find employment.

Horowai started as a volunteer at the centre when he was sleeping rough himself, he would arrive for his shift from his tent to help others access clean clothes, a shower and laundry facilities and is now a paid employee and a role model for others facing homelessness, with many keeping in touch long after they have found a home.

He is proud his program gives vulnerable people a sense of belonging and raises awareness in the community that some people are just down on their luck and need help finding support.

Horowai's greatest reward is seeing a homeless person smiling

from ear to ear when they receive the keys to their own home.

He says he is honoured to be nominated as a Westfield Local Hero. "I am only a small part of a great team with the same passion for helping the less fortunate and vulnerable. I do it because I know what a wet blanket feels like and what it's like to wonder where the next meal is coming from."

Horowai's nominator says: "Horowai is a Westfield Local Hero because he gave what little he had to others when he had nothing. Over the last four years, he has helped hundreds of people."

Peter Breen brings comfort to thousands of seriously ill people through his hospital music initiative, The Stairwell Project.

Peter, a former radiographer, set up the innovative social enterprise to harness the healing power of music. Thanks to his vision, professional musicians are paid to play on hospital wards to bring comfort and joy to patients undergoing aggressive cancer treatments and those receiving palliative care. Families and hospital staff also find solace in the entertainment.

The music often helps soothe patients to sleep, and families sometimes ask the musicians to play at the bedside of their loved ones during their final hours.

Peter's character and integrity convinced three major Brisbane hospitals to embrace the program, which includes harpists, doublebassists, flautists, classical guitarists, keyboardists, hand-pan musicians and singers.

Peter's greatest reward is

receiving feedback that the music makes a positive difference to how people feel and the life-changing effect this has had on these professional musicians.

Thanks to Peter's tireless efforts to secure grants, the program was able to keep going during the height of the COVID-19 pandemic.

Peter says being nominated as a Westfield Local Hero will motivate him to grow the musical program. "The recognition is enormously encouraging and means my idea has impacted more people than I realised," he says.

Peter nominator says: "Peter is a Westfield Local Hero because he demonstrates enlightened citizenship, putting the needs of others before his own."



Showing love through music

Peter Breen

The Stairwell Project: Jugglers Art Space

Inspiring, Generous, Compassionate

"The recognition is enormously encouraging and means my idea has impacted more people than I realised."

Your 2021 Finalists



Kimberley Robertson

Redlands Special Olympics

Kimberley Robertson was 16 when she started volunteering at Redlands Special Olympics. Over the past 10 years, she has coached over 100 athletes with an intellectual disability to achieve their sporting dreams at local and national competitions. Her greatest reward is witnessing an athlete win their first medal.



Sabeel Burgess

Open Haven Ltd

Sabeel Burgess felt compelled to act when she discovered four women who she knew were experiencing domestic violence. In 2017 she set up Open Haven to provide the practical help survivors need to get back on their feet after leaving a shelter. The charity has helped 500 women with food and support to find work and housing.



Allan Prestwood

Southern Moreton Bay Islands Coastcare Inc.

Allan Prestwood has helped make his local community more beautiful since co-founding Southern Moreton Bay Islands Coastcare. His constant litter patrols have encouraged others to follow his lead, with rubbish reducing despite a growing population. Among his group's biggest achievements was a clean-up of the remote Cobby Cobby Island.

Recognising all of our 2021 nominees

Julie Dixon
Waterloo Bay Leisure Centre

Sam Haddad
Coorparoo Kings AFC

Stiven Kuss
The Walking Group

Ian Thomson
Ocean Crusaders

Sally Chapman
Happy Tails Animal Rescue

Michael Kevin Harrison
**Tri 21 Series and Down
Syndrome Queensland**

Trenton David Gay
Aussie Kidz Charity Ltd

Dr Phillip Wuth
The Doctor's Kitchen Australia

Carolyn Robinson
Beyond DV

Rebecca Louise Idiens
Lemonade Kids

Wayne C Pascoe
Ladybird Care Foundation

Leanne Claussen
Parents on a Mission

Jodi Salmond
Reef Check Australia

Christine Jewel Rafter
**Secretary / Social Media
volunteer**

Muhammed ANsary
Merciful Servants

Michael Kearney
Fair Go Australia Foundation

Damien Thompson
Chimera Legacy Foundation

Bruce and Denise Morcombe
Daniel Morcombe Foundation

Kim Stokes
Bulimba Community Centre

Jaydon Cowan
SBH Queensland

Chris George
Red Frogs Australia

Melissa Parr
Belmont Saints Basketball Club

Faye Lawrence
Untoxicated

Peter Rayson
Vision Australia

Colin Apelt
**St Vincent's Private Hospital
Brisbane**

Natasha Horne
**Lifestyle Solutions Child and
Family QLD**

Rachel Grace Pick
**Magic Moments Foundation
Limited**

Kristie De Brenni
**Queensland Pathways State
College**

Jean Nichols
**Girl Guides Qld – Belmont
District**

Kenneth Paul Wilson
**Truck Friendly Caravan Road
Safety Program**

Cindy Corrie
**ASD Learning Ltd / The
Sycamore School**

Peter Pollock
RedCity Basketball Association

Brett Peterson
Lions Club

Julie Wallace
Sarz Sanctuary

Shonel Balsillie
Kurshonbrooke Lodge

Peter Breen
**The Stairwell Project: Jugglers
Art Space**

Horowai Rameka
**Redland Community Centre –
Homeless United**

Sabeel Burgess
Open Haven Ltd

Ineke Unsworth
The Australian Free School

Nick Warwick
Scouts Australia

Katherine Hoyle
Making a Difference – Brisbane

Kimberley Robertson
Redlands Special Olympics

Allan James Prestwood
**Southern Moreton Bay Islands
Coastcare Inc.**

Lloyd Clarke
**Small Steps 4 Hannah
Foundation**



Westfield

Chermside

QLD

Jodie Frisch is on a mission to ensure families fleeing domestic violence have everything they need to rebuild their lives.

Jodie works at RizeUp Australia, a charity committed to raising awareness about domestic violence and providing practical support to people escaping danger.

Families fleeing domestic violence often enter refuges with nothing but the clothes on their back. As Homes Manager at RizeUp, Jodie helps them furnish their new accommodation with everything they need to make it a home. She also helps provide clothing for their children and source essential items at a moment's notice.

"How can you not help? How can you un-hear the stories? You can't, but you can do something to make a difference. Everyone can do something," she says.

Jodie is known for her strong, loyal and kind personality. She treats everyone from all walks of life with compassion and empathy.

In addition to her refuge work, Jodie is a foster mum, and over the past nine years has looked after 36 babies in need of an emergency home.

Jodie feels grateful to be nominated as Westfield Local Hero. "It's incredibly kind, and I'm so grateful. There are so many deserving people in the world. I'm just one person, doing my little bit."

Jodie's nominator says: "Jodie is a Westfield Local Hero because, in the darkest moments of life, she brings warmth, happiness and light to people in our community who need it most."



Helping rebuild lives

Jodie Frisch

RizeUp Australia

Committed, Compassionate, Determined

"There are so many deserving people in the world. I'm just one person, doing my little bit."



Giving everyone a fighting chance

Sammy Leone

The Boss Boxing

Dedicated, Hardworking, Leader

"At a low point in my life, I found myself at a crossroads, and after a cultural and spiritual experience, I made a decision to take the steps to improve my situation."

Former boxing champion Sammy Leone is a proud Aboriginal man who has supported the Zillmere community for more than a decade, using his sport to empower people and transform lives.

Sammy is passionate about using the skills developed in boxing to keep vulnerable people away from substance abuse and crime. A few years ago, he founded The Boss Boxing, where he is head coach. His vision is to empower young Aboriginal and Torres Strait Islander people, especially those who have been in foster care or who have had social services interventions.

Sammy faced a challenging start to life, experiencing poverty, racism, poor mental health, crime, foster care and drug and alcohol misuse.

"At a low point in my life, I found myself at a crossroads, and after a cultural and spiritual experience, I made a decision to take the steps to improve my situation," he says.

Sammy started boxing training, which turned his life around. He won regional, state and national titles.

He says it feels good to be nominated as a Westfield Local Hero. "To be recognised by the local community is quite humbling. We never look for accolades, but it's great to be acknowledged for the tireless community work that is unseen by many."

Sammy's nominator says:

"Sammy is a Westfield Local Hero because he noticed there was a need for a program for young people within the local community. Through The Boss Boxing, Sammy has been able to engage through physical activity, which is making a big difference and changing lives."

For the past five years, Amy Dawes has poured her heart and soul into reducing stigma and increasing understanding of birth-related trauma that impacts 1 in 3 Australian women as well as birthing partners and professionals.

Amy co-founded the Australasian Birth Trauma Association (ABTA) in 2016, the first charity in Australia solely dedicated to supporting families impacted by birth-related trauma.

Amy was driven to do something positive after she experienced severe injuries from the birth of her daughter and struggled to find information and support. "I felt isolated and alone, but when I discovered how common birth trauma is, I wanted to be a voice for the many people that are suffering in silence," she says.

ABTA provides free, peer-led support to thousands of families across Australia. The charity hosts online support services that connect those who have

experienced birth-related trauma with peer mentors who have walked the journey before them. This unique support has provided valuable information to help inform their work and puts them in a unique position to represent and support the birthing community.

As a result, ABTA also provides training, resources, and information to professionals, aimed at reducing the rates of birth trauma and enable better diagnosis and pathways to care. Amy feels grateful to be nominated as a Westfield Local Hero. "It means the world to me," she says.

Amy's nominator says: "Amy is a Westfield Local Hero because she has the strength to face her own trauma every day and use her experience to raise the profile of birth-related trauma to create a community of support and she works to prevent others having the same experience."



Improving maternal health

Amy Dawes

Australasian Birth Trauma Association

Inspirational, Generous, Thought-leader

"I felt isolated and alone, but when I discovered how common birth trauma is, I wanted to be a voice for the many people that are suffering in silence."

Your 2021 Finalists



Len McCandless

Rosies – Friends on the Street Brisbane North Branch

Len McCandless is an empathetic community worker who uses his own experience of living on the street to help homeless people or those living with a disability. He is the team leader at Rosie's – Friends on the Street Brisbane North Branch, where he is known for his big heart – always greeting patrons with a smile, a cup of tea and a chat.



Eileen Cooke

Preterm Infants Parents Association Inc. (PIPA)

Veteran volunteer Eileen Mary Jane Cooke is the driving force behind support for Queensland parents of premature babies. Eileen has been volunteering with the Preterm Infants Parents Association (PIPA) for over 20 years and has helped many parents in that time. It is her way of giving back for the support she received from PIPA when she needed it. Eileen was a Westfield Local Hero finalist in 2019 and 2020 and appreciates being nominated for a third time.



Garry Hunt

SANDBAG (Sandgate and Bracken Ridge Action Group Incorporated)

Garry Hunt is a hard-working community worker dedicated to providing practical support to people in need. The volunteer turned staff member at Sandgate and Bracken Ridge Action Group (SANDBAG), Garry has supported thousands of people facing poverty, homelessness, mental illness, domestic violence and discrimination. Garry always treats people equally and is known for his inclusive, welcoming and respectful nature.

Recognising all of our 2021 nominees

Bradley King
Farm Animal Rescue Inc

Bernadette Knight
POWERtalk Brisbane Central

Natasha Gaddes
Kedron Wavell Hockey Club

Ronnie Benbow
**The Carers Foundation
Australia**

Richard Holt
Holt Bolt

Jodi Travis
Bridgcare

Madeline Stuart
InsideOutside Dance

Cody Schaeffer
**Borderline Youth Camp
Youngcare**

**Pipes & Drums National
Servicemen's Memorial Band**

Andrea Carlaw
**Brisbane Inline Hockey
Streams**

David Twigg
Red Frogs Australia

John Twartz
**Lions Community Club
Bracken Ridge**

LeeAnn Quilter
Brisbane Netball Association

Kelli Martin
Red Rose Foundation Ltd

Daniel Walker
**Fortitude Valley Rugby
League Football Club**

Maree Pickett
Suited to Success

Dr Grant Cracknell
JDRF Australia

Emma Ferguson
Elemental Formations

Tiffany Visser
**Brisbane Multiple Birth
Association Northside**

Sam Moss
Arthritis Queensland

Mandy Cotterill
PCYC Zillmere

Eilisha Rodrigues
Multicap disability

Beverley Isdale
**Chermside and Districts
Historical Society**

James Robert Bennett
The South Burnett Pantry Inc

Robyn Robertson
Riverlife

Taj Pabari
**Australian School of
Entrepreneurship (ASE)**

Maxine Silvestro
**Nundah and Districts
Historical Society Inc**

Kate Eggar
Yun Hap Taekwondo

Greg Livingstone
The Pinnacle Foundation

Graham Gillet
Animal Welfare League of Qld

Andrea Hendry
Miracle Babies Foundation

Syl Johns
**Kurbingui Sporting
Association**

Sonny and Leisa Pascoe
We Care Week

Amie Carrington
**Domestic Violence Action
Centre**

Faye Lawrence
Untoxicated

Rebecca Sutherland
Geebung Kindergarten C&K

David Staines
**The Australian Koala
Foundation**

Shannon Lovell
Active Eight (A8)

Nicole Richardson
North Pointe Physie & Dance

David Engwicht
**Creative Communities
International**

Cecilio Tipace (Jojo)
Northside Boxing

Steph Bennett
Wildcare

Linda Meinicke
**Willmore Kindergarten and
Preschool Inc**

Dr Julian Mok
**Multicultural Community
Centre (MCC)**

Patrick O'Shea
**Chermside and Districts
Historical Society**

Susan Gribble
Koala Rescue Queensland Inc

Vivian Townsend
Peach Tree Perinatal Wellness

Richard Williams
**Lions Club of Brisbane Inner
North**

Melissa Sotheren
**Queensland Pathways State
College**

Penelope James
**Albany Hills discount
pharmacy**

Ammar Wahba
**Syrian Mosaic Community in
Brisbane**

Roslyn Fenson
The Nest Community

Aimee Davies
The Hey Mate Project

Timothy Robert Eggar
**Queensland State Emergency
Service**

Berniece Rains
**St Vincents Private Hospital
Northside**

Jessica Evans
R u o k

Craig Hannam
**All in the Mind – A Craig
Hannam Foundation**

Dr Simon Apte
The Prince Charles Hospital

Amy Dawes
**Australasian Birth Trauma
Association**

Sammy Leone
The Boss Boxing

Len McCandless
**Rosies – Friends on the Street
Brisbane North Branch**

Mark Taylor
Multicultural Australia

Eileen Mary Jane Cooke
**Preterm Infants Parents
Association Inc. (PIPA)**

Tony Ralph, OAM
Legacy Brisbane Ltd

Garry Hunt
**SANDBAG (Sandgate and
Bracken Ridge Action Group
Incorporated)**

Selena Grace Jandesu
Hillsong CityCare

Jodie Frisch
RizeUp Australia



Westfield

Coomera

QLD

Joseph Te Puni-Fromont is helping young people in his community turn their lives around and find employment.

He is the co-founder of Everything Suarve, a non-profit organisation that embraces disengaged youth, reformed prisoners and First Nations People, most of whom are referred by the police or courts.

Joseph and his team take participants through a 10-week Big Brother program that includes Australian Government FSK workforce-ready certificates. He and his partner Daniel Grace nurture everyone according to their learning style, behaviour and wellbeing needs.

"I grew up with very little," says Joseph, who as a teenager lost six friends to drugs, car accidents and suicide. He is giving back because of the people who helped him rise above his circumstances.

Joseph is known for his selfless hard work. He is available to students day and night and

provides a family-like environment filled with love and laughter. Many of his students have never had someone that believes in them, and Joseph and the team are devoted to changing that.

Joseph appreciates being recognised by his community and nominated as a Westfield Local Hero. "I like to see myself as a good role model or someone young people can aspire to be like. Helping as many young people as possible and seeing them grow motivates me every day."

Josephs nominator says: "Joseph is a Westfield Local Hero because he is a kind and dedicated man that has a program targeted at helping local young people who are in much need of love and guidance."



Preparing young people for work

Joseph Te Puni-Fromont

Everything Suarve Inc Not for Profit Charity

Kind, Selfless, Devoted

"I like to see myself as a good role model or someone young people can aspire to be like. Helping as many young people as possible and seeing them grow motivates me every day."



Giving school students her all

Kerri Underwood

Coomera State School

Dedicated, Motivated, Selfless

"I have championed Coomera State School for many years and have been a strong advocate for the teaching and learning that occurs here."

In and out of the classroom, Coomera teacher Kerri Underwood has devoted the past 30 years to the students at Coomera State School.

Kerri was a driving force behind the daily breakfast club, so no child starts school hungry. She co-founded the national Dream a Better World Film Festival for primary school students. In addition, she delivers extra-curricular activities that promote a positive self-image.

She is proud to be a champion and advocate for the school's students and is often the go-to person for fellow teachers who need support.

When the need arose, she put her hand up to be president of the P&C, devoting what little free time she has to organising fundraising events to provide much-needed resources for the school.

Kerri lives locally and maintains relationships with school families. One of her greatest joys is to

meet a past student who reminds her of a positive experience they had in her class.

"Every child deserves a champion – someone who believes in them and insists that they become the very best they can be," says Kerri.

She feels honoured to be nominated as a Westfield Local Hero. "I have championed Coomera State School for many years and have been a strong advocate for the teaching and learning that occurs here."

Kerri's nominator says: "Kerri is a Westfield Local Hero because she will continue to go above and beyond to have a positive impact on our most precious resource – our children."

Bryce U'Ren is a Gold Coast boy on a mission to share love, happiness and comfort with children receiving cancer treatment across Australia and New Zealand.

Bryce founded the Super Max & Bryce project, a simple yet innovative idea of gifting children with cancer a small turtle night light. The lights are fully sanitisable, providing comfort and connectedness to children and their families during one of the most isolating journeys imaginable.

At nine years old, Bryce initially aimed to give six turtles to children with cancer. Like Bryce, now 14, his project has grown. By the end of 2021, he will have gifted 5,000 turtles- making annual trips to cancer wards across Australia and New Zealand.

"I can't imagine how hard it is for children in treatment," he says. "Because I'm afraid of the dark, I thought special night lights would make children in treatment really happy."

When COVID-19 restrictions prevented Bryce from visiting hospitals in 2020, he and his family focused on raising awareness about children with cancer by sharing touching presentations at 15 daycare centres in Queensland.

Bryce says being nominated as a Westfield Local Hero makes him feel grateful. "I'm really grateful knowing that people in the community would consider helping us with our mission to provide comfort to superheroes in treatment."

Bryce nominator says: "Bryce is a Westfield Local Hero because he is a kind, caring and dedicated young person. He not only gives of himself selflessly but inspires others around him in his local community to share love, hope, happiness and comfort to children in cancer treatment across Australia and New Zealand."



Comforting children with cancer

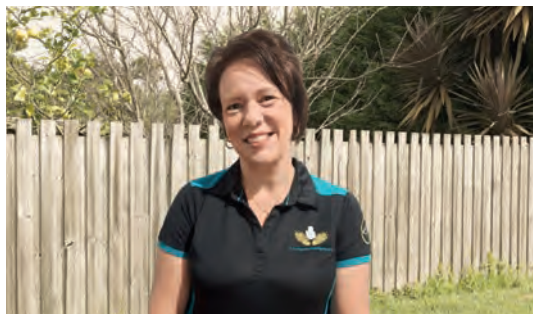
Bryce U'Ren

Super Max & Bryce

Caring, Dedicated, Genuine

"I'm really grateful knowing that people in the community would consider helping us with our mission to provide comfort to superheroes in treatment."

Your 2021 Finalists



Jennifer Turnbull

LJ's Mamas Helping Mamas

Jennifer (Jenny) Turnbull has 26 years of experience as a foster carer, and now she is making a difference through her support network for other foster carers. She co-founded LJ's Mamas Helping Mamas, which gives relief to carers by supplying them with essentials like nappies, wipes, clothing, cots, and prams.



Wesley Johansen

Jacobs Well Volunteer Marine Rescue

Wesley Johansen keeps the community safe on the water as a volunteer for Jacobs Well Marine Rescue. He is also a dedicated first responder for the Queensland Ambulance Service, providing vital medical care to people on boats, the Bay Islands, and the local area until paramedics arrive.



Noel Roberts

The Twin Rivers Centre

Noel Roberts is solving food poverty in his local community by providing free and low-cost healthy food to over 300 families a day. For 25 years, Noel's The Twin Rivers Centre has supported families struggling to provide for their children. His mission is to give people dignity by giving them a hand-up, not a handout.

Recognising all of our 2021 nominees

Natalie Contogorge
**Boots for One and All
Community Incorporated**

Tahnee Svensk
Lymphoma Australia

Kirstie Smith
Gold Coast Mum's Group #1

Adam Grant
Nerang Nursing Centre

Wendy Coombe
Animal Therapies Limited

Kelly Row
Help Kids

Ned Heaton
The Turtle Tribe

Terry Chapman
Logan State Emergency Service

Damien Schofield
The Younger Heroes

Paul Begg
St Joseph's College, Coomera

Dan Robinson
Imperial Outlanders

Natasha Horne
Lifestyle Solutions

Andrew Cullen
PTSD.resurrected.org

Colin Crow
Javeenbah Theatre Company

Melinda Coles
Norfolk Celtic Music Club

Dr Nadine Hamilton
Love Your Pet Love Your Vet

Daniel Grace
**Everthing Suarve Inc Not for
Profit Charity**

Noel Roberts
The Twin Rivers Centre

Joseph Te Puni-Fromont
**Everthing Suarve Inc Not for
Profit Charity**

Steve Henry
**Everthing Suarve Inc Not
for Profit Charity**

Kerri Underwood
Coomera State School

Bryce U'Ren
Super Max & Bryce

Christine Ann Smith
Wasp Creek Rural Fire Brigade

Selina Lee
**Saved- Screening Attention
Variables in Education**

Jennifer Turnbull
LJ's Mamas Helping Mamas

Wesley Johansen
**Jacobs Well Volunteer
Marine Rescue**



Westfield

Garden City

QLD

Narelle Wyvill-Anstey supports thousands of people doing it tough through her local Lions Club.

Narelle joined The Lions Club of Brisbane MacGregor seven years ago and runs a program that has assisted more than 4000 people over the past year, including families in distress, the homeless, youths and the elderly.

Narelle has been an energetic volunteer with community service groups since her youth and is inspired by the Lions motto, "we serve". She also volunteers with Meals on Wheels and is a regular blood donor.

A special moment for Narelle was donating microwaves and kettles for rooms in a local domestic violence hostel to make it easier for mums to heat bottles for their babies.

Narelle and the Lions Club also support a breakfast program in 110 schools that has fed more than 9500 students over the past year.

She says it is an honour to be nominated as a Westfield Local Hero. "There are so many people who do such a great job helping others, and I am proud to be acknowledged as one of them. It is good to know that I've made a positive difference to many lives, and I hope I can continue to contribute."

*Narelle's nominator says:
"Narelle is a Westfield Local Hero because she displays the qualities that improve the wellbeing of those in need."*



**Supporting people
in need**

Narelle Wyvill-Anstey

The Lions Club of Brisbane MacGregor

Inspirational, Caring, Willing

"There are so many people who do such a great job helping others, and I am proud to be acknowledged as one of them."



Beacon of hope

Rita Prasad-Ildes

World Wellness Group

Brave, Selfless, Compassionate

"I am humbled to be nominated as a Westfield Local Hero as I believe that anyone in my position would have done the same. This nomination isn't just for me but for everyone who has helped us along the way."

Rita Prasad-Ildes has helped thousands of vulnerable and marginalised people in the 10 years since she co-founded the non-profit World Wellness Group which runs the World Wellness Clinic.

Rita is a former public-sector healthcare worker with no previous business experience. Still, she and her team have managed to juggle patient care and fundraising to make their thriving social enterprise a beacon of hope for people in need.

She started the clinic because she could not stand by while people fell through the gaps in the healthcare system

One of Rita's greatest rewards is when clients come back to the clinic to tell us how we made a difference to their lives.

The clinic provides medical, nursing allied health, and mental health care to people from all walks of life, including those who can't pay. It also offers a food

pantry for those in need and is a haven for people in despair.

The compassionate and resourceful team go beyond health treatment. They also tackle their patients' underlying issues such as housing insecurity, racism and domestic violence.

"I am humbled to be nominated as a Westfield Local Hero as I believe that anyone in my position would have done the same. This nomination isn't just for me but for everyone who has helped us along the way," says Rita.

Rita's nominator says: "Rita is a Westfield Local Hero because she has a strong moral compass. She sees things from the perspective of people in need and knows what needs to be done to help."

Skateboarding accountant Andrew (Andy) Gourley is the founder of Red Frogs and works with around 3500 volunteers to safeguard 1.4 million young Australians a year.

Andy is mostly known for the Red Frogs' role at 12 schoolies locations across Australia, Bali and Fiji in pre-COVID years, where he and the volunteers take care of more than 80,000 revellers by providing emotional support, walking people home safely, cleaning up messy rooms, ensuring they stay hydrated, supplying breakfast and generally being a calming presence.

The volunteers also safeguard around 750,000 people at over 42 festivals a year and provide crowd welfare support at sports events.

Andy often works late with young people at schoolies events or university residential colleges. Then he is up early at the BBQ, preparing the famous Red Frogs pancake breakfast.

Andy's journey of giving started at Mount Gravatt when he noticed a few skateboarders getting up to no good. He and some mates started a skateboarding youth club to keep them out of trouble.

"After five years, we had five clubs around the Brisbane south area looking after 120 local kids a week," says Andy. "Although some ended up in jail or passed away, some went on to be successful tradies and business owners."

Andy says he is honoured to be nominated as a Westfield Local Hero. "It is always humbling to be recognised by others, it should never be your motivation, but it's nice when it happens."

Andy's nominator says: "Andy is a Westfield Local Hero because he is always looking at ways he can help and serve. Andy has a very special gift of making the people he works with and those he is serving feel they are unique and important. Andy is a legend!"



Keeping young people safe

Andrew (Andy) Gourley

Red Frogs Australia

Genuine, Hardworking, Humble

"After five years, we had five clubs around the Brisbane south area looking after 120 local kids a week."

Your 2021 Finalists



Lynda Muller

The Shed Community Fitness Inc.

Lynda Muller's unwavering dedication helped The Shed Community Fitness get up and running last year. As a result, the non-profit is now a flourishing exercise space and a drawcard for people of all ages and abilities. Thanks to The Shed, people in Lynda's community are working out more often and making new friends.



Portia Lee

Loganlea State High School

Teacher Portia Lee has captured the imagination of students and colleagues with her innovative football academy at Loganlea State High School. Her Upper 90 program harnesses the students' passion for soccer to improve engagement with the school and community. As a result, participation in the academy has almost tripled in 2021 and absenteeism from school has fallen.



Olivia Hodge

Hillsong

Olivia Hodge helps young people overcome barriers like social isolation and mental health issues so they can step confidently into their future. The Hillsong CityCare community development worker oversees a program in which mentors support at-risk young people in Brisbane to pursue their dreams and make a difference in their communities.

Recognising all of our 2021 nominees

Ashlea Giles
The Kids' Cancer Project

Annette Foun
**Jindalee District Australian
Football and Netball Club**

Christopher Swan
**Preterm Infants' Parents'
Association Inc (Pipa)**

Anita Anderson
Touch of Hope

Scott Furry
**Buy Nothing Project
Sunnybank Hills**

Danielle Pritchard
**Little Village Café & Play
Centre**

Denzil Brunner
OzFish Unlimited

Julie and Mark Wallace
Sarz Sanctuary

Kevin Ruthenberg
**Somerset State Emergency
Service Unit**

Stephen Bullard
Club Southside

Rebecca van Trier
Woolworths

Colin McInnes
Colleges Little Athletics

Linda Jane Roberts
**Lockyer Information &
Neighbourhood Centre Inc.**

Jason Smith
Ocean Reeve Book Publishing

Jennifer Pearsall
Children's Tumour Foundation

Debbie Kilroy
Sisters Inside

Anita Hunt
Logan City Skate Around

Naseema Mustapha
**Global Community
Development Initiatives**

Gavin Boyce
Souths United FC

Nawfal Alemara
Global Mony

Germaine Arriagada
TAG 5 Ltd

Chris Boyle
StandbyU Foundation

Carrie McLeod
Charlie Teo Foundation

Tania Stewart
Priceless Life Ltd

Karyn Webber
Ocean Reeve Publishing

Irina Aleksandrova
EquusTerra

Kristian Atkins
**Ripley Valley State Secondary
College**

Portia Lee
Loganlea State High School

Rita Prasad-Ildes
**World Wellness Health and
Medical Centre**

Tyson Ray-Patena
Top Blokes Foundation

Malakai Tava
Spinal Home Help Inc

Jo Westh
4 Voices

Bobby Mearns
Fishers of Men

Narelle Wyvill-Anstey
**Lions Club of Brisbane
Macgregor**

Lynda Muller
The Shed Community Fitness

Olivia Hodge
Hillsong CityCare

Andrew (Andy) Gourley
Red Frogs Australia



Westfield

Helensvale

QLD

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."



Giving children a suitcase of hope

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."



Saving animals, healing people

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."*



Busting risky driving myths

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 Contogee
**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 James Tester
Car000 – Variety Queensland

Martin Hall
Consulting Hall

Angelina Chanel Hickey
**Creative Director
Gold Coast Fashion Project
Inc.**

Andy Cullen
PTSD Resurrected

Cornelia Babbage
**Multicultural Families
Organisation**

Lann Levinge
Levinge Event

Garry Goodman
Eximm

Lino Hola
Mens Medicine

Gillian Crow
Javeenbah Theatre Company

Natarsha Stevenson
Lifestyle Solutions

Michelle Beattie
Hearts of Purple Ltd

Nikki Segal
Walk With Us

Melanie McKenzie
Harrison's Little Wings

Ilona Taylor
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**



Westfield

North Lakes

QLD

Josh Malcolm started helping homeless people on a small scale five years ago. Now his efforts have turned After Dark Saints into a fully-fledged charity that provides cooked meals, bedding, warm clothes, sanitary products and other essentials to homeless people on a daily basis.

Josh and his fellow volunteers go out every night in their private vehicles. They not only provide material support but also share a human connection. Josh has experienced homelessness himself and says a simple conversation with someone can make a huge difference to their day.

Josh also advocates for homeless people and has managed to find housing for 21 people. A few years ago, Josh represented the homeless community at meetings with the local council after several people were fined. Now the council and After Dark Saints work well together.

"I enjoy doing what I am doing as I know I am making a difference in

someone's life, whether it be with a meal, making someone smile or helping them into a house," says Josh.

He is delighted to be nominated as a Westfield Local Hero. "We don't look for fame or anything, but it is absolutely amazing that people value the work we do."

Josh's Nominator says: "Josh is a Westfield Local Hero because he is selfless and gives up many hours to help the most vulnerable members of our community when everyone else has given up on them."



**Selfless supporter
of homeless people**

Joshua Malcolm

After Dark Saints

Motivated, Selfless, Inspiring

"I enjoy doing what I am doing as I know I am making a difference in someone's life, whether it be with a meal, making someone smile or helping them into a house."



Leading people to save wildlife

Byron Cann

Wildlife Rescue Queensland Inc

Kind, Generous, Tough

"I just want to make a difference. But I could not do the work I do without the massive group of wildlife carers and volunteers that I support."

Wildlife Rescue Queensland CEO Byron Cann is always on standby to help animals in crisis.

As the dedicated leader of the non-profit organisation, he works with 250 volunteers to rescue, rehabilitate and release wildlife and educate the community about the many issues related to native animals.

Volunteers are always top of mind for Byron. One of their most rewarding roles is to be trained as a volunteer carer to look after animals in their own home. But inclusive Byron ensures there are roles suitable to different skills. This includes making pouches, building possum boxes, staffing the telephone hotline or assisting with fundraising.

Byron leads by example and is prepared to jump out of bed at any time of night to rush to the aid of his beloved wildlife.

One of his many achievements was coordinating the rescue of over 450 grey-headed flying foxes from the NSW bushfires and

arranging transport for them to be cared for in Queensland.

Byron feels humbled to be nominated as a Westfield Local Hero. "I just want to make a difference. But I could not do the work I do without the massive group of wildlife carers and volunteers that I support."

Byron's Nominator says: "Byron is a Westfield Local Hero because his unwavering commitment to wildlife and his volunteers is second to none."

Peter Brady is driving social inclusion for people with disabilities through his passion for adventure road trips.

Over the past 14 years, Peter has raised \$100,000 for the Endeavour Foundation, playing a large part in its ability to provide accessible housing, employment and training to people with intellectual disabilities.

Peter initially started raising money as a means to participate in the Great Endeavour Rally. But his involvement has grown into much more than that. He has a passion for inclusion. He has got to know many of the people who Endeavour supports, and he is enthusiastic about the progress he has witnessed.

"They are extremely interesting people that have heaps to contribute to society if they are given a chance," says Peter.

His tangible enthusiasm has helped him recruit donors among businesses and community groups in Pine Rivers Shire.

Peter also runs trivia nights, sells Dayboro Day hamburgers and raises funds with raffle tickets.

It's all about setting people up for the future, he says.

Peter is thrilled to be nominated as a Westfield Local Hero. "I hope this will bring more exposure to the needs and vulnerability of people with disability, particularly intellectual disability, and how valuable it is to the community to actively include people of all abilities."

Peter's nominator says: "Peter is a Westfield Local Hero because, over the last 14 years, he has raised over \$100,000 for Endeavour Foundation. Although the figure is impressive, it is the community inclusiveness and the rare opportunity to meet and befriend remarkable community members and their families that drives Peter to be an active fundraiser."



Driving social inclusion

Peter Brady

Endeavour Foundation

Passionate, Dedicated, Generous

"They are extremely interesting people that have heaps to contribute to society if they are given a chance."

Your 2021 Finalists



Sonia Colvin

Hairdressers with Hearts Ltd

Caring hairstylist Sonia Colvin has helped more than 200 clients get support for domestic violence and elder abuse. Now she has launched Hairdressers with Heart to train thousands of other hairdressers and barbers to notice if their clients have the signs of abuse and respond appropriately.



Ronnie Benbow

The Carers Foundation Australia

Ronnie Benbow is devoted to supporting the wellbeing of Australia's hidden heroes, who sacrifice their own needs to care for a loved one with a chronic illness or disability. The former nurse has set up The Carer Foundation Australia, a charity that provides free wellness retreats for adults and teens.



Breanna Redsell

A Brave Life

Tutor and counsellor Breanna Redsell works with care and dedication to help young mums complete their school and tertiary education and achieve their dreams. Breanna is a volunteer at A Brave Life and is available day and night for her young mentees. She meets them at weekends and answers late-night emails, on top of weekly tutoring with teenage and young mothers.

Recognising all of our 2021 nominees

Lisa Foster
SPOT on! Therapy

Harrison Vale
Blokes Prosper

Desmond Dewer
Deception Bay Meals on Wheels

Bruce & Denise Morcombe
**The Daniel Morcombe
Foundation**

Father Dan Berris
The Lakes Anglican Church

Catherine Bolck
SPOT on! Therapy

Bridgette and Paula Powers
**Twinnies Pelican and Seabird
Rescue**

Hope Anne Smart
A Brave Life

Ronelle Kriss
Moreton Bay Basketball Inc.

Marissa Taylor
**Mater Breast Cancer
Research Foundation**

Skye Shaw
Genies Netball Club

Renee Chopping
Collective Shout

Carolyn Wilson
Rosies – Friends on the Street

David Devine
**Pender RDA Horse Riding for
Disabled Association**

Catherine Barber
Rosies – Friends on the Street

Sarah Nelson (and Kylie Cox)
The Experience Collectors

Dagmar Scherer
Boxer Rescue Network

David Mareko
**New Creation Christian
Church Ltd**

Kym Heaney
Narangba Watch

Cindy Sykes
**Introspect Theatre
Company**

Colin Sorenson
Lions Club

Sam Hall
Able Cause

Ellen Pezet
**Bushwalkers of
Southern QLD**

Emily Davies and
Sophie Rees-Druitt
The Modern Generation

Michael Earl
**Unbound Athletics CrossFit
Speed**

Jeff
Young Veterans Australia

Elizabeth Vaughan
All About Autism

Reshma Seeburrn
Koolash Dental

Bryan Taylor
Rosies Friends on the Street

Joshua Dasey
Skechers

Daisy Cox
A Little Sparkle

Louise Feltham
Miracle Mums Movement

Trish Kearton
**Cooroora Historical Society
T/A Noosa Shire Museum**

Peter Brady
Endeavour Foundation

Breanna Redsell
A Brave Life

Konrad Sawczynski
Warrior K9

Sonia Colvin
Hairdressers with Hearts Ltd

Joshua Malcolm
After Dark Saints

Sophie-Jane Adler-Magee
A Brave Life Ltd

Les Barkla
Pristine Peninsula

Byron Cann
**Wildlife Rescue
Queensland Inc**

Bridget Russell
Fina Club

Ronnie Benbow
**The Carers Foundation
Australia**

South Australia

SA Centres

Marion

Tea Tree Plaza

West Lakes



Westfield

Marion

SA

Widowed dad Nick Lee has devoted 10 years of his life to educating the people of South Australia about the early detection and prevention of bowel cancer.

He does this through the Jodi Lee Foundation, which he set up in memory of his wife, Jodi, who was diagnosed with bowel cancer when she was aged 39. He has personally raised over \$700,000 for bowel cancer.

Nick focuses his education efforts on corporates. He tells his story to motivate younger people to find out their family history of bowel cancer and encourage people older than 50 to use the test that the Department of Health sends in the mail.

Most people ignore the test, but the vast majority of bowel cancer cases can be successfully treated if detected early.

"I know first-hand the impact that bowel cancer can have on family and friends, having lost my wife to bowel cancer," says Nick. "My main motivation when

I established the foundation was to try to save lives and prevent suffering."

Nick says it is rewarding to be nominated as a Westfield Local Hero. "We know we can save lives through our initiatives and improve the health and wellbeing of the people we reach in the community."

Nick's nominator says: "Nick is a Westfield Local Hero because he has devoted the last ten years of his life to preventing people from experiencing the pain he endured after his wife passed away from bowel cancer."



Life-saving message

Nick Lee

Jodi Lee Foundation

Passionate, Innovative, Empathetic

"I know first-hand the impact that bowel cancer can have on family and friends, having lost my wife to bowel cancer."



Saving cancer kids from isolation

Matthew Townsend

Lion Hearts Learning

Humble, Selfless, Dedicated

"There are so many children and families in the same position as us, and I just want to ensure we can help them to receive support."

Devoted dad Matthew Townsend and his wife, Jolyn Phillips, started Lion Hearts Learning to give children in South Adelaide a free super-hygienic place to interact with others while undergoing cancer treatment.

The charity is like a second full-time job for Matthew, whose daughter Codee-Jo was diagnosed with leukaemia at the age of two. One of the challenges was that she could not attend a regular playschool because children undergoing cancer treatment have severely compromised immune systems and must be kept physically distanced from others to prevent infection.

Lionhearts provides free playgroups to cancer children and their siblings. All toys are cleaned before and after every session, and nobody attends if they are unwell.

"There are so many children and families in the same position as us, and I just want to ensure

we can help them to receive support," says Matthew.

"Lion Hearts Learning is a place oncology kids can come to learn, have fun and play with their friends.

"I feel proud to be nominated as a Westfield Local Hero. It makes me just want to do more and get the Lion Hearts Learning name out there so we can continue to help children and families in need," says Matthew.

Matthew's nominator says: "Matthew is a Westfield Local Hero because he works hard and tirelessly for the good of others, always there to lend a hand when needed and never asks for thanks. Lion Hearts Learning would never have evolved without him."

Blackwood Action Group volunteer Pauline Dodd is a driving force behind projects that help people feel they live in a caring community where people look after each other and the environment.

Pauline coordinates events like the much-loved Christmas Tree Festival and co-convenes local history group activities as part of the work of Blackwood Action Group which also improves Blackwood visually through streetscaping projects, care of train stations and the Stobie pole mural painting project involving local artists.

"Our activities provide opportunities for people with a diverse range of interests and capabilities to contribute to the community, connect with others and feel a sense of belonging," says Pauline.

Money raised through BAG's Community Links activities supports struggling families and other local charities whereas the

history group supports CFS and Legacy.

Pauline is an avid supporter of an effort to make the group more appealing to younger people and to involve youth groups, school children and parents in events.

"Engaging people in community service from a young age helps develop a sense of social responsibility," she says.

Pauline is pleased to be nominated as a Westfield Local Hero. "Personal recognition of my efforts hopefully inspires others. Community involvement and volunteer service are richly rewarding."

*Pauline's nominator says:
"Pauline is a Westfield Local Hero because she is an outstanding and dedicated member of our community who creates massive special events that contribute back to local charities."*



Caring for her community

Pauline Dodd

Blackwood Action Group

Energetic, Passionate, Caring

"Engaging people in community service from a young age helps develop a sense of social responsibility."

Your 2021 Finalists



Craig Scott

Goodwood Saints Football Club Inc

Goodwood Saints Football Club President Craig Scott has added to competitive success by making the club a stand-out achiever off the field. Craig is the driving force behind the club's female teams and promoting good mental health for players. He also drove the development of SA's Inclusive League for players with disabilities.



Leigh Aitken

Operation Flinders

For the past 11 years, Leigh Aitken has devoted most of his free time to volunteering for Operation Flinders Foundation. In that time, he has led 14 expeditions and directly helped 140 young at-risk people become the best version of themselves. Each eight-day expedition involves a 100km trek.



Emma Georgiadis

Enlighten Education

Radio presenter Emma Georgiadis uses her experience as a school teacher to connect with young women and build their confidence. She's doing this through Enlighten Education in-school workshops that help girls decode the mixed messages they receive and through her podcast, Empowerhouse, to help build attitudes of self-love, self-worth and self-belief.

Recognising all of our 2021 nominees

Jennifer Howard
Safe Pets Safe Families

Sabrina Davis
Hospital Research Foundation

Lynette Joy Barnes
Believe Educate Empower

Jacinta Clark
The Pinnacle Foundation

Vivien Matthews
**Southern Cross Care
(SA, NT & VIC) Inc.**

Mark Blagrove
Hub Gymnastics Club

Krystle Dale Woollard
Gloria Jeans Coffee Cafe

Bernadette Cagney,
Formal Friday – Suit Up
Beyond Blue

Robert McFarland
**Rotary / RYDA Road Safety
Education**

Melissa Pearce
KIDS Foundation

Jo McDonald
**Move Through Life Dance
Studio**

Kim Mead
**Childhood Cancer Association
& Still Aware**

Moira Were AM
Hen House Coop

Brigid Koenig
Sammy D Foundation

Mark Vawser
Country Fire Service

Kelly Johnson
**Aberfoyle Hub R-7 School
Fundraising Committee**

Petina Walsh
OmMade Meet The Maker

Melanie Tate
Puddle Jumpers

Robin McBride
**Somerton Surf Life Saving Club
Incorporated**

**Christies Beach
Surf Lifesaving Club**

Lisa Totani
**Circuit Excel Association South
Australia**

Erika Fuller
Treasure Boxes Inc

Steve Turner
**Variety – The Children's
Charity of South Australia**

Rachael Firns
Puddle jumpers

Bridget Hogg
Wellbeings Foundation

Anne Stewart
**Move Through Life Dance
Studio**

Freya Charlotte Simpson
Glengowrie Netball Club

Stacy Allan
Kapara Residential ACH Group

Rikki Cooke
Treasure Boxes Inc.

Rebecca Aloisi
Supertee

John Denholm
SA Brothers

Clarisse Semler-Hanlon
Treasure Boxes Inc

Pauline Dodd
Blackwood Action Group

Bailee Phillips
Puddle Jumpers Inc

Craig Scott
**Goodwood Saints Football
Club Inc**

Emma Georgiadis
Enlighten Education

Nick Lee
Jodi Lee Foundation

Matthew Townsend
Lion Hearts Learning

Leigh Aitken
Operation Flinders



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, preemie 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 Lloyde
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



Westfield

West Lakes

SA

Grandmother Katerina Iliopoulos is giving back as a passionate and generous fundraiser for families affected by congenital heart disease.

Over the last three years, she has raised nearly \$20,000 for the charity HeartKids by baking and selling mountains of Greek shortbread.

HeartKids aims to give every child diagnosed with congenital heart disease a fighting chance of leading a long and fulfilling life. The charity funds research, advocates for people with the disease and offers guidance, information and support throughout their journey.

Katerina was inspired to support the charity after her granddaughter benefited from their support to travel to Melbourne for surgery.

Thankfully, Zoe made a quick recovery and is now a healthy and active little girl. But some children require multiple surgeries and trips to Melbourne. HeartKids also provides the families with peer

support once they return home, which is often the hardest period.

"Being able to support others, while in turn receiving support, has created a strong sense of community and reduced the feeling of being alone when it comes to caring for a heart kid," Katerina says.

She is surprised to be nominated as a Westfield Local Hero. "I am delighted to do my part, alongside many other supporters and volunteers," she says.

Katerina's nominator says: "Katerina is a Westfield Local Hero because her passion for supporting families during their child's heart surgery ensures they receive information packs as well as the practical, financial and emotional support they need to navigate their heart journey."



Showing love through baking

Katerina Iliopoulos

HeartKids Limited – South Australia Division

Inspiring, Passionate, Giving

"Being able to support others, while in turn receiving support, has created a strong sense of community and reduced the feeling of being alone when it comes to caring for a heart kid."



Supporting hospital families

Colleen Billows

Ronald McDonald House South Australia

Dedicated, Committed, Caring

"I am always amazed to observe the strength of parents in overcoming their children's health problems and the capabilities of children in accepting their situation and surviving."

Inspirational 85-year-old Colleen Billow has been supporting families with seriously ill children for more than two decades.

Colleen is a dedicated volunteer at Ronald McDonald House (RMH) South Australia. The house looks after out-of-town families while their children receive treatment at the nearby Adelaide Women's and Children's Hospital. She treats all visitors like family and is known as Nana Colleen.

"I am always amazed to observe the strength of parents in overcoming their children's health problems and the capabilities of children in accepting their situation and surviving," she says.

Colleen runs the dinner program twice a week, where she leads the volunteers who cook a meal for the families. She also visits on weekends, cheering up families with her famous cupcakes and slices.

In 2019, at 83 years of age, Colleen abseiled down the 33-storey Westpac building to

raise money for RMH. "Everyone said you're crazy, but I had decided it was nothing compared with the turmoil some of our families face," she says.

Colleen feels humbled to be nominated as a Westfield Local Hero. "As a volunteer at RMH for 21 years, I am sure that I have learnt much more from our families than I have ever given. The families we support are my inspiration and motivation to continue as a volunteer."

Colleen's nominator says: "Colleen is a Westfield Local Hero because despite being 83-years-old, she always puts the families she supports first, no matter how tired or busy she may be. She makes a huge difference to families going through great hardship and brightens up their day."

Alana Giaccio uses dance and cheerleading to give people with disabilities an opportunity to enjoy exercise.

She started her All Abilities Cheer and Dance studio so people in Adelaide have an opportunity to enjoy inclusive and accessible sports. Her 92 students are aged three to fifty-five.

"I'm proud to offer a unique sport to people who might not have had the chance before," says Alana.

"It's amazing to see parents and carers watch their loved ones participating, making friends, developing new skills and, most importantly, having fun."

The confidence-boosting classes help her students build their communication skills, balance and spatial awareness and learn how to work in a team in a safe and supportive environment. They can progress to competition classes and participate in the disability section of mainstream dance and cheerleading competitions.

Alana's studio is inspired by her two younger brothers, who have Autism Spectrum Disorder and Intellectual Disability.

She was a generous sister and supported them when they grew up, but she knew they were missing out on opportunities for fun and exercise.

Alana is delighted to be nominated as a Westfield Local Hero. "It means my dream is recognised as valuable in the community. It means my lifetime of disability experience is benefiting the community. It has confirmed my career purpose and has motivated me to expand."

Alana's nominator says: "Alana is a Westfield Local Hero because she has always shown compassion and kindness towards her brothers and the wider community. She has a strong sense of inclusion and fairness and is a passionate disability advocate. Alana is a wonderful role model through her selfless personality and love in her heart for all."



Dancing with her stars

Alana Giaccio

All Abilities Cheer and Dance

Inclusive, Selfless, Genuine

"It's amazing to see parents and carers watch their loved ones participating, making friends, developing new skills and, most importantly, having fun."

Your 2021 Finalists



Ella Stratton

HAS Foundation

Ella Stratton makes the most difficult times a little gentler for families of children with serious illnesses. She is the founder of the HAS Foundation, which she created in memory of her son Hunter, who passed away when he was 12. Her mission is to raise awareness about paediatric palliative care and give practical support and memorable gifts to families across South Australia.



Marigold White

Uniity

Marigold White is dedicated to building intergenerational connections in her community and helping people to feel a sense of belonging. As a migrant to Australia, Marigold knows first-hand how important family-like connections are. This inspired her to co-found Uniity, a not-for-profit that runs events and activities where people can make lifelong friends.



Amy Rowe

Project Potential Adelaide

Altruistic therapeutic educator Amy Rowe provides a well-rounded education to people with intellectual disabilities so they can live an independent and fulfilling life. Amy founded Project Potential Adelaide in 2019 to provide one-on-one lessons to help people navigate their world. She teaches students of all abilities general life skills that are not always covered in school education, like catching a bus, cooking or borrowing a library book.

Recognising all of our 2021 nominees

Stephanie Breden

Semaphore Surf Lifesaving Club

Keith Ridgway

Falio Volunteers

Genevieve Handley

Cystic Fibrosis Community Care

Behzad Pourdarab

Henley Surf Life Saving Club

Wilson Kelly

Seaton High School

Dinah Thomasset

Villagehood Australia

Christine Robertson

Lost Pets of South Australia

Amy Rowe

Project Potential Adelaide

Nasir Hussain

**Muslim Australian Connections
of SA (MACSA)**

June Isabel Duthie

Osborne Over 50's

Eman Rahim

Heart & Soul Group

Tricia Flowers

Enlighten Education

Colleen Billows

**Ronald McDonald House South
Australia**

Liza Jankowski

SIDS and Kids South Australia

Colin Williams

**Rotary / RYDA – Road Safety
Education**

Kerry Machado

Wildlife Nurse SA

Ella Stratton

HAS Foundation

Alana Giaccio

All Abilities Cheer and Dance

Claire Foord

Still Aware

Marigold White

Unity

Katerina Iliopoulos

**HeartKids Limited –
South Australia Division**



Western Australia

WA Centres

Booragoon

Carousel

Innaloo

Whitford City



Westfield

Booragoon

WA

Award-winning children's author Josh Langley spreads a message of hope and self-acceptance to young people living with the uncertainty of a neurofibromatosis (NF) diagnosis.

For three years, he has lent his star status to the Children's Tumour Foundation, which supports children with the genetic condition that causes tumours in the nervous system and a risk of problems with vision, hearing, behaviour, balance and the heart.

Josh initially started working with the foundation to support a friend's daughter who was diagnosed with NF.

Anxiety and depression are common among children with NF, which is something close to Josh's heart. His experience with mental illness is the basis for his popular, Being You is Enough book series for kids.

Josh is an ambassador of the charity's annual Undie Run. And he has live-streamed book

readings, recorded interviews with NF Heroes and participated in the foundation's Zoom support group for teens and young adults.

He is thrilled to be nominated a Westfield Local Hero. "It inspires me to take my messages of self-acceptance and mental wellbeing for kids much further afield so that all kids around Australia don't have to suffer anxiety and depression like I did."

Josh's nominator says: "Josh is a Westfield Local Hero because he spreads compassion and kindness wherever he goes. He works to create a better world for all of us by providing tools to help people cope with and understand their own (often difficult) emotions and empower them to acknowledge their self-worth."



Spreading the word about self-worth

Josh Langley

Children's Tumour Foundation

Inspiring, Innovative, Kind

"It inspires me to take my messages of self-acceptance and mental wellbeing for kids much further afield so that all kids around Australia don't have to suffer anxiety and depression like I did."



**Waste not,
want not**

Joanilia (Joan) Chaperon

SecondBite WA

Positive, Giving, Energetic

"I have a desire to help needy families and at the same time to give back to society for what was given to my family and me by this country when I migrated to Perth from overseas."

At 6am every Monday, Wednesday and Friday, you will find Joanilia Chaperon sorting through rescued food to provide to thousands of West Australians in need.

Big-hearted Joanilia has been an enthusiastic volunteer for SecondBite WA since she heard about the charity on the radio around the time of her retirement.

She has become a stalwart of the operation and is known for the immaculate presentation of her hampers.

With her sunny smile and can-do attitude, Joanilia is also a kind mentor for new and less experienced volunteers.

Joanilia jokes that part of the payback is the free workout she gets from the manual labour required to get the job done.

Her work ensures perfectly good fresh food is diverted from landfill to people who might otherwise go hungry.

As a passionate advocate for the charity, Joanilia attends fundraisers and encourages other seniors to volunteer.

"I have a desire to help needy families and at the same time to give back to society for what was given to my family and me by this country when I migrated to Perth from overseas," says Joanilia.

She is honoured to be nominated a Westfield Local Hero. "It shows appreciation for the work we are doing and gives me a sense of pride in and belonging to the community."

Joan's nominator says: "Joan is a Westfield Local Hero because she puts healthy nutritious food in the bellies of people experiencing food insecurity. No matter their circumstances, Joan and the rest of the team at SecondBite are there to help."

Karen O'Connor is giving dozens of local people who can no longer cycle an opportunity to enjoy the outdoors and the feeling of the wind in their hair on electric tricycles ridden by volunteers.

Karen led the introduction of Cycling Without Age, to Perth several years ago after seeing a social media video about a volunteer taking nursing home residents for rides in Scotland.

"I must have watched that over a hundred times, inspiring me to want to create the same opportunities for others in my local community," Karen says.

She is so passionate that she gave up work for over a year to establish Cycling Without Age in WA.

The rides give people an opportunity to be visible, included and joyful. Today there are seven chapters in the state and several more in other states.

The free program builds socially inclusive communities, promotes

intergenerational communication and improves physical and mental health.

"Every volunteer cyclist has a special story to tell of a ride with someone that has deeply touched them," says Karen.

Karen says she feels humbled to be nominated as a Westfield Local Hero. "We don't do this for recognition. However, it did make me feel proud to reflect on where we have come from establishing this program to where we are today."

Karen's nominator says: "Karen is a Westfield Local Hero because her contribution brings so much joy to those who are often so isolated."



Biking through barriers

Karen O'Connor

Cycling Without Age Australia

Passionate, Generous, Committed

"Every volunteer cyclist has a special story to tell of a ride with someone that has deeply touched them."

Your 2021 Finalists



Simone Blom

Coogee Beach Surf Life Saving Club

Simone Blom is giving local children with disabilities the chance to learn crucial beach skills by introducing Starfish Nippers to the Coogee Beach Surf Life Saving Club. The program provides one-to-one support to enable children to participate in beach and water activities like flag races, swimming and board paddling in a way that is appropriate to their age and abilities.



Curtis Novacsek

Edmund Rice Camps for Kids WA

Curtis Novacsek is a patient and kind mentor at Edmund Rice Camps for Kids, where he encourages hundreds of at-risk children to be themselves and just be kids away from their everyday stressors. While most volunteer mentors complete 30 camps, Curtis has completed 60 and is up for more. The most rewarding part for Curtis is the opportunity to build a relationship with the children and see them open up, get involved and grow. Curtis was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time. "Honestly, I am tickled pink," he says.



Dr Kaine Grigg

MyLocalMind Inc.

Clinical psychologist Dr Kaine Grigg provides free evidence-based mental health support to more than 1,000 people in Fremantle and surrounds. His non-profit, MyLocalMind Inc, offers 10 youth and adult group sessions a week. These include mindfulness, yoga, group fitness and more traditional talk-based group therapy. There are also more than 1,500 members on his online forum.

Recognising all of our 2021 nominees

Catherine Kolomyjec
Soul Gestures

Joel Herbert
Rebound WA

Alexander George O'Neil
FreshStart Recovery

Belinda Hawes
**Broken Crayons Still Colour
Foundation**

Jan Miles
Leeming Netball Club

Jess Gray
Dismantle

Laura Sutherland
Native Arc

Will Goyder
JDRF Australia

Jack O'Keeffe
**Western Electric Sporting
Association**

Derek Edmondson
Kardinya Junior Cricket Club

Lynley Biancuzzo
Tingara Netball Club

Jane Armstrong
HomelessnesWeCarePerth

Robert Willis
**Bull Creek Leeming Community
Men's Shed Inc.**

Cristina Coehlo
Bateman Winthrop Scout Group

Izabela Folau
Red Frogs WA

Georgia Ongarezos
Lifeline WA

Heather Ann Timms
**Fremantle CBC Integrated
Football Team**

John Dunne
Beacon Progress Association

Ben Murphy
Phoenix Maintanance

Dr Pri Adilbert
Homeless feed

Duncan Hardy
DT38 Australia

Suzanne Wetherall
**Ready to Work Inc
T/A Dress for Success Perth**

Mrs Hazel Gough
Bateman Winthrop Scout Group

Rebecca Prince-Ruiz
Plastic Free Foundation Limited

Curtis Novacsek
Edmund Rice Camps for Kids WA

Simon Kane
The Kids' Cancer Project

Dr Kaine Grigg
MyLocalMind Inc.

Alison Moore
Bateman Primary School

Simone Blom
Coogee Beach Surf Life Saving Club

John De'Laney
**Pregnancy and Infant Loss
Australia**

Karen O'Connor
Cycling Without Age Australia

Josh Langley
Children's Tumour Foundation

Joanilia (Joan) Chaperon
SecondBite WA



Westfield

Carousels

WA

For six years, C3 Langford's volunteer head cook Anita Quistini-Ross has carefully prepared free three-course sit-down dinners that fill bellies and provide a feeling of community for more than 200 guests.

Everyone is welcome at the Love Lanford dinners. Guests include struggling families, migrants who are not eligible for government assistance and lonely seniors. People find a sense of family and somewhere to belong.

Over the years, Anita and her fellow volunteers have provided more than 40,000 meals. Not even COVID-19 could stop them. They cooked food for delivery to people's homes throughout the shutdown.

Anita feels joy that the many hours she volunteers means children can go to bed with a full stomach, and there are leftovers from dinner to take to school the next day.

One of her best rewards is when she helps a person develop job

skills and turn their life around, and they return as a volunteer.

Anita feels grateful to be nominated as a Westfield Local Hero. "I have never done any of this work to be recognised and feel overwhelmed with gratitude that I have been able to give back to a community that I love."

Anita's nominator says: "Anita is a Westfield Local Hero because she has the heart to volunteer for countless hours to provide a place for people from a range of backgrounds to feel welcomed over a meal and have a sense of home and a place they belong."



**Food for the
stomach and soul**

Anita Quistini-Ross

C3 Langford

Loyal, Selfless, Generous

"I have never done any of this work to be recognised and feel overwhelmed with gratitude that I have been able to give back to a community that I love."



Teaching kids to walk

Dayna Pool

Healthy Strides Foundation

Committed, Passionate, Inspiring

"Our intensive programs and research have significantly accelerated skill development. They mean less time out of school and reduced interstate travel to access services."

Physiotherapist and researcher Dayna Pool worked with the Perth Children's Hospital to develop an innovative technique that has helped about 40 Western Australia children with neurological disorders learn walking skills.

This inspired her to set up the non-profit Healthy Strides Foundation in 2018 to provide desperately needed, affordable, evidence-based therapy services in Western Australia and has since helped over 200 children with learning walking skills. The early days were tough, and she remortgaged her home to buy equipment.

"Our intensive programs and research have significantly accelerated skill development. They mean less time out of school and reduced interstate travel to access services," Dayna says.

The work has been recognised nationally, with Dayna and her team winning the Australian Allied Health Excellence award in 2020.

One heart-warming example of Dayna's impact is a boy with cerebral palsy who could not walk or play without his mother's help. After several intensive programs, he now enjoys being included in kindy and his community. "We are privileged to have been part of his journey," says Dayna.

She's thrilled and privileged to be nominated as a Westfield Local Hero. "It reflects the importance of the work that we do and the impact that it has on individual lives, families and the community. Being nominated is so encouraging."

Dayna's nominator says: "Dayna is a Westfield Local Hero because of her passion for her research into the rehabilitation of children with neurological disorders. She has developed programs that have a massive impact on the lives of Western Australia children and families."

Megan Norbury provides a shoulder to lean on for new parents whose babies are born sick or premature.

Megan's two babies were born three months early, so she knows how new parents feel when a pregnancy doesn't go to plan and their baby is fighting for life in a neonatal intensive care unit.

As an employee with Miracle Babies Foundation, Megan provides peer support to families in the Perth area during a baby's hospital stay and beyond.

In the NICU, Megan is available to listen to parents' concerns and questions and provide comfort and hope.

In the community, she runs a peer-support group for parents of babies born prematurely or sick, which currently supports 50 families.

Megan experienced isolation and loneliness as a new mum, and joining the foundation has allowed her to offer the support she sorely needed then.

"I don't have any medical experience, but I know what it feels like as a mother, something the doctors and nurses just can't explain," says Megan.

"The guilt, the worry, the fear of not taking a baby home, I can honestly tell the parents that I meet that I know how they feel."

Megan was taken by surprise by her nomination as a Westfield Local Hero. "To share the journey with the miracle families is an absolute honour," she says.

Megan's nominator says: "Megan is a Westfield Local Hero because she is an absolute role model for her community by providing a safe, non-judgmental environment where families can feel safe and supported."



Nurturing miracle families

Megan Norbury

Miracle Babies

Dedicated, Supportive, Invaluable

"I don't have any medical experience, but I know what it feels like as a mother, something the doctors and nurses just can't explain."

Your 2021 Finalists



Joan Sutherland

The Haven

Big-hearted Joan Sutherland provides more than 200 free meals a day to families in need. She overcame a lack of resources to start The Haven, which provides hot and frozen meals, showers, sleeping bags, clothes, nappies and personal items. Children receive school lunches, including a special treat.



Julian Pace

Happiness Co

Thousands of people worldwide are happier because of Julian Pace, who founded Happiness Co to tackle depression and loneliness through face-to-face and online programs. The social enterprise promotes happiness, kindness and community cohesion through online programs, live workshops and events. Julian was a Westfield Local Hero in 2019 and a finalist in 2020 and appreciates being nominated for a third time.



Caoibhe Hendy

Therapy Focus

Occupational therapist Caoibhe Hendy goes to extraordinary lengths to provide life-changing help to thousands of people with complex disabilities. Caoibhe is a senior manager at non-profit Therapy Focus. She arranges home modifications and sources assistive technology equipment that enables people to be as mobile and independent as possible.

Recognising all of our 2021 nominees

Ivan Marcelo
Good Deed Movement

Perry Kleppe
Willetton Football Club

Mark MacGowan
Labor

Steven Smith
Red Frogs Western Australia

John and Bev Lowe
MoortCare

Soul Gestures (Catherine)
Soul Gestures

Tony Scouler
Real Life Church

Leighton Matthew Walling
**Vanleigh supports / mosaic
disability**

DJ Lim
**Perth Rams Rugby Union
Football Club**

Ash Bisdee
Aubin Grove Primary School

Bronwyn Ann Dunn
Comfort Quilts Against Cancer

Amanda-Jane Peacock-Savic
**Piara Waters Junior Football
Club**

Terrienne McDonald
CWA Gidgegannup

Mr Mark Morgan
St Mary's Outreach Service

Anita Kidd
**Belmont City College Parents
and Citizens Association**

Simon Kane
The Kids' Cancer Project

Dallas Bird
Darling Range Wildlife Rescue

Bruce Langoulant
Meningitis Centre Australia

Alana Christidis
YMCA WA

Felicity Austin
**Visibility & Kites Children's
Therapy**

Annie Johnston
The Pinnacle Foundation

Michelle Hazelwood
Darling Range Wildlife Shelter

Amanda Healy
Kirrikin Australia

Rebecca (Bec) Griffiths
**SOWRD State Emergency
Services Unit**

Cory Maoahia
Red Frogs Western Australia

Roseanne Scott
Trillion Trees

David Paton Metliss Johnson
Assisting Your Life To Achieve

Stephen Milford
**Canning Districts
Swimming Club**

Nicole Syriotis
Nardine Wimmin's Refuge

Irina Yakimenko
**Cultural Learning Centre
Mosaica inc.**

Lauren Found
ConTempo Music Inc.

Susan Murray
**Broken Crayons Still Colour
Foundation**

Caitlin Roper
Collective Shout

Kody Tan
Friends Day Out

Olly Phillips
**Roleystone Volunteer Fire
Brigade Inc.**

Andrew Pate
**City of Gosnells Volunteer
Bush Fire Brigade**

Mr & Mrs John and Bev Lowe
Moortcare

Azalea Hampson
Drop n Shop crèche

Dean Morris
GOSAC

Dianne Owen
Building Friendships

Rach Mac
Broken Crayons Still Colour

Bella Broadway
**Connection and Wellbeing
Australia (CAWA)**

Dayna Pool
Healthy Strides Foundation

Caoibhe Hendy
Therapy Focus

Sarah Patterson
Midlas

Kathie Mitchell
**Starting Over Support –
People Who Care**

Megan Norbury
Miracle Babies

Anita Quistini-Ross
C3 Langford

Joan Sutherland
The Haven

Julian Pace
Happiness Co

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

Sideeffect 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
Sideeffect Australia Limited

Kelly Bergsma
The Good Chat Foundation

Ronald Wingate
Dianella Autumn Club



Westfield

Whitford City

WA

Alanagh Godderidge gave up her previous job so she could bring joy to help isolated older people with an initiative called Cycling Without Age Sorrento.

Founding the Sorrento chapter of this worldwide movement, four years ago, has allowed for a stronger community. The aim has been to promote inclusivity, to build bridges between generations, whilst helping to diminish social isolation for our elderly and those of limited movement.

Alanagh and her team of 27 volunteers provide free daily Trishaw rides, cycling slowly along the dual path of West Coast Drive, allowing their passengers to connect with their environment, to feel the sun on their shoulders and the wind in their hair.

There are lots of jobs and talents required to keep our wheels turning. The Trishaws wouldn't be out and about if it wasn't for the support from our volunteer riders, local businesses, our governments

as well as hands on support from the local community.

Her greatest reward is seeing the rosy cheeks of the seniors and hearing how much it means to them to be on a bike again and smell the sea.

Alanagh says it is a privilege to be nominated as a Westfield Local Hero. "It shows we are instilling trust and confidence and making for a richer, stronger community"

*Alanagh's nominator says:
"Alanagh is a Westfield Local Hero because she offers free trishaw rides to people who may not be able to get out much. She is filling a real need in the community."*



**Love on
three wheels**

Alanagh Tolley Godderidge

Cycling Without Age Sorrento

Dedicated, Selfless, Amazing

"The aim has been to promote inclusivity, to build bridges between generations, whilst helping to diminish social isolation for our elderly and those of limited movement."



Big-hearted carer

Teresa Tucker

Fostering Hope Australia

Amazing, Irreplaceable, Dedicated

"I am passionate about these little lives, and this nomination fills me with loads more energy and love to give."

Teresa Tucker has helped hundreds of vulnerable children as a volunteer at the Fostering Hope Australia.

Teresa has 14 years of experience as a foster carer and gives her time at the charity's store to ensure other carers have access to clothing, cots and other essential items at no cost.

The store is a gathering place where carers can find a listening ear and helpful information.

It still gives Teresa goosebumps to see other carers excited by the help available at Fostering Hope.

Teresa was motivated to give back in return for the warm welcome she received when she arrived in Australia from Ireland with her four children. She is admired for making herself available day and night for emergency placements.

She has three teens of her own and currently fosters six children, including a seven-year-old whom she took in as an emergency

placement at birth and has not had the heart to let go.

However, her greatest hope is that the children can return to their families one day.

Teresa is excited to be nominated as a Westfield Local Hero. "I am passionate about these little lives, and this nomination fills me with loads more energy and love to give," she says.

Teresa's nominator says: "Teresa is a Westfield Local Hero because she makes the life of children in foster care so much easier. She is not only an amazing volunteer but an amazing friend to all."

Generous Catherine Kolomyjec helps young people shine and learn leadership skills while making the world better with her charity Soul Gestures.

Catherine co-founded the charity to inspire youth of all abilities to engage in acts of kindness that bring positivity to their community, and to realise their potential.

She was thrilled with how young people responded to the challenges of the COVID-19 lockdowns.

They became more creative, delivering Easter goodies to a women's refuge after restrictions derailed plans to distribute them in a hospital.

Other acts of kindness included dropping off plants and soil to a garden-loving cancer patient, sourcing goodies to decorate a young refugee's sparse bedroom, dropping off hand-made fiddle mats for people with dementia and making up packages for exhausted nursing staff.

One of Catherine's most rewarding moments was seeing the emotional response from the quarantined crew on the cruise ship Artania, to the 420 hand-written postcards from our local youth; "but I am just as inspired when a 12-year-old tells me 'my whole body felt warm when I did something good. "

Catherine is humbled to be nominated as a Westfield Local Hero. "I am continually motivated by the young people of Perth, who have an incredible ability, to engage, commit and change the world around them," she says.

Catherine's nominator says: "Catherine is a Westfield Local Hero because she is constantly helping others through the goodness of her own heart. She does so much for others while receiving very little recognition for her work."



Spreading love and kindness

Catherine Kolomyjec

Soul Gestures Inc

Selfless, Passionate, Kind

"I am continually motivated by the young people of Perth, who have an incredible ability, to engage, commit and change the world around them."

Your 2021 Finalists



Philip Couper

The Pantry WA

Philip Couper has been volunteering with The Pantry WA for six years, helping vulnerable people put food on the table. Last year, he and a dedicated team of volunteers fed over 68,000 locals. During the peak of the COVID-19 pandemic, the non-profit delivered food and support to people stuck at home.



Vicky Young

Dandelions WA Inc

Retired police officer Vicky Young has helped distribute an astonishing \$150,000 worth of essentials to people doing it tough in the few short months since she helped co-found Dandelions WA. The non-profit has helped over 3000 people, distributing hundreds of kindness kits full of toiletries and gifting hundreds of children a backpack of school supplies.



Greg Hire

A Stitch in Time

Professional basketball player Greg Hire started A Stitch in Time to save lives after a close friend tried to take their own life. His charity has reached 17,500 people through 318 psychologist-led mental health workshops that encourage people to seek help when they are struggling. Greg was a Westfield Local Hero finalist in 2018 and appreciates being nominated for a second time.

If you need support, please phone Lifeline: 13 11 14

Recognising all of our 2021 nominees

Lyn Swanson Kennedy
**Collective Shout: for a world
free of exploitation**

Jacinta Bivona-Turle
Dismantle

Jason Lewis
**Western Australian Powerchair
Football Association inc**

Paul Holliday
The Human Excellence Project

Tony Burton
**High Flyers Trampoline and
Gymnastics Academy**

Troy & Shar Baird
**SABA Rose Foundation and
Mullaloo Surf Lifesaving Club**

Matthew Gollan
Flash Market

Matthew Bartlett
Red Frogs WA

Lindsey Francis
**Greenbatch Foundation and
Rotary Club of Matilda Bay**

Andrew Bannister
**Genetic and Rare Disease
Network**

Simon Kane
The Kids' Cancer Project

Alanagh Marie Godderidge
Cycling Without Age Sorrento

Sean David Nash
Nashys Boxing Club

Paul Holiday
The Human Excellence Project

Bob Dayman
P2S Rugbyworks

Arthur Sturgeon
Community Vision

Allanah Tolley Godderidge
**Cycling Without Age –
Sorrento**

Chris Howard
**Northern Beaches Cycling Club
Inc.**

Joy & Peter Mack-Heaven
No Limits Perth Inc

Michelle Kwok
**Petition for the City of
Joondalup**

Cherilyn Hotchkin
**Mullaloo Community
Kindergarten**

Kathleen Dunn
Dunn's Herbal Farm

Kirsten Shearn
**Patricia Giles Centre for Non
Violence**

Karen Huggett
Direction Psychology

Karen Slater
Padbury Super Women

Catherine Kolomyjec
Soul Gestures

Kerry Gibbons
Rising Lotus WA

Sarah Clancy
**Care Bags – because children
in care matter**

Michelle Spiller
Duncraig Outdoor Girl Guides

Teresa Tucker
Fostering Hope Australia

Debbie Jordaan
No Limits Perth Inc

Gordon John Hudson
Wheelchairs for Kids

Lachlan Beveridge
**Paint Me A Rainbow – Autism
Awareness WA**

Nicola Henderson
Zephyr Education

Vicky Young
Dandelions WA Inc

Greg Hire
A Stitch in Time

Phillip Couper
The Pantry WA

Alanagh Tolley Godderidge
Cycling Without Age Sorrento

New Zealand



NZ Centres

Albany

Manukau City

Newmarket

Riccarton

St Lukes



Westfield

Albany

NZ

Former oncology nurse Jan Nichols has provided thousands of people with care and support during her 27 years working in the hospice environment.

Jan is the CEO of Harbour Hospice, which was founded by the local community to help people with a life-limiting illness, free of charge.

Hospice cares for 1 in 3 people who die locally. Its aim is to help its patients and their family/whānau make the most of every moment.

In 2020, the caring staff helped over 1200 people with a range of illnesses to have the best quality of life possible, with the help of 1400 volunteers.

Though most people are cared for at home, some patients may stay at a hospice facility to have their symptoms managed, receive intense multi-disciplinary care in the final stages of life or for respite care.

Jan is recognised for the visionary leadership she displayed in

2018 when she managed the unification of three separate service providers under one Harbour Hospice umbrella.

She says the most enjoyable aspect of her job is witnessing lives being transformed by the way people are cared for at the hospice.

Jan feels humbled to be nominated as a Westfield Local Hero. "Hospice is where my most rewarding contributions as a human and professional have taken place," she says.

Jan's nominator says: "Jan is a Westfield Local Hero because her extraordinary vision drives Harbour Hospice to provide patients and their families with the best possible support. Her compassion, personal touch and experience make her a wonderful role model."



Best possible support

Jan Nichols

Harbour Hospice

Compassionate, Inclusive, Focused

"Hospice is where my most rewarding contributions as a human and professional have taken place."



Caring for our heroes

Rebecca Nelson

Te Kiwi Māia

Inspiring, Effervescent, Passionate

"Knowing what our first responders see and do daily motivates me to look after them and help them live their best lives."

Rebecca Nelson is building much-needed support for injured first responders and defence force personnel through her organisation Te Kiwi Māia (The Courageous Kiwi).

Rebecca is a Reservist of the Royal New Zealand Navy and was inspired to set up her charitable trust after visiting a facility over in the UK that her friend attended.

The charity has been running for just 18 months, but Rebecca's contagious passion means she has already rallied a team to help Te Kiwi Māia provide rehabilitation services to the people who help keep New Zealanders safe.

The goal is to establish a working farm where first responders and defence force personnel with physical and psychological injuries can visit to recover.

Her dedication has encouraged first responder organisations and the New Zealand Defence Force to come on board and work with the charity to achieve its goal.

One of her significant achievements is an annual Wellness Workshop to improve collaboration and information sharing between the organisations.

"It is a huge honour and privilege to be nominated as a Westfield Local Hero. Knowing what our first responders see and do daily motivates me to look after them and help them live their best lives," says Rebecca.

Rebecca's nominator says: "Rebecca is a Westfield Local Hero because she consistently puts others first and selflessly devotes her time and energy to bettering the lives of others in need."

Ronda Amende gives deserving families the break they need through her organisation, TimeOut.

Ronda set up the charitable trust in 2016 to gift people with a terminal diagnosis a holiday with their family so they can create precious memories.

The idea for the non-profit came after she and her family were offered a break in a holiday house while she was undergoing cancer treatment.

Inspired by the gratitude she felt, Ronda wanted other families in need to have this experience and seeing the positive effects drives her to keep going.

She has inspired Kiwis to generously donate time in their holiday or beach houses, with over 130 homes now on offer to families.

One of her most rewarding moments came when a family told her the memory of the holiday with their mother would

hold them together through the years to come.

She is proud that TimeOut helps families feel cared for during challenging times.

Ronda says being nominated as a Westfield Local Hero motivates her to keep going. "It is nice for TimeOut's work to be recognised. I keep focused on the knowledge that what we do makes a difference for everyone and, while we can't heal people, we can show love and support," she says.

Ronda's nominator says: "Despite her own cancer diagnosis, Ronda has selflessly dedicated much of her precious time and effort to create TimeOut, so other people facing a terminal diagnosis have an opportunity to make special memories with their family and friends."



A unique gift for families

Ronda Amende

TimeOut Charitable Trust

Inspiring, Brave, Dedicated

"I keep focused on the knowledge that what we do makes a difference for everyone and, while we can't heal people, we can show love and support."

Your 2021 Finalists



Rikihana Clark

Victim Support North Shore

Rikihana Clark was determined to make a difference in his community and found the perfect fit with Victim Support North Shore. Rikihana is regarded as a rock for people in need, helping them through some of the most difficult times imaginable, including crime, family violence and suicide.

If you need support, please phone
Lifeline: 0800 54 33 54



Jane Hunter

North Harbour Community Patrol

At 73 years of age, Jane Hunter is an active member of the North Harbour Community Patrol. She is one of 37 volunteers who work closely with the police. She trains other volunteers and works into the early hours of the morning, patrolling crime hot spots in residential neighbourhoods and commercial areas. Jane was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time.



Garry Learmonth

WanderSearch Auckland Charitable Trust

Police officer Gary Learmonth has saved countless families from the anguish of having a relative with dementia or autism go missing. He co-founded WanderSearch Charitable Trust, which provides people with a tracking device in a pendant that increases the odds they'll be found safe and well and reduces the time and cost of searching for them.

Recognising all of our 2021 nominees

Jo Hayes
Grandfriends NZ

Anita Hinton
I Got Your Back Pack

Rozaan van Rooyen
**Neighbourhood Support
North Shore**

Eleanor Koningham
Mairangi Bay Tennis Club

Kevin Guowei Wu

Abbey Fouche
The Mums Clique

Liane Koutris
I Got Your Back Pack

Dawn Hutchison
North Shore Women's Centre

Harold the Giraffe
Life Education Trust Rodney

Victoria Lessing
Merge NZ

John French
**Age Concern Auckland
Incorporated**

Adam Christian
YMCA North Shore

Gemma Overton
Cereal Palsy Group

Daniel Dong
Harbour Sport

Chercara Strydom
Care for families

King George Diones
**Kids Can, Healthcare
in Philippines**

Steve O'Kane
Parafed Auckland

Jan Nichols
Harbour Hospice

Hannah Catterall
**Youthline Auckland
Charitable Trust**

Ronda Amende
TimeOut Charitable Trust

Rikihana Clark
Victim Support North Shore

Rebecca Nelson
Te Kiwi Maia

Jennifer Cherry
Back2School Project

Jane Hunter
**North Harbour
Community Patrol**

Garry Learmonth
**WanderSearch Auckland
Charitable Trust**



Westfield

Manukau City

NZ

Wendy Keate is a dedicated volunteer for Victim Support Counties Manukau, where she helps distressed people build strength and regain control of their life.

Wendy underwent her training in 2020 and has already supported close to 100 clients, many of whom are highly traumatised after an accident, crime or suicide. She travels to wherever she is needed, including to accident scenes, hospitals and courts.

Wendy's more experienced colleagues recognised her impressive dedication, empathy, heart and professionalism from the start.

Wendy feels a strong affinity for the respectful approach of Victim Support Counties Manukau, which follows Sir Mason Durie's Te Whare Tapa Whā model. It focuses on four areas: Te Taha Hinengaro (psychological wellbeing), Te Taha Wairua (spiritual wellbeing), Te Taha Tinana (physical wellbeing)

and Te Taha Whānau (family wellbeing).

Wendy has lived in Counties Manukau for just over 40 years and feels privileged to be a pillar for her people to lean on.

She's proud to be nominated as a Westfield Local Hero and to be part of the greater good. "I thank the people I have supported so far for allowing me to be part of a time in their lives when they were at their most vulnerable."

Wendy's nominator says: "Wendy is a Westfield Local Hero because she is a volunteer superstar. Within nine weeks of completing her training as a volunteer support worker, Wendy worked on 50 referrals for traumatised members of our community."

If you need support, contact Victim Support: 0800 842 846



A pillar for distressed people

Wendy Keate

Victim Support Counties Manukau

Empathetic, Compassionate, Professional

"I thank the people I have supported so far for allowing me to be part of a time in their lives when they were at their most vulnerable."



Opening Camp Adair to locals

Dave Lockwood

YMCA North

Passionate, Community-minded, Innovator

"My role is to serve the local community and enable."

Dave Lockwood has rolled up his sleeves to give South Auckland school students an opportunity to enjoy the awesome school camps that other Kiwis take for granted.

As outdoors group manager at YMCA North, Dave decided to change the fact that schools closest to the iconic Camp Adair cannot afford to use the facility that generations of Auckland children have enjoyed.

His first success was a camp for Edmund Hillary School in Papakura, which had not had an outdoors camp for 15 years.

"My role is to serve the local community and enable," says Dave, who was born and raised in the Counties Manukau region and has spent most of his working life there.

A significant win for Dave was his game-changing partnership with the Find Your Field of Dreams Foundation to host 1,000 students from 24 South Auckland intermediate schools at one-week

sports camps at Camp Adair. "You can achieve great things through community partnerships," says Dave.

He is humbled to be nominated as a Westfield Local Hero. "Making a difference brings me an enormous sense of joy. If we can help the children in our region in some small way to achieve their goals and dreams, then we have done our job."

Dave's nominator says:

"Dave is a Westfield Local Hero because he helps kids to reach their potential through outdoor education and is on a mission to make sure no kids are missing out. Dave is always working hard to give back to the South Auckland community."

Inspirational Kelly Francis has built hundreds of edible gardens in homes and community spaces to help stamp out food poverty since founding Whenua Warrior four years ago.

In 2017 Kelly realised the key to solving food insecurity was to change the way food is grown.

She has built 480 organic gardens in the back of homes, in schools and other community spaces since founding the charitable trust.

She teaches people of all ages how to grow an abundance of fruit and vegetables and encourages them to share the surplus with others in the community or exchange it for other essentials.

Her greatest hope is the project will bring an end to food insecurity and help communities flourish.

Kelly is proud to help people follow techniques used by their ancestors to protect the

environment (kaitiakitanga) while growing food crops.

She is honoured to be nominated as a Westfield Local Hero. "It is humbling to know I have been nominated among all the other heroes in the community and to be able to spread the word about our work even further. Seeing children learn, adults teach, and our kaumatua (elders) having a space to be heard are all huge motivations for me," she says.

Kelly's nominator says: "Kelly is a Westfield Local Hero because she is working hard in the community to help us live off the land. She is teaching us sharing is caring."



Ending food insecurity

Kelly Francis

Whenua Warrior

Dedicated, Passionate, Inspirational

"Seeing children learn, adults teach, and our kaumatua (elders) having a space to be heard are all huge motivations for me."

Your 2021 Finalists



Paul Dickson
Oke Charity

Paul Dickson sowed more than edible plants when he founded Oke Charity in 2015 to establish gardens in local schools. He aimed to teach children how to produce their own food, but the benefits have kept growing. The project has created outdoor learning spaces for 10,000 children, created jobs and brought the community together. Paul was a Westfield Local Hero finalist in 2019 and appreciates being nominated for a second time.



Shayal Mala
Age Concern Auckland Incorporated

Empathetic Shayal Mala has made it her life's work to ensure elderly people stay healthy, fit and independent for as long as possible. Shayal's caring and sunny nature are perfect for her role at Age Concern Auckland where provides advice at regular workshops and events. She helps people feel at ease as she shares tips on preventing falls, eating well and sleeping better at regular workshops and events.



Makaia Carr
Kura Kai

Makaia Carr sprang into action at the start of COVID-19 to feed families and ensure rangatahi (youth) could stay in school instead of having to work. She launched non-profit Kura Kai, recruited more than 1000 volunteers and started stocking freezers at 21 high schools, including five in Auckland, with food for students to take home.

Recognising all of our 2021 nominees

Lincoln Jefferson
Life Education

Mahera Maihi
Ma Te Huruhuru Charity Trust

Nyra Marshall
Ako Mātātupu: Teach First NZ

Paula Unger
Rollerson Park Community Garden

Lillian Cattell
Netball Manurewa Inc.

Lydia Fa'afiu
Navigators

David Letele
Grace Foundation

Amanpreet Singh
Akaal Foundation

Pramjit Rai Suchdev
Known as Jeet Suchdev
Bhartiya Samaj Charitable Trust

Marlene Green
Auckland Whanau Special Needs Group

Issac William Pulu
Howick College, Cook Island community work, Auckland council gym box work

Nia Manukia
LIFE Community Kitchens

Paramjit kaur
Woman Care Trust

Vivi Lee
PARS Incorporated

Lucy Ngariki Green –
Shah Mohamady
Earth Agents NZ – A Service of Community Service Connect Trust

George Wilson
RYDA – Road Safety Education Limited

Debbie Munroe
Wakaofcaring

Makaia Carr
Kura Kai

SBS Sports and Cultural Club
Kellie Masiutama
The Corner: Creative Space

Shellyann (Tamara) Elliot
Graeme Dingle Foundation Auckland

Nivedita Sharma Vij
Muskaan Care Trust NZ

Tai Tupou
The Key To Life Charitable Trust

Serena Murdoch
Friendship House Trust

Salome Tahitua
TOA Pacific

Queen Shirl'e
Pathway to Performing Art

Kaleena McNabb
Alexander Cafe

Harjit Singh
Indian Kiwi Positive Ageing Charitable Trust Inc

David Rimmer
S.E.R.V.E. (Support. Educate. Respect. Value. Empower.)

Monique Kauri
Navigators Papakura

Tauleletoa Hukuitogia Latule-Mailisi
Middlemore Hopsital

Dave Lockwood
YMCA North

Wendy Keate
Victim Support Counties Manukau

Shayal Mala
Age Concern Auckland Incorporated

Trent Faliu
Youthline Auckland Charitable Trust

Regina Sheck
Blue Light Manurewa

Snr David Letele
Grace Foundation Charitable Trust Auckland

Makaia Carr
Kura Kai

Paul Dickson
Oke Charity

Kelly Marie Francis
Whenua Warrior



Westfield

Newmarket

NZ

Sheila Budgen has been a much-loved volunteer crew member on the Spirit of Adventures Trust's youth development sailing ship the Spirit of New Zealand for over 25 years, accumulating more than 1000 days at sea.

The seventy-six-year-old is affectionately known as Grandma and is regarded as a safe person to talk to onboard the ship. She coaxes and encourages even the most disengaged teens to engage with the program and has helped many young people, from all sorts of backgrounds, steer towards a positive future after a life-changing voyage on the Spirit of New Zealand. Involved with all activities on board, Sheila jumps into the ocean with the teens at 6.30 in the morning all year round for the mandatory resilience-building swim.

Some of the most magical moments for Sheila is watching the teens leave the voyage with leadership skills, self-confidence, the ability to work cooperatively and a better outlook on life.

Sheila is happy to be nominated as a Westfield Local Hero. "I'm always keen to raise awareness and financial support for the Spirit of Adventure Trust to get as many young people involved as possible. The value of these voyages is huge and changes so many lives," she says.

Sheila's Nominator says: "Sheila is a Westfield Local Hero because she has a huge heart, and those who are fortunate to sail with her know she is the essence of the magic that happens onboard."



Rites of passage

Sheila Budgen

Spirit of Adventure Trust

Enthusiastic, Compassionate, Legendary

"I'm always keen to raise awareness and financial support for the Spirit of Adventure Trust to get as many young people involved as possible."



Win-win for aged care

Julia Plank

Elder Care Volunteers

Compassionate, Philanthropic, Enterprising

"This nomination gives me hope that others are starting to recognise the importance of connecting with the elderly."

Julia Plank has brought joy and friendship to people in aged care since she founded Elder Care Volunteers.

Julia has been volunteering in aged care since she was in high school and struck up a special friendship with a resident who had no family or friends to support him during his cancer treatment.

Knowing how much her friendship meant to him, she set up her charity to provide companionship to other aged-care residents who feel lonely and stressed.

Over the last six years, she has recruited and trained over 100 volunteers who visit 150 people in four care homes.

It's a win-win. The older people enjoy the company and get to give back by sharing their skills, knowledge and advice with the volunteers.

Julia juggles running the charity with full-time PhD studies but is motivated by the wonderful

friendships she has enjoyed with elderly people as a volunteer.

She is grateful to be nominated as a Westfield Local Hero. "Although New Zealand has an ageing population, the wellbeing of the elderly is pushed aside in favour of other causes. This nomination gives me hope that others are starting to recognise the importance of connecting with the elderly," says Julia.

Julia's nominator says: "Julia is a Westfield Local Hero because she not only enriches the lives of countless elderly residents but also the lives of numerous volunteers."

Charli Cox dedicates her spare time to rescuing garments from landfill and passing them on to vulnerable communities at pop-up shops using a pay-what-you-can model.

She does this through the non-profit Koha Apparel, which she set up in January 2019.

Charli's inspiration came from volunteering at an op shop, where she realised the inadequate access people had to a basic human right – clothing and the amount of donated garments that were heading to landfill.

She began rescuing items that were heading to landfill, washed and repaired them.

She then partnered with Everybody Eats in St Kevin's Arcade, where she set up a few racks of beautifully presented clothing. And that's how Koha Apparel was born. People pay what they can, and those who are unable to make a donation clothing is provided at no cost. For the better of our people, and the planet.

With the help of a dedicated band of volunteers, the non-profit has grown to 13 pop-up shops a month throughout Auckland.

Charli is beyond proud her mission and directly sees the impact the clothing has on people's lives and how it can change someone's mood and day for the better with this the community feeling more confident.

She is humbled to be nominated as a Westfield Local Hero. "I am incredibly proud of Koha and the difference we continue to make collectively to our community with a basic human right – clothing. Our regulars have become my friends and family here in New Zealand," she says.

Charli's nominator says: "Charli is a Westfield Local Hero because she fights for the people who can't fight for themselves. There isn't a challenge she isn't ready to face with courage, composure and good humour."



Sustainable quality clothing for all

Charli Cox

Koha Apparel

Compassionate, Courageous, Magnanimous

"I am incredibly proud of Koha and the difference we continue to make collectively to our community with a basic human right – clothing."

Your 2021 Finalists



Tash Crosby

Talk Peach Gynaecological Foundation

Tash Crosby has saved lives since she established the Peach Talk Gynaecological Foundation in 2017 to raise awareness of the five gynaecological cancers. She is smashing the taboo surrounding the cancers so people are better placed to advocate for themselves. Tash also campaigns for more funding for research, including clinical trials.



Bruce Scoggins

Cure Kids

Retired Health Research Council CEO Dr Bruce Scoggins has been hard at work as a volunteer for Cure Kids as chair of its Medical and Scientific Advisory Committee. Bruce is in his 80s and has volunteered at Cure Kids for 13 fulfilling years, five of which have been as a board member. Bruce is as passionate as ever about health equality for Kiwi children.



Doug Hanna

TimeOut Charitable Trust

Doug Hanna had made it his mission to gift every person with a terminal illness a memorable holiday with their family through his work with TimeOut. The charitable trust has a database of 100 holiday homes that are available to these families. Doug has opened his own holiday home to 55 families so far.

Recognising all of our 2021 nominees

Alaina McGregor
10×10 Philanthropy

Hayden Smith
Sea Cleaners

Mark Xu
YMCA Lagoon Stadium

Julia Plank
Elder Care Volunteers

Casey McLain
YMCA North

Jessie Yan
ForYouth Global Trust

Sam Cangir
He helps cats.

Charli Cox
Koha Apparel

Carl Van Roon
Van Roon Martial Arts

Kathy Harding
St Heliers School Running Club

Mary Young
Auckland Hospital

Robert Young
Abella Inn

Rachel Friend
The Neonatal Trust

Paul Picot
Lifeline Aotearoa

Mahsa Mohaghegh
She Sharp

Te Puea Li
**YMCA Lagoon Pool &
Leisure Centre**

Sarah Christie
Pet Whisperer Rescue Trust

Frances Smith
Victim Support Auckland East

Jackie Walsh
Child Cancer Foundation

Charli Alison Amelia Cox
Koha Apparel

Bruce Scoggins
Cure Kids

Tash Crosby
**Talk Peach Gynaecological
Foundation**

Sheila Budgen
Spirit of Adventure Trust

Doug Hanna
TimeOut Charitable Trust



Westfield

Riccarton

NZ

Karlana Kelliher has spent two decades helping grieving parents rebuild their lives after losing a baby to miscarriage, during birth or as a newborn.

As a volunteer with Sands Canterbury, Karlana helps parents recover from their loss and achieve a fulfilling life. Her greatest comfort is knowing she is honouring the memory of her daughter, who was stillborn in 2002.

Karlana provides ongoing support to about 60 people a year, reaching out by phone or text every one or two weeks to offer a listening ear.

She packs 100 memory boxes annually for parents who lost their baby after 16 weeks.

The items are donated or purchased through fundraising, but Karlana puts her hand in her pocket to buy them when needed.

She also puts together 700 support packages for parents who experienced a miscarriage before 16 weeks.

Each year she speaks to trainee doctors, midwifery students and social workers to help them understand and support parents who lose a baby.

Karlana says she is humbled to be nominated as a Westfield Local Hero. "There are no other groups in Canterbury who offer support for baby loss, so it's really important for me to continue this work. I can't make it better, but I just try to walk beside them with their grief," she says.

Karlana's nominator says: "Karlana is a Westfield Local Hero because she has helped so many families. Some people think Sands Canterbury is a big organisation of people, but so much of what it does is all down to her."



Helping parents recover

Karlana Kelliher

Sands Canterbury

Compassionate, Vivacious, Dedicated

"There are no other groups in Canterbury who offer support for baby loss, so it's really important for me to continue this work. I can't make it better, but I just try to walk beside them with their grief."



Revolutionising fundraising

Mitch Shaw

UpstreamNZ & CDN Trust

Entrepreneurial, Driven, Generous

"Sadly, some young people don't have support and are choosing a harmful path. All young people deserve to have a positive stakeholder in their lives."

Mitch Shaw has developed a revolutionary social enterprise that generates funding for children and youth charities. His ingenious solution is called UpstreamNZ.

UpstreamNZ is a socially-minded online business directory; suppliers donate a generous sales commission when a purchase is made through our website. Each sale generates sustainable funding for our charities who are supporting our mission of strengthening the wellbeing of children and young people.

The charities have provided 5100 hours of youth services thanks to this additional funding.

Mitch was a youth worker for 13 years and understands that charities face a constant battle to raise funds.

Hope for the Children fund, which Mitch established under the CDN Trust umbrella, benefits from UpstreamNZ. The charity provides subsidies to young people to access private counselling.

Mitch's greatest reward is knowing he is enabling the same support to young people that helped him turn his life around when he was a teenager struggling with mental health issues.

Mitch is honoured to be nominated as a Westfield Local Hero. "Sadly, some young people don't have support and are choosing a harmful path. All young people deserve to have a positive stakeholder in their lives. This social enterprise has to work, and it will work – that's what drives me to get up early and finish late," he says.

Mitch's nominator says: "Mitch is a Westfield Local Hero because he gives his time and energy to the mission of helping young people in the community."

Margaret Malzard has devoted the past 30 years to helping children with complex needs reach their full potential through her work with the Christchurch Early Intervention Trust.

Margaret is a teacher who jumped at the chance to work for the trust's The Champion Centre, a multi-disciplinary early intervention program for infants and young children with significant disabilities and developmental challenges.

She was inspired by the centre's focus on what the children can do, not what they can't do.

As the centre's Senior Early Intervention Educator, Margaret guides a team of passionate and caring early intervention specialists who teach the children routines and skills and support them as they transition to their chosen school.

She is widely admired for her super-power ability to identify and champion each child's strengths, potential, and

uniqueness. She refused to let COVID-19 interrupt the program and used technology to continue book readings, music and movement sessions and one-on-one teaching.

Margaret's greatest rewards are seeing the children being embraced by their community and receiving positive updates from parents many years later.

She is humbled to be nominated as a Westfield Local Hero. "I feel truly blessed to be appointed by my colleagues, who are all my heroes, to be a voice for our youngest, most vulnerable New Zealanders," Margaret says.

Margaret's nominator says: "Margaret is a Westfield Local Hero because she is a standout human with boundless heart and an inexhaustible commitment to ensuring every child realises their potential."



Preparing children for school

Margaret Malzard

Christchurch Early Intervention Trust

Intuitive, Understated, Awe-inspiring

"I feel truly blessed to be appointed by my colleagues, who are all my heroes, to be a voice for our youngest, most vulnerable New Zealanders."

Your 2021 Finalists



Debra Jamieson

Deaf Aotearoa

Debra Jamieson has dedicated the past six years to helping more than 50 families learn to communicate with their deaf child through her work with Deaf Aotearoa. She often gives up her weekends and evenings to fit in with grandparents and siblings, so they can also learn New Zealand sign language.



Jean Barr

Victim Support Christchurch

Victim Support Christchurch volunteer Jean Barr knows when to talk and when to listen. Jean has been a support worker for seven years and was one of the people on the ground after the 2019 mosque shootings. She is always willing to help, and her biggest reward is when a client thanks her.



Danielle Petterd

It Takes A Village Hub, NZ

Danielle Petterd lovingly prepares care packs filled with goodies to support families in financial distress who are expecting a baby. Danielle prepares up to 50 baby and toddler relief packs a week through her role as a volunteer at It Takes a Village Hub. The packs contain donated clothes, bedding, toys, nappies, wipes and sanitary products donated by over 20,000 members of the hub's community pages.

Recognising all of our 2021 nominees

Roy Kenneally
Crossover Trust

Manuelito "Noel" Nacu
Christchurch Ballers Club

Selina Faimalo
The Conscious Club

Barbara Aitken
Kiwi Family Trust

Peter Lewis
Age Concern Canterbury

Zoli Somlyai
Age Concern Canterbury

Hannah Louise Komatsu
Thriving Madly

Nikki Clarke
**Lifeline Aotearoa –
Christchurch Branch**

Sana Ditta
Teddy Bear Project

Jaye Hinematoramanawakore
Woods
Woods-Hughes group

Graham Gillespie
St John, New Zealand

Emily McIntyre
Dunsandel PTA

Vicki Anne Parker
NZ Gifts of Love and Strength

Hayley Guglietta
**RCG, Avon, RRBA, Avebury
House, ICAN, and many more**

Karen Watson
Families Matter

Nancy Van Den Ende
Age Concern Canterbury

Nick and Loretta Te Paa
**Riccarton West Community
Garden and Pantry in Peverel
Street**

Lynette Hill
NZ Gifts of Love and Strength

Robbie Shefford
Depression

Jean Barr
Victim Support Christchurch

Mitch Shaw
UpstreamNZ & CDN Trust

Carol Burdon
Bellyful Waimakairi

Jim Vince
Heart Kids Canterbury

Margaret Noelene Malzard
**Christchurch Early
Intervention Trust**

Danielle Petterd
It Takes A Village Hub, NZ

Brent Cairns
Kaiapoi Food Forest Trust

Karlana Kelliher
Sands Canterbury

Hannah Hardy-Jones
Love your Kite

Debra Jamieson
Deaf Aotearoa

Vicki-Anne Parker
NZ Gifts of Love and Strength



Westfield

St Lukes

NZ

Former teacher Deborah McLarin has helped stamp out bullying and truancy among thousands of marginalised school children since joining the Graeme Dingle Foundation in 2018.

Deborah was a teacher for 37 years but jumped at the opportunity to become the coordinator for the foundation's Kiwi Can programme, which combats antisocial behaviour, demotivation about education and lack of direction, which can place kids on a negative path later in life.

The early intervention program is delivered to 2167 tamaraki (children) in nine primary and intermediate schools located in areas of high social deprivation.

Every student is encouraged to participate. Team leaders teach them life skills and values while building their self-confidence and helping them learn to take responsibility for their actions.

Deborah is proud that the programme has led to significant

decreases in bullying, truancy and other behavioural issues.

She is widely admired for nurturing her staff to ensure they fulfil Kiwi Can's goal of helping kids overcome life's obstacles so they can reach their full potential.

Deborah says she feels incredibly humbled to be nominated as a Westfield Local Hero. "Our programme works. Our kids have grown in strength and confidence, and that changes behaviour," she says.

Deborah's nominator says: "Deborah is a Westfield Local Hero because her dedication to helping tamaraki (children) reach their potential is building a stronger youth population. She is an absolute asset to education in Auckland."



Helping kids reach their potential

Deborah McLarin

Graeme Dingle Foundation Auckland

Dedicated, Humble, Nurturing

"Our programme works. Our kids have grown in strength and confidence, and that changes behaviour."



Giving as a way of life

Sarah Page

Kindness Collective

Generous, Compassionate, Connector

"Being recognised is amazing as it will mean more people will see the work we do and get involved."

Marketing professional Sarah Page has harnessed the power of her community to brighten the lives of thousands of children and families since she founded the Kindness Collective.

Sarah's passion for giving started shortly after her son was diagnosed with autism. She realised she and her husband were incredibly privileged to have the means to pay for his support and decided to give back by seeking donations from friends and family for the community.

Her first project was to source food donations for a local women's refuge in 2014.

Over the next seven years, her charity has increased its repertoire, providing almost \$521,000 worth of food, clothing, baby essentials and financial assistance to vulnerable people. She also builds community projects, events and experiences and offers crisis support for whānau in need.

Sarah makes sure families get the Christmas they deserve by giving

presents to more than 3000 children as well as parties and food support.

Kindness Collective volunteers also rebuilt the women's refuge garden and the children's playground.

Sarah believes small actions from many people can have a big impact. She loves watching children at the refuge bouncing on their new trampoline and knowing families don't have to worry about school supplies.

She says it is wonderful to be nominated as a Westfield Local Hero. "Being recognised is amazing as it will mean more people will see the work we do and get involved," she says.

Sarah's nominator says: "Sarah is a Westfield Local Hero because she haven't been paid for 7 years for the work she does for the Kindness Collective on top of her full-time job in marketing and tending to her family."

Hospital volunteer Nana Marie Jujnovich has spent 30 years at Heart Kids Auckland supporting families during their most challenging times.

Nana Marie is 85 but still spends every Tuesday and Thursday on the cardiology ward of the Starship Hospital, fulfilling the charity's aim of supporting families and children undergoing open-heart surgery or experiencing heart complications.

After cleaning and stocking the ward kitchen, she starts her rounds, checking in with every family and lighting up the mood in every room she enters.

When families are not up for conversation, she is a comforting presence, offering a hug or a hand to hold. Whenever possible, she is by their side when their children undergo procedures.

Nana Marie started with the charity after her grandson was born with congenital heart disease and has found sharing her own experience is a big help to families.

Her greatest reward is the opportunity to watch fragile babies grow into amazing adults. Sadly, her biggest challenge is bereavement support.

Nana Marie is proud to be nominated as a Westfield Local Hero. "I will always be there for the families. Little people and their parents need someone to talk who won't walk away when things get tough."

Nana's nominator says: "Nana Marie is a Westfield Local Hero because she has volunteered so much of her life to support families and children. She is a national treasure for her kindness, which lights up so many children's lives."



Healing nana hugs

(Nana) Marie Jujnovich

Heart Kids Auckland

Dedicated, Loving, Caring

"I will always be there for the families. Little people and their parents need someone to talk who won't walk away when things get tough."

Your 2021 Finalists



Miffy Barling

Youthline Auckland Charitable Trust

Miffy Barling found her calling with Youthline Auckland Charitable Trust, where she helps 200 volunteers support thousands of young people in crisis. Last year, her triage team responded to 150,000 calls for help from people aged 15–24. Miffy and the team refer the callers to the services they need to recover.



Jeanita Cush-Hunter

Children's Autism Foundation

Jeanita Cush-Hunter is a beacon of hope for desperate families who reach out to the Children's Autism Foundation for help to deal with their children's challenging behaviours. With her help, the kids grow in confidence and develop social skills. Jeanita also drives understanding of people with autism in the community.



Peter Leilua

Global Hope mission

Peter Leilua left a stable job to devote his days to helping troubled teens turn their lives around at Global Hope Mission. Peter has witnessed how disadvantaged young people become caught in the revolving door of the criminal justice system. He's determined to change the cycle and help young people contribute to their community. Peter was a Westfield Local Hero in 2019 and appreciates being nominated for a second time.

Recognising all of our 2021 nominees

Terry Toki
For the Boys Podcast

Tayla Nasmith
Mummys in Need

Charlie Cox
KOHA Apparel

Sarah Page
Kindness Collective

Julie Carter
One Big Family

Anna Kate Paterson
Everlasting.org.nz

Jeffrey Ruha
Rutherford College

Stuart Cross
Velvet Coffee Roasters

Tamara Waugh
**Auckland Sexual Abuse Help
Foundation**

Rylee Bracken
Raise Up (YMCA North)

Adam Sommerville
Speak NZ

Minha Kim
Victim Support Auckland West

Steve Campbell
Youth Search and Recue Trust

Kathy Neilson
Friends of Wairaki Stream

Sarah Christie
Pet Whisperer Rescue Trust

Deborah McLarin
**Graeme Dingle Foundation
Auckland**

Sandra Michelle Hickey
**Physical Disability
Rugby League NZ**

Charles Buenconsejo
Open Homes

Dominic Leverton
**Age Concern Auckland
Incorporated**

Miffy Barling
**Youthline Auckland
Charitable Trust**

Ally Gracewood
GirlGuiding New Zealand

Nana Marie (Jujnovich)
Heart Kids Auckland

Jeanita Cush-Hunter
Children's Autism Foundation

Peter Leilua
Global Hope Mission

**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 shades of red and white. The shapes are layered, creating a sense of depth and movement. The overall composition is clean and modern.

westfield.com.au/local-heroes

westfield.co.nz/local-heroes



Westfield
Local Heroes
2021

SCENTRE GROUP