

# news

## Christmas, Easter, Mother's Day... EOFY.. where has the Year gone!

As we write this Karinya House is full. We have full accommodation areas with beautiful women, babies and toddlers in residence. The number of women receiving full casework support through outreach services is at capacity. We also have a waiting list of close to 20 women, being contacted daily or weekly, until a caseworker becomes available. Referrals to Karinya House as the year progresses at such a rapid pace continue to flow with increasing regularity.

So much has happened in this short period of January to May this year. We are charity partners with The Showroom who supported us greatly at their event, The Creative Home Show on 2-3 March. We had volunteers, staff members and committee members manning the Karinya House stall and collecting gold coin donations at the entrance. It was a fabulous weekend. The result for Karinya House was funding support of \$3,000 plus quite a few "Trade" contacts who we are meeting with in regard to other in kind support. Special thanks to Paddywack Promotional Products also, who designed and provided the fabulous KH Polo Shirts.

The Karinya Group - continues to meet each week. The first quarter has been fun and full of learning opportunities as well. For all of us. Our thanks to the volunteers who support the Group program each week and also get their fill of baby cuddles! We often post updates about Group on our Facebook Page. We remain indebted to The Snow Foundation and The Canberra Southern Cross Club, whose combined funding has supported this program for so many years. It is a one of the parts that makes the whole, and so many women (and their babies and toddlers) have found their place by first finding a sense of place and companionship at Group!

The **Department of Communications and the**

**Arts** have selected Karinya House as their 2019 Charity! We thank all at Department for their great support, and their welcome. One of our team, Senior Caseworker Catherine, visited their first fundraiser, a bake sale on International Women's Day, and shared a cup of tea and enjoyed a chat with Departmental Staff. We look forward to a great year in partnership.

Karinya House Staff enjoyed a delightful evening at Canberra Southern Cross Club's annual Chef's Signature Dinner on 15 March. Karinya House is pleased to support this event each year. The Karinya House Staff enjoyed a beautiful four course meal with matched fine wines and danced the night away to the entertainment of Björn Again, playing the hits of ABBA. We would like to extend our congratulations to our Key Community and Long-Term Partner, on such a fabulous celebration.

*Thank you all for being part of our community during 2019! And beyond!*



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# From Our Commmittee President

## A word from our Committee President

*Dear friends of Karinya House*

We find ourselves well and truly into 2019 and the beautiful Autumn days which have started to bring winter chills. The support for Karinya House is alive and well and the stories of hope thankfully continue. Christmas, Easter, Mother's Day have come and gone. As you are aware, those special times of the year are often a difficult period for many of the women at Karinya House. There were many of you who gave generously at these times of the year, and we thank you all. On behalf of the Committee and staff, as always, enormous gratitude also to the many individuals, schools and small businesses who find the time and innovative ways to give so generously. We are always overwhelmed by the thoughtfulness and the respectful spirit of giving that sustains the services Karinya House provides for women in our community.

The first months of 2019 have witnessed numerous fundraising events that I wish to acknowledge. I thank sincerely, **Axis Hairdressing**, **The Showroom** event at Epic Park and **The Canberra Wedding Fair** for their individual but wonderful support, championing, acknowledging and supporting the work of Karinya House throughout February. We welcome the continuing support of all our Corporate and Philanthropic Partners. The **Canberra Southern Cross Club** continues to work with us to seek to raise our donor and fundraising revenues. Icon Water have recently announced they will renew our funding partnership for another three years from 1 July 2019 – so amazing. **Monarch Building Solutions** and **Harvey Norman Commercial** have committed to providing another 12 home starter appliance packs to women moving from Karinya House to establish their own homes in the Canberra Community. **Burley Strength** continue to host weekly power and strength training sessions for women of Karinya. This is such a fantastic program and we thank John and Jess.

There continue to be many community groups, workplaces and individuals hosting fundraising events for Karinya House ... every event raising awareness and financial contributions to our service delivery is valued and recognised.

As this newsletter goes to print however, we are still \$344,000 short of our 2018/19 fundraising target, and any contribution from you would make a much needed difference as the end of the financial year approaches would be most welcome. Any financial donation will make a difference to our 2019/2020 service platform.

I continue to witness the giving spirit of our Canberra community in so many ways and to many vulnerable women and children in need. Thank you for the gift of your giving and I thank you in anticipation of your ongoing support for Karinya House for 2019.

*"No human's value is superior to another."*

*-anon*

My warmest regards



Sarah Kelly

President



# Farewell dear Alex... and welcome Kevin and Wayne...



On Thursday morning 11th April, Karinya House staff gathered for a morning tea to farewell Alex Garrett and thank him for all his hard work over many years in being our gardener extraordinaire.

Maintaining our beautiful Home would not have been possible without the dedication and skill of dear Alex. Alex came to Karinya 13 years ago joining us when we were living in the suburbs, firstly in one house known as Karinya House. Alex extended his craft to our second house, when we added the transitional housing complex. The gardens at those two little houses were stunning with so many new plants and flowering shrubs introduced by Alex, including the planting of many bulbs and cuttings. All contributions of plants, cuttings, bulbs, manure, mulch just appeared on a continuing basis, along with Alex, every week with only a week off here or there.

When the new Karinya complex was being built, Alex first indicated the complex was quite large and it might be time for him to bow out. However, after going to the new site one day, he came back to Marie-Louise, with plans and drawings and ideas. So Alex did indeed come with us when we moved to the new Karinya House. It is a much more extensive

complex, and beyond the initial landscaping (into which Alex provided his well thought out ideas), Alex has continued to develop the grounds and gardens which are now a living and vibrant expanse of colour and textures, bringing great joy to all who live, work and visit at Karinya House. Anyone who has seen our gardens at Karinya House knows the extent of Alex's talent and skill and his outstanding dedication. Alex brought with him a great joy and sense of care. This extended beyond the staff as his presence and the beauty of his work brought the sense of home to all at Karinya. At the time of the farewell morning tea, there were quite a few tears on all sides.

After a bit of a hand over period, we are so pleased to also welcome Kevin and Wayne who will continue Alex's role as our volunteer gardeners. Thank you both for joining the Karinya family!

We really are unable to thank Alex so much for all he has done and given to Karinya – to all of us. We do wish Alex and his wife Louise, all the very best, as Alex finally hangs up the Karinya Boots! We will miss you Alex, and not just for your gardening. You are a true gentleman.

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.



# Good Partners... Good News...

## Icon Water sign on again!



Water, an essential service, and sewerage management and treatment, equally essential! In our Canberra Region, we are fortunate to have the services of Icon Water, proudly serving the Community for over 100 Years.

**Icon Water** have also supported the community of the Canberra Region through the sponsorship of a range of organisations and events. How often have you seen the Icon Water logo in the background at community events, Gala Balls, sporting fixtures and standing proudly alongside a few amazing community service organisations.

Karinya House has been privileged to have the support of Icon Water in a three-year partnership from 1 May 2016 through to 30 April 2019. We are pleased and honoured to announce Icon Water have confirmed the partnership with Karinya House will continue for another three years from 1 July 2019 to 30 June 2022. This news is so exciting for us.

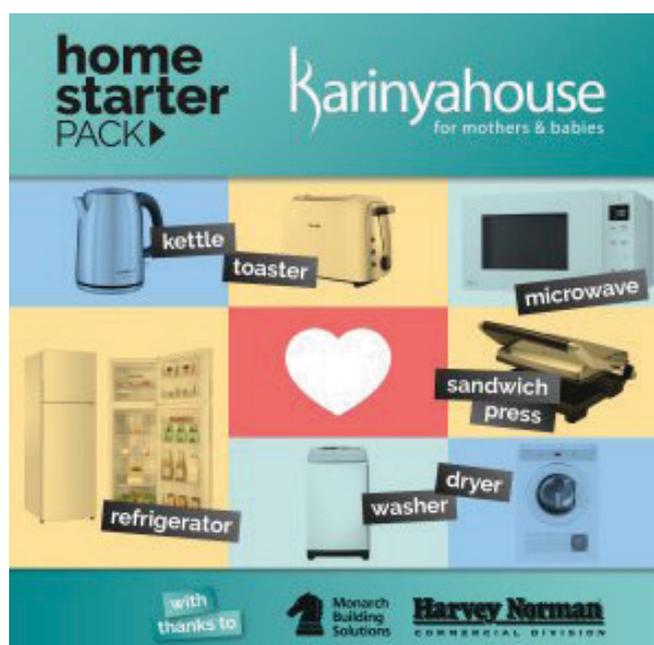
The funding from Icon Water, \$60,000 over three years, is critical to us. This funding supports key service delivery costs. The funding of direct service delivery costs for an existing service is for us one of the best funding purposes. Icon Water's contribution directly invests in supporting women in a practical way. Karinya's primary purpose is to walk alongside women who are pregnant or parenting newborns, with little or no support. This is what we do, and this is what this funding and your donations support. Every dollar goes to making sure we can be the support person or team, for a woman who has no one. Thank you Icon Water for continuing to partner with us, supporting women in our community.

Special thanks also to Icon Water who supported us at the Canberra Wedding Fair in February 2019, with a lend of their Water Refill Station as well as the Icon Water marquee. A case of Kilikanoon Covenant Shiraz 2003 was also donated to our Mystery Wine Draw at the Gala Dinner.

## Helping women make their Home

During 2018, Joe Pratezina and the team from **Monarch Building Solutions** got together with Gavin Pound and the team from **Harvey Norman Commercial** to devise a plan to provide women moving from Karinya House to their new home within the Canberra community with a Home Starter Pack. Since the plan was hatched, 12 home starter kits have been gifted to some very excited women. These packs (valued at \$3,500) speak of respect and recognition. Such a wonderful value statement that supports a woman at a time in their life journey that can be daunting and challenging, as well as exciting.

*One woman told her caseworker that receiving the home starter pack "restored some dignity." She said most things she owns are second hand, but now she has lovely brand new household items. The new appliances also have given her "peace of mind for many years to come", since she won't have to worry about them breaking down. "It is a huge relief".*



# Good Partners... Good News...

## For Purpose

The Karinya Committee extends their gratitude to Caterina Giorgio and the team at **For Purpose**.

Caterina was engaged by the Committee providing her services under a pro bono agreement to assist the Committee in developing a strategic plan focussed on financial sustainability. The report was tabled at the April Committee meeting. The Karinya Committee has developed an action plan based on the recommendations of the report and will continue to focus their volunteer work for Karinya House on ensuring the future of Karinya House and its services to the community. Apart from this particular task, the Committee have put in quite a few hours attending various functions and gatherings and championing the cause of Karinya House, and more importantly, the women of our community, whom we are privileged to journey with. We thank them all for looking to Karinya's future in word and action.

Over the past few months, we have also had some fabulous inhouse assistance from Rachel Bernabe, a third-year student in Communications and Event Management at the University of Canberra. Rachel is a bit of a social media guru, so those of you who follow the Karinya Story on Instagram or Facebook or Twitter might be noticing quite a few changes as we try to share our story on these digital platforms.

We thank 180 Degree Marketing for their ongoing support. We also acknowledge their partnerships with **Tallagandra Hill Winery** and **Ascend Fitness Gunghalin**, who have recently partnered with 180 Degree in different ways to also support Karinya House through the month of May.



## End of Financial Year

For 22 years, Karinya House has provided support for women who are pregnant or have new babies and have nowhere else to turn. Donate now to help us continue to provide this support.

<https://karinyahouse.asn.au/donate-online/>

## 180 Degree Marketing

Following a chance meeting with Katey Johnstone from **180 Degree Marketing**, Karinya House is now enjoying the support of the 180 Degree Team under a pro bono agreement to assist Karinya House to continue to grow our much-needed village of support. It has been a fun journey so far. Katey, Sophie and the rest of the 180 Degree team have been championing Karinya House and have picked up on our Karinya quirks as they progress some new ways of generating financial support and partnerships, as well as supporting the Karinya non-marketing (!! ) team.



Every woman who is pregnant or has a new baby should be surrounded with the support they need during this important time.

# Karinya Events

## The 2019 Annual Mother's Day Gala Dinner – Held 3 May 2019



And what a night it was. We do hope the 420 guests had as much fun as we did at the Gala Dinner on 3 May this year. The **Canberra Southern Cross Club** Events and Functions Teams outdid themselves yet again assisting us with the set up and service at this year's Gala Dinner. They are the ultimate professionals, and just great fun to work with too! We thank the Canberra Southern Cross Club for their sponsorship of the event and we thank the Club representatives, including CEO Ian Mackay, for joining us at the event this year as our guests.

We were thrilled to again welcome **Icon Water** to the Gala Dinner, following the announcement of our partnership renewal. Associate Sponsors of the Gala this year were Car Mechanical Services, Clarke Keller, CCS Group, Corkhill Bros with the Riverview Group and Ginninderry Project, Farrar Gesini Dunn, Monarch Building Solutions, Pats Plumbing Solutions, Synergy, Norton Rose Fulbright. We were pleased to welcome our Corporate Partners F1 Solutions, 180 Degree Marketing, Sharwood Hampers, Solace Creations Double Glazing and William Cole Funerals. The ladies from St Clare's College, being the student leadership team, together with Ms Manning and Ms Batch. Representatives from the ACT Government Community Services Directorate representing Housing ACT and Child and Youth Protection Services, as well as ACT Health Maternal and Child Health Nurses were in attendance also. We welcomed MLAs Shane Rattenbury, Vicki Dunne and Giulia Jones.

So many businesses, wineries and individuals donated items for the Auction, Raffles or the Infamous Mystery Wine Draw. Too many to list here. You can

see the list on our website under the Support Tab, within the Mothers Day Gala Support Page. Thank you all!

Net proceeds of around \$45,000 have been raised at this year's Gala Dinner. The funds raised during May (we aim to raise \$80,000) fund one of our amazing casework team into the new financial year. Each Karinya Caseworker play a part in supporting around 200 women each financial year. We thank each and every guest, sponsor and donor who supported the 2019 Gala Dinner

## The Business of Women – 10 September 2019



Please join us in September as we warmly welcome Virginia Haussegger as the guest speaker at the 2019 Business of Women Breakfast to be held at Hotel Realm. More information and ticket bookings can be found on our website under the Events Tab. See you there!

## The Mercy Walk for Women – 22 September 2019



Yes it's on! You will need to subscribe to our eNewsletter or contact us to keep updated on this event.

## End Notes:

We have mentioned a few of our 2019 supporters and partners on Page 1. We would also like to give a shout out to all our **Rotary Club** Friends, primarily Group 5 and Friends, who continue to support us with Monthly Pantry Contributions. Special mention for the Rotary Club of Aurora-Gungahlin who again held the March Jazz evening at Annie's Armadillo's Café, at Gold Creek. What a great event supporting both Karinya House and Home in Queanbeyan. The Jazz was spectacular with Gaye Reid, Tony Hayley, Annie and the Armadillos (Michael Lynch, Ben Schumann). Michael Dooley and Rachel Thorn.

A note of thanks also to the **Lions Club of Belconnen** who funded the purchase of an outdoor table and chairs and play equipment as we start to make the Outdoor Area near the Casework/Administration Area a bit more welcoming and serviceable. Next on the agenda is some outdoor pots and plants – now is the time for planting.



In the latter half of last year we received a grant from the **John James Foundation**. The grant was used to purchase an Ardo Hospital Grade Electronic Breast Pump to have on site at Karinya House and two portable breast pumps to loan to nursing mothers. In addition, the grant funded the purchase of 50 St John's Ambulance Tiny Tots First Aid Safety Kits (with replacement and safe thermometers) to give to women to have in their home. We thank the John James Foundation for this wonderful gift. Some of the feedback includes:

*"This pump worked so much better than the little hand pump I had, thanks!"*

*"I'm so glad I have my milk supply back, formula is so expensive."*

*"This is great thanks, I've been meaning to buy one, but they are so expensive."*

*"Oh, it's got a thermometer in it too, great!"*

For their special support during 2019 to date... we thank, among others,

- Bonnie and Christopher who held a February Party Brunch, with gifts being donations to Karinya House.
- Young Grace, who is turning 10 this year and ran a fundraising project selling origami at school. She donated \$50 to Karinya House in April.
- Ashley Markovic, of "Simply the Sweetest" who donated 20 gift baskets of assorted Easter chocolates.
- Sathya Sai International Organisation of Australia & PNG (Women's Group) who donated non-perishable food for our pantry.
- Julia Fulop and the Artist Power Collective who donated their works to a raffle run to benefit Karinya House and drawn at the Avalon Night Markets in Sydney on 4 May.
- Pandsi Cake Off and Jema Chick for THAT Cake!!!
- F45 Training Tuggeranong for their Easter Collection for Karinya House.
- Accelerate Physiotherapy who now have a Karinya House donation box on their counter
- Every single person who has donated online or by post to help us do what we do. Every donation means so much.
- Every single person, group or family who have delivered gifts of all kinds to Karinya House for Christmas 2018 and every other day since then, through to May 2019!

*You all make our days!*

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

- Become a Friend of Karinya and encourage others to become Friends of Karinya
- Please make a donation before 30/06/2019 and encourage your family and friends also. As many donations as possible are needed now to ensure our services continue in full into the new year.
- Share this newsletter with your Friends
- Purchase a Karinya Keep Cup, Cap, Running Singlet or a Water Bottle (We have blank Christmas Cards left also if you would like a bundle.)
- Hold a Fundraising Event (and set up a Fundraiser page on our Website)
- Would you prefer to receive our eNewsletter – email us and let us know.
- The next printed newsletter will be out around October/November. To keep in touch follow us on social media or subscribe to our eNewsletter.

[info@karinyahouse.asn.au](mailto:info@karinyahouse.asn.au) or 02 6259 8998

## Where have all the Logos gone...

The Printed Newsletter is a costly affair. Set up and design is now totally without cost. However, printing and postage do impose a hefty bill. The first decision we made at the time of our last 2018 Newsletter, was to reduce the Printed Newsletters to twice a year. We are aiming to share as much of our Karinya News in these six monthly catch ups as possible. This means we need the back page as well.

We value each of our Government, Corporate, Philanthropic, Community, School, Family and Individual Partners and Donors. Our village has grown with us, and we already had to reduce the number of logos we could put on the back page. We could not include all the logos of every partner. As we are now only doing two only print newsletters, we have decided to remove all the Logos. We are in the process of ensuring that on our Supporter Page on our website, all Logos are displayed. This will take us a little while to do and you may only see your name on the listing, but we will be replacing names with logos as soon as possible.

<https://karinyahouse.asn.au/support/other-supporters/>

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**Karinyahouse**  
for mothers & babies

**Karinya News**  
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