

news

Mother's Day celebrations abound at Karinya!

Mother's Day marks a poignant date on Karinya's calendar and this year was certainly no exception with various events being held in celebration of this special day.

On Friday 6 May, Karinya's supporters, staff and volunteers came together for the annual Mother's Day Ball at the Canberra Southern Cross Club. In its second year, the Mother's Day Ball raised vital funds to support Karinya's work with mothers, children and families who are amongst the most vulnerable in our community. The Ball was sponsored by the Canberra Southern Cross Club and Peter Lehmann Wines and raised a total of \$6,288. This was largely due to the generosity of the following local businesses and individuals who donated a fantastic array of raffle prizes and auction items:

- | | |
|----------------------------|-------------------------------|
| Aerial Skydiving | National Gallery of Australia |
| Boorowool | National Zoo and Aquarium |
| Café Momo | Peter Lehmann Wines |
| Christine Waring | Posh Pots World |
| Designer Millinery | Teatro Vivaldi Restaurant |
| CIT Student Massage Clinic | The Brassey of Canberra |
| Clonakilla Wines | Vangeli Jewellers |
| Cockington Green Gardens | WIN Television |
| Corkhill's Engineering | Stephanie Corkhill-Hyles |
| Dimples Photography | Luisa Lopes |
| Gold Creek Country Club | Linda Mulvihill |
| IMB Narooma NSW | Cath O'Halloran |
| Jazz Apple Café | Annie Pritchard |
| Little Bonbon | Belinda Yee |



The Mother's Day festivities continued with Karinya's residential clients and their children being treated to a celebratory banquet dinner at the Monkey Magic Chinese restaurant in Belconnen. Staff members, Cate Rolls and Cath O'Halloran, and volunteer, Vicki Sawyer, were on hand to ensure the five residents, two toddlers and three babies had a thoroughly enjoyable evening, with one resident commenting "Yesterday I cooked for my mother and sister for Mother's Day, but no one has done anything nice for me this Mother's Day, so I think this is wonderful!" Thank you to Cate, Cath and Vicki for making sure our resident mums felt deservedly special.



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from our Management Committee

Dear friends of Karinya House

Here we are again (albeit too soon!) approaching winter. As much as I have loved the moments of autumn, I am not quite ready for the snow! And what did we do before ugg boots? I hope you and yours are well and will remain so during the colder days to come.

Ronni Kahn, founder of OzHarvest, lives by the adage, "give, get, give more". As we reflect on the women in our care and our staff that care for them continually, and with love, I believe these words spell out what Karinya House does. We give nurturing care to our clients, we receive gratitude by witnessing their great confidence and progress, but then we must give and give again. With each new client the circle of giving begins again. Thank you for making that giving possible.

For those supporters and their guests who attended the Mother's Day Ball on May 6 – a heartfelt thank you! We enjoyed yet another wonderful evening with the company of a cross-section of guests, including our loyal supporters and members of the ACT Legislative Assembly. Thank you to the Canberra Southern Cross Club for sponsoring the Ball by once again providing a wonderful venue. May I thank the many people and organisations in the community that gave so generously in the form of bidding on auction items and donations on the evening. A sincere thank you to Jackie Gallagher and our hardworking Fundraising Sub-Committee for organising this special event. To our MC for the evening, Markus Gibson-Huck and our DJ and other great sponsor from Peter Lehmann wines, Sean Trenoweth, thank you both for giving your time, humour and energy to the event.

For those that have given to our Mother's Day Appeal this year, I also extend my sincere gratitude. To date the Appeal has raised \$10,642 and we remain grateful to the wider community for choosing to support Karinya House in this way. I also wish to acknowledge Luisa Lopes for once again putting together the beautiful Mother's Day gift hampers for our residential and outreach clients. Luisa volunteers countless hours of her own time each year to undertake this task and to ensure our clients feel special on Mother's Day – thank you Luisa! The items for inclusion in the hampers were donated by our wonderful supporters and we thank them also for their kind contributions.

Easter was a very busy time and included an Easter egg hunt and great excitement for our clients and their children. Thank you to those who generously gave Easter goodies and thoughtful gifts at this time.

I appeal to those who may have overlooked your ongoing Project 1000 contributions and encourage you to review your commitment and renew before the end of the financial year.

We remain extremely grateful to the 597 individuals and families who currently support this arm of our fundraising, but it is imperative that we reach our target of 1000!

Page 7 of this newsletter provides further information on Project 1000. Please pass this information onto friends and family who may also wish to support Karinya's vital work by signing up for Project 1000.

We continue to hear from our past clients and how well they are progressing in life with their children. Sasha's story on Page 3 beautifully depicts the changes we are making to the lives of these women.

To quote again, Ronni Kahn, "I am spurred on by a ripple of goodwill. I believe if we all do a little bit of good for someone who isn't expecting it, they feel special and they will pass that on. I think that's the power each of us has."

Warmest regards,



Sarah Kelly
President

Position Vacant Caseworker Grade 5 Level 1 Social & Community, Home Care & Disability Services Industry Award 2010

This is a full-time position for a 6 month contractual period. The position will be reviewed prior to the conclusion of the 6 month period.

Successful applicants will be required to undergo a Police Record Check and Medical Assessment. A current Australian driver's licence is essential.

Applicants require tertiary qualifications or relevant training and demonstrated experience in casework management and/or health care.

Karinya's staff work as part of a small, dynamic and enthusiastic team, assisting women and their families who are among the most vulnerable in our community. The service is focused on early intervention and flexible service delivery. An ability to work compassionately and respectfully with women and their families, often with complex needs, to promote their empowerment and independence, is an essential attribute. Karinya House is based in a quiet residential area in the ACT, with free parking. Employment with Karinya House provides for salary sacrificing options for part-time and full-time staff.

Please note that Karinya House is an all-female workplace.

For further enquiries or to obtain a position package (including selection criteria and job description) please contact Marie-Louise Corkhill on 6259 8998 during business hours.

Sasha's story

Sasha was 15 years old and pregnant with twin boys when she first moved to Karinya House in 2003. From the moment her beautiful babies, Logan and Tyler, were born Karinya's staff were constantly amazed by Sasha's bravery and maturity. She was adamant that her sons would receive the best possible start in life and her organised and confident approach to motherhood was nothing short of inspiring.

During her residency at Karinya, our staff encouraged Sasha to resume her schooling. She completed Year 10 and later went on to complete Year 12. Sasha eventually moved from Karinya into her own home, but continued to keep in touch as her boys grew older.

In 2008 we were delighted when Sasha brought her new baby girl, Alyvia, to visit us. She spoke of the busy family life she was now sharing with her partner, Matthew, and again expressed her gratitude for Karinya's support over the years.

In March of this year, Sasha visited Karinya again and proudly announced that she and Matthew had celebrated their marriage at Murrumurang Resort on the beautiful NSW South Coast in February 2010.

She brought with her photos of her wedding day and has kindly allowed us share them with our supporters.

We wish Sasha and Matthew all the best for their future together and look forward to receiving regular updates on this wonderful little family.



Karinya's upcoming fundraising ventures – save the date!

Coins for Karinya

The Coins for Karinya project will commence on 1 July and will run for a four month period to 31 October. We encourage our supporters to contact us to register for the project and then save their loose change in a money box, shoe box, biscuit tin (wherever you like!) for the duration of the project.

At the conclusion of the project we will arrange for a staff member or volunteer to collect the coins from your home or workplace, deposit them to Karinya's bank account on your behalf and issue a tax deductible receipt. A gourmet food hamper will be awarded to the supporter who collects the largest amount of Coins for Karinya.

Last year the project raised in excess of \$600 for Karinya and with your support we hope to better this figure in 2011. For further enquires or to register please contact Jackie Gallagher on 6241 8427 or via email at jackie.gallagher@karinyahouse.asn.au

Winter Wine & Unwind at The Brassey

Now in its third year, the Winter Wine & Unwind once again promises an afternoon of escapism from our dreary Canberra winter. The Barton Ballroom at The Brassey is the perfect backdrop to sample delightful wine and produce from our local region and treat yourself to the free pampering activities on offer. Our exhibitors will also be selling and/or taking orders for their products on the day.

Fabulous raffle prizes will be on offer and guests who purchase a raffle ticket will be treated to a complimentary cup of mulled wine!

This event is not just for the ladies, gentlemen are more than welcome.

Location: The Brassey of Canberra
Belmore Gardens
Barton

Tickets: \$20 per person

Date: Sunday 7 August 2011

Time: 1:00pm – 4:00pm

Bookings: Please contact Jackie Gallagher at Karinya House on (02) 6241 8427 or via email at jackie.gallagher@karinyahouse.asn.au



meet our Staff



Kimberley Castles

Kimberley joined our staff team as a casual Client Support Worker in May of last year. Although she is also employed as an Outside School Hours Coordinator with the YMCA, she says that when she heard Karinya was advertising for casual staff she felt compelled to apply. "I was so inspired by the work that Karinya does that I sent through my resume that night! I have a strong desire for helping those in need and making a positive difference in people's lives. I had heard some of the wonderful stories of the work Karinya House does in helping pregnant and parenting women and their families in crisis. After researching further, I was keen to work within the

organisation's aims and practices to help women gain a range of skills to make positive changes in their own lives."

"Kimberley, pictured here with a client's baby, says there are several aspects of her work which she finds rewarding. "Whether it's the rapport you build with a client or watching them achieve things they never thought possible. It gives you a priceless feeling when you help someone do something for themselves."

"I also appreciate the support I've received from the group of beautiful staff at Karinya House. I've learnt many skills from them and they motivate me to try a bit harder every day. They are amazing in everything they do."

Easter festivities enjoyed by all

As in previous years, Karinya's staff, volunteers and clients celebrated Easter with an Easter egg hunt at Yerrabi Ponds District Park in Gungahlin.

Four residents and five outreach clients along with seventeen babies and children attended this fun-filled event. In all, forty two people, including several staff and volunteers, attended the event; it was a spectacular turnout!

Everyone was treated to a lovely morning tea, with the Easter egg hunt then being held in stages as it was difficult to keep

the eggs hidden once the older children started looking for them! Several greedy magpies and crows were also quite keen to partake in the hunt, but this did not curb the enthusiasm of our little guests. Each client and child received a gift and a bag of Easter eggs to take home with them.

Special thanks to Cate Rolls and Luisa Lopes for organising the Easter egg hunt and providing this wonderful opportunity for our clients and their children.



a very special thank you to...

SKEANIE

When Natasha Barber's son, Hamish, was born she discovered that finding high quality soft leather shoes for babies was quite a challenge. After some extensive research, she eventually set about designing her own range and the SKEANIE brand was launched. When Natasha heard about Karinya House she wanted to do something practical to support our work and contacted us offering to donate 210 pairs of soft soled baby shoes. Natasha says, "The shoes are made of soft, high quality genuine leather upper to allow your baby's tiny feet to breathe and grow naturally. The suede sole will provide superior grip whilst crawling or walking." We have gradually been distributing the shoes to our grateful clients and their babies and we thank Natasha for her wonderful generosity.

SKEANIE®

Rotary Club of Canberra and Foodbank NSW

Karinya House has enjoyed a long association with Foodbank NSW. Each week we order a variety of bulk food items, which we included in the many food parcels we distribute to clients who are experiencing particular financial hardship. We were therefore concerned to learn that the NSW Government had decided to withdraw funding which had previously allowed dry goods to be transported from Foodbank NSW's warehouse in Sydney to welfare agencies in the ACT region.

The Rotary Club of Canberra responded to this challenge and applied to the ACT Department of Disability, Housing and Community Services for a grant to ensure a continuation of this service. Their application was successful and in December we received a letter from the Rotary Club of Canberra advising us that there would be no disruption to the supply of dry goods from Foodbank NSW, thanks also in part to local transport company, Roadmaster Canberra Pty Ltd, who contributed by offering a concessional rate for transporting the goods.

We thank all the parties involved for working together to ensure a continuation of this essential service to Karinya House and the women, children and families in our care.



Joint Logistics Command – Department of Defence

In celebration of International Women's Day in March, Major Nicole Bradley organised a 5km bridge to bridge fun run/walk and invited Defence personnel to take part as a tribute to the special women in their lives. Nicole thought it fitting that proceeds from the entry fee for the event be donated to Karinya House.

"My own pregnancy was a little complicated and was such a profound experience; I couldn't understand how someone would survive it without close support. We had a teenage pregnancy in our family that was handled really poorly and has left a significant impression on me and the rest of my family. I wish my family had been aware of an organisation like Karinya during that time, all of our lives would be significantly different now."



"I am now pregnant with my second child and wanted to help Karinya in some way, so I set about arranging the Joint Logistics Command International Women's Day Walk/Run. I wanted to support a local charity and, given my pregnancy, I could think of no better organisation. I was really pleased with the response from people in the workplace. Raising this money was fantastic and I hope to continue to be involved with Karinya in the future."

The event raised \$330 and we are grateful to Nicole and all who participated for their support.

Debra Stevens

When Debra received a lucky windfall shortly before Easter she generously decided to share her good fortune. Debra had won a huge selection of Easter goodies in a raffle. Shortly thereafter Debra and her son, Hassa, paid a visit to Karinya to donate the prize for distribution amongst our



clients. "I've known about Karinya for a while. It's a just a fabulous thing you do, so it's wonderful to be able to give in this way." On behalf of our clients and their families we thank Debra for her very kind gesture.

Konica Minolta



For several years Canberra's local Konica Minolta office have been kindly supporting Karinya by replacing our existing photocopiers with two newer models, free of charge, each time the previous contract period expires. Earlier this year ACT State

Manager, Nanette Bak, once again initiated replacement of our existing photocopiers. Nanette says, "I chose to support Karinya House as I feel the care and support they provide to mothers and babies throughout our region is invaluable, and it is heartwarming to be involved with people in our community prepared to make a difference."

"Without the support from Karinya House many women and their children would be without the level of care and compassion required in their time of need. Konica Minolta is proud to be in a continuing relationship with Karinya House. I believe strongly in supporting our local community and Konica Minolta should embark (and does) on strong community relationships."

Nanette also ensured our staff were confident in using the new photocopiers by arranging for Mercedes Tin to visit Karinya and provide a training session. Mercedes is pictured here with Karinya's Coordinator, Marie-Louise Corkhill.

The new photocopiers are valued at \$9,500. This represents a substantial saving on equipment replacement costs for Karinya and we remain grateful to Nanette and the team at Konica Minolta for their extremely generous support.



KONICA MINOLTA

Lisa Harris and Jo Anne Pulko

Jo Anne contacted Karinya earlier this year to let us know that she was hosting a baby shower for her daughter, Lisa, and together they had decided to invite guests to make a financial contribution to Karinya in lieu of buying gifts. "When Lisa and I talked about a baby shower,



she was reluctant to accept gifts as she already had most of everything necessary for her baby; this is bub number two."

"A baby shower is all about celebrating the prospect of being a mother and Lisa and I felt it would be appropriate to suggest donations to Karinya House, because they are all about helping women to look forward positively to becoming mothers and giving their babies the best start in life they can. As a mother and grandmother, I know how vital it is for a young woman to have support through pregnancy, birth and early mothering. I can only imagine how daunting it must be to cope with becoming a parent without any help."

Along with the financial support we received from guests at the baby shower, it also provided a valuable opportunity to spread the word about Karinya. "A number of our guests commented that they had not previously been aware of the work being done by Karinya, so we hope that our little event has perhaps encouraged some longer term support as well."

Jo Anne and Lisa are pictured here at the baby shower and we thank them both for kindly deciding to support Karinya in this way.

Country Women's Association of NSW – Gungahlin Branch

In early May we were contacted by Suzanne Barnes, President of the CWA's Gungahlin Branch, pictured here. Suzanne was calling to let us know that the Branch had recently held an Easter stall and had raised \$150 which they had decided to donate to a local charity. "Our Branch was specifically established to create a welcoming support network for mothers with young children, so when we were deciding on a charity Karinya was quite an obvious choice." We thank this generous group of women for their kind support.



Attorney-General's Department Women's Network

For the past three years the members of the Women's Network at the Attorney-General's Department have been supporting Karinya's work by organising a Mother's Day raffle. All proceeds are donated directly to Karinya and recently we were delighted to learn that this year the raffle had raised \$875. We gratefully acknowledge the Women's Network for once again organising this very successful fundraising initiative and for partnering with us to enhance the lives of women and families throughout the ACT and surrounding region.

How you can help Karinya House...

Project 1000

Karinya House currently receives 52% government funding. To ensure our continued financial viability, we must rely on the support of the wider community for the remaining 48%. This support is vital and allows Karinya to meet the significant costs associated with caring for an ever increasing number of women, children and families.

Project 1000 is Karinya's ongoing appeal to establish recurring financial support from 1000 individuals or families who wish to partner with us to enhance the lives of those who are amongst the most vulnerable in our community. We encourage you to consider a contribution of \$200 per annum in monthly, quarterly or annual increments. This equates to roughly \$3.80 per week – less than the average cup of coffee! Donations are fully tax deductible and can be made by cheque, credit card or electronic funds transfer.

Please consider providing vital financial support to Karinya House by subscribing to Project 1000 or renewing your commitment if you have not donated recently. For further information please contact the House on 6259 8998. A Project 1000 donation form is also included in this issue of Karinya News.

Donations

We are currently in need of the following new or pre-loved items for our clients and their babies:

- Bassinettes and mattresses
- Towels and face washers for babies (urgently)
- Bassinette sheets and blankets
- Size 00000, 0000 and 000 clothing for boys and girls (including singlets)
- Nappy bags
- Bunny rugs
- Change tables
- Prams (suitable for newborn babies - no strollers please)

Financial contributions to assist us to purchase the following practical items would also be most welcome:

- A treadmill (to allow our clients to exercise regardless of the weather conditions);

- Two change-tables which contain baby baths in the top section (to be used by our residential clients at Karinya and Erin Houses); and
- A small bar fridge (to loan to our clients when they move into their own home until they can afford to purchase their own refrigerator).

We have received a kind donation of \$50.00 from the Mother's Union St George's Pearce Branch to put towards the purchase of these items. This contribution has been set aside pending a further response to this newsletter.

Newsletters and Mail Outs

We rely on the support of groups and individuals to carry out the folding and labelling of each issue of Karinya News. Our sincere thanks to Karinya House Patron, Vicki Dunne MLA, and her wonderful staff for volunteering their time to bring you our last issue of Karinya News.

Over the course of the year we also carry out various other mail outs and we are very fortunate to have a hardworking team of auxiliary supporters to assist us. We once again extend our gratitude to this wonderful group, who gave up their time recently to assist with the mail out of our Mother's Day Ball invitations and Mother's Day Appeal cards.

If you are able to assist with a future issue of Karinya News or would like to join our group of auxiliary supporters, please contact Jackie Gallagher on 6241 8427 or via email at jackie.gallagher@karinyahouse.asn.au

Karinya House gratefully acknowledges the generous support of the following corporate, community and government partners.

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Major supporters:



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Return address: Karinya House
Box 6 Evatt Newsagency
Evatt ACT 2617

Ph: 02 6259 8998 **Fax:** 02 6258 0337
Email: info@karinyahouse.asn.au
Web: www.karinyahouse.asn.au

