

Karinya House Newsletter - May 2023

The beautiful days of Autumn are still with us, and perhaps when this newsletter goes to print we will be enjoying the clear, crisp, big sky days of Winter that are part of the Winter in the Canberra Region.

This bi-annual newsletter comes as our new Chief Executive Officer rounds of her first three months 'in the chair' at Karinya House. Lavinia Tyrrel joined us on 6th March 2023 and has been navigating her way through all that is Karinya. For you who are part of Karinya, you would perhaps imagine there is much to become familiar with and to absorb from the members of the Karinya community who have so many years of organisation knowledge and history to share.



Lavinia shares the following reflections:

Dear Friends

As you may be aware, I have recently started as the new Karinya House CEO, taking over from the remarkable Belinda Munn, who held the reins over 2022-23, and continuing on the legacy of the inimitable Marie-Louise Corkhill.

It has been just over a month since I started. I have spent time getting to know our staff, committee members, volunteers and the partners and 'friends' of Karinya. I have also had the privilege of meeting the women and babies currently in residence as well as on occasion, women we are supporting in an outreach capacity. A highlight was sharing food from our different cultures – and learning about the diverse backgrounds of women and staff at Karinya on Harmony Day, the International Day for the Elimination of Racial Discrimination.

In my short time here, four things which have stood out for me include:

The strength of Karinya House's values. It is rare to find such a dedicated team of people all working towards the same goal – empowering the women we walk alongside. This is something to celebrate, and it will be my job to make sure we protect this core of Karinya House. How well run Karinya House is. I have had the privilege of working with and for a number of charities overseas – and am struck by how comprehensive the House's systems and processes are. This is an excellent basis to deliver our casework from; and underpins the integrity of the organisation.

How critical the staff and volunteers are. It is the people that make Karinya House. It will be important to retain and continue growing the diverse team we have.

The increasingly complexity of the women's stories that we walk alongside. This presents an opportunity for Karinya House to continue refining its case work model and building skills of our staff to support each unique case that comes our way.

Over the next few months, I will spend time with sector, government and non-government partners and focus on refining a forward direction for the House. This forward direction will give effect to our Strategic Plan and recognise and build upon Karinya House's strengths and legacy.

I look forward to meeting many of you through our Karinya events or other opportunities which may arise.

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Please do feel free to contact me directly at any time. Thank you for walking alongside women in the Canberra Region with us. (Lavinia.Tyrrel@karinyahouse.asn.au)

Lavinia



From Our Committee President

welcome message

Hello dear Karinya village! I do hope the year has been a kinder and healthier one for you and yours. It has indeed gone by so fast, and it is hard to believe we are already in May. All at Karinya House have already embarked on so much as the year has begun and the Committee are so very grateful for the continued care for the women we walk alongside, given by our professional team over the Christmas period and well into 2023.

Our Committee and staff have already spent time together strategically planning for our years ahead and celebrating and planning fundraising events as the year unfolds.

The most notable exciting event thus far however, is that our newly appointed CEO, Lavinia Tyrrel, has begun her tenure with Karinya House. The anticipation has been great and I warmly welcome Lavinia and the great integrity and compassion for equity and justice she brings to her new role of CEO and leading us into the next exciting stage of Karinya's journey.

This smooth transition could not have come to pass without the incredible commitment and tireless work and leadership from our former interim CEO, Belinda Munn, with the support of the Executive Staff Team,

Catherine O'Halloran and Jo Saccasan for which we are so truly grateful. Belinda and Catherine, our Service Directors, will support Lavinia going forward, in ensuring the leadership team will have an ongoing commitment and focus on an ethic of care across all services for women within Karinya House.

Hope Starts Here" – Mother's Day 2023

Canberra is an incredibly giving community – you know this because you are reading this newsletter and you are already committed to giving and caring for others. Charities within our community play a vital role in supporting families during these difficult economic times. One such community service is Roundabout Canberra. I am so humbled by their energy and tireless work to support women and families across the Canberra Region, through services like Karinya House. Roundabout accept and gather pre-loved and donated new baby goods and clothing for children up to 16 years. They ensure all items are in fabulous condition and they repackage them based on orders they receive from women and family services, specific to each situation. We work with Roundabout every week, ordering goods and collecting them for the women we are walking alongside. Our combined ethos of care means we walk side by side in supporting women in our community. We invited Roundabout to join with us during May to raise funds together, to support equally the services of Karinya House and the services of Roundabout Canberra.

To that end, we were thrilled to partner with Roundabout to host a joint fundraising event, the inaugural Hope Starts Here Mother's Day Charity Luncheon at the **Hyatt Hotel Canberra** on **Friday 5th May 2023**. We extend our gratitude to Principal Partner, **Parker Coles Curtis**, who invested in the event and partnered with us to ensure its success as both an event to be established on the Canberra social calendar and to generate significant financial support for the delivery of services to women and their families across the Canberra Region. **Virginia Haussegger AM** accepted the invitation to be the guest speaker and as always shared words that challenged and inspired. The event raised close to \$50,000 which was shared equally between Karinya House and Roundabout Canberra, supporting services for women and families.

'From Our Committee President continued...

Gala Dinner 2023

We can confirm the 2023 Gala Dinner will be held on Friday 8th September 2023! If you are interested in a table for this event, please do let us know by email or phone. As past years have shown, it is an evening of celebration and fun for all that know and love the work of Karinya and will again include the very popular Mystery Wine Draw and we thank the **Canberra Southern Cross Club** for again supporting this event.

A date on the Karinya House calendar that remains very dear to me is the **Mercy Walk for Women**. For many years, 100s of women have come together to walk around 24kms amongst the canola fields between Boorowa and Galong in the month of September. Sadly, the last years have only allowed us to walk separately and for many to support this event virtually. Now the worst of Covid is behind us (we can only hope), we will be able to walk alongside each other in support of the women we walk alongside at Karinya House. We will confirm closer to the date in late September and gratitude to the organisers Teena and Dermot and their organising committee that continue to bring this wonderful fundraising event to life.

Every woman who is pregnant or parenting a baby should be surrounded with the support she needs. Sadly, Karinya House services continues to be very much in demand, with increasing numbers of women impacted by family violence, trauma and homelessness. One of the main supports we provide to women is time. Karinya House invests time, and provides safe space, to support each individual woman we walk alongside and we have supported more than 60 women and their babies in the last few months alone. Thank you for continuing to support us in the way you are that ensures our care of vulnerable women in Canberra. As always, I continue to be humbled to be part of an organisation that is changing lives of women and their children, each and every day - moments of joy, inspiration, hope, strength and humanity.

These are the moments we hold onto and you help make them possible.

The image of Sarah here, is with her eldest son William. Coincidentally perhaps, Sarah was pregnant with William when she first joined the Karinya Committee.



"Everything is born from change."

~ Marcus Aurelius ~

Sarah Kelly

End of Financial Year

We would not be able to do what we do without the support of the Canberra community. With rising costs of living, the housing and rental crisis, and ongoing incidence of family and domestic violence – demand for our services remain high. However, your EOFY donation allows us to extend our service to all women in the ACT region who need our support – and are pregnant and parenting and in crisis. It also gives us the flexibility to directly meet women's needs during some of the most vulnerable moments of her life – be it health care and dental costs, transport costs or even white goods and baby goods to furnish her home. We thank you again for your support.

This is what one woman we are walking alongside told us about their time with Karinya House

"Karinya saved my life. I would be on the streets if it wasn't for Karinya."

Donations can be made via our website. The link is: <https://bit.ly/kh-eofy-2023> or by phoning 02 6259 8998.

Sharwood Hampers – Thank You

A very special thank you to the wonderful Sharon Isherwood. Many of you may know Sharon as the owner of **Sharwood Hampers**, a local business procuring local products and producing the most amazing, often delicious, and heart-warming gift hampers. Since establishing her business a few years ago now, Sharon chose to partner with Karinya House, supporting us by donating a percentage from every hamper sold. Sharon also supplied many hampers to various Karinya House events over the years. Other hampers were given to us at cost for use as gifts for special occasions at Karinya to say thank you. For our readers who are a small business owner, you would appreciate the time it takes to run a small business. An extract of the advice from Sharon about the closure of Sharwood Hampers:

"It is with great sadness that I let you know Sharwood Hampers will be closing as of 21 April 2023.

The last (almost) seven years have been quite the ride! Beginning my dream in my small spare bedroom to my outside shed and then onto our awesome office in Fyshwick, I am nothing but proud of what I have accomplished. There are a million reasons which have impacted the decision now, not least of which is it is time to be with my family."

We congratulate Sharon on all that was achieved through Sharwood Hampers. We thank Sharon for taking Karinya along for the ride. We will miss the beautiful hampers, and we remain thankful Sharon will remain a treasured friend of Karinya.

The image here features Sharon with the Karinya Team, in February 2020, delivering the cheque for the proceeds from her sales during 2019.



Comings and goings at Karinya House

The Karinya Staff Team

Karinya has been pleased to welcome **Priya** and **Annie** to the Karinya care team, as caseworkers, during the past six-month period.

Priya joined the team as a caseworker in October 2022, following a recruitment round after the retirement of Jane Quinlan. Priya has extensive post secondary qualifications in community and youth services and management, and is currently completing a double degree in Psychology and Business at the University of Canberra. Prior to joining Karinya House, Priya's most recent role was as a residential youth worker and living skills coordinator. Priya has become a valued member of the team, bringing new skills and experience to the care team. We also welcomed **Annie**, a registered mid-wife, to Karinya House in recent months. Annie has taken on a role that is a hybrid between a Health Professional and a Caseworker. Annie will develop case work related areas of responsibility, with a health focus. Annie is a qualified midwife, having graduated from the University of Canberra in 2019. Annie holds a position as a midwife at Calvary. Prior to her current role Annie worked as part of the Family Care Midwife team at John Hunter Hospital in Newcastle, and also undertook a graduate program at Middlemore Hospital in Auckland. Both of these roles focused on trauma informed care and worked with women in the community, and the provision of this form of wrap-around care practice is of interest to her. Many of the women Annie worked with in both programs shared similar experiences and journeys as the women Karinya walks alongside.

During the last part of 2022, one of our long time and valued caseworkers, **Elissa**, required extensive leave from work for health reasons. Elissa recently confirmed she will be unable to return to work and has chosen to resign from Karinya House to ensure continued focus on regaining her health, and to value the time with family and friends through the months ahead. Elissa has been a strong advocate for all women she has walked alongside during almost eight years of service at Karinya House. Initially joining Karinya in 2017 as a support worker, Elissa quickly transitioned into a caseworker role, bringing a diversity of skill and knowledge, with her Bachelor of Visual Arts, and Master of Social Work.

Comings and goings at Karinya House continued...

This combination of qualifications and Elissa's experience will no doubt support Elissa's new direction. As well as being one of our only full-time caseworkers, Elissa brought great joy to Karinya House and to all she met through her work, especially in her care and management of our small group of volunteers. We celebrate all Elissa has given in service through Karinya House and assure her of the continued good wishes and thoughts from her Karinya colleagues, many of whom will remain friends well beyond Karinya.



Caseworker- Elissa

We have also farewelled **Ana**, our senior caseworker. Ana has been a key part of the Karinya care team since joining Karinya House in September 2011 as a support worker. As Ana completed firstly her Bachelor's Degree in Science (Psychology) and then her Masters of Social Work, she moved into a full-time caseworker role. Playing a key role in the practice of care for women. Ana brought a calm, peaceful and insightful presence through her work, and was appointed to a Senior Caseworker position in January 2020, providing support also to the Executive Director, Marie-Louise, in Karinya's first Executive Officer role. This role became essential as Karinya has grown significantly since 1997, and support in governance, policy development, statistical data collection, analysis and reporting become essential, given both Ana and Marie-Louise remained significantly involved in the care of women. The Karinya family celebrated Ana's marriage to Scott, and the arrival of their first child Francisco. As we said

at the time, Francisco was the first Karinya child, in a third generational sense as Ana's mother, Lucia had also worked for Karinya House in the early years, providing administration and IT support. Ana provided volunteer service at Karinya House after her year of parental leave, and with the expectation of a second child, has taken the decision to resign.

Both Ana and Elissa feature in the most recent "About Karinya House – 25 Years" video, which you can view [here](#) (YouTube - Karinya House)



Caseworker – Ana

Esther and **Shavaun** have joined the support worker team, coming on board during October 2022, and have quickly become part of our critical support worker team, providing overnight and weekend support for women as part of Karinya's 24/7, 365-day service roster. Support workers play a key role at Karinya House every day, and particularly over the Christmas/New Year period, covering all public holidays in addition to every overnight and weekend shifts. They are supported by the on-call roster and are always able to call one of the caseworkers, health professionals or executive staff during overnight, weekend and public holiday shifts. We welcome Esther and Shavaun who bring complimentary skills, and we thank all members of the support worker team for their valued services for women, and particularly over the recent holiday period, which can be a challenging time for us all.

Association Membership

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

Karinya House Association Membership for 2023/24 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.

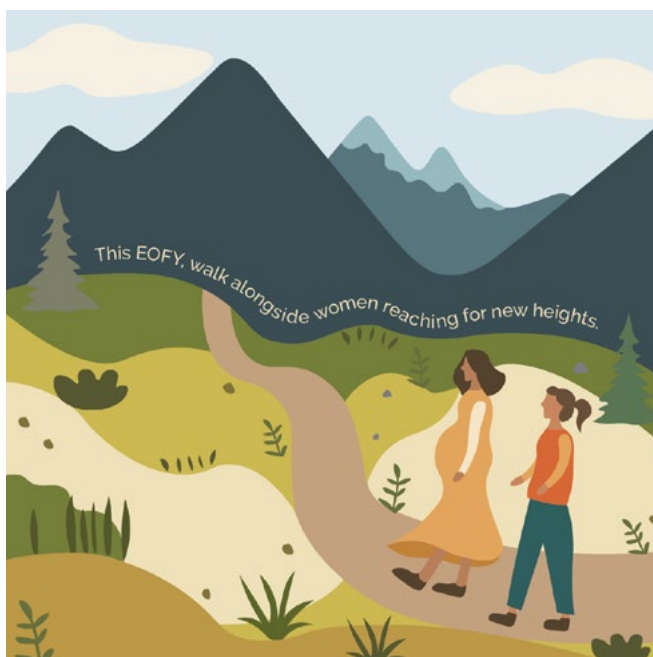
You can renew your membership or join the Association via our website or you can contact us for more information.

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 13th November 2023**. 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

At a final meeting with her caseworker, one woman said, "The best things Karinya House did for me were: *not judge me, *help me through probably one of the worst situations in my life, *always positive and reassuring, *everything I needed really. Thank you! Words cannot express how thankful I am for the help you have given me."

Words from a resident: "I am enjoying being in the House and feel free lucky to be here."

We have had many babies born in the first few months of 2023. One woman returned home here at Karinya after the birth of her son, saying to her caseworker, "It felt good returning to Karinya with my son. We have settled in well together."

A resident who moved in some months ago said recently, "This is the first time I have felt safe living somewhere, and finally able to tackle some areas of my life that I haven't been able to before."

A woman previously supported by Karinya, called when her refrigerator broke down to ask if we could recommend a repair service. She commented, "I don't know why, but when things go wrong in my life, I always call Karinya first. I know you will help."

Another final meeting between a different woman and her caseworker, and the woman said, "The best thing Karinya House did for me was help me believe in myself."

#humansofkarinya

The 2023 Karinya House Gala Dinner

We can confirm the 2023 Gala Dinner will be held on Friday 8th September 2023! If you are interested in a table for this event, please do let us know.

An evening of celebration and fun, and even less business than last year, the 2023 Gala will feature the Mystery Wine Draw, our good friends, Hit Parade and the fabulous DJ Carbohic. We thank the Canberra Southern Cross Club for again supporting this event.

Will we see you there?!



The 2023 Mercy Walk for Women

Walking for women in 2023.

The actual walk (23kms around the Boorowa locale with some tweaks) will occur on Sunday, 24th September 2023. Generally, the in-person walk is only open to women (for reasons pertaining to the walk having a focus on support for women impacted by domestic violence).

The walk across September - walking where you live - will also be available for those for whom this is more suitable. The fundraising platform will remain the same, with thanks to Raisely.

More details to come from the generous organising committee in Boorowa, pending an event planning day later in June.



Other key dates and ways to support Karinya House in 2023:

End of Financial Year Appeal 2023 – This appeal will run over May and June 2023. You are welcome to donate online via our website or call Karinya House on 02 6259 8998. If you call outside our office hours, the wonderful overnight and weekend support team will take your name and phone number and we will call you back.

September 2023 – Mercy Walk for Women and Double your Impact Appeal.

All donations to Karinya House during September will be matched \$ for \$ by our corporate partners. Matching pool will be announced in July 2023.

December 2023 – Sponsor a family and/or Donate to our Christmas Appeal

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 has the support she needs.

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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