

# The end of 2020 and the beginning of 2021!

Even as we venture well into 2021, the shadows of the challenges of 2020 are never far away. Over the Christmas Period, Karinya House became home to a diverse group of pregnant women and women with babies and children, and our residential and outreach caseloads remain full.

But thanks to our generous community and your support, Karinya House has remained fully operational and available, providing consistent care and support. As always, we wanted to take a moment to express our gratitude for embracing and supporting all things Karinya

While the pressures of COVID-19 have affected us all, we have still been overwhelmed with support from our Friends and Partners, old and new.

At the end of 2020, we were blown away when our Christmas Appeal target well surpassed our (what we thought was aspirational) target of \$20,000. And just recently on March 12, Canberra's official 108th birthday, we were again delighted and humbled to reach our target, raising \$10,763 as part of the amazing response to the **Hands Across Canberra - Canberra Day Appeal**. The funding will extend our Mental Health Practitioner Project, which is about to get underway following seed funding (\$25,000) from the **James N Kirby Foundation**.

Great news also on 12 March, as we gathered out at Strathnairn, for the "turning of the sod" on the

Master Builders Association - ACT 2021 Charity House. The Charity House, designed by women, built by women and to be auctioned by women, is a wonderful collaboration. Major contributors are **Kane Constructions, Build It Like a Girl, Ginninderry (Riverview Projects ACT), Region Media - The Riot Act, Mix 106.3, and Zango**. There will be a host of other professionals contributing time and talent to this project. The sale of the Charity House, through its net proceeds, will support **Hands Across Canberra, Canberra City Care, Pegasus Riding for the Disabled (ACT) and Karinya House**.

The continued generous support, throughout even the most challenging of times, of you, our community, is heart-warming and makes a tremendous difference. Thank you!

## In this Issue

The end of 2020 and the beginning of 2021	1
.....	
From our Committee President	2
.....	
Karinya News	3 - 6
.....	
Celebrating Women in Our Community this May 2021	7
.....	
Support Karinya House	8
.....	

welcome message

# From Our Committee President

## A word from our Committee President

Welcome to 2021. A new year and perhaps more than most years past, one that we hoped and anticipated would bring a new beginning of sorts. It might feel like 2020 just continued for some! But amidst the uncertainty and challenges 2020 presented to us, the Karinya House Committee and staff, continue to be incredibly grateful for the continued thoughtfulness and generosity that helped sustain us through this time. You will read of the support during the months to Christmas and now into 2021 throughout this newsletter.

We acknowledge how challenging it was for our staff who continued their enduring support of the women we walk alongside and the difficulties they also found adapting to the COVID world amidst their own crises.

Many of the fundraising events we come to expect each year have taken on a different face again for 2021. We have adapted like so many charities to ensure our community and government connections remain strong and in turn, provide the necessary funding we need to sustain our vital service. You will find many opportunities during 2021 to support or donate to online around several events. May is our Mothers Day month and the much loved Gala Dinner will be a "Gala at Home" opportunity for 2021. We will continue celebrating women at Karinya House with our May Day Appeal. We were overwhelmed with support during this time in 2020 - and we hope to see this support repeated this year!

Our Committee has devoted much time and energy into our new Strategic Management Plan which will be published very soon. This has been a great opportunity for our Committee to confirm visions and realistic goals for sustaining the life of Karinya House for the next 5 years and beyond. Part of this important strategy is the unique funding framework that we have in place. It is a collaborative partnership of government, corporate and community funding. Your role within the community funding is the vital base allowing us to provide the time and presence of caseworkers and health professionals to journey with

women at a critical time in their lives. Your continued donations during 2021 will enable this "priceless" time to continue for the women of Karinya giving them renewed hope in human relationships and connections.

I hope with some certainty, we will maintain a healthier and safer year going forward. It gives me renewed hope to see how Karinya House has operated at capacity and has adapted to the harrowing times of 2020. I am so grateful to our Executive Director Marie-Louise and the team of inspiring staff at Karinya. We need incredible support to go hand in hand with the incredible resilience and perseverance of the women we walk alongside. My gratitude again for continuing to provide this.

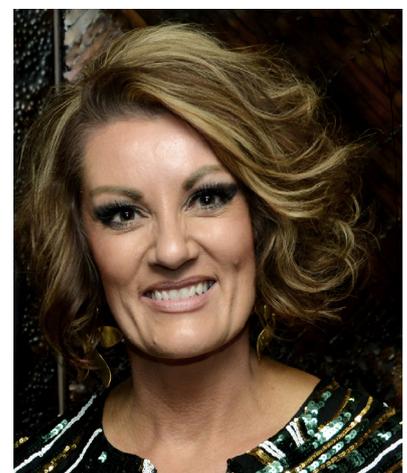
*"There is always light. If only we are brave enough to see it. If only we are brave enough to be it."*

- Amanda S. C. Gorman

My warmest regards



Sarah Kelly  
President



# Karinya News



## The Numbers...

During the period 1 July to 31 December 2020, Karinya House, with the tangible support of our

community, has walked alongside 114 women providing full casework management. Another 45 individuals were provided short term contact and appropriate cross referral if further assistance was required.



## Financial Update

With an average support period of 114 days across Financial results for the half year to 31 December 2020 remain positive, reflecting the continuing support of our community, together with the **ACT Government**. Further, the **Commonwealth Government** COVID-19 stimulus packages have supported Karinya House through to September 2020. In addition, the ACT Government extended rent relief for all housing service providers through to 31 December 2020. Karinya House has extended this relief in full to all women in residence.

Unexpected philanthropic support came from the **Shaw and Partners Foundation**. During September 2020, Shaw and Partners celebrated 5 years of fundraising, raising over \$3 million for Australian. In 2020 they aimed to raise \$500,000, and their efforts resulted in \$819,100 that was donated to charities Australia wide. The Canberra Office selected Karinya House to receive a donation of \$25,000. We believe this represents the largest single general donation Karinya House has ever received and certainly was a morale booster during a particularly challenging time.

During September 2020, the annual Double Up Appeal was held, inviting donors to have donations made during the month of September doubled, with thanks to our matched giving corporate partners. This included donations in support of the Mercy Walk for Women, as well as our regular recurring donations. The matched funding pool of \$50,000 came from Chadwick Designs, Clarke Keller, Connect3i, Corkhill Bros, Pat's Plumbing First Choice, Riverview Projects (ACT), Sharwood Hampers, Solace Creations and Successful Alliances.

The month of September saw donations almost match this amount. All corporate partners remained committed to their full matched funding amount and a total of \$90,310 of funding support was accordingly generated.

While it was a difficult year for everyone, Karinya remains in a solid position thanks to the tremendous support of our community and partners over 2020.

# Christmas at Karinya



While 2020 was a year like no other, it did not stop any of the Christmas cheer at Karinya.

Our Christmas Appeal showed us the support of our community and we surpassed our aspirational target of \$20,000, with a total of \$23,397 in financial donations. In kind support valued at \$17,590 was also so generous with all of the women we currently walk alongside being provided with hampers and gifts matched directly with sponsor families and by other donations of gifts received. A number of Karinya Staff and Volunteers also sponsored families with Hampers and Gifts. We were overwhelmed by the number of beautiful gifts delivered to our door or collected by our volunteers, as well as the individuals, families, corporates and community partners who donated their financial gifts so warmly, and for that, we thank all who contributed.

And of course it's not Christmas without Santa, and the jolly red man made an appearance at Canberra Southern Cross Club, Jamison where we were able to accommodate 40 people for a beautiful, festive lunch and celebration.

Our sincerest thank you to everyone who contributed and helped make the festive period special. Karinya House was in full colour with all the gifts of love, given with joy, and we are continually overwhelmed and inspired by the generosity of the Canberra and Region community.

# Snippets...

Midwife Anne, (just before her recent retirement!) accompanied a woman for her pre-induction at hospital. The woman said it made all the difference and was exactly what she needed.

"A young mother recently transitioned from Karinya House into her own home. When her caseworkers (Ana and Sonya) visited they noticed a beautiful vase of flowers on the table. The young mum said she had copied Karinya House as she enjoyed having fresh flowers in her home. She was going to purchase some but decided instead to pick and arrange some from her new garden!"

An expression of gratitude from one of our Senior Caseworkers, Catherine: "When recently moving a woman from Karinya House into their own home, it struck me that the whole household was able to be set up with the goodwill of our community. From household goods, furniture and baby items, gift cards and groceries, she has started her new life off with a huge amount of community generosity.

Sometimes it's the simple things that mean so much.' A woman told one of our Senior Caseworkers, Catherine, how she was so nervous about catching a bus for the first time with her new baby. She then went on to say she was so grateful and relieved that her Caseworker, Kim, was going to do it with her.

Message from a woman who was previously a resident and is being supported in an outreach capacity currently... "Thank you to every one of you. You are family and you mean so much to me through this hard journey. I am really grateful for the love and support you have shown and given to me and my son.

One of our Caseworkers was discussing playgroup options with a mum recently and she said she finds it very hard to socialise and make friends but loves the Karinya House Group because she feels comfortable. She said, "they are my family, my people". This mum said that at the Karinya Group she doesn't feel different to everyone else and she knows everyone has their own story, making her comfortable to share hers.

A woman we are walking alongside said to Luisa, "I could not believe that as well as gifts for my baby, there were Christmas gifts for me too!"

"If someone was to ask me last year around the same time, 'How are you?', I would have replied, 'I don't know.' Today if someone asks me the same question, I will say: 'Life works in mysterious ways!'. Karinya. Thank you from the bottom of my heart. Thank you for stopping and noticing me and giving me a chance. Thank you for giving me and my children a foundation for the future. I love you all very much. In all your unique ways, you have inspired me to be a better person."

#karinyastories #humansofkarinya



# Farewelling Anne



At the end of October 2020, we wished our long serving and much-loved midwife, Anne Brown, well in her retirement. Anne has worked at Karinya House since April 2002 and has contributed to the lives of close to 2,000 women over her 18 years of service at Karinya.

Late in 2020, His Excellency General the Honourable David Hurley AC DSC (Retd) and Her Excellency Mrs Linda Hurley, who is patron for Karinya House, acknowledged and thanked Karinya House for services during 2020 with a medallion to be presented to a member of the Karinya team.

The Karinya House Executive Team chose to award the medallion to Anne, and in February this year, she was awarded a Medal of Service Recognition for her services to women through Karinya House. Normally such a presentation would occur at Government House, however due to COVID-19 this medallion was received at Karinya House for an internal presentation to Anne.

In presenting the medallion to Anne, we were provided with another opportunity to recognise and celebrate the extraordinary care, compassion

and service Anne has shown towards literally thousands of new mums, along with the contribution Anne has made to the Karinya House Executive Team, especially across the COVID period in 2020. Congratulations again to Anne. We also particularly thank Her Excellency Mrs Linda Hurley for her ongoing support and patronage of Karinya House.



# Celebrating Women in Our Community this May 2021

Every year in May, Karinya House celebrates the women in our community who inspire us and we always invite our Karinya village to celebrate with us. Part of this appeal is normally the Annual Mother's Day Gala Dinner, celebrated the Friday evening, nine days before Mother's Day. This event had occurred every year since the year 2000. Last year, the Gala Dinner was postponed (due to COVID-19) and the May Day Appeal was launched, raising an astonishing (and very much needed) \$62,619.

Karinya House has decided to again postpone the Annual Gala Dinner until next year. So mark your calendars now for 29 April 2022 and save the date, for this celebration which will be an evening of dinner and dancing (we hope), with the Mystery Wine Draw just to complete the fun and frivolity.

This year, instead we invite you to have your own 'Gala at Home' during May 2021. Perhaps there are some aspiring Master Chefs or mini chefs amongst you. Or you might order a home delivery from your favourite place to support local. Your menu options could include an invitation to your guests to make a small donation online to our May Day Appeal. We would love to see your "Gala at Home" set up and maybe a few images across social media. #galaathome @karinyahouse #supportingwomen #supportinglocal #ourcommunity

We rely on our fundraising through the May Day Appeal each year. Last year was a year that challenged each and every one of us, and at Karinya House we have already seen the impact of these challenges on lives already bearing the impact of structural inequalities which exist within our societies. We are still in awe of the May-Day Appeal result for 2020, and your support has made a significant difference to us at a very critical time in our organisation's history, as well as sustaining us throughout our history.

**For more information on Gala at Home, visit our website at [karinyahouse.asn.au](http://karinyahouse.asn.au).**

## Other key dates and ways to support Karinya House in 2021:

### September: Karinya House Double Up Campaign

All donations in September will be matched with pledges from our Corporate Partners for 2021/2022 funding.

### September: Coins for Karinya

No one uses cash anymore! So this will be the last year for Coins for Karinya. So any loose coins you have collected, now will be the time to take them to the bank and do an electronic transfer to Karinya (or we can collect them!).

### September: Mercy Walk for Women

The actual walk will be held on 26 September, with an online event also running across September.

### December: Christmas Appeal

The Joy of Giving and Receiving

**Keep an eye on our website or sign up for our eNewsletter (send an email to [info@karinyahouse.asn.au](mailto:info@karinyahouse.asn.au) to subscribe) for updates on these events.**



## 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](http://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](http://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.



### 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](http://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/](http://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. From now until 30 June 2021, the Canberra Southern Cross Club are doubling the rewards. So 15% for every dollar you spend on eligible food and beverages donated back to your nominated Community Rewards Program. So when you go to the Club, speak to any of the fantastic reception team and have your CSCC Member Card linked to Karinya House or by using the link: [cscmarketing.wufoo.com/forms/r1fxcu40cd7xhk](http://cscmarketing.wufoo.com/forms/r1fxcu40cd7xhk)

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