

The Karinya News since our last printed edition in March...

As we race towards the end of 2021, Karinya continues to navigate the uncertainty and fear of COVID-19 as a team and with the women we walk alongside. Despite the recent lockdown, Karinya House has remained fully operational and available, providing consistent care and support. We continue to be inspired by the flexibility, resourcefulness, and tenacity of the Karinya Team.

The pressures of COVID-19 have affected us all, we have still been overwhelmed with support from our Friends and Partners, old and new. As always, we wanted to take a moment to express our gratitude for embracing and supporting all things Karinya.

The May Day Appeal is our major annual appeal, and a critical part of our community-based annual funding. This year we were blown away to raise \$70,568.



We were delighted to be the charity partner for the 2021 Allambee Club Art Fair in Yass, with \$9,500 in funds raised for donation to Karinya.

During July and August 2021, the Canberra Southern Cross Club had again chosen to support Karinya through the sale of their delicious Magic Pudding.

Great news in August 2021 with the Capital Chemist Group donating a defibrillator to have here onsite at Karinya. Our good Friends at Paddywack Promotional Products also very kindly provided us with cloth face masks.

In August, Her Canberra hosted a Sustainable Fashion Swap with Karinya House as the Charity Partner. The event was held in the beautiful space at aMBush Gallery, ANU Kambri. Damsel & Sprout provided the excellent event management services.

We are also excited to welcome Beyond Bank as a Community Partner as well as a valued service provider, and we are now part of the Beyond Bank Community Reward Program. Created to reward organisations and their supporters while helping the club or cause to fundraise.

As the first quarter of the 2021/22 financial year comes to a close, our thoughts are often of you, our Karinya partners and friends, who give so generously both financially and in-kind to enable and empower not only the wonderful women and children, but indeed our whole team. Your generosity speaks of true recognition and respect. Thank you! May we all continue to inspire each other and remain safe.



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welcome message

From Our Committee President

A word from our Committee President

Welcome to spring my Karinya friends and that is certainly something to be grateful for – just one little hiccup – we are in lockdown! But thankfully, we can get amongst these beautiful spring days, albeit briefly. It makes lockdown that much better. We have our COVID-19 practices in place for this second wave of the pandemic and remarkably and seamlessly, the Karinya House staff team are implementing measures necessary to keep the women we walk alongside safe. Women we support often feel isolated with their own personal crisis when they come into our care. Add a pandemic and its effects on top of that isolation, is both frightening and distressing for our women at Karinya. Thank you to our wonderful staff for your continued professionalism and compassion during this time. Also, my gratitude to you, the Karinya Community, who have found ways to continue to support us during these unprecedented times.

The month of September houses one of our major fundraising events of the year - Our Mercy Walk for Women. I do miss the opportunity to walk with our many supporters through the countryside of NSW. Adhering to COVID-19 guidelines however, the Mercy Walk will once again be held online. We invite you to walk the 23kms during September and share with the Karinya Village, photos of you and your walking trails via social media. You might choose to walk the 23 kilometres across the month or all in one go on 26 September, although I would think exercise restrictions will make this a little difficult! You may want to seek sponsorship or support from friends and family to help complete the 23 kms over the month or on that day. Please register your involvement via this link [Mercy Walk for Women](#) and donate whatever you can to support this wonderful event.

The Mercy Walk for Women is also a part of "double up donation month for September" so all donations over September will be matched by our funding partners (up to \$46k matching pool)! Any donations to support our walkers or our "double up appeal" will make a difference this year. Any amount! So

please keep that in mind. Enormous gratitude to our numerous funding partners for their generosity at this time.

Every woman who is pregnant or parenting a baby should be surrounded with the support she needs, especially in the current climate with the disturbing numbers of women affected by the pandemic and experiencing domestic violence and homelessness. One of the main supports is time. Karinya House invests time to support each individual woman we walk alongside and we have helped more than 50 women and their babies in the last 2 months alone. Your donations and support ensures this "time" continues to be given. Christmas is also around the corner so may I ask that you reflect with us on what that time means for the women at Karinya House. We want to ensure their experience is of joy and hope for that season also.

I hope that you and yours are keeping safe and well and will remain that way for the remainder of the year. Thank you for continuing to support us in the way you are that ensures our care of vulnerable women in Canberra through these challenging times. Every day we have the ever present moments of joy, inspiration, hope, strength and humanity. These are the moments we hold onto. In the life that we knew and more so, the life we know now.

"We don't heal in isolation, but in community."

– S. Kelley Harrell

My warmest gratitude



Sarah Kelly
President



Karinya News



The Numbers

Over the 2020/2021 financial year we walked alongside 187 women (and their babies, children, families) and the average support period was 116 days. Another 87 people received immediate support, advice and cross referral as may have been required upon contact with Karinya House. The support given did not extend into a recorded open support period.

Financial Update

Based on draft Annual Financial Statements, full year expenditure for 2020/21 was \$1.98 million. For 2020/2021 the cost of support per woman averaged out at \$10,564 per woman, or \$91 per woman per day of support. This small daily investment in a woman's life can, with her, change her life. It can also have intergenerational change.

Given the times of 2020/2021, the Karinya Committee had set a subdued donor funding targets, welcoming the support of the **ACT and Commonwealth Government** through COVID-19 Stimulus packages

to keep us in balance. Commonwealth support ceased in October 2020 for Karinya. The **ACT Government** continued to provide rent relief through to the end of 2020, which we also continued for residents for this period.

The support of our donors - all of you - supported a solid and positive financial year end result which gives Karinya a strong financial position leading into the 2021/2022 year. We welcomed new donors and we continue to be so very thankful for the recurring support of many of our existing donors. Changes in life journeys including impacts of COVID-19 did cease the financial donor journey for some of our Friends and our gratitude remains with them also for being able to walk with us for so long.

Karinya's donor/fundraising target for 2021/2022 is \$634,700 representing 30% of our operating revenues. We have been thankful to all our recurring donors through July and August 2021, especially with the obvious decline in 'ad hoc' donations coming through the website over this period. We understand the challenges of this time on our community. Our thoughts are with you all.

The main operating cost of our service rests in the employed wealth of our Karinya Team - women who walk alongside the women we support, every hour, every day of every year. We cannot do what we do without you our community of support. Thank you!



Hello and Goodbye To Karinya Team members



In February, we welcomed Alexandra Ball (pictured above) to the Karinya Team. As a Registered Midwife, Alexandra is our Senior Health Professional Team Leader and comes to us from her work at Canberra's QEII Family Centre. She has completed postgraduate qualifications in both counselling and child and family health to pursue her special areas of interest, which include perinatal and infant mental health, early brain development, bonding and attachment, and the importance of early intervention to ensure optimal maternal and child outcomes. Alexandra says her focus is on building rapport with women and working with them to make choices and change, build confidence and find the joy in their pregnancy and early parenting.

Alexandra is a member of the ACT branches of the Australian College of Midwives and the Australian Association for Infant Mental Health. She was also recently elected as the ACT branch National Representative for the Australian Association for Infant Mental Health. Welcome Alexandra. Thank you for your commitment to supporting women through Karinya House.

In the middle of the year, we also celebrated and farewelled two amazing Karinya support workers



who are moving on to new stages in their journeys. Carolyn Burns has been with us for almost 19 years, since May 2002, and retired in April. Kim O'Dea has been with us since 2013, and at the time of her resignation had provided 8 years of service as a Support Worker.

We enjoyed a wonderful celebration of Carolyn and Kim's respective commitment and service to the women Karinya House works alongside at the Committee, Staff and Volunteer Mid-Year Gathering in early June 2021. We thank them for their years of service to women through Karinya House. Karinya House is pleased to welcome Alex Bailey, Chelsea Rolls and Perri Chapman as part of the Karinya House support worker staff team.

We also welcomed Kate Moran to the team for a fixed term six-month contract funded by the James N Kirby Foundation. The funding (a special COVID-19 funding round) supported additional onsite case-aid support persons during the 2020 COVID-19 period and the engagement of a Mental Health Practitioner to build the capacity of staff to respond to the expressed mental health needs of the women we work with.

Snippets...

A woman recently shared her birthday with her and her baby and some of the Karinya Team. Upon receiving Karinya's gift, she noted with gratitude, it was the only gift she had received. The woman expressed how far she had come since her last birthday and how proud she was of herself and the decisions she had been making. A wonderful opportunity for reflection and recognising strength and resilience.

Someone from our village: "It must be so hard and challenging to do all the wonderful things everyone does at Karinya during lockdown. But knowing all of you, I'm sure you would see it as yet another speed hump on the road and deal with it in the same methodical, cheerful and professional way I've seen time and time again. If ever I've wanted to hug an organisation, it would be Karinya. I hope you can understand what I'm saying, because I think, I know, it's so special to so many people whose lives have been enriched by the care and love given by everyone."

A woman we have been walking with across several years has been going through a difficult patch. During a recent lengthy and distressed conversation she said: "I don't feel alone. I know you (Karinya) are always there if I need to reach out. It gives me great strength".

"I'll always be so grateful for how much you have helped me for over two years now. I can't believe we won't get to see you anymore. I love you guys and I'm so, so thankful for Karinya."

A Child and Youth Protection Services Intake Officer recently extended gratitude for the advocacy provided by Karinya House for a woman and her children escaping family violence and seeking accommodation. Our advocacy was persistent and thorough and helped to ensure the family could access safe accommodation and the support they needed.

A woman who we walked alongside years ago popped in with a vase of flowers for the Karinya team as a Mother's Day gift. She said that everyday she is grateful for all the support she received from Karinya House. She is going well and kicking goals and her little one has commenced primary school and is thriving!

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!"

Another day recently we had a visit from a woman from times past. As she said herself, she is, "doing really well". The woman was so pleased to let us know she now has her older child in her full time care. The little baby she had whilst living at Karinya House was also looking gorgeous. Mum said, "both children are happy and healthy and doing really well at daycare" and Mum seems very happy too!

We received an email with photos of Mum, Dad and baby still in theatre after the birth of their baby with this message: "Thank you so much for your help. Mum and baby are in good health. Both of them are in hospital and looking forward to coming home soon. Once again thank you so much for your generosity and kindness towards our family."

#karinyastories #humansofkarinya



The house built by women, supporting women



Construction is currently underway for the Strathnairn Charity House, a partnership between **Master Builders ACT, Ginninderry, and Kane Constructions** which is being built and designed by women and will ultimately support women.

From a design and construction point of view, the project is led by a female architect and builder, and every trade used will have a female apprentice and participants on Ginninderry's successful **SPARK Women in Trades** program will also use the project as a live training site. **Build Like A Girl** are also participating in this project.

All proceeds from the sale of the charity house will benefit four local charities and Karinya House was both pleased and grateful to be nominated as one of the beneficiaries alongside Hands Across Canberra, Pegasus Riding for the Disabled, and Canberra City Care Charnwood.

The luxury home will have four bedrooms, three bathrooms, a sleek modern design, and a 7-star green rating, and it is expected to fetch upwards of a million dollars at auction.

We thank all the women and corporate partners who are giving their time and talent to this fantastic project. We especially thank Committee Member Cassandra Keller, principal CK Architecture, who is always a champion for Karinya House and the women we are privileged to journey with.

The Strathnairn Charity House is due for completion and auction in late 2021.



2021 Karinya House Events

2021 Mercy Walk for Women

COVID-19 has meant events worldwide have looked a little different over the past 18 months, and our events are no different.

During September, the 9th Mercy Walk for Women is being held across the Canberra Region, and instead of an in-person event, the walk is being held online. Participants are invited to walk 23 kilometres during September, either individually or as a team. It was up to each walker whether they do the walk all in one go, or spread the distance across the month.

While we wish we could have all walked together on the 26 September, on the roads through the canola fields between Boorowa and Galong, participants are sharing photos of themselves out walking or their picturesque walking trails via social media, and we love seeing the photos so we are able to share the experience from afar.

Funds raised for the Mercy Walk for Women will directly support individually co-designed services for women who are pregnant or early parenting. We are still tallying the final donations and we thank each and every one of our participants for lacing up their shoes and competing in the event—albeit virtually—in 2021. We also thank those who were unable to do the walk but made a donation to Karinya House anyway. By walking with us on this journey in whatever way you could, all donations will give the gift of time, space, hope and new horizons.



Matched Giving Appeal

All donations during September 2021 have double the impact of usual, thanks to our Matched Giving Appeal. Every donation received during the month was matched by our Matched Giving Fund Partners, which includes all funds raised from the Mercy Walk for Women.

We are also still tallying up these donations, but the funds raised will go a long way to supporting women in our community. We know the recent months have been particularly difficult in the Canberra region, so we are extremely grateful for each and every donation.

A huge thank you to our Matched Giving Partners: CK Architecture, Chadwick Designs, Corkhill Bros, Monarch Building Solutions, Pat's Plumbing First Choice, Riverview Projects (ACT), Sharwood Hampers, Successful Alliances, William Cole Funerals.

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

December: Christmas Appeal- The Joy of Giving and Receiving

29 April 2022- The return of the Karinya House Annual Mother's Day Gala Dinner (We hope!)

Keep an eye on our website or sign up for our eNewsletter (send an email to 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

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.

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: upviral/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. When you link your card, 15% for every dollar you spend on eligible food and beverages is donated back to your nominated community service. 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

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