

# Hornsby Kuringgai Women's Shelter

## Quarterly Newsletter

May 2016

### A word from the Chair...

Dear Test First Name



It's lovely when fundraising efforts pay off. On 18 May, the combined Rotary Clubs of Turramurra, Ku-Ring-Gai, St Ives and Wahroonga celebrated the Bobbin Head Classic Cycle Race at the Annual Awards Dinner at Pymble Golf Club. We were very pleased to accept a cheque for \$12,600, presented by Rotary Wahroonga President Marlene Carty. We would like to thank all riders and volunteers who made this event possible.

As you may recall, last year at the Gala Dinner, Laing+Simmons generously donated the commission of the sale of one property.

Of course, these things take time to complete but a few weeks ago Matt Effenberg of Laing+Simmons Hornsby was proud to present the cheque for a whopping \$19,000!

Our heartfelt thanks go out to the team and to Karen Hardy, the selling agent who worked very hard to make it happen.



A big thank-you is also in order for all those who 'busted a gut' for us at the annual Galston Gut Buster in Berowra Valley National Park on 3 April.

The Gut Busters raised \$3,000 and Nathan Tilbury was delighted to accept the cheque from Greg Lees, one of the driving forces behind the event.

And speaking of events for runners, please do sign up for the City 2 Surf. We would love your support for our major fundraiser for 2016.

Last but not least, I'd like to mention Michael Costigan of the Tara Costigan Foundation, who was instrumental in organising the National Family Violence Summit. It brought together survivors, community organisations, researchers and more to find the next steps to end family violence. Michael Costigan recently delivered the expert report ([download it here](#)) from the Summit to Prime Minister Malcolm Turnbull and Opposition Leader Bill Shorten. It sets out what needs to happen next to end this crisis.

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## SHELTER UPDATE

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The Shelter receives a flood of referrals daily for women seeking accommodation and we are noticing a higher number of older women who are accessing services due to domestic and family violence, relationship breakdown and homelessness. This situation is likely to worsen with an ageing population and a lack of age appropriate housing.

The Shelter provides supported accommodation which involves an individual case plan for each client outlining their goals for the time they are with the service. A permanent goal item for each client is to find suitable accommodation.

Affordable accommodation is a major concern for clients exiting the Shelter. Private rental is unaffordable for single women and shared accommodation comes with its own set of unique problems for women escaping domestic violence, which is then further compounded by age.

Women on Centrelink income support have next to no chance of finding suitable accommodation in the current rental environment.

Assisting clients to seek and secure suitable accommodation is a major part of Shelter caseworkers' role. Caseworkers and clients need to be very imaginative to secure suitable accommodation. Shelter staff and clients will continue to work together with other Services, Housing providers and real estate agents to achieve this outcome and move women forward with their lives.

Hornsby Ku-ring-gai Women's Shelter, supported by the community and board, continues to provide services to clients who are assisted by the shelter's committed caseworkers and volunteers.

Inayet Erol (Shelter Manager)

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## VOLUNTEER UPDATE

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National Volunteers Week was 11 – 17th May. So on Friday 13th May, we took the opportunity to thank our amazing team of volunteers that help keep HKWS running so smoothly. We gathered for after work drinks and nibbles (thanks especially to the Ozharvest ladies who prepared an enormous amount of delicious food!) at Mindful Movement Pilates Studio in Hornsby (owned by HKWS Vice Chairman Karen Willey). We had a great evening and a fabulous turn up of around 50 volunteers!

Our Volunteers do an amazing amount! Their skills and talents are wide and far reaching: from our dedicated and hard-working Board, to those who organise the Ozharvest food utilisation at the Shelter each week, to those who look after the garden, or run a variety of

well-being classes for the women, offer legal advice and assistance, man a fund raising table at a shopping centre, build a deck or BBQ sausages at a sausage sizzle, to name but a few! Regardless of how big or small the job, HKWS could not run efficiently or effectively without the input of our many volunteers.

Over the next few months, we will be in the process of streamlining our Volunteer program. We will be nominating team leaders for the various activities, who will then liaise directly with team members. We will be in meeting soon with the team leaders to ensure the most efficient and effective running of our volunteer network. If you are not already involved and wish to actively participate in our volunteer team, please contact us by email:

[volunteers@HKWS.com.au](mailto:volunteers@HKWS.com.au)

Karen Willey (Vice Chair, HKWS Board)

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## UPCOMING EVENTS

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### City2Surf - Sunday 14 August: we would LOVE your support!

**Support us by participating in the City2Surf:** you can RUN, walk, or gently saunter up heartbreak hill to Bondi beach.

Choose one of the following options:

1. Sign up as a **Gold Charity Runner!** You get a **free entry**, a starting spot ahead of the pack, running shirt and a few other perks but in return you must commit to raising at least \$1,000 for us.

2. Sign up as an **individual (adult or child), team or family.** You can run or walk, you can dress up, dress down, take a pram: have fun with it!! Note: **Early Bird** entry prices **finish 14 June!**

3. Just **fundraise** for us via Everyday Hero. If you don't want to run, you can just set up a page on Everyday Hero and still support us.

Get your running shoes on and [click here to register now!](#)

### Ku-ring-gai Yoga Mantras and Malas workshop, Sat 28 May

Sign up for a fun and interactive afternoon from 2-4 pm to learn all about mantras (other than the well known OM), how to use a mala, and much more.

[Click here to book your tickets now!](#)

### FAB / HKWS Cocktail Party, Tuesday 31 May from 7-9 pm,



### HKWS Coffee Crew, 3-5 June, St Ives Shopping Village

We will have a table again at **St Ives Shopping Village** to raise awareness about the shelter in general and our **City2Surf** campaign in particular. If you can spare a couple of hours, come and help out!

Click here to sign up on 

## South Turramurra

The wonderful ladies of the Friends and Business Group are truly excited to be hosting their first FAB fundraising event, in support of the Hornsby Ku-ring-gai Women's Shelter.

This will be a classy cocktail evening, with all profits going directly to the Shelter.

[Click here to book your tickets now!](#)

## Save the date: Spring Gala Dinner 3 September 2016

We have a wonderful event planned at the Roseville Golf Club. Make you sure pencil in the date - tickets will sell out fast as we only have room for 200.

[Check our website for more events](#)

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