

Walk for Hope a chance to help women and babies in need

For almost 30 years, Karinya House has been providing a sanctuary in Canberra for women and babies who have nowhere else to turn.

"Karinya" is an Aboriginal word meaning "peaceful home".

For hundreds of women who are pregnant or caring for a newborn, Karinya House has been a lifeline.

Karinya House provides around-the-clock supported accommodation in Canberra for women and their children and helps get them back on their feet and live a happy life in the community.

Domestic violence, housing shortages, high rents, cost of living pressures, mental health issues and drug and alcohol use are some of the reasons women seek refuge at Karinya House.



Karinya House has been helping mothers and babies since 1997. Picture by Karleen Minney

Karinya House receives half of its funding from the ACT government and the other half from fundraising and partnerships.

Enter the **Walk for Hope** as part of that critical fundraising.

This September, Canberrans are invited to take part in the inaugural **Walk for Hope**, with all funds raised going directly to Karinya House.

There is the chance to walk 4.5km or 9km along Lake Burley Griffin, beginning and ending at the Canberra Southern Cross Club Yacht Club in Yarralumla.



Walk for Hope champions include Parbery Consulting CEO Kylie Burnett and Canberra Southern Cross Club CEO Matt Walshe. Picture by Karleen Minney

Karinya House CEO Lavinia Tyrrel urged Canberrans to get behind the **Walk for Hope** by registering or donating.

"Women in our community experience more vulnerability during pregnancy and early motherhood than almost any other time in their lives, however it is also a time where many women are looking to chart a positive path forward for themselves and their infants," she said.

"This walk is about meeting women with care, support and understanding - and walking beside them."

Community champions from across Canberra are fundraising as teams or individuals.



Karinya House CEO Lavinia Tyrrel. Picture by Karleen Minney

Parbery Consulting co-CEO Kylie Burnett said her business was a passionate supporter of Karinya House. She was also a mum of two, her second child born during Covid lockdowns, giving her an idea of how it might feel to be isolated with a newborn.

"I grew up in a house with coercive control and financial control and those kinds of things and with a single mum after my mum and dad separated. I really do understand what it takes to be supported and feel supported by your community," she said

Canberra Southern Cross Club CEO and dad to two daughters, Matt Walshe, is one of the champions who will be wearing a weighted vest on the walk, representing the average 10-16kg carried during pregnancy.

"Karinya House is a wonderful organisation, we're proud to support it, proud to be part of the Walk for Hope," Mr Walshe said.

"I grew up with five sisters and three brothers, I'm from a big family and I know the importance of a comfortable, safe family home and I know Karinya House does that."

Members of the public are also encouraged to register for the walk, with prizes for creative entries.

WALK FOR HOPE: Sunday, September 14, Canberra Southern Cross Yacht Club. Register or donate at www.karinyawalkforhope.com.au