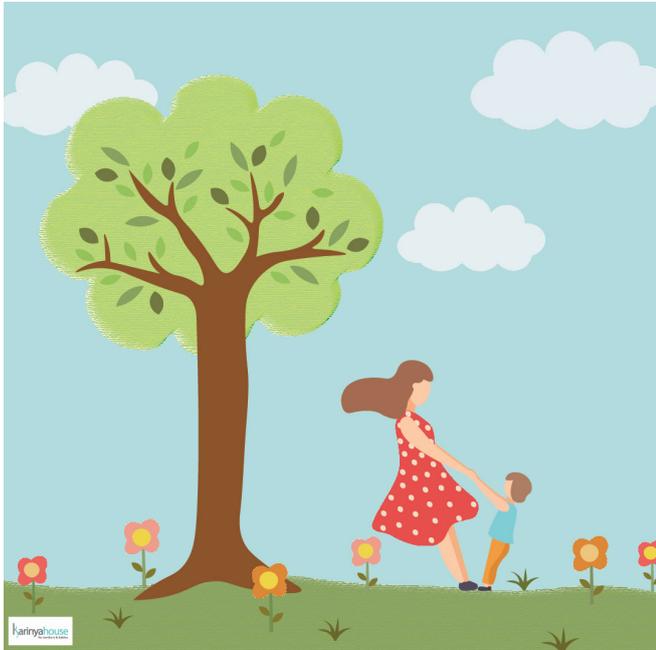


Karinya House Newsletter

September 2022



Welcome to Spring! (and a fond farewell to Winter!) – This newsletter is all about the Humans of Karinya!

The sighs of our community welcoming Spring can be heard throughout the Region! It has been a Winter of challenge in many ways, and at Karinya, like many reading this newsletter, the first hints of Spring, the warmth in the air with the freshness and colour of the buds and blossoms are welcome indeed.

This September, we invite you to join us in celebrating every woman we have walked alongside since opening the doors on 29 September 1997. 25 Years of service for women in our community. Celebrating the women, celebrating the Karinya Team, and celebrating the Karinya Village – all of our supporters who have seen Karinya grow and continue these past 25 years.

Since our March 2022 print newsletter, the six months at Karinya have indeed been full of movement, colour and sound! All residences have remained full and with women in residence there are several children accompanying the babies, including many born during this period. So, sound has definitely been a feature. Always bringing great energy and fun to the office areas as well.

In the middle of it all we had the end of the 2021/22 financial year. Support from our community continued through to 30 June 2022, as it seems to always do! We are always humbled by the support we receive. With a very generous donation at year end of \$20,000 from a very unexpected source, a locally based consulting service, **Iceni**, our donation, corporate and community funding target for the financial year was slightly surpassed right at the end of the year! Every donation during 2021/22 made a difference and together all donations and partner funding, and fundraising contributions from many networks, ensured we met our funding targets, supporting services across 2021/22 and into the new financial year.

During 2021/22

- 180 Women fully supported
- 251 accompanying babies and children
- 297 support periods
- 111 Women short term contact, advice and cross referral
- 138 days – average support period
- 7,759 – residential bed nights provided
- \$2.1m – total operating costs

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From Our Committee President

A word from our Committee President

I can almost hear the collective sigh of relief as we welcome September and Spring days to Canberra! This time last year, we were in lockdown, days of the past as they now seem, but sadly, we are still being affected by the pandemic with loved ones and work colleagues. I am continually grateful to report that even though affected by COVID-19 like never before, Karinya House continues to have its COVID-19 practices in place and the Karinya House staff team are implementing measures necessary to keep the women we walk alongside safe – this been exceedingly difficult with several women and the staff also impacted by COVID-19. Women we support often feel isolated with their own personal crisis when they come into the Karinya circle. Adding the effects of this pandemic to the existing sense of isolation, does bring additional distress. Thank you to all the Karinya team, staff and volunteers, for your continued professionalism and compassion during this time. My gratitude also for the Karinya Community, who have found ways to continue to support us during these unprecedented times.

The month of September houses not only one, but three of our major fundraising events of the year. Our Spring Gala (formerly our Mother's Day Gala) is now being held on 23 September having been brought from May to September to minimise COVID-19 impacts. It is also a timely celebration given that Karinya House is celebrating its 25th Birthday! I very much look forward to seeing and celebrating with our Karinya Community in person after some years. As I write this, tables are sold out. Thank you to all who have ensured they will be a part of this very special Birthday for our beloved Karinya House.

The Mercy Walk for Women is taking place again this September and I must add, I have truly missed the opportunity to walk with our many supporters through the countryside of NSW. With the challenges of our times, it has been confirmed the Mercy Walk

will remain as an online event. 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 kilometers across the month or all in one go on 25 September. 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 and/or donate whatever you can to support this wonderful event that has been taking place for many years now, thanks to our wonderful Boorowa team of Karinya supporters. To take or support the challenge, you can go online at this link: <https://2022karinyawalk.raisely.com/>



From Our Committee President continued...



September is also then **Double Your Impact** month for September" so all donations over September will be matched with a number of our Karinya Corporate partners again pledging their support for 2022/23, providing a matched funding pool close to \$50,000, to match donations to Karinya House across September, including donations at the Gala and in support of the Mercy Walk. September could raise \$100,000 in total, representing around 15% of the annual 2022/23 donor target.

Every woman who is pregnant or parenting a baby should be surrounded with the support she needs, especially in the current climate with increasing numbers of women impacted by family violence, trauma and homelessness. One of the main supports is time. Karinya House invests time to support each individual woman we walk alongside. Your donations ensure this "time" continues to be given. No one likes the reminder, but Christmas is not so far around the corner, so may I ask that you reflect with us on what that time means for the women supported through Karinya House.

Thank you for continuing to support us in the way you are that ensures our care of vulnerable women in Canberra, especially with our greatest challenge at present - the lack of social housing in the ACT and across the region. Women in residence at Karinya are ready to transition to safe and healthy accommodation of their own, and this in turn ensures women in crisis are also able

to be provided with safe and supported residential accommodation for some time. However, for all at Karinya the impact of the lack of accessible, safe and affordable long-term housing across the region, is proving to be at its most challenging. I hope that the next time I write to you, this situation will have improved.

I hope you and yours are keeping safe and well and will remain that way for the remainder of the year. Until then, I feel humbled to be part of an organisation that is changing lives of women each day - 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 and the life and lives of women that we continue to change forever.

"To be who you are, after all you have been through at the hands of this world, is beautiful."

- Bianca Sparacino

My warmest regards

Sarah Kelly
Committee President



Celebrating the inaugural Karinya House Reconciliation Action Plan

As we distribute this bi-annual print newsletter, the inaugural Karinya House Respect Reconciliation Action Plan (KH RAP) is with the wonderful Liam, from Paper Monkey, being placed into design for electronic print. We have received conditional endorsement from Reconciliation Australia, for the KH RAP, which is fabulous news. The development of the KH RAP has been an item of organisational governance, a long time in the making. We have been thankful for the support of Jacob Keed, Kathryn Williams and Kori Keed, from Nations Connect, who have worked with us in partnership to develop the KH RAP, and we especially thank them for introducing us to the Yindyamarra way. As they described it "We provide our services by the Yindyamarra way, Wiradjuri word meaning do something slowly, to respect, to be gentle, to be polite and to honour. We strive to carry out all services in this manner." This is very much the way we, at Karinya House, seek to provide our services also. A preview of the KH RAP artwork can be found on Page 6, including information about the artist, Kathryn (Kate) Williams.

Two RAP workshops were undertaken with all available Karinya team members. The engagement by all in the RAP development process was testament to the commitment to reconciliation held at all levels of the Association. Once Reconciliation Australia have approved the design version of the KH RAP, we look forward to launching the Karinya House Reconciliation Action Plan formally in the next month or two.

Comings and goings at Karinya House –The Karinya Staff Team

Since our last print newsletter, there has been a bit of coming and going at Karinya, mostly involving the fabulous Karinya team. Many of the Karinya team have been with us for a significant part of our first 25 years. This is a wonderful statement about working at Karinya House. It also means, at some point there will

be a changing in the guard. It seems that 2022 is the year of transition for a few of the team and we have bid farewell and welcomed others along the way, these past months.

In April, Karinya House was very pleased (and excited!) to announce the appointment of **Ms Lavinia Tyrrel** as **Chief Executive Officer** (CEO) of **Karinya House**.

The role of the CEO is to carry on the inspiring legacy of **Marie-Louise Corkhill**, the founding staff member and Executive Director of Karinya House. As you will all know from the March newsletter, Marie-Louise retired on 25 March 2022 after almost 25 years of extraordinary caring service during which time she was recognised as the ACT Woman of the Year in 2017. Karinya House will always be thankful to Marie-Louise for her dedication and service. Marie-Louise remains on the Karinya Committee and will always be a valued Friend of Karinya.

Lavinia Tyrrel will join Karinya House in **February 2023**, following the birth of her second child, a son, which occurred recently. Having experienced firsthand, the institutional, normative and organisational barriers that women face in self-determining their pre- and post-natal pregnancy experience in Australia and overseas – Lavinia brings a deep commitment to Karinya House's values and mission. You can read more about Lavinia and the changes in the Karinya House leadership team on our website, under the News tab. Executive Officer, **Belinda Munn** will be interim CEO for the intervening period, with our gratitude.



Incoming CEO: Lavinia Tyrrel

Comings and goings at Karinya House continued...



Senior Health Professional – Cath Williams

During the intervening period, we have also farewelled Cath Williams and Jane Quinlan. Both women moving into retirement, they have given wonderful years of service to Karinya House.

Cath Williams, one of our senior health professionals was farewelled in July. Cath Williams has decided that it is time plan for spending more time in her garden and contributing to her beloved Yass community.... Cath has decided to retire from Karinya House in the coming months.

Cath started at Karinya in April 2014, bringing almost 30 years of experience as a midwife and nurse, including time as a child and family health nurse. Cath has always brought a down to earth, practical and most importantly caring and compassionate approach to her work at Karinya. Cath was always one of the first to put her hand up for the less glamorous job and contributed to discussions with a refreshing honesty and openness. Cath was always a favourite with women in residence, providing practical advice and support, with a healthy blend of up and go. As a keen gardener one of the last contributions Cath made to Karinya was to establish a garden in the courtyard area of the Administration Building.. we are all looking forward to enjoying the garden come the Spring.

Emily Wright, one of our support workers has taken

on the role of Health Professional following on from Cath. Emily brings not only her experience as a support worker, but also her expertise as a registered nurse. Emily has worked in a range of hospital settings including pediatrics, Neo-Natal Intensive Care and Emergency.

Moving onto retirement, in August we said a very fond farewell also to **Jane Quinlan**. When Jane started at Karinya House in September 2017, she brought with her over 30 years of frontline social work experience. As a team we all drew on this experience, often turning to Jane for guidance and practice wisdom. Jane has always graciously shared this experience with us and always with the women she walks alongside, and their strengths and priorities at the centre of everything Jane does. Across her career, Jane has been a fierce and gentle advocate for women, families and young people. A key theme across all of the roles Jane has held has been strengthening connections within communities and building a sense of belonging amongst people who have been impacted by structural inequities. This focus on relationships is something that has seen Jane become such a valued member of the Karinya team. Jane's understanding of the impact of trauma is second to none and something that Jane has gifted each of us in the focus of our practice.



Caseworker – Jane Quinlan

Comings and goings at Karinya House continued...

While we have been farewelling colleagues, we have also been welcoming new team members.

Kate Williams joined the team in June, as a Senior Caseworker. Kate comes to Karinya as a Senior Aboriginal Case Manager, bringing over 35 years' experience working with Aboriginal and Torres Strait Islander families and communities. Kate is a proud Kamilaroi woman who is a culturally connected Aboriginal worker and describes herself as having "a life-time experience as a ground roots Aboriginal woman... I am solid in my identity, my bloodlines and connection to community and country." Kate's knowledge and understanding of issues affecting Aboriginal people and communities is extensive. Her personal and working career has taken Kate into local, rural, and remote Aboriginal communities throughout Australia. In recent years, Kate has worked predominately in New South Wales, Victoria and the ACT.

Kate is also supporting the development of the Karinya House inaugural "Respect" Reconciliation Action Plan, which is soon to be launched, and as a talented artist has provided the artwork depicting the practice of Karinya House in language and image. Kate is pictured here, alongside the artwork, with Belinda Munn (CEO – Interim).

Ellen Field has taken on the role of Executive Officer as Karinya House continues with the transition of the leadership team to Lavinia starting in early 2023. Ellen brings to Karinya House a wealth of experience in



Senior Caseworker, Kate Williams pictured here with CEO-Interim, Belinda Munn

policy, project and relationship management and communication. Ellen has worked across a number of organisations, including the ACT Human Rights Commission, the Australian Human Rights Commission, the Office of the Senior Practitioner - NSW Department of Communities and Justice and Red Cross. In a short time, Ellen has become a key member of the leadership team supporting governance process and practice.

The support worker team also saw a few changes with **Nerida Warren** resigning to focus on completion of her psychology degree. **Johanna O'Rourke** also stepped off the support worker roster to move back into her volunteer role. We welcomed **Regina Bailey** to the support worker team and continue to recruit in this role. We thank all women for their part in this critical aspect of the Karinya team, ensuring care and support is available on a 24/7 basis.

Ideally, the support worker role would suit a woman with a young family and a supportive partner. The support worker shifts are overnight and weekends, and where a partner is able to provide the care of child/ren whilst the woman is on shift. The role also suits women who are studying or women who have flexibility through their lifestyles to support overnight and weekend shifts. If you know of anyone who may be interested in these roles, please direct them to the Karinya House website: <https://karinyahouse.asn.au/support-workers/>

With support from The Snow Foundation, one of our support workers, **Millie Ensor**, has taken up the role of Ninja Navigator. This role was identified as part of the Erin's Journey, Journey Map project. The 'Ninja Navigator' is designed to work alongside caseworkers, supporting them by streamlining the collection of service data, insights, file notes and client reported outcome measures within the services management plan system, Outcomes Star. This will help to ensure caseworkers are able to more fully engage with the women they are walking alongside. We have also welcomed **Imogen Boden-Brown**, another of our support workers, to the casework team as she completes her Social Work Placement for the remainder of 2022.

A common thread across all of our new team members has been a deep commitment to the Karinya ethos of care and compassion.

Association Membership

Are you a Member of the Karinya House Home for Mothers and Babies Incorporated Association?

Karinya House Association Membership for 2022/23 is now due. Membership is \$20 per year. (\$1 joining fee for new members).

As a Member of the Association, you will receive our regular eNewsletter. You will also be invited to events and our Annual General Meeting (AGM). New members are welcome.

We look forward to walking with you alongside the mothers and babies of the Canberra community.

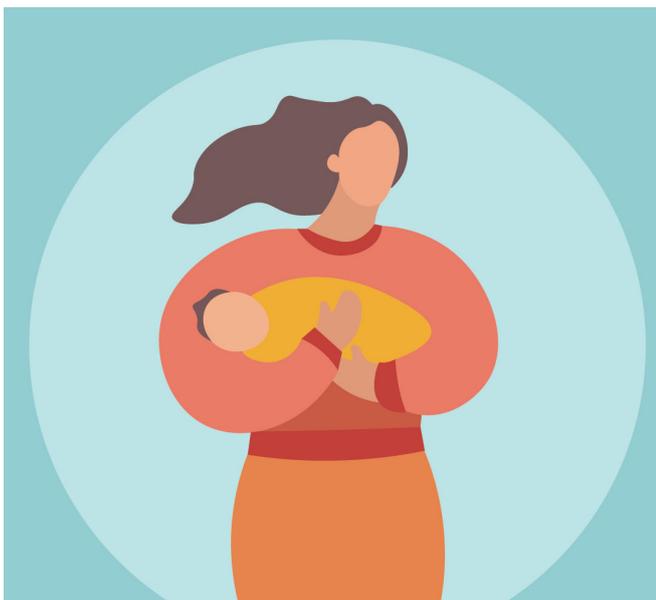
You can renew your membership or join the Association via our website or you can contact us for more information.

Website: <https://karinyahouse.asn.au/about-us/members/>

Telephone: 02 6259 8998

Email: info@karinyahouse.asn.au

The Karinya House Annual General Meeting will be held on Monday 14th November 2022. There will be a meeting link (for meeting online) and in person attendance will also be available. Formal notice of the AGM will be sent to all members of the Association by email (or post, where email is unavailable.)



Snippets

"Karinya House are amazing navigators. If there are gaps and you get stuck, they guide you."

"Karinya House isn't just a one case service; it's counselling, outreach, support and planning. They filled every gap."

"Karinya House promotes empowerment for me to advocate for myself, and for my children too."

"Like any transition, it's scary because you're fearful of falling."

"When I left Karinya House I had a home, confidence and a pathway forward."



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

September 2022 – Support Karinya House this September by making a donation to Karinya House or registering and supporting the Mercy Walk for Women. All donations will be matched dollar for dollar through the Double your Impact Appeal

December 2022 – Sponsor a family and/or Donate to our Christmas Appeal

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. <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! https://www.instagram.com/christine_waring_millinery/



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. <https://www.debbyharrington.com.au/>



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! <https://goodwillwine.com.au/pages/karinya-house>



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:

<https://cscmarketing.wufoo.com/forms/r1fxcu40cd7xhk/>

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