

Karinya House Newsletter March 2022

As we enter the new year, 2022 is a fresh start, both for mothers and babies we are walking alongside, as well as our amazing staff and volunteers.

While uncertain times continue, 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.

Like during our Christmas appeal. Back in November we put the call out for people in the community to sponsor the families that we walk alongside. In true Canberran community spirit, we not only had enough people who were happy to sponsor a family, but we had a few extras who were happy to donate other needed items.



From the beginning of December, hampers which were lovingly put together by members of the community were steadily dropped off. In watching these hampers being delivered you see the joy of giving on the faces of the donors, knowing they are doing something that will have a positive impact on someone else. You see their children being taught the valuable lesson of giving and caring for others. It is often in their youthful exuberance for the festive season and all that it brings that you can recognise the spirit of Christmas shining through.

And it's not just families and individuals who made a difference. Community groups, government departments, social clubs and corporate organisations also got involved to make the festive season special for all at Karinya. One organisation's staff chose to donate to Karinya in lieu of a Secret Santa. Another had their staff put together food hampers which were then delivered by Karinya staff to outreach families and distributed to on-site residents. A government department set up their own URL so staff could make donations directly to Karinya House. Another government department purchased picnic rugs and picnic baskets for our Karinya Group Christmas Party for the women and children we currently support. A street in Ngunnawal with a wonderful Christmas light display asked for a gold coin donation from visitors to support Karinya House. Year 11 students from a community school put together some wonderful gift hampers which were used for women who came to Karinya closer to Christmas Day. And the Department of Education, Science and Employment graduates fundraised throughout the year and presented Karinya with a cheque for \$16,000.

We thank everyone and are forever grateful and humbled by the generosity of the community. Together with our committee, staff and volunteers, we can continue to provide a support network for women, who are pregnant or newly parenting, in the Canberra region.

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From Our Committee President

A word from our Committee President



Welcome to 2022. I am determined to welcome this year with a vengeance! Ushering out the old and bringing in the new in whatever form that takes and preferably COVID-19 free! I know that a feeling of resignation has been relatable for so many. However, with many events in life, with the human tide of strength and resilience, we try to adapt and keep moving forward. Amidst the uncertainty and challenges 2021 continued to present to us, the Karinya House Committee and staff were and are, incredibly grateful for the continued thoughtfulness and generosity that helped sustain us through this time – in fact there was even more support shown by you in various ways as you will have noted earlier in this newsletter – a testament to our wonderful community and your spirit of humanity. 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 yet another strain of COVID-19 amidst our women's own lives and struggles. Our gratitude is deeply felt.

Many of the fundraising events we come to expect each year took on a different face during 2020 and 2021. I am very excited to say that even though May is our Mother's Day month and the much-loved Gala

Dinner is usually celebrated during this time, we have decided to move the Gala to 23 September 2022 – making it our Spring Ball and part of our Double Your Impact Appeal. It will also be the 25th Anniversary of Karinya House – indeed a milestone to be celebrated! Please note the date and I will very much look forward to seeing the many faces of the Karinya Community in person once again. More will be advertised during the year, but I do hope to see you all there and mask free also! We will, however, continue celebrating women at Karinya House with our May Day Appeal. We were overwhelmed with support during the pandemic lock downs in both 2020 and 2021. We can only hope to see this support repeated this year.

We have adapted like so many charities during these times of uncertainty and change, to ensure our community and government connections remain strong and in turn, provide the necessary funding we need to sustain our vital service. In doing so, our Committee has devoted much time and energy into our new Strategic Management Plan. As this newsletter goes to print, the Committee and Staff of Karinya House, will have completed their second Strategic Planning Day held by Chris Nightingale of Chris Nightingale Consulting whom we value greatly for his guidance and recognised talent and vision in this space. It has been a great opportunity for our Committee to confirm visions and realistic goals for sustaining the life of Karinya House for the next 4 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. As I said this time last year, 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 2022 will enable this time to continue for the women of Karinya giving

them renewed hope in human relationships and fostering their own relationships with care and love.

I can only hope, as we all can, that 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 uncertain times of 2021. I am so grateful to our Executive Director Marie-Louise and the team of inspiring staff at Karinya. We need unwavering support to go hand in hand with the incredible hope and perseverance of the women we walk alongside. I have been fortunate to witness this support of our women for the 18 years I have been involved with Karinya House and been guided by Marie-Louise Corkhill as our Executive Director.

I am both saddened but so grateful to acknowledge Marie-Louise's retirement from her role on 25 March this year. This brings great change to our organisation but also incredible recognition of the legacy Marie-Louise leaves behind after 24 years. I have borne witness to many of these years of tireless work, strong and respected relationships with government and community, unconditional love, unwavering empathy and compassion that Marie-Louise has shown to not only the women we support – the reason we do what we do – but her support of me, our Committee and our staff. I will be forever grateful for her leadership, counsel, kindness, example and the inspiration she has been to me over many years past and will be for many years to come.

"If we merge mercy with might, and might with right, then love becomes our legacy."

Amanda Gorman

My warmest regards



Sarah Kelly

Committee President



The Karinya House Annual Gala Dinner



The decision has been made to move the Karinya House Annual Gala Dinner to Spring! This decision was driven in part by the continuing challenges of COVID-19 and the current level of risk with restrictions returning. Another very significant factor influencing the decision, is that our anniversary of establishment occurs in September, as well as in the first quarter of each financial year. This year, we will be celebrating 25 years of services for women in the Canberra Region. So, this year the gala dinner will be held on Friday, 23 September 2022. We do hope to be celebrating with many from the Karinya Village at this event. If you are interested in sponsoring the event in any way, please contact Jo (jo.saccasan@karinyahouse.asn.au; 0429 945 804). We would love to have the support of our local Canberra wineries for the Mystery Wine Draw, however they have been impacted significantly over recent years so this may not be possible.

For updated information on the May Appeal and for more information on the upcoming Annual Gala Dinner, keep an eye on our website at karinyahouse.asn.au

New beginnings of a different kind



Executive Director Marie-Louise Corkhill is synonymous with Karinya House. As our first employee, Marie-Louise was selected by the Karinya Committee, as the then Coordinator of Karinya House, to open and establish the service in Canberra some 24+ years ago. And on 29 September 1997, Karinya House opened its doors to women, and has since been a home in many ways for over 2,500 women in our community and their families.

In November last year, Marie-Louise advised the Karinya Committee of her intention to retire at the end of March 2022.

"Whilst Marie-Louise is always very quick to credit the Karinya Team, and we do acknowledge the commitment and part every team member plays in the Karinya story, as the Committee, we also recognise the length, breadth and depth of Marie-Louise's pivotal role in the organisation from even before the first day of opening our doors," says Committee President Sarah Kelly.

"Her commitment to Karinya, and more importantly to the women and the people of Karinya House, has been evident every day since then. Above all things, Marie-Louise values people the most. The women, always the women, and particularly, the focus on each woman. I am sure there are many across our organisation who would echo my sentiments that

Marie-Louise's care of each one of us as individuals, and through many of the significant moments of our lives and individual journeys, also comes into focus at this time."

As she commences her retirement, Marie-Louise says she will continue to support as a Friend of Karinya into the future.

"Since the day I began at Karinya House, the support of the Canberra community, and our Karinya Friends and Partners beyond Canberra, has never ceased to amaze and inspire me," says Marie-Louise.

"The purpose of Karinya House, which is supported in partnership, remains confirmed and assured. I have been inspired in my work with the Karinya Team, and in particular our Committee and Executive, who have worked with me to develop a transition and succession plan which will lead Karinya House into the future, preserving at all times our ethic of care. This ethic of care is dear to my heart and remains paramount to the service of Karinya House."

The recruitment process for the new CEO of Karinya House is underway, with the successful candidate to be announced in due course.

Snippets

We love hearing our work is making a difference within the Canberra community. Like one woman we walked alongside who said: "I'm good! Feeling kind of relieved like some weight has been taken off my shoulders and that I've done the right thing to reach out for some support".

A woman who requested some baby goods, Christmas food and gifts for her two young babies sent us this lovely email: "Thanks for helping me out in my difficult times. It was good to talk to you and share my ongoing problem. I will always be thankful for helping my babies when they need the most. Your team is doing a wonderful job. Once again thank you so much for making Christmas so special for my babies."

Another woman who received some goods: "Thanks for sending me such lovely baby goods. My toddler was so excited to see the things, she started jumping with joy when she saw toys. It was a moment of happiness for me to watch my babies enjoying everything you send. Karinya house and Roundabout Canberra is doing an amazing job by helping families needing things on time."

Our senior health professional and midwife, Alexandra, accompanied a woman to her pregnancy ultrasound. Understandably, the woman was very nervous and unsure about what to expect but relaxed once we saw the baby's heart beating on the screen. As well as celebrating these images, the woman was incredibly thankful to have had a support person with her. A very lovely moment.

One woman shared this thought "Karinya saved my life. I would be on the streets if it wasn't for Karinya."

We also received this affirming insight from one of our donors: "I've picked up the impression from a

few places that Karinya House does the hard work to offer that support to people who are pregnant or parenting in a way that's tenacious, kind and has great integrity. You and your team have a reputation to be proud of!"



The Karinya House Annual Report 2020-21

The Karinya House Annual Report 2020-21 is now available on our website under publications. If you would like a printed copy please contact Jo (jo.saccasan@karinyahouse.asn.au, 0429 945 804).

The Karinya House Endowment Fund has launched



At Karinya, donor, corporate and community support represents around 30% of annual operating revenues and remains a key component of Karinya's funding platform. The support of our community, as well as government, speaks to the women we walk alongside, reinforcing the value of village and community, and recognising every woman as a valued part of our community in the Canberra Region.

We also recognise there are a number in our community who wish to give more substantively, in addition to their annual support for Karinya, by way of larger living gifts or through gifting to Karinya House in their wills.

So the Karinya Committee is pleased to launch the Karinya House Endowment Fund (KHEF). The KHEF is partnered with a Gifts In Wills (GIW) program, which seeks to invite our Friends to consider a lasting gift to Karinya House.

The KHEF will operate separately to ordinary operations and is developed to deliver strategic outcomes above and beyond ordinary operations. It

is hoped Karinya Friends who contribute to the KHEF will continue to also support Karinya House general operations through regular annual donations.

The KHEF launched in December 2021, and accepts donations of \$10,000 or above, either as living gifts, or they could be received as bequests arising through the GIW program. For more information, visit karinyahouse.asn.au (under the Publications tab), or email us on info@karinyahouse.asn.au.

Support Karinya this May

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. The support we have received each May over the past two years, has been extraordinary. We recognise the continued challenges of COVID-19 have had different impacts on every person and every organisation. If you are able we would welcome your support for Karinya House this May, in supporting the May-Mother's Day Appeal.

Golf Day a hole in one success

Against all the odds of COVID lockdowns and extreme weather events, the **Farrar Gesini Dunn** Annual Charity Golf Day 2021 went ahead in November 2021.

Our thanks to all the event sponsors and participants and we also congratulate all the winners, noting particularly for FGD, the 2021 event saw the awarding of the inaugural 'Laurence Stanton FGD Memorial Cup' proudly named after their colleague and good friend Larry. It was extra heartwarming this year with a couple of our wonderful partners stepping in to join the list of sponsors for this event for Karinya House as well. You can read about the event on the FGD website (<https://www.fgd.com.au/blog/fgd-golf-day-2021>).



disAbility Maternity Care partners with Karinya House

Karinya House is pleased to announce a new partnership with **disAbility Maternity Care**.

disAbility Maternity Care was established to provide women with a disability, their partners and family, information and resources to support and assist them to become parents. Many women with disability experience vulnerabilities such as anxiety, depression and domestic violence, and negative and stigmatising attitudes can compound these vulnerabilities when women become pregnant. For parents with a disability, challenges are further created through a lack of suitable pregnancy and

parenting information in formats that meet their disability needs, as well as care by health providers who have limited understanding of their lives.

Together, the values and practices of disAbility Maternity Care and Karinya House are closely aligned. disAbility Maternity Care is now selling the specially-designed Karinya Women's Tee, which features a pregnant woman and the words: 'Let's change the conversation'. All proceeds from the tee-shirt will be donated to Karinya House.

To find out more about disAbility Maternity Care or purchase the tee-shirt, visit disabilitymaternitycare.com.



Other key dates and ways to support Karinya House in 2022:

May 2022 - The Karinya House May – Mother's Day Appeal. A major annual fundraising appeal to support annual costs of the delivery of services for women in the Canberra Region. Support Karinya this May.

September 2022 – Double your Impact Appeal. September 2022 is a month of celebration as Karinya House turns 25. You can double your impact when you donate in September. This might be your regular donation, a single donation or part of a donation linked to any event in September (which is often the month for the Mercy Walk for Women!). We would love to hear from any Corporate who would love to double their impact by being a matched giving partner.

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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