



Supports Australians Manifesto

A compilation of all the
Sealy Supports Australians entries

21 November to 16 December 2011





Sealy Supports Australians Competition

Here at Sealy, we've been supporting Australians during their sleep for more than 60 years with our Posturepedic bedding brand. As an Australian-owned company, we're also committed to supporting local businesses and communities, and think we understand the importance of support better than most.

As a result, we thought it was about time to recognise and reward all the unsung heroes who help support *the community* and make a real difference to *people's* lives.

For six weeks, we asked the Facebook community to log onto the Sealy Facebook page and nominate someone who has supported them... whether it's an extraordinary teacher, a tireless community worker, or simply a best friend that never lets them down.

We now stand in awe of all the amazing Australians that have been nominated in the Sealy Supports Competition. We received hundreds of amazing entries, and some of the stories were truly inspirational. It has been humbling to see so many deserving people being recognised for the support that have given, however big or small.

We wanted to recognise all of the nominees one more time by publishing this Sealy Supports Australians Manifesto.

We hope that this manifesto will help to ensure that all of the good deeds and supportive acts that the nominees have performed, can act as inspiration to many more people.





My

Grandparents

support me...





Supports Australians Manifesto

Sarah H

I'd love to nominate my gorgeous, brilliant, spunky Nan, Mavis K, for always supporting me! I never knew my real grandparents, but that has never mattered because I've always had Nan! She was our neighbour when I was born, and some of my earliest memories are of playing dress-ups with her jewellery, or of her making me her homemade cumquat jam on toast, or of helping her in the garden. Thanks to Nan, I knew all the names of the plants and birds in her garden before I knew most basic words! Since then, she's been there for birthdays, breakups, celebrations, commiserations, and lots and lots of laughter. She's an incredibly generous person, and at 85, a huge inspiration: she plays golf, bridge, surfs the internet, goes out for lunch, cooks spectacular Indian curries with homemade chutneys, and might even have a busier social life than I do. People say that you don't get to choose your family, but sometimes you do! I wouldn't trade her for anyone, and I'm so glad that now I'm a bit older, I'm able to support her too! I just wish I had her genes!

Tanene D

My Nanna (Janice N) was my rock after my Mum passed away. I was extremely close to my Mum and I was lost once she passed. I had nobody to go to and visit or ask for advice. If it wasn't for my Nanna I wouldn't be as strong as I am today. She held the whole family together! She's had a lot of sadness in her life, more than anyone deserves & I'd love to see her have kindness returned to her in a big way.

Kerry G

My late grandfather was my support and my mentor and I miss him so much.

Bianca W

5 years ago when I was 20 I got Chronic Fatigue so bad I was bedridden for months and the last few years have been a struggle. I lost a lot of friends, possessions, money, (my family thought I was too lazy to go and get a job, even though this was so out of character for me!) The main person that had faith in me was my Granny! She was there for support from the start, I moved in with her and she encouraged me to get in the garden with her and grow veggies! This was the beginning of me getting better! I'm a lot better today but still have ups and downs! I see my Gran every week to every second week and we look out for each other. She has always been there to support and love me, so grateful to have her in my life!

Sharni P

My Grandmother- She's taken care of me ever since my dad went to custody for me (6 months old) and won as he did not want me to live with my mother as her family was filled with drugs rape and violence. My dad had to go away for work and eventually became a drug addict. I never knew my mum, but still my gran has loved and cared for me over the years, through the roughest tracks I'd never thought I'd go down (bulimia, anxiety and depression) while also taking care of my cousin and his mum because she has a mental illness from drug choices as a teenager... my dad is now a recovering drug addict, his turned his life to Christ and his a totally different person now thanks to my gran who took him to church for his first time.. my grandmother is my super hero.. she's been through so much looking after her whole family & six grandchildren and four children & I'm only sixteen and on centreline but I think my gran deserves more than another grandmother would at Christmas

Josh D

My Grandfather, who passed away on Nov 2nd 2011. He was a great man, loved by all and never had a bad word to say about anyone. He gave everything he had to help strangers and family expecting nothing in return. He gave me such courage and strength to get through the toughest times. Now he has passed it all seems a bit numb. All I want this Xmas is for my family to be happy and enjoy the holiday not to be mourning as the last thing grandad would want is for people to not enjoy Xmas. He put a smile on my face each day and I will wear one each day for him until I see him again :)

Cassandra D

My biggest support in my life would definitely be my grandmother. She has stuck by me through a very rough patch with my mother. She always would babysit me as a kid and the best moments of my life were snuggling up with Nan, with a hot tea in bed. She is now 74 and still babysitting all our other younger cousins and running around like crazy. She has always been there for me and for her I thank the world.

Falon D

My Nan has supported me through lots of hard times in my life. She is the most inspirational woman in my life and I am more proud of her every single day.





My

Parents

support me...





Supports Australians Manifesto

Melissa D

She's not only my mum, but she's my best friend. Through my sick days, through my sad days; she's always there with a big hug and a big box of tissues. She's been a single mother for 18 years, raising me all alone. To me she's my mum & my dad. We may not be wealthy, or have the best items in our home, but we have love & care, which is more important than any of that! My mum is the definition of 'Support'!

Jasmine E

My mum Angela E is a volunteer wildlife carer, she's always up at all hours feeding and cleaning them and hardly ever takes any time for herself, I love her and she's taught me to love animals and work hard for what I love in life!

John K

My mum and dad! They supported me through my crazy job choices! Acting and Music...Oh ohh..Can I borrow some money Mum?

Danielle H

My mum supported me when my husband was in Afghanistan and my house got flooded in Brisbane. She helped me buy a cheap bed, and furniture for my 3 yr old and my new born baby who I was just bringing home from neonatal intensive care unit. She's wonderful!

Vanessa S

I'd like to nominate my Mum Lorraine S. I have three kids - two of which are autistic. She's always helping me with my kids along with helping other people. She truly is an unsung hero/ part time carer/ bestest Grandma and Mum in the whole wide world :)

Kristiina A

My dad has always been supportive of me. He has supported me to chase my dreams and never give up. Especially with the passing of my mum, he supported me through that tough time.

Jade G

My Dad Wayne - I miscarried two weeks after my partner was deployed last year and my dad dropped everything to help me from taking my to the doctors check-ups and food shopping to picking my son up in the morning and taking him to school and bringing him home in the afternoon.

Everyone knows my dad is a kind soul he is the one who picks up the pieces in our lives. I love him :)

Bev S

My mum has supported me throughout my whole life. Whether I was good or bad (and yes there were bad times) - she has always stood beside me. I never went without, somehow she always made sure of that. Now she's 84 and her health is failing, I'm ever so glad to be able to repay the favour in a very small way by being there for her.

Melanie D

I want to nominate Karen S, my Mum. She has been there through everything. Six years ago we almost lost our six month old to a nasty brain injury and Mum was the one there for us, taking over in hospital at nights so we could sleep, and being our shoulder to cry on. Then, this time last year, I ended up on life support after routine day surgery went horribly wrong. It was my Mum who risked her job to help my husband look after my children, sit by my bedside when I didn't know she was there, and help me back on my feet when I was finally allowed home. She is my best friend and the only person I can always rely on no matter what the situation without fear of judgement or ridicule.

Fiona W

My mum. It doesn't matter whether I'm 4 or 40-my mum helps me, comforts me, gives advice and generally makes me feel better about things. I have my own family and she supports them too. Her back deserves a break from carrying us all!





Supports Australians Manifesto

Libby C

I know by saying that my mum has supported me is very cliché, but in my case throughout everything I have been through..who do you think would support me the most? I am 22 and already in my life I have been through it all - anorexia , post traumatic stress , abuse, illness, friendships come and gone and changing schools more than 3 times ... but no matter how hard things got and how much stress I put her under, my mum was there for every tear, every fall and she still is. She is the most beautiful person..she never once raised her voice and out of everything she has this way of making anyone feel loved. I often sit here and think how can I repay her for everything she has done, sure I can tell her thanks and that I love her. But I would love for her TO HAVE a good NIGHT sleep! Since I'm better now she has the chance to sleep well, but with limited money resources, she cannot afford to. Wouldn't it be nice to give the person that has supported us the most something that really truly supports them and comforts them. I think Sealy could do that.

Juanita

My Mum, she's amazing and has supported me through all my ups and downs (which have been many). I wouldn't have got to where I am today without her standing by my side.

Rebecca M

My Mum has supported me through my drug addiction and I have been clean since 2004. I was a heroin user and when I went through rehab in 2004, she took my children in whilst I was in there, came to AA meetings to support me, supported me the whole way through my entire life and has always been my Angel. Through domestic violent relationships she stood toe to toe with abusive men and saved my life by begging doctor's to not let me die. She is my hero. Thankyou Mum.

Christielee P

My mother is my support system. She raised me on her own. We went through so much when I was younger. My mum was there after I was abused, bullied and beaten on so many occasions all through my childhood and my adult life. Mum has been there for me emotionally and financially when me and my three beautiful daughters were left homeless and struggled to find a home, she was there offering us to live with her, my step father and my little sister in their two bedroom apartment until I was ready to be on my own two feet. My mum looks after my three girls and her own daughter so I can work and even though she struggles with severe epilepsy among other health issues she still is there for me no questions asked. The best thing about my mum is she is always there for me to cry on her shoulder and to tell me that everything is ok and that she loves me. Mum has never had anyone do anything nice for her and it isn't just me she takes care of but the whole family and she gets absolutely nothing in return, no one ever gives anything back to her and at times all of us, including me, take advantage of her and her generosity and her giving, nurturing nature. My mum truly deserves to finally get something back. I love her - I just wish I was in a position to give her something special back

Judi

My dad, even though I'm an adult with my own kids I know that I can always count on him to be there for me and I love him for it

Amara C

I have been ill since my early twenties with CFS/ME and am now in my mid thirties. Unfortunately in the last few years, it has become much more serious and life threatening. Last year I over a period of months I was in and out of hospital frequently and have still not really recovered. So I am very weak and find doing almost anything difficult. I can stand for short periods, but cannot walk far. I have lost all of my motor skills and my cognitive function is severely impaired, making most tasks too challenging or even impossible for me to complete. So I have had to move back home to live with my parents. And for the last few years, my mother Roslyn has had to take on the responsibility of caring for me. She does all my washing, helps me change my linens, takes me to the doctors every week, does my grocery shopping for me, all of the things I cannot do. It is not an exaggeration to say that I could not survive without her. I could not live by myself, her support is the only thing that keeps me slightly independent. And she does it all while ill herself and with a very bad back. So my Ma is the person who supports me the most.





Supports Australians Manifesto

Emily

I have just finished my Uni degree which my Mum and Dad supported me through and I would love to pay them back for everything they did for me!

Tina M

My parents NEVER EVER let me down! Since I had my first child at 19 they supported me as a single parent from the day they found out, and almost 5 years later they are continuing their support for me (and my daughter and now husband); I can rely on them for ANYTHING, when I'm extremely sick they will take my daughter for me until I'm well enough to continue being a parent to my daughter. I continue to lead a healthy social life as their support allows me to - my mum even comes and cleans my whole house for me, as I'm now expecting baby number 2 and have been quite sick lately! 2 people in my life who would NEVER let me down and who I could ALWAYS count on!

Nicola T

They always say blood is thicker than water but in my case my mum has gone beyond the call of duty. I've battled cancer for over 10 years, she has virtually raised my daughter and taken care of me whilst I was sick, doing local community work, making scones, attending meetings. She is a quiet hero but a deserving one. She's had a hip replacement and doesn't sleep well at night. A Sealy bed would see her right.

Elizabeth D

I've had Chronic Fatigue Syndrome for 18 years. My mum Nina has been the most supportive to me, from my daily battles to stay sane, to my strive to get well, mum is the best medicine I could ask for

Deb K

My caring parents, who have provided love & care for my 4 children and I, while my husband has been in hospital with a serious illness for the past 6 months.

Menh Benh S

I would like to nominate my mum, I am a young mum myself and I only started to really appreciate the things my mum has done for us (me and my siblings). She has helped me a lot so far in my life. Biggest gratitude towards the best mum in the world.

Beth H

My darling 90-year old Mother, Chrissie C has supported me all of my life and now it is my turn to support her!

Maria M

February 20, mum was hit by a car whilst walking across a pedestrian crossing. She was admitted to hospital suffering horrific injuries spending 4 weeks there, then, transferred to the Victorian Rehabilitation Centre spending 2 months as an inpatient learning to walk again. In the meantime the family was falling apart but with mum being such a strong woman, her determination to fight gave us the strength to go on

Alison L

I would love to nominate my Dad, Peter. Dad is my Mums' full-time carer and my full-time best friend. He ALWAYS goes out of his way to help anybody and I really feel that he deserves something great! At 72, he's a big kid at heart and even dresses up as Santa Claus for his Grandkids pre-schools, just for fun! I would love to give my Dad the opportunity to thank him for everything he has done to help myself through some very hard times and also for helping anyone who needs it!

Samantha H

My darling mum Margaret deserves this nomination. This year she has supported her husband and a daughter who were both diagnosed with cancer. Even going back and forth the hospital with them both for treatment she still always has time to be not only my mum but my best friend. In my eyes she is a hero with a heart of gold.





Supports Australians Manifesto

Karen T

My mum has always supported me, never judging my life decisions and she's always there for my kid's as well.

Lana H

When I was diagnosed with scoliosis and spondylolisthesis at the age of 13 my Mum, Dorothy, virtually became my maid while I couldn't walk. While I was in hospital in the city she would endure a 4 hour return trip on the train everyday just to sit and watch me while I recovered. She never complained, and months afterwards I could walk perfectly again. Eleven years later, she has been diagnosed with a terminal degenerative cerebellar illness that has her confined to a wheelchair. Every day, I ask Why her? ... but the silver lining is that I can finally pay her back for all the support she gave me during a time where I needed her most

Lucy W

Mum, it's hard to find the words to say,
How much you mean to me,
How did you do it all, mum,
Be a chauffeur, cook and cleaner,
Yet find time to be a shoulder to lean on,
I just can't comprehend.
For everything I am today,
My mother's love showed me the way.
As a teenager you walked behind me
Looking out for my back
As an adult now you walk beside me,
Enjoying life together as two friends.
Nobody's equal to you, mum,
With you in my life, I'm blessed,
I just want you to know, I love you so.

Felicity K

I want to nominate my mum Agnes K. She lives in a super tiny 2 bedroom unit, a unit for 1 she likes to call it but still she opened the door for my 2 sons and I to move in with her while we save to get back on our feet. Mum's been counting the sleeps and after over 13 months she only has to put up with us our dog and our 2 turtles for 4 more weeks. She's the best and really made a massive difference in our lives

Natalie L

I want to nominate my Mum Peggy, as she took us in and let us stay with her

Nicole L

I want to nominate my parents. Through our daughter having juvenile arthritis and travelling great distances for her care, my parents have always been around to support and love our other children when we are far from home for long periods of time

Justine C

My nominee is Annette M, my long suffering mother who continues to be of greatest support to myself and to her behavioural challenged grandson, my son. Mum is a constant in both of our lives, providing us unconditional love no matter how testing the circumstances.





Supports Australians Manifesto

Marie

My parents, Clarrie and Trish. Parents to four girls, they are working class people and have worked so hard to privately educate each of us and have paid for each of our weddings. They have given up the things they want to do to provide financial assistance to me and have said there is no pressure to pay them back. They let us stay with them after the birth of our first baby and since then have supported us through two miscarriages. We are now pregnant again and have found out that bubs has a heart abnormality and again mum & dad are there. We will stay with them yet again after the birth of bubs where they provide the best respite care ever. For the past three years they have cared for my son 3 days a week so I could return to work. They constantly give their time to me and my sisters and give so much love to our children. My parents are the most selfless people you will ever meet. When someone asks for help they don't say no, they go out of their way to make sure they can help. They are the perfect role models when it comes to marriage, recently celebrating their 42nd wedding anniversary, they are best friends and do everything together and laugh all the time. Saying thank you just never seems enough. Thanks mum & dad, win or lose the competition you really are the best and I just wanted everyone to know. xoxo

Katie M

My mum- Jackie M. Countless times she has pushed me to do things I didn't know I was able to do, and has given me the opportunity to feel great about my achievements. How can you go pass your mum for an unsung hero!

Renee

My support is my dear Mum - she will be at my door at a moment's notice to help with the kids, and she's the best cook!

Stevie C

My dad, Geoff P. He's not my biological father, but stepped in when the biological didn't want to know me. He has supported me through thick and thin, teaching me morals and values, helping us get our first home, and always being my rock. Even when our step mum was going through bowel cancer, he has been our strength. He has been my rock and I can sleep better at night knowing he is a part of my life, even when he didn't have to be.

Elyssia B

My Mum has supported me and my whole family forever. She is amazing. My Dad was recently diagnosed with non-hodgkins lymphoma for the second time and she took three months off work to look after him. During this time I was also sitting my final uni exams so she looked after me as well - cooking food for me, sending me gifts, coming to visit. She is seriously amazing. I love her so much.

Jeanine V

My parents have always been there and still go without for others

Breannah J

My mum, (Lisa J) has made me the person who I am today even though her own life has been a struggle. Losing her mum at 16 years of age, then going on and losing her dad and her brother also, she never gave up on her life and still aspired to be what she wanted to be. She was a successful business owner (hairdressing) and when times got tough she was always there. When my dad lost his job in the recession, she worked 3 jobs just to get food on the table. She suffered depression, anxiety and then was diagnosed with a severe thyroid problem... ever since then, we have struggled financially, and with a little bit of assistance from you, it will bring light into my mum's eyes and make our Christmas this year a magical one.. and one we will certainly never forget.





Supports Australians Manifesto

Stephanie D

My father- He was there when I needed to move in with him due to domestic violence at mums. He looked after me and didn't charge me rent. He never expects anything back. I get along with him really well, we're similar in many ways. Even though we have our moments, I love him with all my heart.

Hellen W

My mum was there for me when my partner passed away at home and now it's my turn to help mum and my brother. Mum has Parkinsons and my brother is in need of a kidney soon, so whenever I can I give my brother a weekend break. I try to do this once a month only because we live so far apart and I have a farm to keep going

Tanya

For years my mother couldn't understand why I was so off and confronting. Really not wanting to be a part of the family until 15 months ago I told her what happened to me when I was a child. For the last year my mother & I have become best friends again. I feel I can come to her & tell her anything & not be afraid of what might happen. It's always something bad that happens that can make it a happy ending.

Vicki L

My wonderful 94 year old father has been supporting us financially for some time. But not only that, he has supported me in everything that I do even if he doesn't agree. He is my hero and a Rat of Tobruk and is still fighting!! My mumma has Alzheimer's and twice a week he gets in his car and drives over to see her and spend time with her. He is just the most wonderful man in the world.

Barbara B

I'm an ex-drug addict, but my mother, Jeanette Robertson was my biggest supporter and not once did she judge me or my failings.

Roselyn D

My mum, Maureen M, has stepped up and looked after my kids for 2 days a week since I had to go back to work. It wouldn't be possible without her.

Samantha O

My Mum and Dad, they are always there for me and supportive of whatever decisions I make and they're full of very useful advice!

Sheree M

My mum has supported me always, especially when I lost 50% of my sight last year when I got optic neuritis. She looked after my two young children while I was sick in hospital and for 3 months after that at my home while I was recovering on steroids. I would be lost without her. She is no doubt the most giving and caring person in the world. I can never thank her enough!

Georgina K

The only person that has supported me, through thick and thin, not judging me. Could only be the best of all it is my Mum who I love for the world.

Lara H

My Mum is the greatest woman in the world and she is always there to support me. Recently I've been going back and forth overseas to be with my fiancé before we move permanently to Australia. My Mum has supported us emotionally, financially and always has a fridge full of food and warm bed for us to crash on for months at a time.





Supports Australians Manifesto

Cait

I need to nominate my loving mum and dad in this competition for no other reason than that they deserve at least a little good fortune to come their way.

My parents are truly my heroes in that they rescued my twin sister and myself when they adopted us all those 27 years ago, taking us from our birthplace in Lismore into their newly established home in Sydney.

We never wanted for anything, but we were taught the value of hard work and that money doesn't grow on trees. Mum and dad instilled in the both of us the morals and ethics we have today and i thank them for always being fair, never allowing us to take the easy road and for shaping us into the women we are today.

Mum and dad have been through a lot and have overcome redundancies and hardships, and with great strength and courage they came through it all.

I moved out of home with my partner a few years ago and to ensure that we didn't use up all of our own savings to purchase furnishings, kitchenware etc, they helped us out in any way they could and helped us to establish our home. My mum and dad were there to comfort and support my partner last year when we realised that we could not bring a baby into this world- They were there for us physically and emotionally and helped us to pick ourselves up from a dark place and come back into the light.

Mum and dad have always made us feel as though we belong, and I wouldn't want any other family than the one I have always known and loved and will love eternally. I cannot thank them enough for what they have done for me...

Adam W

My mother Stephanie W. Nothing short of a super hero- she's always been there supporting me and ensuring that when life has thrown me lemons she showed me how to plant lemon trees.

Sheree M

My mum has supported me always, especially when I lost 50% of my sight last year when I got optic neuritis. She looked after my two young children while I was sick in hospital and for 3 months after that at my home while I was recovering on steroids. I would be lost without her. She is no doubt the most giving and caring person in the world. I can never thank her enough!

Christina L

My mum (Suzy L) has supported me in my 29 years of life. Through all my ups and downs, through my rainy and shiny days. Through everything that life has thrown at me, she has been there to pick up the pieces. Mother & daughter bond that can never be broken. I've gone through a lot in my life, things that bring tears to my eyes, but she had never judged me or made me feel indifferent. I couldn't ask for a better mother and hence my nomination by far would have to go to her. THANK YOU MUM

Amie C

My mum Vicki C has supported me through thick and thin.....she brought me up on her own and did it well....she is an inspiration.....

Briony S

My mum. She payed for me to return home from Europe when I ran out of money, supports me by picking me up no matter what time in the morning from the pub yet never asks or buys herself anything.





Supports Australians Manifesto

Kattie Y

When I was 7 I was diagnosed with nephrotic syndrome (kidney disease). My mum and dad spent so much time away from work driving 6 hours back and forth to children's hospital in Sydney. They spent so much time with me doing everything they could, all while still having my little sister to look after. I couldn't imagine going through all of that without them. Mum - Kim Y, Dad - Sid Y

Chris M

My parents have supported me throughout my University degree and continue to support me in my life. I would love to be able to repay them and show them how much I appreciate their love and understanding

Rebecca

My dad is wonderful man. He is always there for anyone in need. If u need advice or a helping hand he is there. I love my dad, he is a man you can look up too

Sarah H

I'm so stoked to be able to nominate my mum, who is the most generous, strong, funny, brilliant and selfless woman I've ever met. Of course, I'm biased – (she IS my mum!) – but when I think about all the things she's sacrificed for others I know that she really does exist on some kind of superhero level of amazingness.

For the last thirty years my mum has worked at a high school in behaviour management, which means that all day long she sits with the moodiest, angriest, naughtiest teenagers imaginable. Most of them have substance abuse problems and awful home lives; many also have criminal records. Mum has had to break up fights, cheer up suicidal kids, deal with stroppy parents, investigate when money is stolen from her purse, and once, even having to evacuate the room because someone decided to set a desk on fire. It probably won't surprise you to hear that she's on first-name terms with the local police.

Despite that, she's had so many success stories. Kids who were going to drop out of school who've changed their minds. Kids on drugs who quite. Kids who were waltzing down the wrong path, yet ended up with jobs, families and houses. I'm so proud to be able to say that it's my mum who has made that difference in those young people's lives.

All of that would be pretty extraordinary by itself. But when you consider the other things that Mum has had to put up with outside of work, you'll really understand why I'm so proud of her. Ten years ago, we lost Mum's mother (my Gran) to Parkinson's and dementia. Losing a parent is always awful, and we're a small family, so it hit mum very hard. But the worst part about it was that my father had also just been diagnosed with Parkinson's. Now, ten years later, after brain surgery and a catalogue of other physical ailments, he suffers from advanced Parkinson's. Mum has been through the pain of watching first her own mother then her husband change and become someone else, someone who doesn't remember things, whose personality, memory and behaviour has changed and morphed in terrible, unpredictable, and difficult ways.

I don't know anyone who could do what Mum does. She gets out of bed in the morning and is somehow always cheerful. She takes care of my father, she makes the bed, she makes his breakfast, she cleans the house, she does the gardening, and then she goes to work all day with those difficult kids. Her love and devotion is just incredible. But I don't want you to think she's miserable – quite the opposite. That's why she's so amazing. She's always got time to chat, to talk, to have a cup of coffee. She's always nattering away to her friends on the phone. She gives and gives and gives all the time and still has this amazing reserve of energy.

And of course, she's also given infinite amounts of that energy and love to me over the years. I'm 28, and I also went through those difficult teenage times where I was moody, naughty, and a downright pain in the bum. I wish now that I could take it all back, but I can't. All I can do is thank her for supporting me, my father, her students





Supports Australians Manifesto

and everyone around her, and hope that in some small way I can help her to realise just how special and mind blowingly amazing she is. Having heard mum's stories about the kids she works with, I've learnt that parents are a bit of a lottery; sometimes you're lucky, sometimes you're not, and it can change who you become and where you life leads you. With my mum, I hit the jackpot. I must be the luckiest daughter on earth.

Karise

Sex drugs n rock n roll , I've seen it all (foster child)... when I was 13 I was given a special foster aunt and uncle that owned a music shop. They taught me how to play guitar, bass, sing and all sorts!! It was at this stage in my life I realised I am a ok person... thanks to aunty Marilyn and uncle Frank I am now 19 years old with no depression or addictions and am a successful young musician travelling around Australia.. All thanks to them... music saved my life... :D

Claire M

My mum is like life support, no matter how bad things are she always makes them better. I owe so much to her. Love you Mum

Julianna K

My mum. Never have I appreciated her as much as I do now after becoming a mother myself

Julia F

My mum Tanya. She really is the best mum in the world. I am 6 months pregnant and she has helped me the whole way, with my sickness and the million doctor's appointment that I have had to have. She stays up late with me when I can't sleep, and comforts me when I am upset. I may need a blood transfusion soon and she immediately offered to be the donor, as we are the same blood type. I know I will be a great mum because I have had the best role model. I am so blessed for my child to have such an amazing grandma

Melissa le P

My mum Doreen W is my support person. My husband and I had a baby 5 months ago, despite being told we were never going to have a child as I have been ill. Our baby is our little miracle! We haven't had a lot of money so my mum is always there to support me with nappies, baby food, food for us and mental support. I love her very much and don't know what I'd do without her.

Nicole J

My parents (John & Denise) have supported me. My husband has had cancer twice and they gave insurmountable support to me and my children in a very difficult time. They still continue to support and love every day.

Laura

Christine J. There for me every day, she does my washing, she cleans the house I live in, she gives me too many kisses and hugs, looks after me when I'm sick and so much more!. A mum worth rewarding.

Alarna

My mother Diane is my unsung hero. Even after she broke her back when I was 5 years old she still made sure I got to every netball game and took us on holidays. She allowed us to continue to be children even when she was struggling with her chronic pain. She is my hero!!





Supports Australians Manifesto

Alana

My mum Janet and dad David have been a huge source of support for my family. They help us financially, dad helps with handyman work around the house and they help by looking after the kids if we are going through a rough patch or are stressed with work. We couldn't do it without them.

Effie B

My biggest supporter is my mum, Eleni S. When she was 2 years old, her own mother died and she missed out on being loved. However the love she shows for me and my children is overwhelming and immeasurable! She supported me financially throughout my school and university years, then supported me with babysitting when I had my first child and had to return to work. She is now 64 but still has the energy to treat my family with delicious foods, and is always willing to babysit my 2 children so hubby and I can have a 'date night'. She is a brilliant wife and treats my father like a king, with love and respect. I think my mother is an angel sent down to earth!!

Lee R

My mother is my unsung hero. She supported me when my husband left me pregnant with twins. Whenever I have been sad, sick or feeling lost, she is my best friend and my children's best friend. She never says no, she always has time for us. If the children are sick, she is with me. She is my hero and I love her so much. Her name is Gwen R.

Monique B

My Mum has survived breast cancer and continued to support our family by going to work as a primary school teacher when she recovered. Now she has to go into hospital to have a brain tumor removed. As always we will be there to support you Mum, you are the bravest and most inspirational woman I know!

Jessica A

My dad is everything to me, he has done it so tough having 9 children and now in bankruptcy, but he still manages to keep a smile and does everything he can for his family

Dianne W

My mum Chris is my major support, she took me back in with my daughter, her granddaughter when my marriage ended, helped me in the courts and financially thru a custody battle and supported everything I have ever done. I am so grateful I still have my mum

Kathryn F

I'd like to thank my Mum, Louise, for her support through my University degree. Without mum's encouragement, I didn't even have enough faith in myself to start the journey. Mum has supported me in every way possible, she is amazing!

Karen S

I'd like to nominate my Mum. As a single mother, she has put up with us in her home for years now, whilst I struggle to make ends meet, babysat whilst I attended uni, babysat and taken my daughter to School whilst I work part time, and let me save for my own house, only giving her the bare essentials when I can. This would not be unusual for any mother, but I am now 35, I should have had a home 10 years ago and raised my daughter with no help. She never asks for anything, never asks me to move out, and is always offering support where she can. I'd really love to repay her in some way other than my love and gratefulness, and actually give her a gift of thanks that she will always remember and know that I am appreciative of her.





Supports Australians Manifesto

Nelia S

Mum is 82 years old and in desperate need of a new mattress. In the last 6 months she has been in and out of hospital with cellulitis caused through Lymphodemia in her R.leg. Going from being independent & driving a car 6 months ago, she is now walking with a frame & using a wheel chair & now needing a hip & heart operation. Mums mattress is in desperate need of a change. She never complains, only thinking about others. She is my UNSUNG HERO

Jodie N

My mum, Patricia (Margaret) D lost my dad when I was 9 and raised my sister and myself alone. She didn't have support services back then, just the knowledge to keep going. 25 years later she still supports me in not judging me, not being negative but supporting and loving me. She's on a pension and doesn't have much, but she has contentment in her life.

Mary

My dad (Peter S) came to Australia by a saving angel from heaven. My dad left Egypt to come to Australia for a better life where the sky is the limit and there is no limit to what you can achieve and dream. On his way to Egypt he went through Lebanon where his passport, the only form of identity he had and all his money to come to live a better life in Australia was taken away from him. My father approached the World Council of Churches who helped him get another passport and paid for his fare to come to Australia. My father only had \$12 in his pocket when he came to Australia but he was amidst his future in Australia where dreams do come true. Once he reached Australia, he went to the Employment Office where he was offered a job at Cityrail. My father built his career from scratch where he began as a cleaner at the local train station, to a train guard upon the country link train until he became a manager. My father met my mother and there were 7 of us kids so my father took a second job for 13 years to help pay for bills and for us to go to school. My brothers and sisters hardly saw my father because he worked at Cityrail during the day and worked his second job at night time. It was a tough time but he helped us get through. After my brothers and sisters had finished school my dad worked his one full-time main job at Cityrail. Until 3 years ago, my dad retired from Railcorp after 40 years of serving the community. My father's story is truly an inspirational story not to only me but to others who face hardship. As you can see, Australia is a country where dreams come true and I hope this story will motivate others to follow their dreams and do the same.

Kylie D

Pretty easy... My Mum, Michelle. She is the one who has supported me and now, later in life, I can support her. I think it's a pretty great thing. With a mother that would never leave me. Even during the times when she had every right to. She has been there through all of the good and even more of the bad. The disappointments and let downs. Of course, I did get the lectures and the long versions of her opinions... but they were well deserved. It's a wonder she survived. My Mum is my hero x

Denise P

My Mum Elaine S has always been there and supported me. She was there when I left my husband quite a few years ago, gave me a job where I could have my kids with me all the time and she has never judged me which means a lot when you know in yourself where you went wrong. I love my Mum just for all that she's done for me.

Sharon

My parents are my hero's because they stuck by me when everyone else left me, while I was on the streets, during my years of drug & alcohol abuse & then later during the birth of their 3 grandchildren & still now with babysitting... Thank you mum and dad.





Supports Australians Manifesto

Kirrilli M

My Mum has supported me through so much. At the moment I am 26 weeks pregnant and by the end of every day I'm sore and tired. My Mum does everything in her power to make me feel comfortable and happy. She works 6 days a week at a nursing home and suffers from pulmonary hypertension, but nothing stops her from making others happy!

Michelle

I am nominating my wonderful father, Anthony. He is the true meaning of the word gentleman. He has been married to my beautiful ...mum for over 45 years, and has always been supportive to her, and us kids. Sadly, my parents had to deal with the tragic passing of my brother when he was just 12 years old. I was only young at the time but remember dad coming into the bedroom I shared with one of my sisters, to offer comfort when my sister had nightmares. He was dealing with his own grief yet always remained strong for us. He suffered severe depression as a result of my brother's passing, and he even needed to be hospitalised it got so bad; and it still affects him to this day. Up until a few months ago, I had always been afraid of driving, and didn't have a licence, so every morning, rain, hail or shine, dad would travel to pick up my eldest daughter and take her to school, and he would pick her up every afternoon too. He planned his days around her pick-up and drop-off times. He never accepted any money for petrol, even though he is a pensioner. He would take me grocery shopping, and to any appointments I had. He never complained, and waited patiently for me, even though I am sure he had better things to do with his time! Dad and the rest of my family gave me the courage and support I needed to finally overcome my fear, and I recently got my licence on my first attempt! He is so proud of me, and I could never thank him enough for what he and mum have done for me over the years. To the world my dad is just a dad, but to me, my dad is the world.

Kristy-Lea F

My mum, Dell F, has supported me more than anyone else in the universe. Almost 11 years ago I became a single mother and my son has Autism Spectrum Disorder. My mum acts like my husband and is there with me for all of his specialist appointments. She gives me respite by taking him for overnight stays at her place and has looked after him when he was sick to allow me to finish my uni degree (which I successfully did last Friday!). She does all of this whilst also looking after my dad, who has asbestosis and requires a fair amount of care. I love my Mum, I'd be lost without her.

Carly

When my daughter passed away, my mother helped me a lot. She cleaned, cooked, gave advice and was a shoulder to cry on - and she did all of this even with a chronic illness - she did not think of herself, she just wanted to be there for us! My best friend is my mum!

Melissa S

My mother Patsy S is the only person who has supported me throughout my career, taking me every night (including weekends) to dance lessons, waiting for me, picking me up and dressing or watching me at all my performances!! I can't thank her enough!!

Samantha

My mum's always been there for me through thick and thin, no matter what, no matter how many bad the decisions I've made.

Susan H

The person who supports me most is definitely my wonderful mum Vicki F! She's always there for me when I need to talk about anything, whether it be important life decisions or what coursework I'm finding difficult at uni. I couldn't have asked for a more wonderful person to raise myself and my 4 siblings and to top it off now she helps to raise others kids as a family day-care mum! She truly is a caring, generous person and everyone who's life she is a part of is touched by her kind spirit. Love you mum





Supports Australians Manifesto

Sarah C

My mummy darling, Suzanne - she's the one that I love the best, my tour guide who holds my hand - throughout this worldly quest!

Monique B

My Mum has survived breast cancer and continued to support our family by going to work as a primary school teacher when she recovered. Now she has to go into hospital to have a brain tumour removed as always we will be there to support you Mum you are the bravest and most inspirational woman I know!

Carly R

The most supportive person in my life has been my parents. With 5 daughters they sacrificed so much to send us all to private schooling and university - not only financially, but also emotionally, and giving of their time. Not to mention all the weddings!! Now with 14 grandchildren we continue to keep them super busy, however they both always have massive smile on their faces each and every time we see them and are always looking to give us a helping hand either with looking after the kids or doing odd jobs around the house - all of this whilst both still working!! AWESOME PEOPLE!!

Rachael

I'm going to have to say my mum (Belinda). She has been there for me through the hardest times, and has always known the way to cheer me up. She makes me the happiest when I'm around her. If it's a competition like I'm entering now she should win hands down and all this money would go to her because she deserves the world :)

Wayne D

My Dad (Paul D) has worked as an electrician his whole life. He's up at 6 in the morning and out as late as 8 in the evenings. In that whole time, he has never bought himself a proper mattress yet will complain about how achy his back is blaming it on working in the attic spaces. I know better and I'm sure it's down to that mattress so its time my Dad the hero of home electrical installation got a good night's sleep!

Angela

Linda my mum is my inspiration she has always put us kids before herself to the point about 12-13 years ago she took in my 2 nephews and niece as my sister couldn't handle being a teen mum. If it wasn't for her they'd probably be in foster care. In 1987, a year before I was born, she lost my sister Natasha when she was only 7 months old and she has my younger sister whose now almost 18 and has a lot of problems - she's suicidal, and has other medical problems. In November last year she saved my life by taking me to hospital when I was having chest pains and they found clots on my lungs. I was told I wouldn't of woken up the next morning and when partner was away for work for 6 months she helped me look after my daughter driving me to Dr appointments, shopping, babysitting ect, and through all the hurt she has been through she still manages to put a smile on our faces and help us out with our kids whenever needed. She has such a big heart and its time she knew how thankful and grateful we are for having her in our lives, and why she is such an inspiration to me.

Mary-Beth M

I nominate my mother. Basically my mother has raised 8 children alone. My 'father' was not a good man, so my mother had the courage to pack up our life and leave him all on her own. So single mum - working multiple jobs to feed 8 of us - she has the patience of a saint - my brother is down syndrome. Doctors told my mum he wouldn't live past 4yrs old, he is now 40yrs old. He cannot read or write, and has a 3yr old mind, my mum is 63 and still raising a young child every day. That's a very brief outline, hard work, patient, kind, forgiving, supportive and loving beyond means.

She deserves the world and yet she keeps giving to her children, asking for nothing. She hasn't even had a holiday in over 20yrs!!!!!!!!!!!!!! AMAZING! I'll leave it at that. I could go in for a long time about her :-)) Please enter this as my mum deserves something back :-)) Thankyou Sealy





Supports Australians Manifesto

Vinni Tshepo S

My mum is my biggest supporter. In her eyes, there is nothing I can't do, which has helped me greatly especially since I'm always so reluctant to try out new things.

Kate

My mum; she has been enthusiastically supporting me all my life, even when I was doing things like dying my hair pink, or moving to Indonesia.

Melissa K

A very young mother,
Mum was to be,
Who would've known,
At only seventeen,
Hard times to come,
It was hard to see,
But Mum would be there,
to stand by me,
At only fourteen
I had a baby
And Broke my mum's heart
She deserves her heart mended
Cause I tore it apart

Jackie M

I want to nominate my mum Jennifer M. Just over 2 years ago I moved to QLD from Sydney with my partner and 8 month old son at the time, and decided that we were going to go thru with our next addition. I ended up finding out I was expecting twins. Anyways after the birth of my handsome identical boys my mum would come up from Sydney once a month just for a few days and help me with my 3 boys as well as all the domestic duties. I don't know how I could have done it if it wasn't for my mum as we hardly knew anyone in QLD. I truly think my mum deserves it so much as she has been struggling with leg problems for many years and I think it's time she relaxes her feet because she truly deserves it. She's a super mum in my eyes :)

Alita C

My dad Leslie has been my rock through a very bad year separating with my 18mth old son from a violent ex partner. It's been a struggle into single life and dealing with the issues of conflicted parenting and legal battles.

Allicia W

My Mum Christine is the most amazingly supportive person I know. She is so selfless and always puts everyone ahead of herself. Even though she has a lot of stress in her own life she will always sit and listen to my stories and help me first. She has raised me to believe in myself and without her support and encouragement I would never have finished my uni degree, bought my first car or built my first house. Love you Mum!

Penny G

My mum supported me with babysitting, meals and a shoulder to cry on when my husband left. I wouldn't have made it through without her.

Katherine J

My mum has given me unwavering support through me years struggling with chronic health problems - she is my rock and I am so grateful to her.





Supports Australians Manifesto

Alicia W

My Mum Christine is the most amazingly supportive person I know. She is so selfless and always puts everyone ahead of herself. Even though she has a lot of stress in her own life she will always sit and listen to my stories and help me first. She has raised me to believe in myself and without her support and encouragement I would never have finished my uni degree, bought my first car or built my first house. Love you Mum!

Anna S

I had one of 'those' experiences giving birth to my baby and needed to move back to my home town while I recovered. I had to leave everything in storage when I left. My Mum helped find a house for me, she cleaned it and put some of her kitchen stuff, her tv and some basic necessities in it, to make it comfortable for me. She has been there to babysit and help me with shopping, dishes etc, all while she keeps working and doing community theatre. I haven't been the most gracious patient but she has been a friend and an angel through all. Her bed is terrible with a horrible saggy mattress and it gives her backaches. I would love to be able to give her somewhere comfortable to sleep, she deserves some glorious rest and support. She's my Mum and I love her.

Aimee T

When I was 4 years old I was burnt with boiling water and my mum was always, and is always, there to support me in whatever I do.

Rachel M

My mum has supported me through thick and thin. She was always there through my schooling years and teenage years. Now I have my own family she is still there for me assisting with my 2 year old son in every way possible including babysitting when I work. If it wasn't for her support I wouldn't be able to work

Teresa H

My mum as she has helped me with my kids and looked after me when I had my cancer operations

Sarah -Jane N

My mum - 4 of my 5 siblings have disabilities and she works as a support carer for disabled adults and never puts herself first when she really should. Us kids always come first.

Samantha H

My mum is very supportive. Whenever I am in need she will always help.

Daniel D

When my father died of a brain tumour it took a heavy toll on our family. Through the 3 years of nursing him and slowly watching him deteriorate it was extremely sad. A few months after his death I suffered a severe depressive episode and my mother decided to turn a blind eye, but luckily for me my uncle and auntie John and Collette heard my cries for help. They offered me a place to stay in their own home for 6 months until I was able to recover and seek treatment. They were there for me every step of the way and I thank them very much for it, they were there for me when I needed them the most!





My

Mother-in-law

supports me...





Supports Australians Manifesto

Lisa-Marie S

My mother in law - After the birth of my daughter I was diagnosed with postnatal depression. She came and lived with us and helped raise Amelia in the critical first months of her life.

Nat L

My Mother in law Judy, has been great from the day I met her. She helped out heaps with the wedding, with life in general till we got pregnant and is fantastic with her first Grandchild. She takes him off my hands once a week so I can actually do some work at my job (he usually comes with me).

Erin

My Mother in law, she has supported me from day one since my parents decided they no longer wanted me as their child when I turned 18. I could not be without her love today as she has brought me up as her own and loved me like a mother should love their child. She means the world to me and she deserves the prize for best mum in the whole world.

Claire E

My Mother in law Sandy E has been amazing. I had 9 hours of surgery to remove a pancreatic tumour. She has been by my side and taken care of our 3 kiddies and has been an incredible support. To get through this, she has been my strength.

Tania S

We are no heroes, more likely the zeroes, we work long to survive. So thanks to my Mother in law, for stress she removes from my life. Lena takes in our kids, she feeds and cares for them all day. She loves and nurtures, guides and grows, whilst we are away.

Gerard E

My Mother in law, ever since my wife lost her battle to cancer she helps to raise our daughter ...couldn't do it without her

Scilla C

My Mother in law, Jean. She drives 180km round trip every Wednesday to look after my boys while I go to work and never complains. She is always giving and never saying & What about me? I love her.

Lesleigh S

My Mother in law has always been there for me with help and advice whenever I have needed her. She is the best mother in law anyone could wish for.





My

Children

support me...





Supports Australians Manifesto

Deborah C

Tess my beautiful daughter who helps keep me sane, keeps the laughter in the house with her zany outlook and helps look after her little sister while I go to TAFE

Susannah R

My kids - they support me so that I am the best mum that I can be.

Nicole L

I want to nominate my daughter. She's only a teen but has suffered from juvenile arthritis for the past 5 years. Her strength and what she goes through on a daily basis is amazing

Nigel T

My unsung hero would be my disabled 8 year old son Hamish. He taught me about loving disabled people. Now I accept disabled people more and know a few and I find they have a heart of gold in most cases. As a baby he had a hard life, what with a rare genetic deletion but when he tries to kiss or hug me it all seems worth it

Kaysey D

My eldest daughter Chandell Howard works full time and has 2 kids, but she always has the time to help and support her 4 year old brother who has medical issues. She's fantastic and I love her heaps for all her help and support.

Karolina

My biggest supporters are my kids Alois and Petra. Without them I don't know where I would be today. Whenever I need something they just give and never ask for anything in return. Their love and support is outstanding

Cheryl M

My daughter Narelle C has been my rock since her father divorced me 11yrs ago. Of course she still loves her father but without her I don't know how I would have coped

Salli G

My nominees would be my daughters Gemma and Shannon K. I used to be superwoman and then my health took a terrible turn and husband couldn't handle it so he left. My girls were by my side doing what they could for me all the while dealing with their own loss of their father. Amazing incredible young women I am so grateful for their support & love

Elizabeth E

I would really like to nominate my beautiful daughter Chaquita, as without her getting me up in the morning with her smiles, it would have been extremely hard to go on! I owe a lot to my eleven year old daughter. Chaquita has also helped her friends when they had depression as well! Thankyou precious daughter, you're a marvel! xxxooo

Tim B

My kids Ben and Sammy - they think I'm a Super-Dad and really help keep my life in perspective.





Supports Australians Manifesto

Margie O

I have just had surgery and I couldn't have gotten through the times without my children, Zoe, Samuel and Kelsie.

Veronika K

My daughter, always there, no matter what, through all really bad times and the very best!

Jenni C

My daughter Becky is my support - she always knows when things aren't great in my life and has a way of making me smile through it.

Robyn L R

I hereby solemnly state, that my youngest daughter Kate, is always there to support me, Perhaps she's related to Sealy

Sophie E

Probably not the way I imagined my relationship with my daughter would ever need to be but life doesn't always run as smoothly as we would like. My beautiful daughter, Jessica-Rose Benson, has been my baby, my friend, my support and my life!...I suffered a breakdown few years ago & subsequent depression..she stood by me when others didn't..she didn't judge..she just loved..unconditionally and she certainly supported me in so many ways...I will always be there for her without question & it's so nice to know so will she.

Rebecca L

The person I feel has supported me through most is my daughter Jade Larsen. Jade is my daughter & I know they say your kids should never be your friend but I can honestly say that my daughter is my best friend. We have been through many tough times & through it all my daughter has supported me , lifting me , crying with me, fighting for me ,defending me , being an ear for me & a shoulder but most importantly laughing with me. I love my daughter & treasure her for all these things she does for me

Nicole L

My daughter who puts up with the daily pain of juvenile arthritis. This is something that no child should endure, but she always has a smile on her face

Carol S

The biggest supporter in my life as well as our four children is my husband Laki. He works long hours to support our struggling family, with very little sleep. Even though our quality time together is limited to an hour between shifts to catch up with each other, like two ships passing in the night, I know he's got my back!!! Thanks Laki for all you do.

Sandra

My family support me, they give me strength and I am proud to be their Mother

Vicki Griffin

My youngest daughter Jessica - she has transported children to school and back, arrived in emergencies and all this whilst she was pregnant! Her father works odd hours so she has stepped into his shoes and done all the running around with children, adults, shopping and then just stopping 2 weeks ago to have an emergency C section and is now running around helping us out again with a tiny baby as well! An angel in disguise!





Supports Australians Manifesto

Troy P

My 3 year old son is my biggest support. Recently doing some work on our outside deck, I stood up frustrated, only to hear my boy say 'It's OK Dada, you're strong! Good job'. This gave me the extra motivation (and smile) to get the job finished.

Jessica T

My children support me, just by being here every day and loving me. It makes me the best parent for my children

Laurel A

My darling daughter Cathy C, she takes a week off work every month to take me to chemotherapy and look after me.

Lorraine B

My 20 y/o daughter Kristen M has supported me the most. When I fell pregnant 10 years ago to a man who was extremely violent, she supported me when I left him. She supported me thru the pregnancy and birth, and thru the sleepless nights. When I went to uni to do a teaching degree when my son was 9 months old, she was my rock. We have been thru homelessness, sickness, good and bad times and my daughter has ALWAYS been right beside me. My son has a disability and as usual it's my daughter who is right beside me telling me what a good job I am doing, or taking my son for a few hours to give me a break... SHE IS AMAZING

Wendy M

My daughter Amanda has supported me through ill health all year.

Nicole W

My daughter Jessica has been a constant support to me all year throughout my weight loss efforts. I managed to lose 58 kilos since last Christmas, as well as giving up the alcohol and now I look and feel better than I ever have and it's all thanks to my daughter's constant love and support. God Bless her!

Wendy J

Years ago when I injured my back and my youngest was only 6 months old, my daughter Jade who was only 4 helped look after her baby sister and brought everything to me to help care for her while I was unable to move. She would even bring the baby bath and fill it and bathe her sister next to me. She even brought me food and drinks while my husband had to work. She is 21 now and has always been there to help and support me through illness or trying times. I couldn't ask for a better daughter.





My

Siblings

support me...





Supports Australians Manifesto

Bronnie M

My brother Darren and his wife Belinda have helped me recover from anxiety and depression. They have also helped me move twice. I am a hoarder, so this has been no easy feat, and I could not have done it without them. I am so grateful for them. They help with the kids when I need them to, they feed us when I need a break, and they've even lent me money when I've needed it. Please repay them for their help, I'm a single Mum with no other family support in Brisbane and I could not survive without them. Thanks.

Sharonlee S

My sister is always there. I know she cares

Narelle R

My sister, she is always there, never judges me, and I can go months without speaking but when we do it's like it was yesterday.

Kathy M

My cousin Libby has been there for me through the death of my father and the breakup of my marriage. I don't know what I would have done without her.

Kaz R

I feel so sad for my friends that do not get along with their siblings. My brother is my dearest confidant and supporter. Raising a son with autism as a single parent has been tough going. My brother (Mark) has always been a big part of our lives, dispensing humour, respite and buckets of love. A great big shout out to you Mark - I love you and am so thankful you are a big part of my life xxx

Carly K

My sister, Melinda - If it wasn't for her I could not get by in my day to day life. She is my backbone. She helps me with the simplest tasks like putting on my socks plus many more things I am unable to do due to illness.

Melinda B

I have 2 Autistic children and I also work and look after my mum who is sick. My little sister Carly K helps me with my kids - whenever I ask it is never a problem. She picks them up from school and also takes them to their appointments when I cannot leave work. I love having a family that helps it makes life so much easier. Thanks Carly. I love you.

Jeff N

My little big sister (Kaz N) supported me when I came & out at age 31 and needed someone to be there who would back me no matter what.

Amy S

My biggest support throughout my life has been my older sister who is my biggest influence in my life. She has been there every time I fall to pick me up. She is the most kind caring and loyal person I know and I will be forever grateful for having her support in everything I have ever wanted to achieve.

Krishna M

My sister loves my children like they are her own. Every child deserves to be loved like that!

Mandy B

My older brother Craig by 11 months and 29 days has ALWAYS been there through my good times and my dark times. Not only is he my brother but he is my best friend!





Supports Australians Manifesto

Jade L

I am 22 and nominating my 18 yr old autistic brother Teal.

You have taught me patience to rejoice in small gains which others take for granted.

You have taught me tolerance to accept that your perspective is different and deserves respect.

You have taught me courage to fight for you when no one else will.

You have taught me endurance to go on when I feel I can't any more.

You have taught me humility to accept when I can't make things better but can only be here for you.

You have taught me to love at a deeper level than I ever thought possible.

Tess

The person that has supported me the most is my beautiful little sister. She has been there through thick and thin.

Lucky we are the best of friends but sad that we are in different states.

Anita J

My Sister has supported me through a long year this year and I am grateful to have her in my life

Deborah M

My best friend/sister Christine, We have always had each other's back through thick and thin, no matter what is needed she is always there. Chrissy is my rock and can always put a smile on your face in any situation. She has always been the support needed when you are in need of shoulder or guidance. Love you sis

Pamela R

I would love to win the Sealy Supports Competition as I would give the prize to my brother who lost everything in the 2010 floods in Ipswich. He was insured but his insurance company won't pay out. Both houses on either side of him have been paid out as they are with different companies. I can't even imagine what it would be like to lose a few things let alone EVERYTHING. He is a very special person who doesn't believe in taking anything from anyone, even if he is entitled to it.... the least I can do for him is to win a bed for him.

Leanne B

My Sister Cherie Clerget is my ultimate support. Twice she's held my hand as I underwent an IVF embryo transfer and both times she's been with me. I've been successful and gone on to have a baby. Without her support, I don't think I'd have had the strength to go through so much.

Tina S

My Sister Joanne supported me through my mother's battle with cancer, she looked after my mother till her passing in 2009 and during this time she supported the whole family as well as her own husband and 2 small children. She is an inspiration to me. She has struggled since my mum's passing and now I am trying to repay in some small way the support she gave to everyone over the past 5 years.

Maria C

My Sister in Law, Lolita S. Couldn't have done without her! Always there for me night or day. She is my rock whom I admire!!

Rebecca C

My Sister is my hero. She cares for both my parents who are unable to look after themselves; she has 4 children and still has time for me.





Supports Australians Manifesto

Barbara M

My sister, Pat H, has supported me in more ways than one. When I had my son 15 years ago, he was born prematurely at 26 weeks, my sister left her family at our home town of Rockhampton and came and stayed with me in Brisbane while my son was in the Royal Brisbane Hospital. This took place in the July and we did not get to return home until the November. My sister was there for me all the way helping to keep my spirits up and looking for the positives.

Leanne F

My sister Kerry F gave me, without any hesitation, her bone marrow so I can live. She's still there as I never went back to normal I couldn't think of a life without her in it.

Susan R

My wonderful brother who is so giving to all his family despite not having much luck!

Joyleen S

My brother Wayne is my rock, and if I could bottle his generous spirit I would love to share his taste of kindness with others. Life has its challenges, and it's easy to fall down sometimes, and if that happens, my brother is always there to offer a hand to pick me back up. His never ending willingness to help others unconditionally makes me proud and honored to be his sister.

David S

When my wife was diagnosed with cancer, my sister-in-law Helen stepped in to care for my toddler and my baby. When their mum passed away, Helen put her career on hold and kept them 4 days a week so I could work and would not lose my home. She and her daughters became surrogate parents and remained so over the years. The 'baby' has just completed year 12 and both kids are headed to uni, having grown into wonderful kids who have never been in trouble in any way. Thank you Helen!

Brenton H

My sister Lauren has been the biggest support factor while growing up. My parents were divorced by the age I was 6 and my sister was the one constant thing going on in my life. Our parents were in two different states and we would fly between Sunshine Coast and Sydney. She was my co unaccompanied minor. I am now independent and travel back and forth between Canada and Australia. My sister Lauren has been there for it all. She was the strength and parent in my life.





My

Husband/

Wife/

Partner

supports me...





Supports Australians Manifesto

Rebecca S

My husband Michael is my biggest support! We have a three year old boy and I'm currently pregnant with our second child due in February, and without his tireless support I couldn't be a stay at home mum!

Lisa P

Having 7 failed IVF attempts is not easy or cheap. My husband has supported me all the way even through the horrible mood swings. He's the best!! Let's hope our 8th try in February works.

Kerry S

My husband, Sam is my nominee. I had a terrible accident in 2005, after ten operations, will need help for the rest of my life. He has stood by me through everything and works extremely hard to make my life as normal as possible. I can't thank him enough in words so maybe this prize will show him, I love him.

Rhonda L

I have not been the easiest person to live with lately having my sister with terminal cancer, but my husband supports me through my moods, he's my rock!

Lauren T

The person that has supported me the most is my husband Steve T. He was so supportive when I went through post natal depression after having our first child and our relationship has become stronger ever since. I truly cherish him and all his support.

Soni

My hubby, who has been very supportive after the birth of our bub, and has been at my beck and call.

Karen E

The person that has supported me is my husband Michael E. When we met 4 years ago he was 10 years older than me and had 2 children I didn't have children. To have a child we had to do IVF. It took us 12 long attempts before we conceived a beautiful baby boy, Declan. It was 2 long years, a lot of money, and a lot of heartache. My husband was by me every step of the way - every appointment he would be there, every blood test he would be there. I couldn't have been through all the medication and heartache without his wonderful support. If I hadn't of had the support I wouldn't have the most precious baby in my life. I am so grateful for such a beautiful husband

Sean C

I nominate my wife. Right now she's nursing me after my operation. She's even modified the cutting board so I can butter my bread!

Nicole L

My husband. 7 years ago when our daughter was diagnosed with juvenile arthritis our world crumbled. Without his support and love we wouldn't have gotten over the hurdles that we face every day with our child. He is my rock and is always my shoulder to cry on for love and support

Samantha O

My husband. He is the best. He puts up with me even at my worst. He has always been the one person that will always take on the world with me and stand beside me at all times.





Supports Australians Manifesto

Damian B

My wife Gabriella B supports me through everything in life and always has my back. She's the type of person that gives you confidence to achieve anything you wish in life.

Jen G

My husband is my rock and always supports me

Paul C

Thank you Paul, my husband for the support and encouragement that you give me towards raising our 3 beautiful girls and the interests and goals that I pursue in my life.

Glen T

My wife is my best and only supporter - she puts up with my grumpiness, does all the cleaning/cooking and runs our small business.

Rhiannon

My fiancée Steven is my rock! He supports me through thick & thin. He was my strength when our son went into hospital, he was my hope when my grandmother was diagnosed with a brain tumour, and my courage when she passed. We have been together since I was 17. I am 30 now and would be utterly lost without him

Christy B

My husband Glen has supported me throughout our marriage. In particular he was a tower of strength when my mum was diagnosed with Alzheimers and during the years I cared for her at home. Without his love, compassion and support there is no way I would have been able to cope with all the ups & downs and the eventual death of my mum. He is amazing!

Louise B

My lovely husband Matt is just my reason for being alive,
and to cook me dinner he will always strive;
I was 48 kg when I met him, and now I'm 55!

Carole T

I had to give up work because I cannot bend as a result of my nursing days, but I have a wonderful Husband who looks after me.

Tanya A

My fiancée supports me, while I study. It is hard and puts a big strain on him, because I also have a little boy. We have struggled in the past and are still struggling, but he tries his hardest to have bills paid and food in the house. He is my biggest supporter and I really appreciate him for all that he does.

Mandy G

My husband Matt G is my love, life and support.

David C

My wife Jennifer has tirelessly supported me as my carer for years and thoroughly deserves to be thanked.





Supports Australians Manifesto

Gina

Paul May, my husband. He was there for me when I needed him most. We lost four babies to Ectopic pregnancies (both tubes gone) and nearly died myself, and I also had two miscarriages all in a year and a half. The one thing I want to give him I can't, but at least we've got his two boys who I class as my own

Jacki V

My husband Mark is like a well sprung mattress - supportive, comforting and always there for me at the end of a hard day's work!

Barbara F

My husband died driving and took me into a tree. I had a broken neck, arm, ribs etc. They took me to Canberra hospital I had 3 weeks there until a metal Halo was fitted then they airlifted me back to Melbourne. In all the three weeks in Canberra I had my family bedside by me, flying back and forth from Melbourne - my Son, Daughter or 2 grown up grandchildren. They were there from 8.30 am until 10.30 pm. How lucky was I after the loss of my adored husband.

Stephanie Y

My fiancé Brett has been here for me through thick and thin - Through cervical cancer and the appointments and poking and prodding that comes with it. We've got two beautiful children who he always helps with and dotes over all while working a 70 hour week! He's our hero, our best friend!

Katina B

My fiancée supports me by listening to my problems and making me feel relaxed and strong enough to do something about them.

Beryl B

My man, John, has been the best support! He has been beside me for the last 39 years, through good times and bad.

Rebecca

My Husband Alex, we have been through a lot before we got married, sickness, injury, loss of job and moving towns. The constant in my life has been him for all of these changes and I don't know what I would do, or where I would be if he hadn't stuck by me

Jasmine Cresp

Benjamin A is not only my fiancé but also my full time carer. He knew I had a chronic illness when we met and fell in love and it never mattered to him. We have 2 children together, and Ben is the Mr Mum as well as my carer. I am often in and out of hospital, and somehow Ben is always strong, forever positive, and always with a smile. Our toughest time was during my second pregnancy (5 years ago). I was paralysed for 7 months and our little Flynn had to be born 2 months early. While I remained in hospital Ben cared for our then 18 month old Declan and a preemie baby yet still visited me every day in the Intensive Care Unit in hospital. While my health has been up and down, our relationship has always been strong. He has more than been my rock, he's been my best friend, my councillor, my physio, my nurse, as well as a full time 'mum' to our boys. I honestly don't know how he does it. I know I wouldn't be here if it wasn't for him. He literally gave up everything for our relationship - friendships, full time work with money to burn, and even gave up his other love - drumming - in various bands around Melbourne. I don't know how I'll ever thank him enough for coming into my life. It wasn't my choice to be sick but it was his choice to love me in spite of it. I really am the luckiest woman in the world!





Supports Australians Manifesto

Veronica F

I'd like to recognise my husband. I have a relatively rare joint condition that leaves a lot of my joints dislocating, a lot of the time. He patiently reduces dislocations, massages seized muscles and lets me wake him up in the middle of the night to help put my ribs and pelvis back together. He is, frankly, amazing.

Leanne C

I nominate my husband Stephen, he has supported me our whole married life. I have Epilepsy and he works, cooks, cleans and takes care of me. He is a wonderful man.

John V

My wife and I have supported each other running a business together and through life's many ups and downs.

Fiona S

My husband and I along with our 4 year old and twin 1 year old daughters experienced the Christchurch earthquakes. Although a stressful and traumatic time - to know we were loved and supported made a huge difference.

Gordon W

Margaret my wife has supported me for 34 years. Sometimes I don't know why or how but she does and without her I wouldn't be the man I am today.

Adrian

My gorgeous fiancée who supports and listens to my good times and bad times rain hail or shine after a stressful work period supported us with lots of phone calls, messages & financially. We have recently moved back to Australia.

Tina S

I want to nominate my husband, as when I miscarried I fell into depression and anxiety and he stuck by me the whole time, even gave up his job to support me

Toni W

I want to nominate Anthony W - My Husband. He is the one person in life that is there from the moment I wake till the moment I close my eyes. He guides me, teaches me and holds me up in times of need and without him I wouldn't be the person I am.

Dianne B

I would like to nominate my husband as he has always been there with his encouragement in anything that I do, whether it be there for support or with his love through our wonderful 31 years of marriage. I love waking up beside him in our 31 year old mattress

Peta

My fiancée (Daniel M) has supported me, first as a work colleague (how we met) then as a friend, than as a partner and now as the father of my children. No one has supported me like he has xxx

Tina Y

My husband, Joe has supported me all the way, when my mother passed away it was the most difficult time in my life

Marianne M

Brent M who has been my best friend and husband now for 29 years is always there to help me through all the good times and the bad times





Supports Australians Manifesto

Bianca G

My boyfriend Cajetan. He is always so encouraging and never fails to give me that positive spark I need to succeed!

Alicia L

My fiancé Shannan was a great support during my pregnancy and the birth of our first daughter. He's always there for me, and makes me happy

Debra G

My husband has been the greatest support for me. We have been together for 25 years and we still love each other!

Tracy M

I want to nominate my husband for sticking by me through the last 21 years. I will love you always and I hope we get to spend another 50 years together

Angela

My husband had supported me thru the last year with a lot of family dramas - mainly both my parents going through cancer - I can't thank him enough for all the support he has given me

Diane P

My husband Paul P supports me the most. Over the last couple of years in particular he has support me in my pursuit of 24hr solo mountain biking. This has included being my coach and training buddy for hours of riding leading up to events, doing the majority of cooking and grocery shopping at home. In addition he's my bike mechanic. Then when it comes to event weekend while I'm out there riding for a full 24 hours he's looking after me by monitoring my nutrition, hydration, servicing my bikes, changing & charging lights, having different layers of clothing available for me, checking my position in the results & giving me moral support. This all makes it easy for me to stay awake & ride my bike for 24 hours. Oh plus he also has the post race support to do. For all this he definitely needs a good sleep on a Sealy Queen Size Posturepedic bed.

Bevan C

My Beautiful wife is always there to support my ideas, good or bad (mostly bad in her eyes I think!)

Michelle

My husband just lost his job, and realises how much I did when working full time and being a mummy. He has now become the biggest support in looking after our daughter full time, and doing everything for me at home so I can relax a little more. I would never be able to live without both of them supporting me so much...

Rebecca S

My fiancée Blade S supported me while serving overseas for the Australian army. He made sure he rang everyday to reassure me that everything was okay and to put a smile on my face. He kept me going for the whole 9 months and I don't know where I would be without him :)

Cheryll R

My husband supports me in everything I do. It maybe something silly or simple but he will support me no matter what





Supports Australians Manifesto

Pauline S

I'd like to nominate my hubby, Rodney S for being there through thick and thin, and putting up with my mood swings while I quit smoking!

Judy P

My husband (Les P) of 27 years is my rock. I have been very sick with hospital visits over the last several months and he has taken complete control with the finances, finalising the sale of our business, moving house and working, all the while taking care of me. I love him very much and hope this in some small way will repay him a small part of the debt I owe him.

Danielle B

My fiancé David because he made all my dreams come true by giving me three beautiful daughters and supporting my choice to be a stay at home mum.

Fiona R

My second husband, soul mate, and best friend for 10 years. Our highs and lows have come from a wonderfully blended family, yours mine and ours and 3 rollercoaster ride IVF cycles, one successful which produced the gorgeous little 'ours' and 1 failed which has only made us stronger and 1 which is still in the wings. Without his support and undying love my life would be so incomplete

Elisha S

My amazing husband supported me through 40 scary weeks of pregnancy and then topped it off by being absolutely amazing during and after the birth of our beautiful baby boy. You think that you know someone and then they shock you by being more supportive than you ever thought was possible.

Asha J

Stuart my Husband has been the greatest support to me. He has stood by my side even when I have pushed him away. He has helped me through me falling behind in my studies and helping me catch up, a death in the family, sickness in the family and also my depression. There have also been little things that have gone wrong in between what I have already said. I could not have made it through this tough time without his huge support. I love him so much!

Olivia M

I would have to say my fiancé Ben, he completely supported me during a somewhat nauseas 9 month pregnancy and has really been my rock through everything and now we've got a wonderful little baby to celebrate

Carly E

My wonderful husband Mark has been an amazing support as I have followed my dream to start my own cake business. Without him I couldn't have done it!

Kelly R

My husband John supported me throughout 4 years of University, with a shoulder to cry on, ears for listening, eyes to double check my assignments and a hand to hold when I was feeling anxious.

Lynne L

My husband Mark, he massages my arms and legs, does all the housework and drives me to doctors appointments. He is an unsung hero. I catch him covering me up at night, putting heat packs in the bed when it's cold and even taking my pulse when I am asleep and ill. He is a true gem looking after me with my lupus.





Supports Australians Manifesto

Nicholas H

My Wife Casey. Thank you for years of support while I have been protecting my family from themselves.

Christine F

My Husband – he's always there for me, helping me when I've broken down or been sick.

Natalie F

Jason F is by far my biggest supporter, he is my husband and was the one person who got me through when I suffered severe post natal depression after the birth of our daughter - he got me to join a mothers group and those ladies turned out to be some of the most amazing support I have had too

Brooke

My husband David - he supports me every day with my problems and looks after me and our autistic son. Without him I would be lost

Sophie W

As a busy mother of three young kids I needed to find an outlet for some 'me' time and get some fitness back. So I started running again. Then with the continued support of my husband Mick and his encouragement I trained for my first marathon. It was a lifelong goal only made possible but the support of my entire family. It's an achievement we all share together.

Elizabeth R

I wish to nominate my Husband John R. He has loved me looked after me unconditionally for the past 2 years since I have become unwell he is always there beside me.

Carol M

My husband Maurice has been my backbone for the last 28 years. He has supported me emotionally and physically when I was diagnosed with a chronic illness. He has given up a lot of his time to help me with things emotionally. He has coped my anger and always told me he love me. He never complains - without him I would not cope most days

Narelle W

My Husband (Darren W) is always there for me through good and bad. He works very hard to provide for our family and has given me 3 beautiful children xx

Michelle F

My darling husband, who is there for me through everything, and is always my biggest fan

Annette F

My husband is the most amazing man. We have been married for over 21 years. He not only works full time (most weeks he does over 60 hours), but he makes me coffee every morning before he leaves, he cooks, cleans, irons.

Sarah

I would like to nominate my Husband Andrew, he has sacrificed his family to work away to earn money for his children and he is sleeping on a Barge that was once a Prison ship in UK. It is not great accommodation but when he comes home after 26 days of work he is sleeping on a bed that we bought 10 years ago and it is not a comfy bed any longer. I would like to surprise him with a comfortable sleep from Sealy that makes him feel at home





Supports Australians Manifesto

Melina B

My husband has been the best support with the birth of our first child, me returning to work and also studying for a degree part time. I couldn't do it without him.

Vikki A

The support of my husband of 35 years has been unbelievable. He is hardworking and never ever complains

Erin M

My husband Michael. I have no family but he is all I need.

Sarah

I would like to nominate my Husband Andrew. He has sacrificed his family to work away to earn money for his children and he is sleeping on a Barge that was once a Prison ship in UK, it is not great accommodation but when he comes home after 26 days of work he is sleeping on a bed that we bought 10 years ago and it is not a comfy bed any longer. I would like to surprise him with a comfortable sleep from Sealy that makes him feel at home

Jo F

Michael F, my husband, has supported me from day 1. He was extra awesome at the birth of our son.

Samantha M

My nomination goes to my fiancé, Mitch. We were pregnant and we lost our baby. It was a miscarriage. All throughout that week before I went into surgery he was by my side from the first upsetting pictures of our unborn child, to taking me to the toilet and making sure I was okay in the shower. He is my hero! We will be trying again soon, so a nice comfy bed wouldn't go astray... haha. Also, we are trying to build our new house so some money for furniture and perhaps a possible nursery in the future would also be lovely.

Renee A

My Hubby to be has supported me throughout our daughter's medical diagnoses early in 2011, physically and emotionally

Sarah Cox

My fiancée's Mum is my biggest supporter. I moved here from England to be with my fiancée when I was 21, leaving all my family behind. She's been there for me always (she even takes my side when I fight with her son!). She's the best and I love her just as much as my own Mum.

Christine K

After falling 6 meters off a roof, 5 excruciating operations and pain that is never ending, my husband continues to do whatever he can to make our house a home, give our three children the things that money can't buy, and always, always supports me in whatever I need to do.

Brad Iv

I nominate my girlfriend, Elizabeth M.
Always there, since we used to play kiss chasey!
She makes my breakfast every day, so I won't be late for work, no way!

Karina W

James Lee, my partner has supported me through my cranky tantrums, my stressful moments at work and my accidental money laundering incident.





Supports Australians Manifesto

Joanne F

My partner Chris supports me with my sleeping problems, waking during the night tossing and turning, pity I can't support his snoring.

Jen G

I nominate my partner of 26 years. He has always been there for me in the highs and the lows

Amelia C

My boyfriend John Y supports me since I moved out of home for the first time and started a new job - he makes me feel special and beautiful everyday - our mattress is broken and we can't afford a new one - so he always lets me sleep on the comfiest part of the couch - even tho I steal all his blankets!! Love you John! xx

Sarah

My partner Lewis is amazing. He came into this relationship knowing I had 2 teens and has always helped and supported me. We now have a 5 month old and our life is super ... love it

Helen C

I was given 4 to 6 months to live 2 years ago. I was given the chance to live with an operation which was extremely successful. It took months to get over it but from the moment I went to hospital, to being able to do things for myself, my partner of 23 years Barry R was my guardian angel. He took great care and did everything for my children and me. Washing, cooking, shopping as well as working at his own job. And by the way he was 72 years of age at the time.

Courtney D

I want to nominate my boyfriend Evan. Suffering stricken anxiety attacks, he has always been there. Cancelling work to come home and just hold my hand when I needed someone, shows just how much of a wonderful, kind hearted person he has been to me.

Nicole A

I have had a tough year with my father dying from cancer. My partner has been a big help in my life. Being understanding when I haven't been in a great mood.

Mark P

My partner Kim, even though she has a disability, she supports me through every endeavour that I undertake. Though at times things are very difficult for us, we manage, but knowing that I have her support really gives me a boost especially when times are tough. I could say so much more about her, and what we have been through, but in the end it is her support and love that really helps to keep us going

Nicole G

My beautiful partner, Mark, supports me despite the ups & downs in my life and encourages me and allows me to follow my dreams.

Cory

My boyfriend Scott Dykes has always supported me, He was there with me when my mum passed away suddenly in 2007 and when my dad went missing shortly after, I had no one else. 6 years later I'm proud to say he is now my fiancée & I look forward to spending the rest of my life with him!





Supports Australians Manifesto

Maddy

My partner Callum F has supported me for the last three years. After helping me through a difficult breakup of my own, we became close friends. Shortly after we started dating. We stayed together when I went overseas for a month, and he woke up at 5am every morning to talk to me and help me with my homesickness.

Callum has helped me deal with personal battles. I suffered bulimia for years before meeting him, and after confessing this to him I was told that if I didn't tell my parents and get help, he would do it for me. His direct approach to this has helped me overcome my eating disorder and has helped me become the happy and healthy person I am today.

Callum is always there to help when I am studying, fighting with friends and family and also there for all of the good times. He surprises me with impromptu gifts, drives me to work early in the morning, even on miserable and cold Canberra days.

This year we both forgot our anniversary, two years together and around four years of friendship. Neither of us minded, because after living together for almost a year now we decided that every day we spend with each other is another milestone, and that the big ones should be just as important as the small ones.

Callum has taught me so many things, and as I'm writing this, he is studying for his final exam. Even though it's worth 50%, he took me out to lunch today and has made time to go to the gym with me. So even if I don't win this, I want to say that Callum is the most important person in my life. He is caring and giving, and when he finishes his degree will continue showing these qualities as he works as a psychologist. He is the kindest man I know, has never raised his voice at me and I dare say never will. I am so thankful to have found such a generous person to be with me through the last four years of my life, and look forward to spending all of my coming years with him. Thank you Cal, you have changed my life completely and I'm sure will change many others.

Amy C

The day I laid eyes on Jim D I knew I wanted to spend the rest of my life with him. What I didn't know is that in the first year of our relationship I would have a significant psychological breakdown which was to be the start of the hardest months of my life. During a long, draining very hard few months, I have been diagnosed with Bipolar and am only at the start of a very scary, hopefully long, one day happy life. My boyfriend Jim has been the glue that has been holding me together, at a time in my life when unfortunately I've lost many friends and many people have distanced themselves in confusion or I myself have pushed them away, Jim has stayed so strong and never let me fall. He is the reason I can sleep at night and a reason to get out of bed every day.

Andrew Q

Chaz my partner - the one I would like to marry when they change the laws to give us the same rights - has always been there to support me.

Rose E

In February I was hit and run over by a semi-trailer whilst cycling to work. I was in a coma for three weeks and in hospital for six months. I had multiple surgeries and I have had to learn to walk again. Throughout this whole journey my boyfriend of five years, Tristan, has been my support, picking me up (physically and emotionally) every single day. He not only keeps me going by keeping hope alive for my recovery, he also does all the cooking, cleaning and house work. I am the most blessed person to have this man in my life.

Suzanne C

I have had 4 operations and a broken leg for 3 years now, and I need another big operation.....Darren has cared for me throughout the whole ordeal....doing housework and shopping and keeping me laughing every day....I love him so much.





Supports Australians Manifesto

Monica

I moved to Australia 3 years ago and fell in love with Brooke Carrington. Telling my family I was gay was the biggest thing I have ever done in my life. But Brooke was there all the way giving me support, and even contacting my parents when they stopped talking to me. It's been 3 years since that day and I'm still with Brooke and my family love her just as much as I do now.

Coral Z

My hero, my life and my support is my long term partner Dan. I met Dan 3 years ago in a Melbourne shopping centre after walking into him as I was not paying attention to where I was going. We started talking and dating all in the same day. Sadly I found out that he was down in Melbourne on a holiday and that he lived in Sydney so for the next 4 days I spent every waking moment with him that I could until he went home back to Sydney but we still talked everyday for hours on end!

About 3 months after Dan and I started dating my step father started an affair with another women and decided he no longer wanted to be with my mother or to help support her even though she was not working or getting centrelink, which meant that the mortgage was not being paid and we were having trouble putting food on the table.

Even though Dan would send money to us to help buy food, pay bills it was not enough and about 8 months after the affair started the house was repossessed and we lost our family home so my mom, Anthony (my then 7 ½ year old brother) and I ended up at women's Shelters, temporary accommodation and never knew where we were going to sleep the next night.

I did not tell Dan where we were staying at first but once he found out he got all the spare money he had together gave notice at his shared accommodation house and went out and rented a house big enough for all of us and drove from Sydney to Melbourne and surprising us with where we were staying. Dan then informed us what he had done for us and we collected what little we owned at that point in time and drove to Sydney.

It has not been easy leaving our friends, Family and life behind in Melbourne but Dan has been here supporting my mom, Anthony and I through our studies, always making sure there is a roof over our head and there is food on the table.

Dan is one of those people who you meet and will never forget. He has the biggest heart, he is funny, smart and will help anyone in need.

I know that entering this competition and winning would be great but in our eyes we have already won as we have our family and friend as well as each other. It's just good to let people know there is people out there like Dan who will love and support you and be there though everything.

Dan I love you so much. The last 3 years have been a rollercoaster though the ups and the downs but I am just glad to have always had you by my side even though the hardest time. Don't ever change love always Coral. xo

Jiajun W

Natcharin is my partner and she is support me all the time with any issues

Emily

Paul M, my partner, has supported me through the hardest part of my life, losing my dad. He helped me so much!!





Supports Australians Manifesto

Jennifer C

In 1988 I was told I had a brain tumour. At the time I was pregnant and my partner and I were to be married but because of impending surgery we had to cancel and delay our plans. When the first surgery didn't work I was scheduled for more and my partner was told that if we had any plans we needed to do it very soon so we were married in hospital. Later that day I went in for more surgery and fell into coma for 4+ months. Soon after our baby was born, and my husband helped with my recovery and support with a new baby. Without his support during the illness and after surgery care, I believe my recovery would not have been as successful. We are still very happily married and I now am his full time carer so there has been a full turn around.

Rebecca K

My partner Dave was an amazing support with the birth of our daughter, and whilst I struggled with breastfeeding with no other support, many other mums have to struggle on their own so I'm very thankful to him as happy mums means happy bubs :)

Tracey B

My Partner, Best Friend, Dad to our 2 kids is my biggest supporter through thick & thin he's always there for me and our kids. He's a Top Bloke

Nicole D

My partner has supported me. Whilst backpacking through South America on holiday this year I had a terrible accident in the middle of Columbia where medical support was limited. My partner went through a terrible ordeal trying to communicate in a foreign language where patrons had not looked after a foreigner before. I owe him everything, after a week long ordeal, finally arriving in a city hospital in Columbia I was left only with a broken skull and a head injury, thank you Palos!

Karina W

My boyfriend James L has supported me no matter how bad a day I have had at work!

Mary-Anne R

Recently I was diagnosed with a debilitating illness and my beautiful partner, Kent was my absolute rock and literally my mountain of support. I don't know how I would have survived the tough moments without him.

Cassandra B

My partner supports me, he holds me up tight... When I want to crumble he holds me through the night. He loves and cherishes everything I do... I feel the need to say I do :)

Leonie W

Greg H, my partner of 15 years supports me not matter what.

Shannon B

Michael B, now my partner of 8 years has supported me through years of Social Phobia/ Social Anxiety. I have struggled with severe anxiety my entire life. My teenage years were unbearable. I had very low self esteem and endless self doubt. I honestly believed I was the ugliest, most worthless girl in the world and every day I hoped to not wake up. Meeting Michael was the best thing that ever happened to me, he has changed my life in such positive ways. He was the first person to show me true kindness and love. He has been so supportive and caring, and has helped me build the confidence I never would have dreamed I could ever have. He makes me feel beautiful and I am finally able to live a structured, meaningful, happy life. He is a one in a million and I will never be able to thank him enough for what he has done for me. He deserves the world and more.





Supports Australians Manifesto

Mary C

I was in a very rough and one sided relationship, being cheated on and abused was not nice so one day I decided to find some friends on a chat site. I found Asassain26 who I very much liked talking to, although I knew he liked me I was still (as bad as it was) not going to do wrong in my relationship. We chatted everyday til one day I thought to myself, I'm not happy and I don't deserve to be treated this way anymore. Assassain26 always told me if I ever needed anything or somewhere to go he would be there for me, but that meant hopping on a plane from small town QLD to the big city Sydney to put my trust in a guy I had never met in person. One Monday morning I woke up and thought 'I don't need this anymore' I booked a plane ticket to Sydney, packed what belongings I could and drove to the airport, leaving a note to my other half saying I was gone and he could pick the car up at the airport. Once I got to Sydney Assassain26, who I now knew as Thom was there to pick me up and there was no awkwardness like normally happens during a first meeting. It was like we were old friends for years, and few months later we started a relationship and he is the best thing that has ever happened to me. He supported me through all the goings of my ex and has looked after me ever since, now 5 years later, we have a beautiful son and he still continues to support, love and care for both of us.

Lisa

Four and a half years ago my life changed to be better when I met a guy called Daniel. He was living with my sister, each day he calls me to see if I'm ok, for my birthday Daniel paid for a plane ticket to come to QLD to see him and my family. The day I met Daniel, my life changed. We got engaged on 14 Feb 2008 then married on 1 Feb 2009. Daniel has been by my side each day, helping me and supporting me to get past my major Depression. I don't know what I would do without Daniel. He's my rock.

Lauren J

My partner Greg, who has never given up on me as I suffered through severe depression. I owe him my life

Leeanne B

My partner Peter - he's been there since the start helping me through thick and thin. He keeps me going when I'm down and comforts me and our son. I appreciate his love and his help. I wish I could repay him for all he's done.





My

Friend/

Neighbour/

Colleague

supports me...





Supports Australians Manifesto

Judith P

I want to Nominate to Tanene D because she never lets me down and is always ready to listen when I need a friend. Being in Australia without any family or friends, she is like my mum and my sister - not just my best friend

Danielle W

Paul and I met when we both joined the CBA as probationers in 1982. We've seen each other through so much life over the past 30 years, the stories are endless! He has a beautiful family of his own that he loves dearly but continues to be the best friend I could ever ask for. I have been diagnosed with cancer and he is the person I can call if I end up in hospital and need company. Even though things weren't easy for them financially, he and his wife purchased me an expensive cold press juicer when I said I couldn't afford one ... Just because he wanted to ensure I got the best nutrition I could from vegies to keep me healthy! And he's promised to take Feargal, my beloved dog and give him an amazing love filled life if I don't outlive him. There's so much more, some of it is big stuff, but much of it sounds inconsequential, but it's not. Knowing I have his (and his wife's) love and support allows me to embrace and enjoy my life without fear and worry!

Rachael Lo

My friend Karra H, supported me throughout our honours year of psychology. I had a lot of self doubt, and her support helped me overcome it.

Troy S

Catherine P, my best friend, has supported me every day, including when I was hospitalised with a rare blood disorder. Every day, she visited me, keeping me company and provided a shoulder that I would literally cry on. She said she'd always be there for me. She meant it.

Ramona B

My friend, Daniela was always there for me, when I had problems she would listen without judging, when my car broke down she let me use her second car for weeks, when I needed advice I knew that she would tell me the truth! She is the ultimate friend!

Skye Mi

My most supportive person is my Best Friend Kylie K. We have been friends for 15 years, since Grade 7, and she is there for me no matter what. Such a cliché I know, but this girl is amazing. We have such a special friendship. Going months without catching up but always knowing that she is just a call away, knowing that it will be like we only saw each other yesterday when we both get the time to catch-up. Over the years she has been an ear for listening, a shoulder for a good cry and a kick up the butt when I definitely needed it. The Aunty to my two girls. the voice of reason and on occasion the ridiculous. Life wouldn't be the same without her and if anything I would like to thank her for her friendship and hope, no know that I have her support and love for the next 50+ years.

Tracy B

I nominate my good friend Coral H who has been there for me over the many dark years trying to get the medical care my son deserves. She has a big heart and is always there to lend a helping hand to her family and her many friends despite having serious health issues of her own.

Tracy F

My support comes from one of my best friends. She has been there for me and I have done the same for her. She supported me through tough times, and I do the same. Her name is Leah S





Supports Australians Manifesto

Judi A

My bestie has supported me through all our events for charity. Suzannah has always been there to help

Heather C

Lin M has been my best friend for 21 years, through marriages, divorces, births, deaths and family feuds we have been besties!

Jodie H

My neighbour is always there - be it for babysitting, a shoulder to cry on, a cuppa and a laugh, levelling my backyard pool site, anything...! She's always there, and I try to be there for her.

Jazz S

I want to nominate my neighbour. Not only does she bring me fresh bread every morning, she also cooks breakfast. Not only does she cut her lawns, but does mine too. Not only does she pass sugar over the fence when I'm out, she also makes great coffee. Not only does she baby sit most days, she also cooks our dinners. Not only is she the best neighbour anyone could ask for, she is also the best mum! I love you mum thanks for all your help to make life easier on me and hubby

Donna B

My best mate Donna W has supported me through two marriages, kids, illness and encouraged me to always live my best. All this from her Bi Polar self.

Trish J

In 1974 as 11 year olds Michael M and I met in a ward in the children's hospital. We were both having open heart surgery. We stayed in hospital for about a month after our huge operations; and to fight boredom we used to get into all sorts of trouble, from hiding from the nurses and physios to riding in the laundry trolley. Michael lived one end of Queensland and I the other, so we kept in touch by writing letters. We both have had other heart operations since and have supported each other through them. Next year we will both be celebrating our big 50th birthdays, and they said we wouldn't make it.

Lesley W

I want to nominate my best friend Debbie. She has been there when I lost my Mum and now I have a work injury she is there again. We help each other as I was there for her when she had her Double Lung Transplant. We have been friends for 14 years. Some friends stay forever.

John K

I want to nominate my friends! I was very shy in High School! I would make them line up to buy my lunch!

Claire S

Brenda M is my best friend, she has supported me through depression, panic attacks, rebuilding my career and helped with my children when I haven't been able too. Without her, I wouldn't be the person I am today, strong, healthy and happy.

Katrina B

My friend Lauren D supported me when I decided to go to uni, and being 24 and not ever finishing grade 12 this was a big thing. Now I'm going onto my 2nd year... yippee!





Supports Australians Manifesto

Rami

My friend John was there for me thru thick and thin had saved my life and gave me help when I was down

Erin M

I am a single mum with no surviving family, so my friends are my support. In particular a woman named Kelly B. I met Kelly a year ago when I briefly dated her brother and we have remained firm friends ever since. Kelly is an amazing support to me in so many ways, be it a sympathetic ear on the phone, advice from a more experienced mother than me (she has 4 boys to my 1!!). She has even gone above and beyond and surprised us sometimes with the odd grocery package or a surprise deposit in our bank as she knows how much we struggle on our own. She is an amazing woman and is a great support to my son and I. But not just us, she is currently standing behind her brother in his fight to introduce change to the Family Law system for fathers. She is tirelessly collecting stories from those that have been wronged to present in a petition. All this, while still being an amazing mum to her 4 boys and a wonderful wife to her hard working husband!!!

Jess P

My biggest support has been my best friend Jodie Z. There is nothing else like friendship that withholds life's ups and downs, and we still continually learn from one another with love and respect. She is my true inspiration to do better every single day.

Mary H

I am nominating David P. I suffer with debilitating arthritis and he is always there to pick up the slack. I can't afford really to give him anything and this would really say thank you, not just to him, but all those other people that give of their time most generously

Caitlin G

My neighbour Alex is a good friend: always there to help with lending us tools, equipment; he looks after our place when we're away; he retrieves my daughter's lost play items from his yard; or when he pops his head over the fence just to say hi and we have a neighbourly chat.

Dean G

Some friends you can have through life but my mate Garry is a true mate. Thirty years of not seeing one another change we were reunited filling a lost part of my life.

Melanie

Glynda has been a fantastic friend to me and my family since we moved to Australia 3 years ago. She is always there when we need her and has become a surrogate Aunt to our son who was born in July this year as we don't have any family in Australia

Angela R

I would like to nominate Lola and Michael D. in April 2010 my partner was diagnosed with Bowel and liver cancer, Lola and Michael have been there to look after our 2 young kids, help with dinners, paying bills. They have never once said No. They usually go on a couple of holidays each year but didn't go on any in case we needed their help. I think they deserve something since they are always thinking of other people before themselves.





Supports Australians Manifesto

Renaë

I would have to say a guy named Rick L who I have not ever met but he is always there for me on Facebook waiting to give me confidence, compliments and honest to goodness heartfelt advice I cherish him very much and thank that his wife is not the jealous type so as to let our friendship remain

Caroline K

My wonderful neighbour, Dawn, who despite her personal upheavals over the last four years, still manages to have a smile and assist in our community.

Christine M

I nominate my good friend Kay M and her husband as they have been a great support system for me and have helped me out on numerous occasions. I don't know where I would be today if it wasn't for their true friendship

Leasa M

The person who has supported me in life is my best friend Olivia, I suffer from depression really bad and have tried to hurt myself. Olivia always comes to me and keeps me calm and just gives me support. My boyfriend rob is always there for me now. I wouldn't be here today if it wasn't for Olivia and Rob - I love them both dearly

Sue L

I nominate my good friend Rosemary R who took me away to her home to recuperate after I had major surgery. At the time I had four young children and my husband was trying to run our small business as well as look after our children. She allowed me to rest with everything happening at home.

Terri

My neighbour has become my friend as I needed someone to inject me every night for weeks at a time as I pursued the desire to have a baby through IVF. After 16 cycles in the past 4yrs I'm still not pregnant. But my neighbours are now my close friends. I couldn't have done one cycle without Chris' support as I still can't inject myself. Then there is the kind words my neighbours had for me as I battled this desire to create a family with no other support from anyone else in the world. The patience and kindness Chris showed me can never be repaid but I'd like to try.

Samantha H

For the past 5 years, my good friend who I met over the internet has helped celebrate my highs and shed a tear over my lows. We've never physically met but she is only an email away. She adores my little family as I do hers. I couldn't ask for a more loving, understanding, put me back in my place friend. Never a bad word - always positive. I could waffle on but words only mean so much. It's what's in my heart that means the most. Anne Marie Torrens is a beautiful friend and I can't wait to physically give her a huge hug to thank her for all she has done, said and helped xx

Debra G

My friend Christine has been with me through difficult times and through happy times. She has given advice and shared her wisdom many times.

Rebecca C

My best friend Janet supports me. She has always been there for me as I have no family support around me!!

Antonia R

I have lived a life with too much of everything, and when it came time to start again live a life that can be remembered, rather than try to forget it, my friend Garry Simpson was there and is still there supporting and caring.





Supports Australians Manifesto

Susannah B

My mother was mentally ill when I was a toddler. My father had to work to support our family and I had a lovely day-care mum called Dawn T. I only spent a few years in her care but we kept in touch and she's always gone out of her way to help me, give me advice and talk to me. Now, more than two decades later, she has multiple sclerosis but still buys presents for my girls and is their proxy grandma. She is the loveliest lady ever!

Gail A

The person who has supported me, and most of the Darra community, is Ian D. I have known Ian for seven years and when I had nowhere to live he offered me a room at his house. My family live in Canberra and when I got out of hospital Ian was the only one willing to pick me up. He helps people all around our neighbourhood and has lived here all his 44 years. Locally Ian is known as Uncle because he feels like more of a family member than just a friend. He is always there with a hug and shoulder to cry on and will do his best to help out or point you in the right direction. This competition stuck out for me as Ian has back and neck issues and an inadequate, too short bed. He is not perfect, but close to it and never does anything for himself. I would love to win a new bed for him...(it may stop his morning grumbles!)

Sue L

I nominate Kim B my good friend. She is always there for me. She is a good listener who cares about me and my family. I can tell her anything in confidence and it remains between us. As a lady of faith she always trusts me and supports me no matter what. She never doubts me and trusts me in everything. Words cannot tell what a special influence she is and always will be in my life

Jemma M

Anne M has been the best support that I could have had during the three years I was at university. I lost my mum to cancer and she has taken on that role. Then when I moved to Geelong for university (from Wodonga) she was there to support me with meals once or twice a week and just a friendly face to say hello to. Anne has supported me and now that I am living in Tasmania she continues to support me through phone conversations weekly, making sure that I am keeping myself healthy and happy. Thank you Anne!! I love you!!! Xxxx

Susie M

I have come from a family who abused me and our friends raped me. I have been rejected and haven't spoken to my family now in 15 years. I have struggled with depression, acceptance, normality, love and the list goes on. I have tried to commit suicide so many times but my friend Peter is always there for me and the first person that I see when I open my eyes - again and again. These days I am much better and Peter still is my best friend and I have just built my own house - all by myself. But I know I couldn't have done it without the support of my friend Peter.

Michael O

I had an accident at work and fell off an 11 metre cliff face and sustained injuries to my head and shoulder and Ash Hunter has supported me through it all

Ellisa J B

My dear friend Jaime S. She is an amazing support. We have had both our children exactly 5 weeks and 2 days apart and she has supported me through the up's and down's of motherhood. I love her to bits.





Supports Australians Manifesto

Vesna

Our neighbour across the street, a wonderful elderly man ~ has a walking disability and yet is always on the go. Makes sure that he brings our bins in every Friday morning and when we tell him that he doesn't need to as we are half his age, just smiles and says that's ok, you're welcome.

Daniel Ig

My beautiful husky - always loving, never demanding, protective, non-judgemental and only asks for his dinner in return!!

Richard

My best friend has been the most influential person in my life. Her name Julie but I call her hamster. She probably the most influential person in my life because she has changed my laziness and so on and so on but she always the person I lean on if I need to. That and we have a heck of a lot of fun.

Robyn A

I don't know this ladies name but all the same she just recently changed the way I look at life...This elderly lady was standing on Steve Irwin Way in the heat and was hitchhiking so we stopped to pick her up, when we got her home she asked me to turn off the car as it was obvious she wanted to talk..She proceeded to tell us about the caravan park she was living in was closing down and most people had left and moved on, I asked her where she was going to and she replied 'I don't know';, ..She stated that developers were going to come in and close this park completely. I felt so sad for her as she did not seem to have anywhere else to go and she is an older citizen. Talk about gut wrenching and here I have been feeling sorry for myself as things have been tough for us as well. But she made me see that it's the little things in life we should appreciate because there are people out there in worse situations than us and just be thankful for what you have. I wish I knew this ladies name. I don't know where she lives, but I just wanted to share my story about this lady.

Patsy S

My friend Diane has supported me. When I lost my father two years ago, I needed her

Jenny A

My best friend Anna- without her love, encouragement and support I would never have had the courage to follow my dream of becoming a Vet at 45!

Teressa B

Deb D and I have been friends for about 5 years but within the last year she has been like a mother to me. I gave birth November last year to twins, after already having 4 children this made number 5 and 6. She has been the one to make things so much easier for me. To have time with my babies she cooked meals for me every week and delivered anything I needed. She sill drops everything at the drop of a hat for me. If I won this I would give the prize to her so she could sleep well and help me more :)

Amanda R

My old neighbours Moz and Dan are always ready to give a helping hand. More reliable than my own family!

Liliana S

I'd like to nominate my colleague, Reece E. He is the team leader of Movember movement in our office and though he is sick, he's always ready to be involved in other charity events (including marathon charity). He exercises hard, he's a good listener, he always initiates good causes and he is also a good leader.





Supports Australians Manifesto

Jennifer M

I have been to hospital twice with a broken back, and recently with a heart problem. Ann, my best friend has always been there, visiting at the hospital, ensuring that I am receiving appropriate treatment and then continuing to look after me when I go home. Everyone needs a friend like Ann.

Natalie K

I am nominating my friend Sam who I have worked with for 8 years. With a health scare earlier this year she taught me the importance of taking time for yourself, rest, deep breathing but most of all treating myself as I would treat a friend who was in the same position. And for the first time I stopped being so hard on myself, and gave myself a break - we are sometimes our biggest critics.

Joanne B

I would like to nominate Tony P a dear friend but also the Sensei of our Karate school Kenpo 4 Kids. Tony's passion, dedication, professionalism and genuine desire to work with kids of all capabilities is astounding. He has been a significant role model to my 15 YO daughter who is now the top Black belt Kenpoist in Aus and also recently completed her Cert II in Sports Coaching (Martial Arts) with his guidance. Tony works full time and yet gives every evening and most weekends of his time to his Karate school. 17 families are heading to the USA in Sept. 2012 with Tony to compete against the best of the best in the USA. The fact that so many families are going is testament to Tony.

Leanne S

Everyone seems to complain about their boss; well I must be the luckiest person in Australia because my boss is an angel. Rhonda R not only balances a demanding job herself as the head of our team of Teachers of the Deaf, but she is always there with an ear and a shoulder to cry on for her team. A true leader by example!

Kristen J

I would like to nominate my children's occupational therapist. I have 2 Autistic children and Yvonne, their occupational therapist has been there for us for the past 2 and a half years. She has shared tears and laughter with us. She has helped to get my children into childcare, kinder and no school. I would not be where I am today if it wasn't for her. She has always been there for a shoulder to cry on and takes her position a lot further than just a job. When things are tough here at home, she phones every day, even on her days off. We couldn't have done this without her

Liezl G

I have been cooking on one hot plate in our stove for 5 years, then someone named John from Salvation Army at Devonport, gave us a new stove. It really made a difference, not only for my cooking but also for our electric bills because our stove before drew a lot of power because it didn't shut properly. I just wish I could donate something back to them.

Jennifer C

Our real estate agent Lam went above and beyond to help us get our first home even wishing us sweet dreams

Lisa G

On behalf of the Yates family, I would like to nominate the 200 pupils at St John's Primary school, for providing emotional support and within 5 days raised over \$1500 for the Yates who lost everything in a house fire.





Supports Australians Manifesto

Fiona S

When I was in high school I hung out with the notorious group and even though I was smart I decided to play up and muck around with my friends because being smart was never cool- so I did what they did: smoked, drunk alcohol and didn't show up to school. In year 10 my mother passed away from a long battle with Multiple Sclerosis. I found this period of time very difficult to cope with and isolated myself from everyone and played up even more. One day my English teacher Marnie P pulled me aside and said to me "what would your mother think of your behaviour" and I went ballistic and told her it was none of her business and called her a few names as well. However, when I got home I had a long and hard think about what Miss P had said to me and I knew deep down inside she was right, so I went to school the next day and had a long conversation with her about how I wanted to change and be a better person. She helped me achieve this and within my senior years at high school I got a new group of friends, concentrated on my studies and changed my life completely. I got an UAI of 90.25 and became DUX of Rooty Hill High and subsequently had my speech read out aloud by my local member of parliament in the House of Representatives and although my aspiration was to become a Doctor my marks were not high enough so I chose an alternate path. I completed a Bachelor of Applied Science, Medical Radiation Science specialising in Diagnostic Radiography at the University of Sydney. It has now been 5 years since that day and I am now a qualified Radiographer and have just had my first interview for Postgraduate medicine. I still keep in touch with Marnie and am in the process of collaborating a health programme and personal "inspirational" talks to the students at the school she works at. She has changed my life for the better and I always thank her for it.

John H

While being very ill with mental illness over the last 8 years and now coming out of it, the person who was the most supportive was my psychiatrist. I know he truly wanted to help me and he did!
thanks Doc

