

Bi-Annual Report – June 2023



Image from the video shared in May 2023 at the “Hope Starts Here” – Charity Luncheon

A collaboration with Roundabout Canberra.

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From the CEO

The last few months have highlighted the acute challenges experienced by many women and families in our community. As a result of rising costs of living, an increasingly unaffordable rental market, and ongoing pressure on public housing – we have seen more women seeking our support, with appropriate housing being their primary need. A recent Anglicare report found that, on the weekend of 18 March 2023, 2% of private rentals in the ACT and Queanbeyan were affordable for households on minimum wage. The most recent census also found that the number of women experiencing homelessness since 2016 had increased by 10%.

Yet we know that access to safe, appropriate and affordable housing has a significant positive impact on the wellbeing of women who are pregnant or parenting. This also has a positive effect on babies and children in their first five years of life. Together, with the ACT Government, we are continuing to provide short-term solutions to the housing crisis – by accommodating women and their babies and children in our shared and semi-independent residence. Our case workers are also focusing on helping women find longer-term housing options through the public housing system and building their capacities in financial planning and maintaining tenancies.

Currently, we have a full house, with several women with newborns and the office is often filled with the sound of happy gurgles. **Since 1 July 2022, the care team have walked alongside 179 women** (more details on page 4 of this report). Many women have also moved beyond Karinya House during the year, and we have had the opportunity to reflect on the incredible and brave changes the women have made in their lives. Women's journeys through Karinya are supported by our casework team who, every day, adopt an ethos of respect, care and compassion in their work. One such example is this photo of one of our caseworkers, Imogen, as she was sitting, listening, sharing and learning how to make traditional food with a woman she supports in an outreach capacity.



Our end of financial year appeal was warmly supported, for which we are grateful. We are constantly amazed by the generosity of our Canberra partners and supporters – who make up 30-35% of our funding annually. The support throughout 2022-23 has supported a good financial result to sustain the organisation into the new year.

I have enjoyed meeting many of our corporate and community partners across my first few months at Karinya. These meetings continue, and if I have not reached out to you yet, please do contact me. This invitation is also open to each of the donors who comprise the Karinya Village.

Your contributions allow us to extend our services to more women in the community, as well as deepen the support we can provide them. From contributing to the costs of living, covering medical bills, through to transport and legal costs, in so many ways, your donations show women that the community sees them, respects them, and is there to help them navigate the challenges that life can present during and after pregnancy.

Lavinia Tyrrel
Chief Executive Officer



Valuing and Deepening our Partnerships

Between 30-35% of our annual funding comes from the Canberra community. This includes support from individuals, community partners, small and medium businesses, as well as larger philanthropic organisations and trusts. This funding is critical to our work – as, alongside funding from the ACT Government (CYPS and Housing) – it allows us to reach more women in the community and provide a deeper quality of service to them.

Over the past two months, our new CEO, Lavinia Tyrrel, has spent time deepening our partnerships with the many government and non-government friends and supporters of Karinya House. This support comes in all forms, from **Monarch Building Solutions** pro bono maintenance and repairs for our premises and gifted home starter packs, to the venue support from the **Canberra Southern Cross Club** and their Community Rewards donations, and strategic grant funding from the **Snow Foundation** and **Calleo Indigenous**. While there are too many partners to acknowledge here – it is these donations, of skills, time and funding – that allow us to meet the demand from women who are pregnant or parenting and in crisis in our community. We continue to be extremely grateful for the support from our partners, which ensures that Karinya House can work with women in a flexible way that acknowledges women's individual needs and desires.

In the first half of the year, we have also been pleased to receive the support of the Karinya Village at two separate fundraising events – the first of which was held at **Kurrajong Hotel** on a beautiful autumn evening as well as the Charity Luncheon hosted in partnership with **Roundabout Canberra** at the **Hyatt Hotel**. Both events remind us of the wonderful network of individual, community and corporate supporters who contribute to our work and are committed to supporting women and their children across the Canberra community. Thank you to everyone who attended the event.



Image: Lavinia with Shavaun (Karinya Support Worker), Aunty Annette Shea, Selina Walker and Hannah Andrevski (CEO, Roundabout Canberra).

Services for July 2022 to June 2023

During 2022-23, we walked alongside... *

179 Women

and 283 Babies and children in their care

Providing 7,448 safe bed nights.

*Numbers not quite final

Karinya house
for mothers & babies

Since July 2022, Karinya House has walked alongside **179 women** and **283 babies and children** in their care.

We have provided **7448 bed nights** to 23 women in residence across the year and have been very pleased to see **9** of these women transition out of Karinya House into their own long-term accommodation, either in community or affordable housing or into Housing ACT properties.

During this period, there have been five women who have lived at Karinya House for more than 12 months, who have been awaiting a Housing allocation.

We continue to acknowledge the work of our colleagues at [Housing ACT](#) for their collaborative efforts to support women secure safe accommodation amid ongoing and critical shortages of housing supply, recognising that significant investment is required across the nation to address the housing crisis to mitigate the serious impacts of homelessness on wellbeing.

Commissioning for Social Impact

The [ACT Government's Commissioning for Social Impact](#) has continued into 2023. In the first quarter of 2023, Karinya House applied for renewed funding as a Specialist Homelessness Provider with Housing ACT. After concluding this process, Karinya House was successfully awarded a new partnership with Housing ACT for the commencement of the new financial year on July 1. This grant is an important complement to our partnership with Child and Families Services (CFS), which was renewed in 2022. Karinya House would like to reiterate our acknowledgement and appreciation of the ACT Government's commitment to investing in secure, longer-term outcomes-based funding for the Canberra community.

Hope Starts Here Luncheon

On 5 May 2023 we held a collaborative Charity Luncheon with **Roundabout Canberra**.

The event was a huge success. With women comprising the fast-growing segment of Australia's population experiencing homelessness, and many families experiencing financial stress because of rising cost of living pressures – we were able to shine a light on experiences of women and children in our community who are in crisis.



Selena Walker, Ngunnawal Elder, provided the Welcome to Country (refer image above). Our speakers, **Virginia Haussegger**, **Debra Parker (Parker, Coles, Curtis)** and Lavinia Tyrrel (CEO Karinya House) – spoke to the theme of 'hope' and showed that if we work together – it is possible for women to make significant changes in their lives, and the lives of their children, when given the support, respect and opportunities they need.

The event also highlighted the importance of service partnership. **Roundabout Canberra** provide all the baby goods (clean, free of charged and beautifully packaged) required by women we walk alongside. This support also makes women feel valued and seen; it allows women to parent in the way they want, and it gives time back to our case workers to focus on their core job. **Crux Media** kindly supported the production of a beautifully crafted [video](#), which further illustrates the importance of our service partnership with Roundabout:

With the support of **Parker Coles Curtis** as the **Principal Partner**, as well as the generous support from **Salesforce APAC (Matched Giving Partner)**, **Capital Chemist Group** and **Your City Physio (Hope Spark Partners)** and the 237 individuals and businesses who attended on the day, we raised over **\$51,000**. This funding will be split evenly between Roundabout Canberra and Karinya House – and go directly towards supporting women and families in our community.

We would also like to thank the contributions of the following organisations and businesses – who made the event possible: the **Canberra Grammar School Chorale**, **Yasmin Coe of Sweet Pea & Poppy**, **Ally – Rhythm & Girl**, **CRUX Media**, **Encore (AV)**, **Clonakilla**, **Lerida Estate**, **Storeywood Distributors**, **Parbery Consulting**, **Christine Waring**, **Stephanie Corkhill-Hyles**, **Sarah Annand – Oat Studio**, **Heartstory Photography**, **Sharon Isherwood**, **Thoroughbred Park**, the **Canberra Raiders**, **Harlequin Jewelers**, the **Canberra Public Golf Course**, the **National Zoo and Aquarium**, and **Bruce Super Convenience**.

Key Events for 2023

We are looking forward to the rest of the year, with several key events planned to bring the Karinya Village together. Please mark your diaries with the following details:

- The **Karinya House Gala dinner** will occur on Friday 8 September at the Canberra Southern Cross Club. This is always a great night and a chance to get together with friends, new and old.
- **2023 Mercy Walk for Women** will occur near Boorowa on Sunday 24 September. There will also be an option to **walk where you live** for those who are unable to participate on the day. Unfortunately, the costs of the in-person walking event, including insurance, have risen in recent months and as such registration fees will apply for the 2023 event.

We look forward to welcoming you all to participate in these events over the coming months, with more details available on our website soon.

#humansofkarinya – the last word.

"You guys are amazing. Thank you so much"

"Thank you for all the options you provided to Erin & the great work Karinya House do. I hope we will be able to collaborate for clients in the future"

Words from a counsellor at the Early Parenting Counselling Service... "Thanks so much for bringing client in today. It was so lovely to meet you both. She is in very nurturing hands at Karinya House it seems."

A former resident visited and thanked Karinya for providing her with a laptop, commenting that it 'saved her life' as it meant she was able to work on her assignments at home and complete her course. This woman is now planning to do further study and reached out to Karinya to help with scholarship applications.

Karinya across digital communications:    