

Karinya House Newsletter - November 2023

Occasional bursts of warmth, as the days of Summer begin!

This bi-annual newsletter comes as we begin to prepare for the end of year celebrations and season of giving. We are always grateful for the support that surrounds Karinya House and the women we walk alongside. We have great love and gratitude to everyone who has supported us during 2023 and are thankful for the joy and sense of celebration that is brought to the house over the summer season.

As you will see, there has been much happening at Karinya House since the last newsletter.



From our CEO:

Dear Friends,

It is hard to believe that the festive season and year end is almost upon us. While the team are busy preparing gifts and special events for women we walk alongside – it is also a time to pause and reflect on the year that has been.

Since our May newsletter, demand for our service has remained high – with an average of 40-50 women supported by Karinya House at any one time. We were also delighted to see several women at Karinya House recently allocated public housing. While moving out is a bittersweet moment for women and our staff, we take great pleasure in seeing a woman take the next step in her journey and her independence. One woman sent us a proud photo of herself outside her new family home and

said "Karinya is the family I never had".

Having spent most of my career overseas prior to Karinya House, I have been humbled by the strength of the Canberra village that surrounds Karinya House. I have seen this village in action over the last six-months. From our dedicated staff and volunteers, through to the individual, government, corporate and community partners that donate to or fund Karinya House. From connecting a woman's television in her new house, to donating books for our new library, or dressing up as "Santa" for the women's Christmas party – I see these acts of recognition and respect from our staff, volunteers and supporters every day at Karinya House.

In addition to meeting our village of supporters, the past six months have also seen our Executive Team focus more intentionally on workforce planning and development. With a number of new staff joining us, we have spent time reaffirming the culture and values of Karinya House, as well as building greater connections between our volunteers and staff. Our new Workforce Plan reflects this, as well as other actions to promote diversity, retention and recognition of staff and volunteers.

September was also a significant month for fundraising, with the success of our Gala Dinner on Friday 8 September and annual Double Up Appeal. This period also saw us bring an additional resource onboard, focused on fundraising and events, and the establishment of several new corporate partnerships.

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We have also had eminent individuals from across the political spectrum, including the Federal Minister for Finance and Women, visit Karinya House. The universal sentiment from all MPs, including from Ms Alicia Payne MP in the House of Representatives, was appreciation for the work of our staff and volunteers, as well as deep respect for the women we walk alongside every day.

As we reflect on the year past, I would like to personally thank you for your ongoing support to Karinya House – and wish you all the best for the festive season and year ahead.

Lavinia



Celebrating Our Committee President

Sarah Kelly joined the Karinya Committee during 2003/04 following attendance at the 2003 Karinya Gala Ball (as it was then known!). Sarah brought her signature warmth, passion for purpose and style to Karinya and quickly became a wonderful champion of all that is Karinya House. Sarah stepped into the Committee Vice-President role in November 2004, then stepped up again to Committee President in November 2006.

Sarah stepped down from the Committee at the recent Annual General Meeting, following her

residential move away from Canberra. As well as reflecting on the year past, we have been celebrating 20 years of service, given with generosity, by Sarah Kelly.

Committee Member and former Executive Director, Marie-Louise, provided a vote of thanks at the AGM, on behalf of all of us here at Karinya (now and across years past) noting:

"Leadership is never easy. Sarah has undertaken her role faithfully, with a sense of loyalty and loving witness to Karinya's ethos and vision. She has always faced the challenges her role has encompassed with such grace and respect for each person. Sarah has a great gift of empathy for all who have worked alongside her and for the women Karinya represents."

You can read a reflection from Sarah, shared at the 2023 Gala Dinner on 8 September and also the tribute delivered by Margaret O'Donovan, at the link below.

<https://karinyahouse.asn.au/celebrating-sarah-kelly/>

"How grateful and very blest am I to have been given this opportunity to be a part of such a wonderful story and a charity that leaves a legacy like no other. Thank you."

"A woman is the full circle. Within her is the power to create, nurture and transform".

~ Diane Mariechild ~

Sarah Kelly



Karinya House AGM

The Karinya House Committee Annual General Meeting was held on Monday 13 November 2023.

As noted earlier in this newsletter, Sarah Kelly formally stepped down from her role as President. With Sarah stepping down, Karinya founder Margaret O'Donovan will now assume the position of Committee President. We thank Margaret for her ongoing service to Karinya House in this role.

At the meeting we confirmed two new Committee members, welcoming them and returning members. The Committee's composition and roles for this year are as follows: Esther Bogaart (Vice-President); John Lewis (Treasurer); Kate Harkins (Secretary); Marie-Louise Corkhill, Tony Greenwell, Nicoll Parton, Sehida Frawley, and Claire Bermingham.

We thank all the Committee for their commitment to Karinya House and the women we walk alongside and look forward to working together in the year ahead.

Smoking Ceremony Gift



A most significant event occurred at Karinya House on Tuesday, 24 October 2023. We were thankful to welcome Selina Walker, local emerging elder, accompanied by her Auntie Annette Shea, to Karinya House for Welcome to Country and Smoking Ceremony.

This was a very special time, both from a physical and healing perspective. The ceremony was

attended by current residents, their babies and children, Karinya volunteers, Committee and staff. Selina spent time welcoming us, taking the smoke through all buildings, including residences, and sharing learnings with us about the smoking and how we can take these learnings with us into our lives.

Thank you, Selina and Auntie Annette, for being with us and for the gift of Welcome and Cleansing.

As part of the introduction to the Smoking Ceremony, Services Director, Belinda Munn noted "Now more than ever we need to work together to ensure that our Acknowledgement of Country is more than words. Collectively and individually, we need to put this respect and acknowledgement into action every day, in whatever way we can. We must speak and act to ensure that the sovereignty of this country's First Nations People is recognised, valued, learned from and respected."

Always Was, Always Will Be Aboriginal Land.

Welcome Visitor



It was a privilege to recently welcome the Honourable Minister Katy Gallagher to Karinya House.

As a Canberra local and Minister for Women and Finance, we were able to exchange ideas on improving women's safety, economic empowerment and the importance of targeting policies and programs for women during the perinatal period.

We thank Minister Gallagher for her time and insights on our work – and her recognition of our staff and the women we walk alongside every day at Karinya House.

Karinya House is a non-affiliated organisation, and we welcome engagement with all sides of politics.

Wrapped in Love – Christmas 2023



As we head toward December 2023 and the season of giving, we are thankful for the village of support which surrounds Karinya House.

In whatever way you celebrate this time of year, we invite you to ponder the women supported by our community, through Karinya House. In a recent article about Karinya House, journalist Dione David described Karinya Services as the "scaffolding" around a woman to support her goals. Within the giving circle that we operate, you, our supporters, financial and in-kind are the "scaffolding" around Karinya House.

We have great love and gratitude to everyone who has supported Karinya House over 2023.

We recognise there are many who particularly choose to support Karinya House around Christmas time each year. We are thankful for the joy and sense of celebration you bring to the House, and to the women we are walking alongside over the summer season.

To this end, we share with you this beautiful image – an artwork specifically created for our Christmas greeting and gifted to us by the wonderful [Stephanie Corkhill Hyles](#). The brief was 'something to describe the support we provide for women, during and after pregnancy'.

If you feel drawn to do so, you are welcome to support our 2023 Christmas Appeal.

An appeal card is wending its way to you by post if you receive this newsletter. Alternatively, you can donate to the appeal on our website or by using the QR code.

<https://bit.ly/KHChristmas2023>



2023 Karinya House Gala Dinner

Thank you to everyone who attended the 2023 Karinya House Gala Dinner on Friday 8 September 2023.

The evening was a wonderful celebration of the women we have walked alongside, the women we will continue to walk alongside and of you, our supporters, for walking alongside with us.

Guests at the Gala dined and danced the night away to celebrate all things Karinya, with great warmth and joy.

We thank **"Hit Parade"**, **"DJ Carbolic"**, and all the contributors to the fun and frivolity of this celebration of the Karinya Village.

We especially thank Violet Sheridan for joining us and gifting her Welcome To Country – such an inspiring and powerful moment to lead this event.

We extend our gratitude to the **Canberra Southern Cross Club**, our Event Partner for providing the most fabulous service.

Images from the event are, with thanks to **Region Media**, our Media Partner for the 2023 Gala Dinner.



Lil' Village Library

Wednesday 15 November saw a special event at Karinya House, the opening of our Lil' Village Library. We sang songs, did some craft, ate a delicious lunch, and of course read a book, all in the name of literacy!

The library was organised and launched by Marike Jago, Residential Support Coordinator, and is a resource for residents and their families to use while they are living at Karinya House. The library is a repurposed fridge, with artwork design by residents, lovingly painted by residents and staff, and stocked with a beautiful selection of donated books.

At the opening, Marike spoke about the importance of reading for babies and young children's development. This simple act, done each day, can help to grow brains, develop language and vocabulary, provide information about the world around them, develop a lifelong love of reading and create stronger bonds between parent and child.

Thank you to all the staff and residents who contributed to this special occasion.

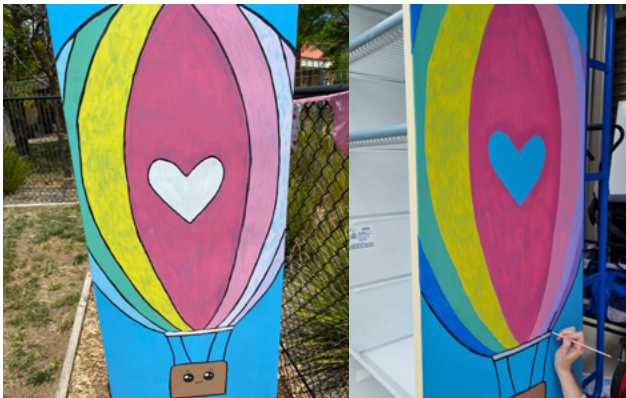


Volunteer Morning Tea

Without our Volunteers, Karinya House simply would not be able to do the work we do.

As a little thank you to these wonderful humans, Lavinia Tyrrel, CEO and Nichola McKillop, Caseworker, hosted a morning tea on a beautiful November day.

The gathering was a lovely chance for staff to thank the volunteers for the many invaluable hours of their time they donate to Karinya House each year.



Association Membership

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

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



We give thanks

To all of you. Our village. We thank and celebrate you all. We say it often and we say it with joy, each one of you contributes to ensuring women who are pregnant or parenting a baby have the support they need.

Snippets

The Karinya Village in Residence:
After attending a group session on reading with babies and children, one of our residents shared with a support worker how proud she felt after reading two stories to her child before bedtime.

A note received after assisting a woman to attend a specialist appointment in Sydney.

"Thank you to Heather (volunteer) and Shavaun (support worker) who accompanied me on this trip and to dear Catherine and Sonya (caseworkers) who made the arrangements. On behalf of myself and my baby, I am really delighted to hear and see so much of your love and kindness."

A woman stated – since being supported by Karinya, "I have my confidence back. I feel like the old me again. I feel happy. I am so grateful for everyone who has been so kind here."

A woman who was supported during a tough time after exiting Karinya sent a thank you card, saying. "You've been our biggest supporter during this tough period and we would like to say a big thank you, to each and every one of you. For all your support and care – the kids and I are very grateful."

From a recent donor: "It was a privilege for me to hear Lavinia Tyrrel, your CEO, when she delivered a talk at our recent club meeting. The work that the staff and volunteers at Karinya House do to look after women in crisis is truly amazing. I admire and respect you all."

#humansofkarinya



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.

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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