

Janine Wood - Life Story & No Limits Perth

My journey began long before No Limits Perth was ever imagined. I came from a tumultuous childhood, and at the age of 12, my parents divorced. Of all the poor decisions my father made on my behalf, the decision to send me to Epworth High School as a full-time boarder was the one that possibly saved me — steering me away from the bad, immature choices I might have made for myself at such a vulnerable time.

I didn't want to go to boarding school, but it was the only way I could be closer to my mum, who was living in Durban at the time. Looking back now, I see that Epworth gave me more than an education — it gave me stability, friendship, and the first real glimpse of belonging.

My saving grace at Epworth was Mrs Val Cameron, my piano teacher. She was more than an educator; she became my friend, confidante, and counsellor. She loved me unconditionally, bringing wisdom and kindness when I needed it most. To this day, I have kept in touch with her and love her dearly — she was the mum I needed, and I can never thank her enough for the impact she has had on my life.

I am also so grateful for the lifelong friendships formed at Epworth. Through the years, many of us have stayed connected, cheering each other on through both the good times and the hard ones — a true testament to the spirit of sisterhood that Epworth instils.

Those formative years taught me resilience but also revealed how deeply childhood trauma shapes us. I learned I had two choices: to let my past define me or to move forward and pave a better path — one built on compassion, strength, and kindness — for my own children.

After leaving Epworth, I married one of my school sweethearts. What began as a love story became years of fear, manipulation, and domestic violence. At just 23 years old, I found the courage to leave with my two little girls — a three-year-old and a six-week-old baby — and start over.

It was 1992, a time before mobile phones, before the internet, and before there were shelters or support services. I left with nothing but my children, a bag of clothing, and the crushing weight of shame — the shame of a failed marriage, of not being enough, and of believing I was broken beyond repair.

With no car, no money, and no plan, I relied on the goodness and kindness of God and the unwavering support of my mum, who helped me rebuild from the ground up. Through faith, determination, and hard work, I secured a position with IBM Computers, which gave me the stability and confidence to begin again.

Two years later, I met Andy, who became my greatest blessing and partner in every sense. In 2026, we will celebrate our 30th wedding anniversary. Andy adopted my two beautiful daughters, and together we had two more girls of our own. Today, all four are married, thriving, and successful — and we are the proud grandparents of three grandsons and one granddaughter.

A decade ago, a new chapter began — one that turned my pain into purpose. Alongside two friends, Belinda and Debbie, I co-founded No Limits Perth, a not-for-profit charity born from a simple desire to help others facing hardship.

From my lounge room, with boxes of toys, food, and furniture, No Limits Perth has grown into an organisation that now supports thousands of individuals and families in crisis each year — those escaping family and domestic violence, homelessness, and financial distress.

Our work is grounded in the belief that acts of kindness can change lives. We provide food hampers, furniture, white goods, clothing, and essentials at no cost to those in need. Through our Community Service Hubs, Positive Spin mobile laundry, and Community Cooking programs, we bring together dozens of partners to offer wrap-around support — from meals and hygiene services to pet care, counselling, and pathways to long-term stability.

Every year, we assist thousands, diverting thousands of tonnes of usable goods from landfill and restoring dignity and hope to those who need it most.

In 2025, a unanimous vote by the City of Wanneroo granted us a block of Crown land for our Forever Home — a sustainable community hub that will embody the UN Sustainable Development Goals, creating a space where kindness, connection, and sustainability come together.

When I look back at the frightened twelve-year-old girl who arrived at Epworth, and later the twenty-three-year-old mother who thought she'd never amount to anything, I am filled with gratitude. Those difficult chapters didn't define me — they refined me.

Today, I live with purpose and gratitude, committed to paying that kindness forward — to leading with empathy, to creating hope from hardship, and to proving that no matter where you begin, your story can become your strength.

Because there truly are no limits to what kindness can do.



Australia Day
Council of
Western Australia



Auspire Ambassador

Janine Wood JP

Co-founder, No Limits Perth

WA FINALIST LOCAL HERO 2023



Janine Wood is the CEO, Co-Founder, and Chair of *No Limits Perth*, a not-for-profit charity dedicated to supporting vulnerable individuals in crisis across Perth's northern suburbs. Since co-founding the organisation in 2015, she has led its transformation from a grassroots initiative into a dynamic charity with more than 150 passionate volunteers. Under her leadership, *No Limits Perth* has pioneered innovative community responses, including the region's first outreach hubs in Joondalup and Wanneroo, offering vital wrap-around support to those experiencing homelessness, hardship, or starting over after crisis.

Janine's contributions have been recognised at local, national, and international levels. She is the recipient of the 2024 SAICA Social Impact Award, the 2024 Michael Chin Humanitarian Award, the 2023 ECU Alumni Award for Community & Impact, and the 2023

MBA Australasia Community Impact Award. She was also named Westfield Local Hero (2019), awarded the Wanneroo Community Award (2021), and honoured as a Finalist in the Western Australia Australian of the Year Awards (2023). These accolades reflect not only her dedication to humanitarian leadership but also her ability to mobilise community partnerships and drive systemic impact.

In addition to her work with No Limits Perth, Janine volunteers her expertise on the Edith Cowan University MBA Consultative Committee and serves on the Ashdale Secondary College Board, further strengthening her influence in education, governance, and community engagement.

Originally from South Africa, Janine has lived and worked across three continents and brings more than 25 years of experience in the not-for-profit sector. After relocating to Perth from the UK in 2006 with her family, she furthered her leadership journey by completing an MBA with a specialisation in Project Management at the age of 50. Today, she continues to champion community-driven initiatives that empower individuals, build resilience, and create lasting change.

Social Media tags:  <https://www.instagram.com/janinewood2017/>

 <https://www.linkedin.com/in/janine-wood-jp-a34a1937/>

 <https://www.facebook.com/janinelizannewood>