

Thank You



2020 has been an extraordinary year that has seen many in our community, and across Australia, experiencing hardships. Despite these challenges and setbacks, our community has continued to embrace and support all things Karinya — so we wanted to take a moment to express our gratitude.

Thank you to all of our partners — old and new — who have supported us through this extraordinary time. The deficit that we were expecting for the 2019/2020 financial year was turned around in the last few months. Given the year that has been, we are simply quite stunned to confirm that Karinya House reported a modest operating surplus for the 2019/2020 year that will be so crucial to the 2020/2021 year, as economic pressures build upon everyone in our community.

Your donations, along with Relief Funding from Philanthropic Partners and the ACT and Federal Governments have supported us into the new financial year, with its continuing and evolving challenges. It means that we can continue to support women with intense, day to day support. Journeying with women, providing space, time and sanctuary. We would especially like to acknowledge and thank

Friends and Partners of Karinya who have had to reduce or cease their financial contribution due to the pressures of Covid-19. We continue to count you amongst our Friends and Partners and to hold you in our thoughts.

Your generous support, through the most difficult of times — particularly the strange days of 2020 — have been heart-warming. Most of all, your support speaks of respectful and tangible recognition.

Thank you!

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From Our Commmittee President

A word from our Committee President

Dear Friends

It is often through the greatest adversity that our resolve is tested. As we would all testify, the past few months have certainly tested this resolve for so many. I am so grateful for the way the staff and women at Karinya House have managed to keep going and doing so with great determination adapting to their new normal – although it feels far from normal. I think that the pandemic has called for each of us to adapt but I often think about the support networks we have in place in our own lives to help us cope from day to day – many of the women we support do not have these networks. For them to endure their own hardships coupled with COVID 19, has worried us all greatly. I thank our incredible staff at Karinya House for being, once again, a constant and reassuring support for our women and babies in need.

Karinya House adopted a COVID 19 response plan in mid-March and their planning and competency has enabled us to work at full capacity amid the lock down environment. The Karinya House Committee is so grateful to our Executive Director, Marie-Louise Corkhill, and all supporting staff for managing this unexpected crisis with such capability, compassion and resilience.

The Management Committee and all at Karinya House, have been quite overwhelmed at the continued generosity from our community and partners through the pandemic. Like most, we feared the worst of how we would keep operating without the usual physical means of fundraising events, notably our Mother's Day Gala, coupled with the unexpected financial stress on all in the community. But once again, we feel so grateful and humbled at the considerable thoughtfulness, generosity and respectful spirit of giving that has been shown from our corporate, community and ACT Government partnerships, and you, our Karinya family. We feel supported more than ever and enter

the 2020/2021 financial year in a far more stable position. We thank you! Even in these uncertain times, to know that we can continue to operate at full capacity, providing for vulnerable women in our community, especially given the pandemic situation, is a gratitude that is felt very deeply.

I often comment in my newsletter to you at this time of year about what season we are entering in Canberra. Given the bush fires earlier this year and floods, nature has unavoidably tested us. While I still believe the seasons are one to celebrate, I feel more than ever, the irrelevance of this conversation when thinking about Australia's population and its many cities responding to COVID 19 and the stress that is shared by our entire country.

That said, I do hope that Spring will bring with it a sense of hope that we may return to a healthier state, in mind and body with a collective spirit that may enable our borders to re-open and we can once again feel united as a nation. Let us be mindful of all whom need our help during this time if we are in a position to provide it.

Be strong and be safe.

"The smallest hope is enough to cause the birth of love" – Henri B Stendhal

My warmest regards



Sarah Kelly
President

Sarah pictured here at the 2019 Mercy Walk for Women, with Christine Waring, a Karinya Friend and Corporate Partner



Hands Across Canberra

Canberra Recovery Appeal

The Canberra Recovery Appeal is a collective fundraising drive launched by Hands Across Canberra to support its network of over 250 charities and community organisations, including Karinya House, who have found themselves in desperate need.

Each charity started with a matched goal of \$10,000, and we are thrilled to share that, with thanks to 24 amazing donors, and the Matched Funding Partners, we surpassed this fundraising goal, with a matched total of \$15,450 donated from June to August. The last boost to get us over the \$10,000 target was a donation from a Canberran who had realised a higher than expected sales value for his property, and based on a recommendation, made a donation to Karinya House via this appeal. The last donation to this appeal was so very special as it came with this message:



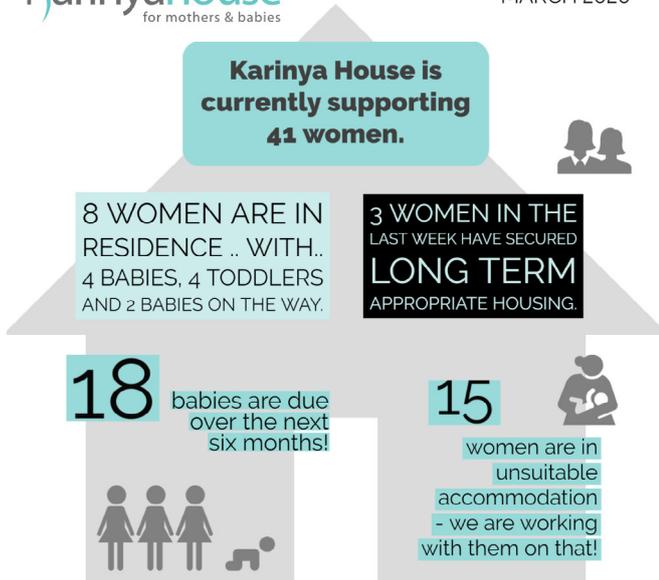
Thank you to Hands Across Canberra for facilitating this much-needed fundraising drive, and to each and every person who donated, not only to Karinya House, but to our community charities and organisations. Your donations help us to stay afloat and provide essential support to some of the most vulnerable members of our community.

“16 years ago Karinya House gave my baby girl and I a precious gift in a very dark time - along with the tiny hand knitted booties and bassinet, they gave us safety, hope, and love. Forever grateful for the light you bring to our world .”

Karinya House - Our Priority



MARCH 2020



With an average support period of 114 days across all persons in residence or in the community, based on women alone, over 24,500 support days were provided across 2019/2020.

54% of persons supported were homeless upon referral.

59% were aged 25 years or less.

71% of women supported presented with histories of domestic and family violence.

16% of persons supported identified as First Nations People.

23% of persons supported identified as culturally and linguistically diverse.

62% of women when they access Karinya House are not in the labour force. Often labour force participation is difficult due to stages of pregnancy or parenting, or past experience of trauma has impacted on an individual's education or work history to date.

The Numbers...

We have finalised the 30/6/2020 Performance Reports and are collating 2019/2020 statistics for the Annual Report due for release after the AGM in November. Here are some of the numbers... we always ask though that you consider the unique and beautiful lives beyond...

216 Women supported across 2019/2020 - not counting babies, children and partners (where active)

34 women and 34 babies were supported in residence. Average length of stay was 118 days.

6,620 safe and secure bed nights were provided for women, babies and children.



Covid-19: Many of the women Karinya House supports are faced with a range of compounding experiences of trauma related to histories of domestic/ family violence, sexual assault, child protection involvement, homelessness, drug and alcohol misuse and on occasion pregnancy loss. During Covid-19 we have seen an increase in the complexity of women's lives, often related to trauma and mental health.

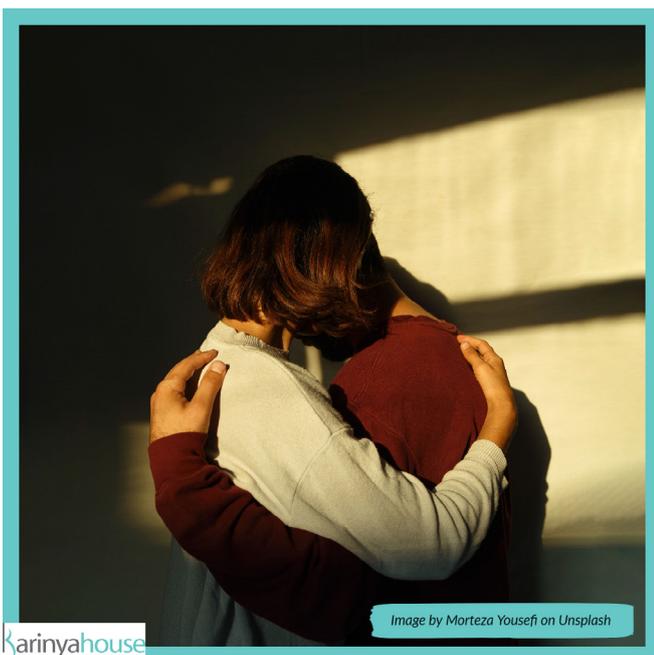
Snippets...

A mother who we supported through pregnancy and beyond phoned recently to let us know she and her little one are doing really well. She was grateful to be supported to independence and feels like she can now solve any issues that arise. This strong, determined mum is about to start tertiary education and is very happy. A very thoughtful call to say thank you to the whole Karinya team

"I have never felt so safe and supported. I am sad to leave Karinya House." A Resident. She was so excited about the cot and kitchenware provided for her new home."

Another caseworker attending Karinya House recently from an external service, said, "When i am asked what Karinya House is, I describe Karinya as a "Warm Hug".

A comment recently made to Anne, one of our Midwives, from a brand new Mum... "You are like my Grandma...."



* Names are changed

Recently a Resident was wanting to get a cloth mask. The ones we have to the ready have been beautifully hand made by a previous journey woman of Karinya and were donated to us by her. Our current Resident loved the mask and extends her gratitude to the Maker. We understand there are more masks on the way!

Karinya House has a Shared Residence area and the cooking duties rotate. Recently, one young woman at Karinya House recently shared a delicious special recipe creation of hers with other residents and delivered a serving to the onsite Karinya Team member. Then, she delivered another serving to a resident who had moved to one of the independent cottages because "she knew how much she enjoyed it".

A young mum we have been working with said that a lot of her friends sell their used baby clothes online but she likes to pass hers on to others - because Karinya gave them to her for nothing and it was so helpful, so she likes to pass them on to others that could use them too.

"I am so happy here. You have given me everything."

"When I am at Karinya I feel like I can breathe. There is a lot of stress in my life at the moment, but when I am here at Karinya I know my children are safe and I feels like I have time to think about little things that don't really matter. I am hoping that my new home will eventually have this feeling."

We received this email recently with some beautiful professional photos of Mother and Daughter, who were with us some years ago. "I just wanted to update you all on our amazing news!!! I won full custody of Lily*! We are still so thankful for all of the help you gave both Lily and I. We are LOVING our new home, there is so much room for Lily to play outside and our neighbours are so amazing. We feel so safe here, and we are finally free! Thank you again." - Kathy*

#karinyastories #humansofkarinya

September 2020

All good things of Spring



The 2020 Mercy Walk for Women

During September there will be a number of people across our Canberra Region and beyond who are walking alongside us as part of The 2020 Mercy Walk for Women. Whether you are joining us as a walker, or supported someone walking, or simply cheering on from your homes, your contributions are greatly appreciated.

This year, the Mercy Walk is a little bit different. As a result of the challenges of 2020 and issues involving Morning Tea, Transport from the End destination (Galong) back to the Start (Boorowa), as well as managing port-a-loos, the Mercy Walk for Women moved online. We invited our Friends to you to join us online, whereby participants walked 23 kilometers across the month of September.

We will be sharing final numbers and the final donation tally over our Social Media channels in October. All funds raised through the Mercy Walk will be doubled as part of the Double Up for Karinya Campaign (explained below!). While we will miss the day out with our Village, we hope to enjoy the photos of walkers amongst the canola-lined fields that were shared with us.

Thank you for walking with us on this journey. Your generous donation will give the gift of time, space, hope and new horizons.

If you still wish to register or support a walker, head on line at: <https://www.mycause.com.au/events/karinyahousemercywalk2020>

The Annual Double Up Matched Giving Appeal

This year is our second annual Matched Giving Appeal being run throughout September – Our Anniversary Month. This September the impact of your donation will be doubled, with matched funding from our Double Up Appeal Corporate Partners. And all donations received during September will be doubled, including our regular recurring donors! We are also inviting everyone to bundle up their coins, given that we are moving to a cashless society, and contact us to arrange their donation. All coin donations will be matched too. The available matching pool is \$50,000 with thanks to:

Chadwick Designs, Clarke Keller, Connect3i, Corkhill Bros, Pat's Plumbing First Choice, Riverview Projects (ACT), Sharwood Hampers, Solace Creations Double Glazing and Successful Alliances

Join us as we celebrate 23 Years of Services for Women in the Canberra Region, 24 hours a day, 7 days a week, every day of every year. We thank every Woman who has shared part of their inspiring journey with us.



To donate online go to: <https://www.mycause.com.au/page/233930/double-up-for-karinya-house> or give us a call and we will assist.

Other News

Our Response to COVID-19

The support of our local community, including service partners and our Friends, has meant that Karinya House has been able to continue to operate at full service across the pandemic. Only one aspect of our service has been suspended, being the Group Program. The Casework Team are mindful of this and connection with women we are walking alongside, through any safe and recommended means, has been pursued.

Of course, like everyone, we have had to make some changes to our day to day operation to ensure the safety of our staff, volunteers and the women and children that we support. For example, we have developed a Plan that includes an outline of actions to be taken should a staff member or client test positive to COVID-19. We have split our day staff team into two, who work alternate weeks on or off site. All of the Karinya Team have been mindful of the increased risk given we are a residential facility, and every staff member has restricted their own personal movements accordingly, as well as either imposed these restrictions on their household members, or taken other precautionary steps.

As noted, we are continuing to make regular contact with all women, including the provision of essential supply parcels to women living in the community. These parcels include food and essentials like nappies, as well as craft and other "boredom buster" activities. Monarch Building Solutions have re-configured the Karinya House Administration Building to support physical distancing in the long term.

We are committed to protecting the welfare of our community and will continue to update our Plan and operations to align with that commitment.

Pregnant Pause 2020

Karinya House is proud to go yellow to partner with Pregnant Pause 2020. The ACT Pregnant Pause Community Hero campaign was launched in June by Ambassador and 106.3FM host Kristen Davidson and the Foundation for Alcohol Research and Education (FARE).

As a Pregnant Pause Community Hero, we are helping to create a community supporting Canberra mums-to-be to go alcohol-free during pregnancy, recognising that for each woman the journey is different, with different challenges. Community support – the support of your Village – the support of your Tribe – is critical to understanding and supporting, respectfully, the premise of the 'no' when it comes to alcohol during pregnancy. An easy statement to make, yet a difficult statement to support with respect and recognition, including self-recognition about the almost 'cultural importance' alcohol plays in Australian Society.

At Karinya House, substance abuse is a previous or current issue for around 33% of women we walk alongside. We recognise that for the most part, a history of domestic or family abuse, abandonment, or another impact of trauma, either sustained over significant periods or during a period in a woman's life is often symptomatic of substance abuse. Overcoming substance abuse is often more inaccessible to women who come from a less privileged position, where structural inequities are more determining of life's journey and experience.

We encourage all within our Community to become a Pregnant Pause Community Hero and help to give the 6,000 babies born in Canberra each year the best possible start in life. Through your active respect, you can help create a community of support around Canberra mums-to-be so that they can achieve their alcohol-free pregnancy goal.



Some of the team going yellow for PP2020, with special appearance by one of our residents (and her own special resident)



Treat Yourself, Support Karinya House

We know that the best kinds of gifts are the ones that give twice.

We're happy to partner with a selection of wonderful socially aware businesses who walk alongside us and who support Karinya House through the sale of their goods or services. Whether you are treating yourself or buying a gift for someone else, purchases made through these organisations also support Karinya House through a portion of the purchase price.



Sharwood Hampers

Fabulous gourmet hampers and gift baskets filled with premium products from the local region of Canberra and the Southern Highlands. sharwoodhampers.com.au

Christine Waring Designer Millinery

From her inner-city Canberra studio, Christine has become one of Australia's leading milliners. A professionally trained model milliner, she is invited to European hat festivals, teaches and has been creating original designs for over 20 years. A long-time friend, Christine recently committed to sharing 10% of all sales with Karinya House and Roundabout Canberra. How perfect!

christinewaringmillinery.com.au

Debby Harrington - Personal Stylist

To Debby Harrington, what you wear is more than how you look, but how it makes you feel. When you like your outfit, you feel more confident. Debby loves styling women for the boost it provides when wearing something they feel great in – there is power in that, giving women confidence in themselves.

Debby is Canberra based, is happy to travel and also offers an E-Styling service too. 10% of the sales of Style Sessions will be donated to Karinya House.

Debby
Harrington
Personal Stylist

MXWELLS

MXWELLS

MXWELLS is a locally owned business providing in home childcare, elderly care and general housekeeping services delivered by our own skilled workforce. MXWELLS are passionate about making sure that the unpaid care work, predominantly undertaken by women, is recognised and valued in our community, our workplaces and our economy. A portion of sales is donated to Karinya House.

Goodwill Wine



Offering a selection of seriously good wines with 50% of the profits donated to charity. Search for Karinya House on their website, order your wine and enjoy! Goodwillwine.com.au

Currently if you subscribe to their newsletter at the special link below, we have a chance to win a donation of \$2,500. Enter here: upvir.al/ref/Nk45343211/

Canberra Southern Cross Club



CSCC are continuing their innovative Community Rewards Program that allows members to support their favourite community service when they enjoy the great food and beverages at any Club Venue. You can support us by linking your membership card to Karinya House. We also thank the Canberra Southern Cross Club who donated \$2 for every sale of their fabulous Winter Magic Pudding throughout August!

To link your membership card to Karinya House go to:

cscckmarketing.wufoo.com/forms/r1fxcu40cd7xhk

Return address: Karinya House
PO Box 7239
Kaleen ACT 2617

Karinyahouse
for mothers & babies

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