



## **SUE WESTON NAMED AS DUAL WINNER FAMILY CARER CATEGORY FOR WA**

**Sue Weston of Belhus has been selected as the dual state winner in the Family Carer category (along with Andrea Green from Camballin)**

Sue has been a dedicated mother and carer for many years and has contributed much to the community in which she lives. Now 63, she still supports her 34 year old son, who lives with a severe mental illness. Following his early diagnosis as a child he has required ongoing support throughout his life.

She shared the family work load with her husband who sadly passed away suddenly a few years ago. Sue is also mum to two daughters and now has two gorgeous grandchildren.

As a result of her personal experiences, Sue has worked in mental health services and sat on the board of MIFA for more than seven years. Through her efforts, she has given much to the community and truly invests in and cares for the people and carers she is working with.

Working professionally as a teacher and deputy principal for 38 years, she used her skills and knowledge to support children with behavioural problems and their families. She recognises that the experience gained in her life significantly enhanced her ability to perform this role and she is well known for being exemplary in the support and guidance she has been able to provide in many young people's lives.

It has been an incredibly long and difficult journey for Sue but amazingly she continues to give not only to her son but also to many others. For over 10 years she has volunteered as a facilitator and trainer of "Well Ways" a course designed to support the carers of people with mental illness. Initially a volunteer with Well Ways for the first 8 years, Sue was instrumental in planning and running retreats for carers, supporting them to have rest and recovery, good food and some relaxation.

Recently retired from teaching, Sue has opened a bed and breakfast business in a semi-rural area with her new partner. They are enjoying the change of pace, and with her ongoing commitment to the mental health community, she offers discounted rates to carers and people with mental health issues, as well as accommodating scores of international tourists.

Sue brings the knowledge from her own experiences and shares it with others in all that she does. Her insights have deepened her compassion and allowed her to be able to give in an incredible way to the carers that she has met through her volunteer and paid work.

Enriching many people's lives with her generous spirit, Sue says she is happy she can help educate others, help them find some joy in their world and to always focus on the hope.