

news

Karinya Today

It is 29 August 2018, as we start putting together the September 2018 Issue of Karinya News. And this marks the two-year anniversary of the day we moved into our new purpose-built Home! And how wonderful it continues to be!

Karinya House is a beautiful space and it has been Home to so many women, their babies and other children throughout the two years since we moved in on 29 August 2016.

We thank you for being a part of this continuing journey with us.

At Karinya today, we have 11 women in residence, with 10 babies! Loads of fun. At present it is a very common occurrence to see a baby in a pram next to someone's desk or in with someone in an office ... providing a little respite for Mum, whilst keeping the casework team company as they work on case management. The Karinya team are also supporting 32 women in an outreach capacity. In addition there are 15 women being contacted daily pending availability to allocate a caseworker for full case management.

As we began the new financial year, the inspiring 7 year old Frankie gave us a real boost in the start of the ever daunting community funding annual target - this year being \$850,000 - to fund 50% of our service delivery costs. "Frankie's Fete" was held on July 1st to raise funds for 2 charities - one being Karinya House! and it was a great success. Yes... Frankie is only 7 and chose to support Karinya because she loves babies and wanted to make sure that them and their mums get all the help they need. It was held in the backyard in the afternoon and there was a jumping castle, cake and sweet stall, sausages in bread, guess the jelly beans in the jar comp, plus second hand books and toys for sale. Frankie raised \$100.15 for Karinya on the actual day and with extra donations plus lots of online donations - the total raised was \$660! We can tell you that young Frankie, her folks, family and friends have a big fan base here at Karinya. How simply awesome!! Thank you Frankie!



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From Our Commmittee President

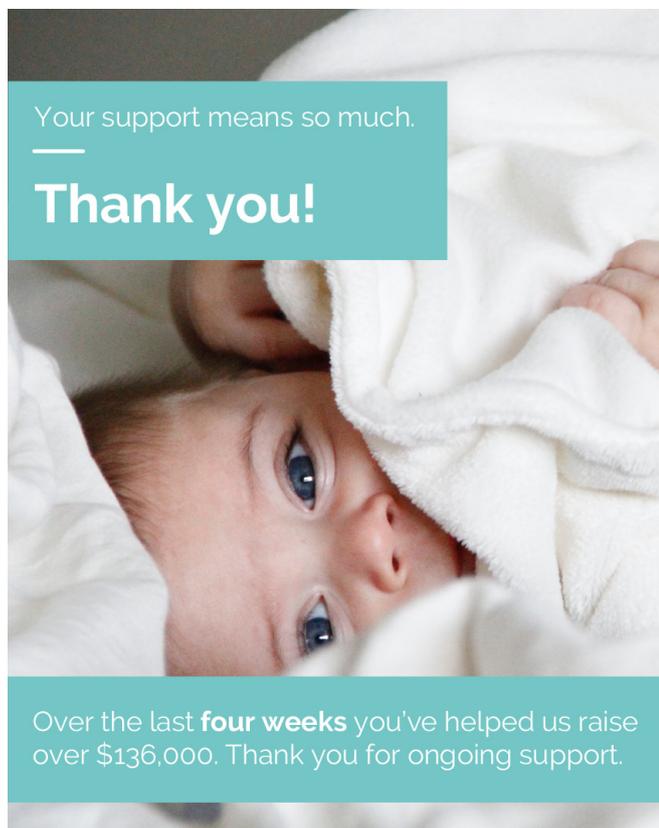
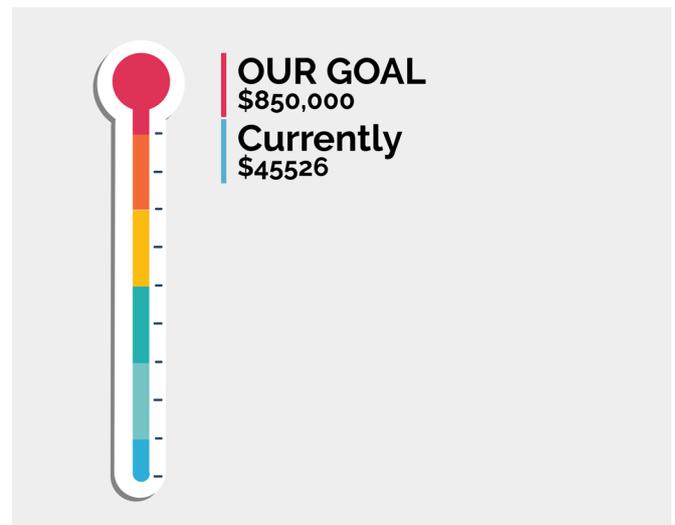
Dear friends of Karinya House

The first signs of Spring are here! As always, I am so relieved to see our long and cold winter behind us, as are many of our clients. What a difficult and often ill time it has been for some of the most vulnerable pregnant women in our community. But as always, they emerge stronger, happier and healthier with the enduring and compassionate support of our staff and volunteers at Karinya House.

It has been a busy few months to say the least and I don't know where the year has gone or is going?! We have had many issues to contend with on the Karinya House agenda and the commitment to many fundraising events on our calendar. Thank you to those who have supported these! Karinya House continues to thrive and this of course, is due to the governance of our staff whom remain so committed to their work and also the continuing support both physically and financially from the Canberra community and beyond. My sincere gratitude as always.

Which brings to mind the end of financial year figures. With our new Home increasing capacity of the women we support, our fundraising target for the last financial year was \$800,000. This was daunting to conceive, especially with around \$220,000 still to be found at the end of May 2018.

The team at Rowdy Digital (special thanks to Bridget and Lakyn) helped us run a beautiful end of financial year campaign – the last image is pictured here. I am so thrilled to report that by 30 June 2018, we finished only \$60,000 short of our 2017/2018 community funding target! This is an incredible result and augers well for our position in 2018/2019, and our new target of \$850,000!



That said, we as a Committee are embarking on what is vital strategy work that will develop thinking around long term financial sustainability of our organisation. If we are to sustain our support of the growing need of vulnerable and pregnant women in our community into the future, this planning is essential. So once again, I thank you sincerely for your support thus far and stress the importance of our Friends and Corporate Partners supporting this funding base through recurring commitments.



welcome message

We had the excitement and pleasure of being involved and supported once again by the Luton Charity Ball for 2018. In conjunction with Project Independence and Hartley Lifecare, the theme of "Homes of Hope" was continued. With my thanks to the Karinya House Executive, staff and volunteers who contributed their efforts and of course, I extend our deep appreciation to Richard Luton, Kitty and all the team at Luton Properties for all the tireless work, energy, event planning and marketing expertise that went into preparing for the wonderful evening that was the Luton Charity Ball. This wonderful night raised nearly \$45,000 for Karinya House and we are so very humbled and grateful for this extraordinary donation. We extend our thanks to all the sponsors and the many corporations, businesses and individuals who donated an amazing array of items for the online auction on the night. We appreciate being part of the Luton fundraising and Canberra story - supporting charities in need. Warmest gratitude Richard and the team at Luton Properties!

There were many other donations made throughout July and August and several other equally fantastic fundraising events! It has been quite an eventful start to the year. Every Friend of Karinya and every event for Karinya makes such a difference. Please do think about joining our Village... and become a Friend of Karinya if you are not one already. As little as \$25 a month can make such a difference to us as we seek to find



<https://karinyahouse.asn.au/support/friends-of-karinya/>

Embrace the coming days of Spring. My overwhelming gratitude as always to you for your continuing physical and financial support of Karinya House. You are supporting, with us, the lives of many women, through recognition of their value, the strength they possess and by tangibly applauding them as they journey on with extraordinary grace and dignity.



"She woke up every morning with the option of being anyone she wished. How beautiful it was that she always chose herself."

Tyler Kent White

Warmest regards

Sarah Kelly
President



The Current Staff Team

The Karinya Staff Team Today....

We thought it might be timely to introduce the current Karinya House Staff Team to you all again. Karinya House works due to the loyalty and commitment of our Donors, Community and Corporate Partners, Our Committee, Volunteers and the Karinya House Staff Team.

Karinya House has always ensured that core delivery of 24 Hour/7 Day per week services is supported by paid professionals. Every member of our staff team pays a crucial part in this continuous circle of support. Every member of the team also contributes some voluntary hours, be they the on-call hours, or time at end of paid shifts, attendance at fundraising events or other occasions of voluntary support. The current team, varying between full-time, part-time and casual, across 13.3 FTE are:

- Marie-Louise Corkhill – Executive Director
- Catherine O'Halloran – Senior Caseworker
- Elissa Gaffney – Caseworker
- Jane Quinlan – Caseworker
- Cath Williams – Senior Health Professional
- Sonya Love – Client Support Worker/ Social Work Student Placement
- Sarah Kirkpatrick – Finance & Administration Officer
- Karen Kirk – Administration Assistant
- Luisa Lopes – Senior Caseworker/Property Manager
- Ana Moran – Caseworker/Executive Officer
- Nichola Crisp – Caseworker/Groups Coordinator
- Anne Brown – Senior Health Professional
- Kim Castles – Caseworker/Health Professional
- Jo Saccasan – Finance & Business Manager
- Rachel Bernabe – Social Media & Digital Communications



Client Support Workers: (Overnights, weekends and some weekday shifts)

- Bernadette Bryant
- Carolyn Burns
- Millie Ensor
- Christine Hosking
- Shannon Kara
- Kathy Miller
- Nailah Rokic
- Bonnie Steer
- Nerida Warren

Not everyone is pictured in the image below...



Membership and Annual General Meeting

Karinya House is an Incorporated Association within the ACT under the Associations Incorporation Act 1991. We encourage our supporters to become members of the Association. Membership of the Association is indicative of community support for the work of the Association. It is time to renew your membership or join us for the 2018/2019 year.

You can join the Association or renew your annual membership online at:
<https://karinyahouse.asn.au/about-us/members/>

The Karinya House Committee is pictured below.

We also take this opportunity to invite all Members of the Association to the Annual General Meeting to be held on **Tuesday, 20 November 2018**, 12:00 pm, at the Canberra Southern Cross Club, Corinna Street, Phillip.



Collect your coins for Karinya during Spring!

It is Spring!! It is time for "Coins for Karinya"! So find yourself a Jar or a shoebox or something, and collect your spare change over Spring. Send your name, address and contact details by email to

info@karinyahouse.asn.au.

We would love a photo of your "vessel of choice" sent to us as well, or posted to our Facebook page.

What else can you do to help Karinya House?

- Become a Friend of Karinya
- Encourage your Friends and Family to become Friends of Karinya
- Share this newsletter with your Friends
- Contact us and buy a Karinya Keep Cup, Cap, Running Singlet or a Water Bottle
- Hold a Fundraising Event (and set up a Fundraiser page on our Website)

For more information on any of the above... contact Karinya House **02 6259 8998** or email info@karinyahouse.asn.au.

We would love to hear from you.



Other things Karinya...

The 2018 Mercy Walk for Women

Based on when we think we will get this Newsletter finalised, printed, folded and posted.. the 2018 Mercy Walk for Women will have just happened on Sunday 23 September 2018!

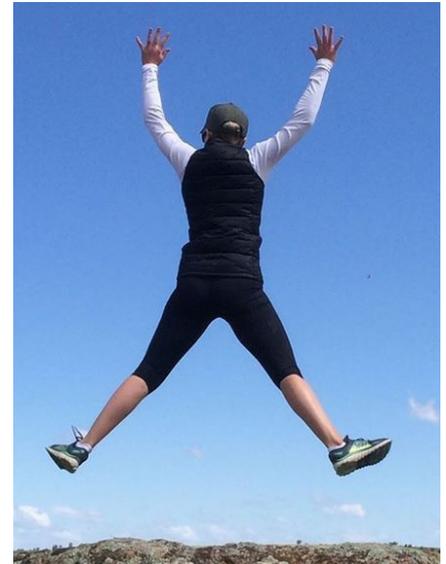
We have been promoting the event through our monthly electronic newsletter and also through social media, so hopefully if you were keen to participate in this event, you have been receiving the event information by other means!

This is such a beautiful event and we love it! It is a wonderful day for women to come together for women. The walk is again from Boorowa to Galong – big sky country as you can see from the image here, starting at the intersection

of the Cunningar Rd and Campbellfields Rd Boorowa and finishing at St Clement's Monastery Galong, a walking distance of approximately 23km. And the walk is timed to occur when much of the Canola is flowering.

So it certainly is a stunning walk!

We extend our thanks to our country partners who ensure the walkers enjoy a beautiful morning tea along the way and lunch, champagne and nibbles at their destination. Mercy Walk for Women is an opportunity for women to walk and talk while raising much needed funds for Karinya House for Mothers and Babies.



Cosy up with Karinya!



Our friends, Dot and Peter Barclay, of King O'Malley's suggested doing a little fundraiser for Karinya House, one with a bit of a difference. And what a fabulous evening it was, raising just over \$4,000 as well. Our thanks to everyone who came along to cosy up with Karinya on 15 August 2018! Special thanks to Mark and Hugh from Stoneage Brewery – the microbrewery in situ at KOMs. The Craft Beer for tasting... and a little bit of drinking was fabulous. We also thank Forrest Hotel and Apartments who are always keen to host guests of Karinya

House. Sean from Trenoweth Wine Co organised tastings of Gin, Vodka and Schnapps from the Wild Brumby Distillery. Sean brought along another long time Karinya Friend, David Pike from Kirrihill Wines, and the white and red wine for tasting was superb! Our thanks to the wonderful staff at King O Malley's. Special thanks to Richard Rolfe Audi Centre Canberra for a few special live auction items. So glad to have a solid and happy crowd to support this quirky evening and Karinya House. We think it may be an annual event!

Women in Business Breakfast Building Strength

With a full house, we had a wonderful gathering of inspiring women, and a few very fine men, gathered on 22 August at the **Ovolo Nishi Hotel** to enjoy a delicious breakfast and listen to the amazing **Avril Henry**, at our inaugural **Women in Business Breakfast**. The room was a buzz and the positive feedback came quickly post event and is still coming. This event also raised over **\$4,000!** We especially thank Clarke Keller Architects for sponsoring this inaugural event. And we thank all event supporters.

Our friends at **Burley Strength**, who not only run a weekly program, "Building Strength", for the wonderful women we know, supported Karinya House on **5 August 2018**, in a special way through the **2018 #LadiesOfLifting** competition. Sincere thanks to John, Jess and the team. Our very own Jane, pictured in the main feature image above, competed as well and achieved a personal best with her "Dead Lift". A great day and funds raised of **\$1,200**. Image included is courtesy of the Burley Strength Instagram page. A great image of the competitors on the day.

Thank you to...

Our thanks also to:



The Rotary Club of Aurora Gungahlin and a group of their neighbouring Rotary Clubs, including Rotoract UC and the local Mens Shed

who continue to deliver each month the following: Gift Cards, Home Starter Pack Items such as Dinner Sets, Non-perishable Food to restock our residential accommodation pantry. Every month without fail around two to four members arrive, full of joy and sunshine, and bring in the most amazing and thoughtful array of contributions! And save us the direct expense.



The Woden Blues Australian Football and Netball Club

whose teams wore Pink and Blue Socks on the weekend of 28 July, followed up by a Bake Sale run by the Netball Club. A wonderful donation of **\$1,500** was forthcoming in August!



The Gungahlin Bulls Rugby League Football Club

for the Ladies Day held on 26 June with Karinya House as the partner Charity. We thank the Club for the day's events and for supporting Karinya House. Funds raised of **\$1,600** were received on 3 July and will count toward our rather daunting 2018/2019 community funding target!



The Staff at the ATO Canberra

who again held their now infamous bake sale. Jasmine and Barbara doing amazing job organising the event again this year. Sincere thanks to all who baked and sold and purchased! The event raised just over **\$1,900**.



The Australian Breastfeeding Association - ACT/ Southern NSW Region

who donated a beautiful artwork in mid-July as their way of celebrating NAIDOC Week 2018. The artwork is by Trypheyne McShane and was commissioned by the ABA under their former name, Nursing Mothers Association, in the 1980s for the Thallikool project which was an Aboriginal outreach project. We are so honoured to have this work here at Karinya House. What a wonderful and thought filled donation. **#becauseofherwecan**



Music at Middy

If you can, join us for Music at Middy at the Canberra Theatre on 30 October - Two Concerts - 11.00am and 12.30pm!

Government Funding Partner

Major Sponsors



Associated Corporate and Community Supporters



Canberra Centre



CLARKE KELLER

Clonakilla



The Michaela Arnott Foundation

rowdy



We are grateful for the many other Associated Corporate and Community Supporters who provide financial support, pro bono or discounted services or other in kind support. The full listing of Karinya Champions is on our website.

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Karinyahouse
for mothers & babies
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