

news

Karinya House Update



NOVEMBER 2019

Karinya House is currently supporting 47 women, including 8 women (one Pre Natal), 6 babies and 3 toddlers in residence.



24



women are being fully supported through our outreach program.

15



women in regular support contact.

Words from the Women we walk alongside...

"You told me that I could think of Karinya House as my family, and that's exactly what I do. You're always there for me and my baby..."

"Karinya has been the first place in my whole life that has been a safe home. Luisa (my caseworker) has also given me the confidence to be a mum again and make sure this baby stays with me forever."

"I am so happy here. It is so safe for my baby. It feels good like they are my family. Thank you so much for everything."

"I feel so safe and comfortable already. I have made friends with so many people. One of them sings like an angel and my baby goes to sleep when she hears her sing".

Fundraising

We're very pleased to announce that in the first quarter of the 2019/2020 financial year we have raised \$248,619 in Non-Government Funding Revenue (including Donors, Corporate & Community Partners, and Philanthropic Bodies). Our full year budget is \$720,000, so the efforts so far have put us in good stead to reduce our operating deficit for 2019/2020 if we are able to stay on track.

A sincere thank you to all of our donors — those who have continued with us into the new financial year, and all our new donor Friends and Partners.

In this Issue

Karinya House Update	1
.....	
From our Committee President	2
.....	
Karinya Events	3
.....	
News	4 - 7
.....	
Support Karinya House	8
.....	

From Our Commmittee President

It always brings me joy writing to you in these first months of spring. At Karinya House, we're feeling refreshed and energetic. The pregnant women at Karinya House emerged from the winter months stronger, happier and healthier due to the enduring and compassionate effort of our staff and volunteers.

It has been a very hectic few months and I can't believe we find ourselves in November. Thank you to those of you who have supported our fundraising events of late! The ongoing work and support of the Canberra community gives us a sense of hope and gratitude that we are able to sustain the work that we do.

We were thrilled to once again be a recipient charity for the **Luton Charity Ball** of 2019 in conjunction with **Project Independence** and **Hartley Lifecare**. I extend my sincere appreciation to Richard Luton, Kitty and all the team at **Luton Properties** for the tireless work and event planning that resulted in another fabulous evening raising \$27,000! Thank you also to the Canberra community that in turn embraced our story.

Karinya House has always appreciated the warm relationship it has with Canberra's **The Snow Foundation**. In the 28 years since it was established to benefit the disadvantaged community in Canberra and beyond, the Foundation has reached out to assist 300 different organisations and over 300 individuals, providing \$26 million in funding. We are so grateful to announce that we continue to be a part of their passionate

philanthropic story, as **The Snow Foundation** have confirmed a further commitment of funding for three years to June 2022.

"Ripples

*when you create a difference in someone's life,
you not only impact their life,*

*you impact everyone influenced by them
throughout their entire lifetime.*

No act is ever too small.

One by one, this is how to make an ocean rise."

- Chloe Chapman

Happy Spring Days!



Sarah Kelly



Karinya Events

15-16 February 2020: The ShowRoom

With excitement, Karinya House confirms our ongoing partnership with **The ShowRoom Canberra!**

**ShowRoom
Canberra
2020**

**Celebrate
home!**

**15-16 Feb
EPIC**

The ShowRoom is Canberra's largest quality creative home design, build and lifestyle event for both trade and the public. Last year's event attracted over 100 exhibitors and 9,000 visitors — many of whom became our new Friends. **The ShowRoom** returns in 2020 at Exhibition Park in Canberra. It's free, child-friendly and there are lots of activities, speakers, food and drink. We look forward to catching up and meeting new Friends in 2020.

Canberra Southern Cross Club



Our Magic Pudding

Warm Soft Centre Chocolate Pudding

\$2 from every sale goes to our
Community Partner, **Karinya House**
for Mothers and Babies.

Canberra Southern Cross Club **Karinyahouse**
for mothers & babies

Karinya House remains grateful as the Key Community Partner for the **Canberra Southern Cross Club**. During Winter, CSCC donated \$2 from the sale of each and every Magic Winter Warmer Pudding. We were also the nominated partner for the **Canberra Southern Cross Club** Yacht Club Family Fun Day on 22 September. Would you believe that the sale of the puddings raised a total donation of \$2,382 (that is 1,191 puddings!). In addition the Family Fund Day raised \$1,288, bringing the total combined donation to \$3,670. We thank all who supported these two fabulous promotions by the **Canberra Southern Cross Club**, and thereby supported women in our community.

1 May 2020: The 2020 Annual Mother's Day Gala Dinner

The Karinya House Annual Mother's Day Gala Dinner is always a great night of celebration!



Join us in 2020 at The **Canberra Southern Cross Club**, Woden for delicious food and wine, some amazing entertainment and plenty of fun. Ticketing information for this event is not yet available, but we will be seeking to keep individual ticket prices the same as 2019, with an optional donation component for guests. Event Sponsorship enquiries are welcome — please do not hesitate to email Jo Saccasan at Jo.Saccasan@karinyahouse.asn.au or call Jo on 0429 945 805.

News

The Karinya House Sustainability Action Plan

We wish to sincerely thank you for supporting Karinya House during the 2018/2019 financial year. Karinya House would not exist without the financial backing of our community of friends and partners, or the funded service partnerships with the **ACT Government**.

Over 22 years, the total value of non-government funding generated by Karinya House to support over 2,300 women who were pregnant or parenting newborns, is over 11 million dollars. This represents 55% of our total service funding over the 22 year period.

The Karinya House Committee has recognized the unsustainability of this framework and has been working with a (pro-bono) external consultant funded by one of our corporate partners, resulting in the Karinya House Funding Development Report. Arising from this report, a Sustainability Action Plan has been developed and actioned from June 2019.

Whilst the Sustainability Action Plan is being implemented, our existing Partners and Friends remain so valued by us. Your help in championing support for Karinya House is welcome and we thank you.

Business of Women Breakfast

A tremendous thankyou to our Friends, supporters and volunteers who were involved in our Business of Women Breakfast! Our guest speaker, the one and only Virginia Haussegger was inspiring and energetic in her approach to empowering women and her climb towards gender equality. Our emcee Juliette Ford, from **Farrar Gesini Dunn**, was an

inspired addition to this event and we thank her for her professional expertise, and her warm words about the services of Karinya House. Much gratitude also to our venue sponsor **Doma Hotels** and marketing sponsor, **Clarke Keller** for their support.

Farrar Gesini Dunn more recently supported Karinya House through their annual Charity



Golf Day held on 1 November. The total funds raised through this event – registrations, raffles and 'Mulligans' – was \$17,730. This is a very significant contribution to service delivery. The event is a huge effort by organisers and we especially thank all the participants and the numerous event sponsors who made the 2019 event the most successful ever. There were 25 Teams on a beautiful Canberra day at the Federal Golf Club, and it was a brilliant afternoon of great golf and good company, gathered to support a local cause. Just amazing!

News

We need new friends!

We have a wonderful community of Friends of Karinya. Last year, Karinya House raised \$645,339, and we are sincerely thankful for everyone who helped us get there. However, we fell short of our targets by \$204,661, meaning that we operated at a deficit of \$78,910.

For 2019/2020, our donor and fundraising revenue target is set at \$720,000 - but even if we reach this target, we will still fall short of our necessary operating costs by \$90,601.

500 new Friends at just \$20 per month would fund this shortfall. 1,000 new Friends at \$20 per month would make a huge difference.

The cost of service for 2019/2020 for Karinya House is \$66 per hour, including staffing and infrastructure support costs. If 2,000 people donated one hour of service, we would fund our budget shortfall.

Can you help?

Please consider encouraging your nearest and dearest to become a Friend of Karinya today or donating \$66 to cover one hour of service. A single donation or a recurring donation monthly, quarterly or annually, of any amount, directly supports women in our community.

If you'd like to share the reason why you support Karinya House, we would love to hear from you and share your thoughts with others. You are a part of Karinya House and your story is part of our story.

GIVIT's "Unlikely" Podcast Series

Hosted by Bree Element, journalist, mental

health advocate and passionate storyteller, the "Unlikely" podcast series has been produced by our Friends, online charity GIVIT — Goods For Good Causes as part of the recent Anti Poverty Week. The podcast sheds light on unlikely people who, after a life-changing event, found themselves living in poverty.

A big thankyou to GIVIT for producing the podcast series and sharing our purpose of walking alongside women who are pregnant or parenting newborns, with little or no support within our community.

To listen to the series, visit <http://unlikely.buzzsprout.com>

Vita Foundation Grant

We have been very fortunate to receive a \$10,000 grant from the **Vita Foundation!** Krystle from **Artisan Aesthetics** at Bruce, part of the **Vita Group**, nominated Karinya House as a community grant recipient.

The grant will fund the Re-Ignite Life Long Learning and Employment Pilot Project, an innovative approach to developing the capacity and confidence of Karinya House women to access lifelong learning and employment opportunities.

The project also aims to increase awareness amongst learning and employment providers around the specific barriers that young mothers in precarious living arrangements face when reengaging with their learning passions.

(...Continued on Page 6)

(Continued from Page 5.....) Our sincere thanks to the **Vita Foundation** for supporting our funding application and enabling this pilot project to begin

News

Krystle is pictured here with Sarah, Finance and Administration Officer and Jo, Finance & Business Manager.

Farewell to Alex, Welcome to Kevin and Wayne

Earlier in the year, we bid farewell to our gardener Alex. We are incredibly grateful to Alex



Thank You Vita Foundation!



for volunteering his time each week to care for our gardens for almost as long as Karinya house has been in operation.

Not only is Alex talented and skilled, but he's also a gentleman and a champion fellow.

We wish Alex and his wife Louise all the very best as he finally hangs up the Karinya boots!

We would also like to welcome Kevin and Wayne to the team as our new volunteer gardeners. Here is a message from Kevin, one of our new recruits,

"I took over from Alex as Karinya's gardener a few months ago. Alex was highly regarded, and rightly so, because he's an inspiration in all that he's achieved to make the garden areas not only practical but pleasurable to look at. In other words, he's an extremely hard act to follow, but I'm doing my best to maintain the high standard he's set.

I've found all the staff and volunteers have such a friendly and positive outlook and always very welcoming. And as much as I enjoy what I do, I also feel it's an absolute privilege to make my small contribution to work in the wonderful garden settings. It's my way of helping to make Karinya House just that little bit more homely for the young women and their children. And I haven't destroyed any plants. Yet!"

Thank you to Kevin and Wayne for joining the Karinya family and sharing your story. It only remains to offer grateful appreciation to all Volunteers and Staff Members who give their time and energy, often beyond the call of duty,



to making Karinya House a Home.

News

We are... Karinya House

Earlier this year, we sat down with Katey and the team at **180 Degree Marketing**, who wanted to help us explain to the community exactly what it is that we do.

To help us grow our village, the **180 Degree** team worked with our Friends Ben and Adam and Missing Bits Productions to create a campaign called 'We are... Karinya House'. The idea behind the campaign is simple:

For most women, pregnancy is a journey taken with the support of their families, their mother, partner, sister, friend...

For the women of Karinya, there is little or no support or recognition.

The series of videos highlight how Karinya House steps in to fill the role of that network, through supporting women in the Canberra region who are pregnant or parenting newborns with little or no support.

To watch the videos, visit our Facebook page or YouTube channel.

Mercy Walk for Women

The Mercy Walk for Women was held on 22 September. The 23km Walk encourages the awareness of many issues faced by women and young girls locally and globally including domestic violence, gender inequality, education, poverty, homelessness and displacement and promotes respect for women in this way, by walking together as one.

We had the largest number yet — 168 women — who walked from Borroowa to Galong spotting beautiful canola fields along the way. The Walk

raised an incredible \$17,010 for Karinya House! Our heartfelt gratitude, as always, for the energy and inspiration displayed by the Walk's founder, Teena McGrath, together with her husband Dermot and some of the wonderful community at Borroowa for your efforts. It is such a large undertaking by a small group of wonderful people and needless to say, we are in training for 2020!

One + One for Karinya: Annual Matched Giving Day



On the 29th of September, Karinya House celebrated our birthday — 22 incredible years! To mark the occasion, we held The One + One Matched Giving Day.

The total amount raised was \$13,100, which will be doubled, becoming \$26,200. We think that this is a wonderful achievement for our first time attempt, and were blown away by the many shares, retweets and reposts across all social media platforms — thank you for helping us get the word out there!

Thank you to each and every one of you who specifically donated toward the One + One Appeal.



Oh Baby! Your Baby Shower

Are you hosting a baby shower and looking to do something meaningful?

We have developed custom gifting options for baby shower gift ideas for women in the community who have an interest in donating to other mums-to-be in less fortunate circumstances.

Include Karinya House as part of your baby shower and provide support to other women who are currently pregnant. You can choose from the selection of email, print-at-home or print-ready Baby Shower Invitations and Thank you Cards available on our website.

Photo by Nicole Honeywill / Sincerely Media on Unsplash

What can you do to help Karinya House? Contact us for more information.

The operation of Karinya House is made possible by the financial support of corporate and community partners, philanthropic trusts and foundations, and of course, individuals like you. Thank you for supporting women in our community, who are pregnant or early parenting, and who do not have their village of support.

Here are six ways you can lend a little extra help:

- Support our sponsors through attending their events or buying their products or services
- Encouraging family and friends to become Friends of Karinya House for as little as \$5 a week
- Join your CSCC membership card to Karinya House as your charity partner for Community Rewards, and have a yummy meal at the Club with your family
- Donate new or used baby goods to Roundabout Canberra
- Request a Karinya House Giving Box for your place of business
- Follow us on Social Media and share our posts

Return address: Karinya House
PO Box 7239
Kaleen ACT 2617

Karinyahouse
for mothers & babies

Karinya News
Volume 21 Issue 2 | November 2019

POSTAGE
PAID