



Annual Report 2018-19

Supporting and
empowering women
and children impacted
by family violence



*Students and lecturers
from Swinburne who
developed the new
Kara House website*



*Children's activity
while in refuge
– animal painting*

**“Felt supported,
accommodation
was good. Children
services were great,
I feel safe.”**

CLIENT

*Feedback from client
staying in safe refuge
at Kara House*

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*Wellbeing Program
at refuge
– herb garden*

Mission, Vision and Values

Kara House is a specialist family violence service providing safe and secure accommodation and outreach services to women and children experiencing family violence. We encourage and empower women to take control of their lives and work towards developing strategies to create a better future.



“I always hoped for somewhere safe to stay while I sorted my life out – now I can start to get settled and start again”

CLIENT

*Feedback from client
staying in safe refuge
at Kara House*

Our Mission

Kara House supports the rights of women and children to live in safety and without fear of violence from family members.

Our Vision

To provide support to women, their children and/or significant others impacted by family violence in Victoria. We do this by:

- Advocating on behalf of our diverse client base and the family violence sector
- Being responsive and adaptable in service delivery
- Actively collaborating for a sustainable future

Our Values

- Respect and acceptance
- Working together as a team
- Unconditional positive regard
- Empowerment of women
- Environment for growth and learning
- Flexibility
- Diversity
- Access and equity
- Continuous improvement

About Kara House

Who we support

Kara House provides information, advice and support to all women about family violence including:

- Single women
- Women with children
- Women with disabilities
- Young women
- Older women
- Women from culturally and linguistically diverse backgrounds
- Women who identify as LGBTI

About Kara House

Kara House is part of the Victorian women's refuge service system that provides safe and secure accommodation to women and children who have experienced family violence and need to relocate for their safety.

Kara House provides short-term crisis accommodation in a high security refuge, as well as support to women and children residing in transitional housing, living in the community or accommodated in motels by Safe Steps Family Violence Response Centre.

Kara House is a Specialist Family Violence service and a member of the Regional Family Violence Partnership (RFVP). Kara House and the members of the RFVP collaborate for the purposes of professional development and shared advocacy and learning, leading to an improved response to women and children.

Contact details

Kara House Inc.

ABN: 20 305 139 734

Postal Address: P.O. Box 308 Burwood, VIC 3125

Phone: 1800 900 520

Email: admin@karahouse.org.au

Website: karahouse.org.au

Hours: Monday to Friday 9.00pm – 5.00pm



*Children's
Wellbeing Program
– biscuit icing*

Chair Report

It's my pleasure to present the 2018-19 Annual Report for Kara House Inc on behalf of the Management Committee.

This year has seen us increasing our client and outreach footprint once again, with more women and children benefiting from our services than ever before. Our support for women and children fleeing family violence is made possible through the dedication of our supporters and the tireless work of Family Safety Victoria and the Victorian Department of Health and Human Services (DHHS).

Through the generosity of our supporters, we have been able to provide our clients with the help they need to set up a home often having fled with only what they were wearing. We have been able to provide clothing, linen, toiletries and kitchenware as well as toys, clothes, and books for the many children that come to us. The larger donations from our supporters have

seen the refuge refreshed this year with new appliances, furniture and amenities. DHHS provided significant assistance in the refresh of the refuge as well – our residents and their families all appreciate the efforts put in for their comfort and safety. Our focus this year, as always, has been on building the resilience of the families we have in our service. Our support group and art therapy programs are key examples of this.

Last year saw the retirement of our chair, Margaret Morrissey, after many years of dedicated service to Kara House. We took the opportunity to thank Margaret for all her efforts at our AGM last year, but her years of service set us up for the strong year of growth we have had this year. The planning for the new refuge continues apace, with an expectation that we will break ground early in 2020. Our manager Veronica Coleman has been working tirelessly to ensure the best outcome for our community, adding architect and construction manager to her long list of attributes! We are so grateful to Veronica and her staff for all they do to keep Kara House running smoothly.

As we look towards 2020, our focus is on the training and enablement of our staff and growing the next generation of family violence workforce. Kara House is investing in additional student placements and ongoing training and education of staff to ensure service excellence.

My sincere thanks to the Kara House team, to our manager Veronica Coleman, our management committee of dedicated volunteers, and the many donors who support the work we do.

Catherine Lockstone
Chair – Management Committee



Catherine Lockstone
Chair – Management
Committee

Managers Report

This year, as with all recent years, has been a busy one at Kara House. In line with recommendations from the Royal Commission, Kara House staff are working hard to identify possible improvements to our service delivery to ensure we provide clients with the one on one service they deserve.

Clients in refuge stay longer due to the lack of housing options and services that would often be accessed in the community which we now provide in refuge. This includes programs to improve client wellbeing such as Art Therapy and other activities such as cooking, craft and painting. We are continuing to provide our family violence support group in the community.

We underwent mid-term accreditation this year and were pleased to have our efforts recognised. Many of our improvement actions are tied into the significant practice changes occurring in the sector. These include the MARAM, Family Violence Information Sharing Scheme, Children's Information Sharing Scheme as well as the Family Safety Victoria case management reviews; and staff are attending training in these areas to ensure we continue to provide the best service possible.

The new Kara House development has progressed past the planning stage and we are hopeful that construction will have commenced by early 2020. This means that the upcoming year will be one of planning and networking to ensure Kara House is on track to provide a quality service in the new location.

Also, as we head towards 2020 Kara House has committed to increasing our support and training of students. Funded by the Enhanced Pathways to Family Violence Work Project, Kara House will take part in the supervision and training of students as part of the government's 10-year plan for Victoria's future family violence workforce. Kara House has always had a commitment to the

training of students and over the years a number of students who have completed placement at Kara House have gone on to gain employment with us. We believe that committing to training future family violence practitioners is one way we can ensure a skilled workforce that will understand the complexity of family violence and provide women and children with the support they deserve.

The last twelve months at Kara House has seen our staff team grow again, as we welcomed Serina to take up the Admin/Finance position. I am proud to say that our team is cohesive, supportive, committed and focused on good outcomes and innovative practice. One of the strengths of Kara House is its flexibility, something we achieve in our small team due to the willingness of team members to support their colleagues and accommodate change.

I would like to thank the members of the Kara House team, management committee and our donors and supporters for helping us achieve positive outcomes in the 2018-19 financial year.


Veronica Coleman – Manager



*Veronica Coleman
Manager*

Our services

Kara House values the diversity of all women and children and is committed to providing quality services that are sensitive and responsive to women and children's unique experiences, including their culture, geographic location, race, age, ethnicity, religion, ability and/or sexual preference. Kara House actively works to eliminate discriminatory barriers and practices that women and children experiencing family violence face in contemporary society.



“My case worker was very polite and generous. She is an excellent listener and advisor”

CLIENT

*Outreach Client
receiving support
in her own home*

Secure crisis accommodation

Kara House is a high security specialist family violence service providing intensive case management support and short-term crisis accommodation in a communal refuge property. Crisis accommodation and support is offered to women and children experiencing family violence and those who seek to increase their personal safety and security.

Crisis outreach

Kara House assists Safe Steps Family Violence Response Centre to provide material aid and emotional support to women and children residing in motel while they await a refuge bed. Kara House provides this service to ensure vulnerable women and children are supported and to strengthen our partnership with Safe Steps Family Violence Response Centre and associated services.

Transitional housing

Kara House provides support to women exiting refuge, and into transitional housing, where available. Transitional housing is short-term accommodation provided by housing managers on a short-term lease. It provides women and children exiting refuge greater independence and the opportunity to continue to receive support while looking for longer-term housing options. Wherever possible Kara House will nominate clients exiting refuge for a transitional property.

Community or General Outreach

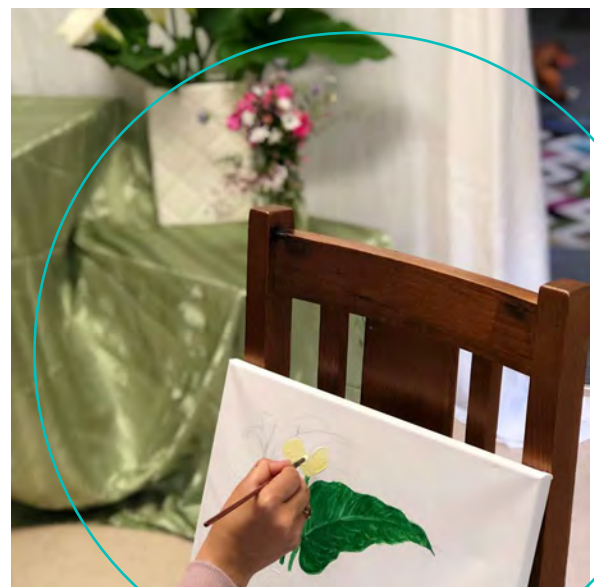
Kara House provides support to women and children in the community by direct contact or referral from external services. Outreach support refers to the provision of support and case management to women and children who may be accommodated in transitional housing supported by a generalist service, women re-establishing themselves independently after leaving Kara House refuge or transitional housing, and women and children living independently in their own accommodation within the community. The support provided is determined by the needs of the women and children and may include information, advice, court and emotional support.

LGTBI Community

Kara House responds to direct contact or referrals for LGBTI community members experiencing domestic violence. We have a specialist understanding of the complexities of domestic violence that affects the LGBTI community. We offer crisis accommodation and support for same sex attracted women who are experiencing abuse in a relationship. We also provide ongoing outreach support and advice to anyone identifying as lesbian, transgender, gay, bi-sexual or intersex. We have strong connections with organisations whose services are specific to the LGBTI community.

Children's Services

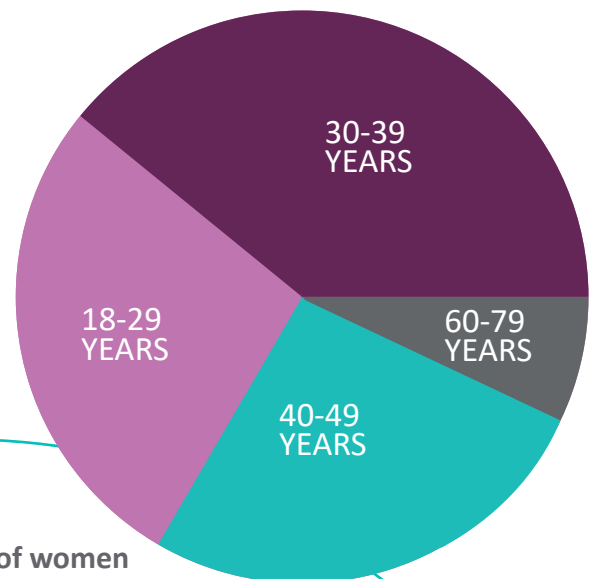
Kara House provides specific services and programs, which prioritise the safety of children impacted by family violence. Our Specialist Family Violence Practitioner and Children's Resource Worker does an initial assessment with the mother and child to identify their unique requirements. An ongoing case plan is developed to put in place supports, referrals and linkages with other services as required. We communicate and work closely with Child Protection, schools, childcare centres, and Maternal and Child Health centres.



*Wellbeing activity
while in refuge
– painting for women*

Kara House at a glance

Each year Kara House provides specialist services to women and children no matter what their background.



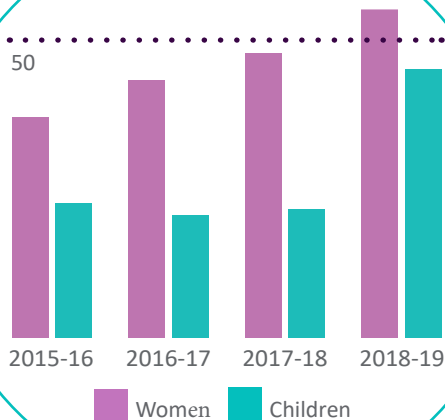
41% of women we support are aged between 30-39 years.
We accommodate children from 0-17 years of age.

18% of our refugee clients moved to private rental

Our clients have successfully secured private rental or shared private rental in a very difficult rental market.

290 women and 193 children were supported this year

We provided advice, emotional support, secure accommodation, safety planning and referral to other specialist services



54 women and 46 children stayed in refuge this year.
Client numbers in refuge are increasing each year

The average length of stay in refuge is 4 weeks

The average stay in our secure refuge accommodation is 4 weeks with the longest stay being 9 weeks

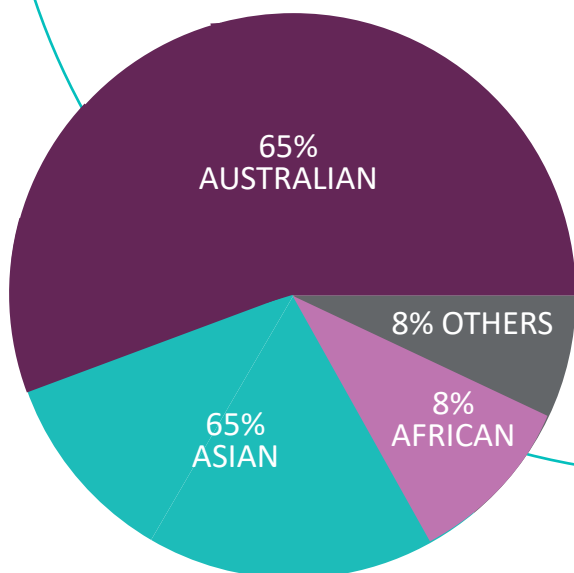
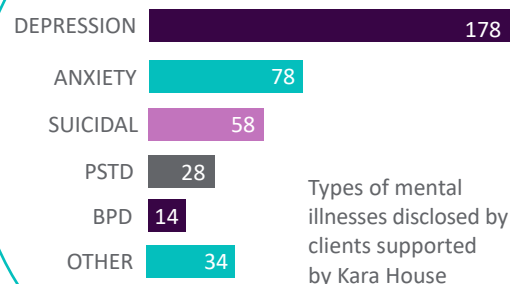
53% increase in LGBTI clients needing support

We have Specialist Family Violence Practitioners with LGBTI training who can provide advice and emotional support.

Clients disclose multiple risk factors in their relationship

The leading risk factors disclosed are 'Controlling behaviours', or 'Threatened harm' and 'Obsessive behaviour'

74% of our clients have been diagnosed with a mental illness. 52% of these clients experience multiple mental illnesses.



31% of our clients are from a CALD Background. This year we supported women from 46 different cultural backgrounds.

5% of women are pregnant while in our care

We provide pregnant women with support and advice, as well as providing them with prams, cots, and nappies.

Specialist Programs

MOVING ON Family Violence Support Group

For women impacted by family violence, most programs provide support only during the initial crisis stage. Recovery for women who have experienced family violence can be a long and isolating journey. They leave behind family, friends and financial security and often return to an abusive situation multiple times before finally moving on. Kara House identified an opportunity to provide support and education post crisis and ultimately reduce the propensity to return to the abusive relationship.

“The most positive thing about the group was making us think positive and have faith in life, [it] made me feel better”

PARTICIPANT

Participant in the Family Violence Support Group in February 2018

In early 2018, we developed “MOVING ON” Family Violence Support Group to support women impacted by family violence who are beginning to rebuild their lives. The group is a free six-week course facilitated by Specialist Family Violence Practitioners. The aim of the group is to provide education and support for the participants to build their self-worth and move forward.

Free childcare is provided onsite to help participants to concentrate on their own wellbeing. The program includes group discussions, one-on-one chats as well as relaxing activities like music therapy and breathing techniques. It’s a safe place to take some time out, make strategies for the future and connect with other women in similar circumstances.

In 2018-19, Kara House conducted four support groups, one each term, thanks to the generosity of the **Tucker Foundation** and **City of Whitehorse**. In a survey, 100% of participants shared that they felt safer, enjoyed meeting other women and felt better informed about family violence.



Tai Chi session in the Family Violence Support Group

For victims of family violence, the impact of trauma can make it incredibly difficult to verbalise thoughts. Strong feelings of shame, humiliation, guilt and fear around speaking of the abuse can make it even more difficult for them to receive the support and direction they really need.

In 2018, we introduced the Art Therapy Program to help our clients during this time. Each fortnight, clients in the refuge participate in a two-hour session facilitated by an accredited Art Therapist and a Kara House Specialist Family Violence Practitioner.

“I really enjoyed the company and the time to express my emotions at my own pace”

*Participant in the
Art Therapy Program
at the refuge*

Thanks to the wonderful generosity of the **Tucker Foundation** we were able to provide this very important program every fortnight in the refuge.



KARA HOUSE ANNUAL REPORT 2018-2019

Specialist Programs (continued)

Wellbeing Program

When clients come into refuge, they are usually tired, emotional and overwhelmed. Once in refuge, their days are filled with meetings, appointments and countless tasks, which often deplete their already low wellbeing reserves. In response, Kara House runs a Wellbeing Program for clients in refuge. The idea is to 'take them away' from their current situation by providing an opportunity to be creative and learn new skills. The activities provide social inclusion – particularly for those clients whose English is not their first language. Some of the activities included this year were pizza making, seed planting, baking, painting and bottle decorating.

Mothergoose Program

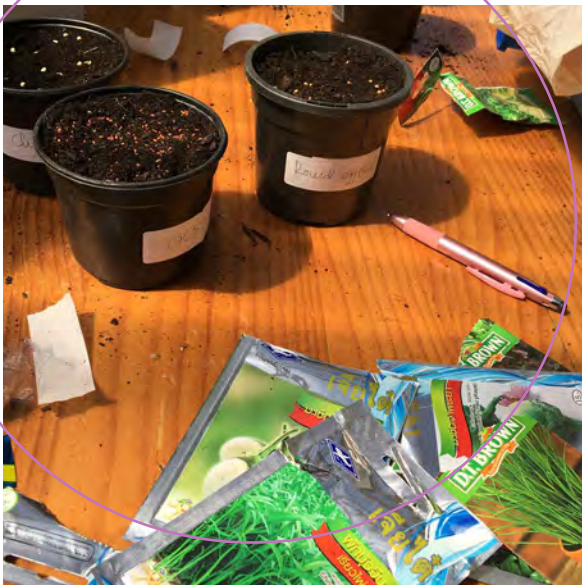
We collaborate with other organisations in the City of Whitehorse to facilitate a Mother Goose group in our local community. Parent-Child Mother Goose is an evidence-based program that strengthens attachment and interaction between parents or carers and their young children by introducing them to the pleasure and power of using rhymes, songs and stories together. Our Specialist Children's Family Violence Practitioner Children encourages appropriate Kara House clients to attend. Parent-Child Mother Goose is particularly suitable for parents and carers who need extra support because of their own personal or social circumstances, or because their children have special needs or are otherwise at risk.

Children's Wellbeing Program

For children in refuge, spending time away from their mother can provide respite from bearing witness to their mother's emotions. Kara House run a Children's Wellbeing Program that provides time to draw, listen to a story, sing and dance.

The specialist children's worker will prepare an age-appropriate activity, and run it either in the playroom or in the back garden. Some of the activities the children enjoyed this year included biscuit decorating, drip painting and drawing.

The children's worker, during the activity session, will take the opportunity to observe the children at play and can then provide feedback to the children's mothers and where necessary, refer them to child-specific services.



*Wellbeing Program
for women in the refuge
– seed planting*

Case study

Conchita

Conchita was born in Colombo. She is 62 years' old and has been married to her husband, the perpetrator of the family violence for 44 years. She came to Australia when she was 24. Her husband, for the whole of their married life, has abused her. Conchita has suffered physical abuse, psychological and verbal abuse, threats, intimidation and isolation.

Conchita's husband isolated her in the home, she was not allowed out unless she was accompanied by him. She did not have access to a phone or computer and she had minimal contact with her family in Colombia.

During a doctor's visit, she left through the back door, and with the assistance of the police she was referred to Safe Steps. Kara House is currently supporting Conchita in refuge. Her English communication is very limited, frequently requiring an interpreter for the most basic of conversations. Because of the isolation, her daily living skills outside the home were almost nil. Conchita had to be shown how to use public transport, open a bank account, use an ATM and to shop.

In the six weeks she has been at Kara House, Conchita is gaining confidence and independence and is building on her English words.

Crisis Programs

Often women and children arrive at Kara House with very little having fled an abusive situation. They leave behind their family, friends, community, schools and their job. Whether we are visiting a client staying in Motel or they are coming into refuge, we try to make them feel as comfortable as possible in the initial hours of the crisis by providing not only emotional support but the basic necessities. These include toiletries, clothing, a new phone, toys, books, prescriptions, and halal food boxes. To expedite the process we have developed programs, which enable our Specialist Family Violence Practitioners to quickly and easily collect what the client needs. We rely on donations from the community to deliver these programs.

“They provided us with food vouchers and gift bags. Some of the bags had cosmetics and my daughter was delighted.

PARTICIPANT

Outreach client staying in a Motel awaiting a placement in refuge

Toiletry Packs

We have on hand toiletry packs for women, children and babies. Toiletry packs include the basics like toothpaste, toothbrush, soap, shampoo, conditioner, moisturisers, sanitary items and deodorant.

Crisis Clothing Packs

We have supplies on hand of tracksuit pants, leggings, hoodies, t-shirts, pajamas, underwear, socks and thongs. It is important that the clothes we keep on hand are comfortable, warm and come in a broad range of sizes.

Welcome Packs

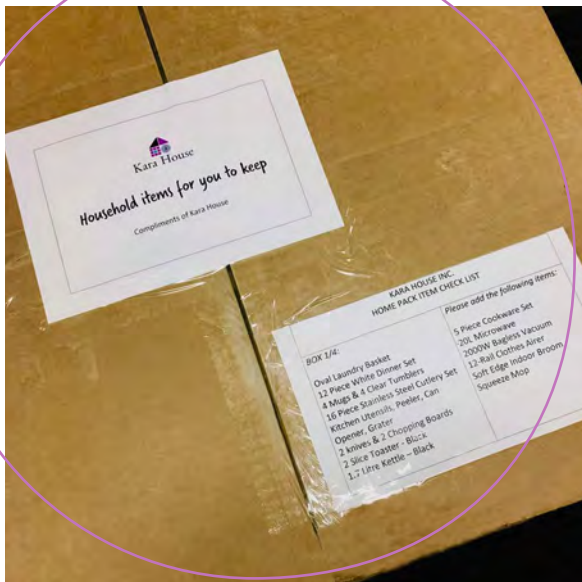
We provide packs to welcome the women to the refuge. These can include donated crafts and gifts, a diary, a hot water bottle, an eye pack, pencils and a mindful colouring book.



Fresh pajamas ready for the Crisis Clothing Packs

Re-establishment Programs

A safe and secure home is fundamentally linked with well-being. For those who have experienced homelessness and displacement due to family violence, relocating to new, more stable accommodation is an important moment in moving forward. It's an isolating and distressing time further impacted by the loss of financial security. To relieve the financial burden we provide the women and their families with Program Packs which include the basic items needed to set up a home. This allows the women to re-direct their energy into providing a stable home for their children and work towards rebuilding their lives.



Fresh Start Home Pack includes everything needed to set up a home

Fresh Start Home Pack Program

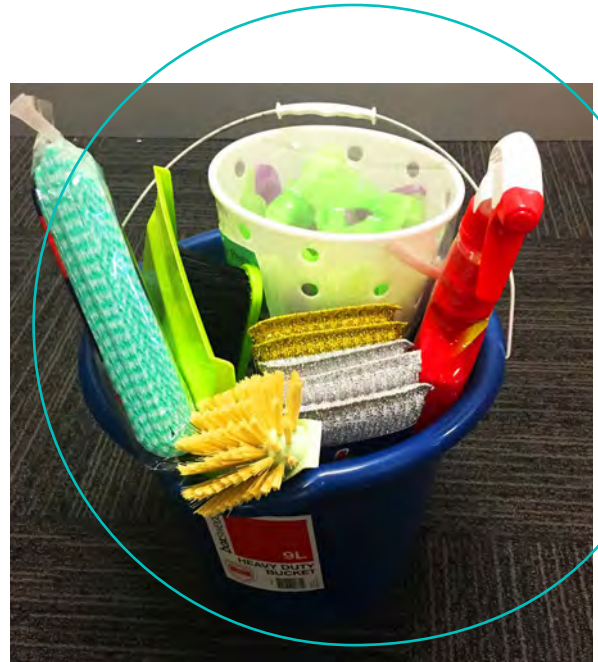
The pack includes a microwave, vacuum cleaner, saucepans, kettle, toaster, dinner set and cutlery. The pack significantly reduces the financial stress of setting up a new home.

Linen Pack Program

The pack includes doonas, pillows, sheets sets and towels. These packs are provided to our clients when they arrive in the refuge and are theirs to keep when they move into more stable accommodation.

Cleaning Pack Program

Cleaning products are necessary but expensive when you are setting up a new home. The Cleaning Pack program includes cleaning product, buckets, mop, brooms, sponges, dishwashing liquid etc.



Cleaning Pack provides all the products needed to clean a home

Case Study

Ezza

Ezza is 26 years old and was born in Pakistan. Ezza was well educated and was employed in a human resources position at a law firm. At the age of 19 her parents arranged a marriage for her to a Pakistani man who lived in Australia. Ezza met her husband on her wedding day. He was 38. Ezza remained in Pakistan for the next two years whilst her husband arranged for her to come to Australia.

On the day of her arrival in March this year, the family violence began and continued for the next 6 months. Whilst the violence included physical assault at times, it was mainly in the form of emotional abuse – name-calling and put-downs, and threats to return her to Pakistan. Her fear of returning to Pakistan meant she would shame her family.

In September, Ezza was returned to Pakistan. Ezza disclosed her husband believed her to be a bad wife and sent her to Pakistan to live with his family for 3 weeks to learn to become a good wife. His family instructed her how she should address her husband, how she should prepare and serve his meals, how she should dress and look after a house, and how not to answer back to him.

Ezza made the decision to contact a friend in Melbourne who organised a flight for her to return to Australia, and to move in with her while she sought help. Ezza left her in-law's house through a window during the night, and returned to Australia. Ezza contacted safe Steps and was referred to Kara House for family violence crisis accommodation. Kara House continues to provide support for Ezza and is liaising with InTouch to obtain her permanent residency in Australia. Ezza is now realising she is safe and is looking forward to further education to gain employment.



Completed Projects

Refuge refurbishment

In May the ongoing support of our generous donors enabled us to refresh the furniture and fittings in the refuge. The lounge room and kids playroom were given a makeover with new furniture, rugs, lamps, and paintings. In the bedrooms, we replaced side tables and lamps. The positive reaction from our clients has been wonderful. We believe it is important to provide the best possible environment for our clients, and to help them feel secure and respected.



Website redevelopment

In late December 2018, the new Kara House website went live thanks to the generous support of the Swinburne University of Technology. Kara House website was selected to be part of the graduating project for Diploma students studying ICT and Design. The project involved re-developing our very out of date website into a website that would improve communication with the community about Kara House. The Swinburne team comprised six students and three lecturers.

From the initial brief, the students were engaged with the communication problems facing Kara House and recognised how much a new website would make a difference in helping the women and children we work with. They developed innovative solutions that met the brief, created a stand out design, coded the site from scratch and were incredibly professional throughout the whole process.

After 3 months of dedicated work, on December 19, 2018 the students handed over the website. The result is simply amazing. The design functionality and ease of use is beyond our expectations and we are fully aware of the value of a website project of this size and depth in the wider market. The Kara House website is the keystone to our communication with our clients, industry colleagues, community and supporters.

The new website will play a pivotal role in providing information to those in need and those wishing to help the women and children we work with. We were very excited to hear that the lecturers involved went on to win the Vice-Chancellors Award for Excellence. Thanks to everyone who contributed at Swinburne.

*Refuge makeover –
Above: Playroom
Below: Lounge room*

Major Donors

We would like to thank our Major Donors who have supported special programs and projects over the last year.



silent arrow



"I was frightened to see him again and having someone to support me gave me the strength to go."

CLIENT

Client assisted with support and advice while attending court

Individual, Business and Organisational Donors

We would like to thank the many individuals, businesses and organisations that have supported Kara House. Their generous donations and support have enabled Kara House to provide additional programs, services and resources to the women and children in our care.

- The Rotary Club of Box hill
- Kiwanis Club of Glen Waverley
- Streetsmart
- Lucy Walsh
- The Rotary Club of Monash
- Ferntree Gully View Club
- Doncaster View Club
- The Thornbirds
- Full Gospel Assembly Melbourne
- Knitting for the Needy
- St Kilda Mums
- The Alannah and Madeline Foundation
- Reece Group
- The Lions Club of Box Hill
- Lisa Duncan
- Karla Hooke – Department of Justice
- Eastern Suburbs Baptist Netball Association
- Cable Melbourne
- Tracy Hart
- Nino Early Learning Centre
- Generic Health Pharmaceuticals
- Rotary Club of North Balwyn
- Susan Goldie
- James Maurer
- Andrea Dillion
- Stephen Crosby
- The Halal Food Bank



Above: Christmas delivery of hampers from Full gospel Assembly Melbourne

Below: Christmas 'Bags Of Love' donated by Impact for women

Ongoing Fundraising Projects

Our core support services are government funded. We are also always actively working to improve the experience of our clients while in our care by improving the environment, developing additional services and programs and supplying necessary Material Aid.

Entertainment Packs

To provide the opportunity for clients to have an excursion out as a family to places like the cinema, the zoo, an activity centre or a swimming pool. The packs would include tickets and funds for food etc.

Food and Petrol Vouchers

To provide food and petrol vouchers to help clients get back on their feet while waiting for benefits to start.

New kitchen floor

The floor in the refuge kitchen needs to be replaced.

One-off Childcare

To provide childcare when clients have court appearances, appointments or counselling.

Crisis Clothing Packs

To provide essential basics like pajamas, t-shirts, hoodies, track pants and underwear when clients first arrive.

Fresh Home Start Packs Program

To provide the basics like a toaster, cutlery, a kettle and a dinners set when our families move into more stable accommodation.

Linen Pack Program

To provide fresh linen, doonas, pillows and towels to clients when they first arrive. Clients can take their linen pack with them when they move.

“I am happy with your support for housing, vouchers and all kinds of things. Thank you for all the support.”

CLIENT

*Client with children
who stayed in refuge
Kara House*



*Donation of linen for
Linen Pack Program by the
Rotary Club of North Balwyn*

Acknowledgements

DHHS

Kara House Management Committee and Staff would like to thank the Department of Health and Human Services who provide our operational funding under the Funding and Service Agreement and to the Staff of the Department in the Eastern Region who have assisted with their donation collections and ongoing support.



Safe steps

Kara House Management Committee and Staff would like to thank Safe Steps Family Violence Response Centre who partner with us to support vulnerable women and children residing in motel while they await a refuge bed. Kara House continues to strengthen its valuable partnership with Safe Steps and associated services.



Our Partners

We would like to thank the organisations and services below who we partner with to provide services.

- Box Hill CIS
- Community Housing Ltd (CHL)
- Uniting Connections
- Anglicare
- EDVOS
- Eastern Community Legal Centre
- Box Hill Police
- Infoxchange
- Kerrimuir Primary School
- Box Hill North Primary School
- Eastern Access Community Health
- Box Hill Medical Centre
- Centrelink
- Willam Clayton North Primary School
- Uniting Care Harrison
- YWCA South Melbourne
- Wesley
- Woman's Housing
- Boorndawan
- Burgess Family Centre
- Clota Cottage
- Connecting Up Inc.
- Domestic Violence Resource Centre (DVRC)
- Eastern Emergency Relief Network (EER)
- Eastern Victims Assistance and Counselling Program
- InTouch
- Salvo Care Housing
- The Migrant Resource Centre
- Wesley – Resilient Kids Program
- Women's Housing Ltd (WHL)

A child's drawing on a light-colored background. At the top, a thick, multi-colored rainbow (red, orange, yellow, black) arches across the frame. Below the rainbow, a figure is drawn wearing a long, flowing yellow robe. The figure has a large, dark, triangular headpiece or hair. The face is simple, with two dots for eyes and a curved line for a smile. To the left of the figure, there are several thin, red, scribbled lines. In the bottom left corner, there is a small, dark, scribbled shape.

Financial Reports 2018-19

For the year ended
30 June 2019

Kara House Inc.
ABN 20 305 139 734



Kara House Inc
ABN 20 305 139 734

Financial Statements
For the year ended 30 June 2019

Kara House Inc
ABN 20 305 139 734

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Kara House Inc
ABN 20 305 139 734
Committee's Report
For the year ended 30 June 2019

Your committee members submit the financial accounts of the Kara House Inc for the financial year ended 30 June 2019.

Committee Members

The names of committee members at the date of this report are:

Catherine Lockstone
 Jyoti Wardhen
 Maureen Breen
 Chloe Brayne
 Ilsa Evans
 Veronica Coleman
 Melinda Harrison
 Susan Smith
 Angela Spinney

Principal Activities

The principal activities of the association during the financial year were: A family violence service providing crisis supported accommodation to women and children.

Significant Changes

No significant change in the nature of these activities occurred during the year.

Operating Result

The deficit from ordinary activities after providing for income tax amounted to

Year ended	Year ended
30 June 2019	30 June 2018
\$	\$
(54,235)	14,099

Signed in accordance with a resolution of the Members of the Committee on: 15TH OCTOBER, 2019



Catherine Lockstone



Veronica Coleman

The accompanying notes form part of these financial statements.

Kara House Inc
ABN 20 305 139 734
Income and Expenditure Statement
For the year ended 30 June 2019

	2019 \$	2018 \$
Income		
Interest received	11,034	6,728
Other income	2,894	3,145
Donations & other grants	24,924	25,072
Grants Received - DHS		
- DHS - Crisis Supported Fund	578,345	575,707
- DHS - Housing Establishment Fund		16,507
- NPAH - Sector Capacity	16,369	15,646
- NPAH - A Place to Call home	66,907	63,597
- Transition Support	270,764	264,642
- Flexible Funding -Case Management	16,819	
- Children Resourcing	45,007	
- Non PR	24,000	
- Work Project	13,106	
	1,031,317	936,099
Grants brought forward	90,000	90,000
Grants carried forward	(130,784)	(90,000)
Profit on sale of property, plant, equip	(2,231)	
Total income	1,027,153	971,044

The accompanying notes form part of these financial statements.

Kara House Inc
ABN 20 305 139 734
Income and Expenditure Statement
For the year ended 30 June 2019

	2019 \$	2018 \$
Expenses		
Audit fees	2,230	2,034
Client Expenses	15,684	5,781
Continuous Quality Improvement		26,273
Depreciation	21,005	22,219
Donations	20,869	8,729
Event Costs	5,337	
Fundraise & development	2,313	1,422
Governance & Management	1,834	2,908
Human Resources	17,402	21,538
Holiday pay	48,390	21,208
Housing Establishment Fund	9,566	15,072
Long service leave	12,229	6,960
Motor Vehicle Expenses	15,738	15,379
Network & Partnerships	4,859	4,273
Office Expenses	42,021	44,466
Rent	30,973	29,925
Refuge Expenses	59,652	26,696
Risk Management & OHS	486	779
Sick Leave	10,444	13,684
Superannuation	62,952	55,348
Worksafe Injury Insurance	23,506	24,356
Wages & Salaries	673,900	607,893
Total expenses	1,081,388	956,945
Surplus (deficit) from ordinary activities before income tax	(54,235)	14,099
Income tax revenue relating to ordinary activities		
Net surplus (deficit) attributable to the association	(54,235)	14,099
Total changes in equity of the association	(54,235)	14,099
Opening retained earnings	298,139	284,040
Net surplus (deficit) attributable to the association	(54,235)	14,099
Closing retained earnings	243,905	298,139

The accompanying notes form part of these financial statements.

Kara House Inc
ABN 20 305 139 734
Balance Sheet as at 30 June 2019

	Note	2019 \$	2018 \$
Assets			
Current Assets			
Cash assets	<u>2</u>	206,962	172,422
Other	<u>3</u>	395,857	360,405
Total Current Assets		<u>602,819</u>	<u>532,826</u>
Non-Current Assets			
Property, plant and equipment	<u>4</u>	89,922	97,620
Total Non-Current Assets		<u>89,922</u>	<u>97,620</u>
Total Assets		<u>692,741</u>	<u>630,447</u>
Liabilities			
Current Liabilities			
Payables	<u>5</u>	21,692	14,477
Current tax liabilities	<u>6</u>	19,777	22,310
Provisions	<u>7</u>	230,027	171,193
Other	<u>8</u>	130,784	90,000
Total Current Liabilities		<u>402,280</u>	<u>297,980</u>
Non-Current Liabilities			
Provisions	<u>7</u>	46,556	34,327
Total Non-Current Liabilities		<u>46,556</u>	<u>34,327</u>
Total Liabilities		<u>448,836</u>	<u>332,307</u>
Net Assets		<u>243,905</u>	<u>298,139</u>
Members' Funds			
Retained earnings		<u>243,905</u>	<u>298,139</u>
Total Members' Funds		<u>243,905</u>	<u>298,139</u>

The accompanying notes form part of these financial statements.

Kara House Inc
ABN 20 305 139 734
Statement of Cash Flows
For the year ended 30 June 2019

	2019 \$	2018 \$
Cash Flow From Operating Activities		
Receipts from customers	1,018,350	964,316
Payments to Suppliers and employees	(943,854)	(881,859)
Interest received	11,034	6,728
Net cash provided by (used in) operating activities (note 2)	<u>85,530</u>	<u>89,185</u>
Cash Flow From Investing Activities		
Payment for:		
Other Assets	(1,452)	
Payments for property, plant and equipment	(41,038)	
Proceeds from disposal of:		
Proceeds from sale of property, plant & equipment	<u>25,500</u>	
Net cash provided by (used in) investing activities	<u>(16,990)</u>	
Net increase (decrease) in cash held	68,540	89,185
Cash at the beginning of the year	<u>528,422</u>	<u>439,237</u>
Cash at the end of the year (note 1)	<u><u>596,962</u></u>	<u><u>528,442</u></u>

The accompanying notes form part of these financial statements.

Kara House Inc
ABN 20 305 139 734
Statement of Cash Flows
For the year ended 30 June 2019

2019

2018

Note 1. Reconciliation Of Cash

For the purposes of the statement of cash flows, cash includes cash on hand and in banks and investments in money market instruments, net of outstanding bank overdrafts.

Cash at the end of the year as shown in the statement of cash flows is reconciled to the related items in the balance sheet as follows:

Cash At Bank - General Account	2,286	3,268
Community Solutions Cash Reserve	159,320	126,214
Donation Account	42,806	40,466
Service Deposit	8	73
Debit Card	2,142	2,000
Petty Cash	400	400
Short term deposits	390,000	356,000
	<u>596,962</u>	<u>528,422</u>

Note 2. Reconciliation Of Net Cash Provided By/Used In Operating Activities To Operating Profit After Income Tax

Operating profit after income tax	(54,235)	14,099
Depreciation	21,005	22,219
(Profit) / Loss on sale of property, plant and equipment	2,231	
Changes in assets and liabilities net of effects of purchases and disposals of controlled entities:		
Increase (decrease) in other creditors	48,000	3,950
Increase (decrease) in employee entitlements	71,063	41,852
Increase (decrease) in sundry provisions	(2,533)	7,065
Net cash provided by operating activities	<u>85,530</u>	<u>89,185</u>

Kara House Inc
ABN 20 305 139 734
Notes to the Financial Statements
For the year ended 30 June 2019

Note 1: Summary of Significant Accounting Policies

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporations Reform Act 2012 and the Australian Charities and Not-for-profits Commission Act 2012. The committee has determined that the association is not a reporting entity.

The financial report has been prepared on an accruals basis and is based on historical costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following significant accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report.

(a) Property, Plant and Equipment (PPE)

Leasehold improvements and office equipment are carried at cost less, where applicable, any accumulated depreciation.

The depreciable amount of all PPE is depreciated over the useful lives of the assets to the association commencing from the time the asset is held ready for use.

Leasehold improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

(b) Impairment of Assets

At the end of each reporting period, the entity reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the income statement.

(c) Employee Benefits

Provision is made for the association's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits have been measured at the amounts expected to be paid when the liability is settled.

(d) Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, and other short-term highly liquid investments with original maturities of three months or less.

(e) Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. For this purpose, deferred consideration is not discounted to present values when recognising revenue.

Kara House Inc
ABN 20 305 139 734
Notes to the Financial Statements
For the year ended 30 June 2019

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument. Dividend revenue is recognised when the right to receive a dividend has been established.

Grant and donation income is recognised when the entity obtains control over the funds, which is generally at the time of receipt.

All revenue is stated net of the amount of goods and services tax (GST).

(f) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Tax Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the assets and liabilities statement are shown inclusive of GST.

(g) Trade and Other Payables

Trade and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the association during the reporting period, which remain unpaid. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability.

(h) Income Tax

The Association is a Public Benevolent Institution and is exempt from Australian Income Tax. It is endorsed as a Deductible Gift Recipient and donations of \$2 or more are tax deductible.

Kara House Inc
ABN 20 305 139 734
Notes to the Financial Statements
For the year ended 30 June 2019

	2019	2018
Note 2: Cash assets		
Bank accounts:		
- Cash At Bank - General Account	2,286	3,268
- Community Solutions Cash Reserve	159,320	126,214
- Donation Account	42,806	40,466
- Service Deposit	8	73
- Debit Card	2,142	2,000
Other cash items:		
- Petty Cash	400	400
	<u>206,962</u>	<u>172,422</u>

Note 3: Other Assets

Current

Short term deposits	390,000	356,000
Other	5,857	4,405
	<u>395,857</u>	<u>360,405</u>

Kara House Inc
ABN 20 305 139 734
Notes to the Financial Statements
For the year ended 30 June 2019

	2019	2018
Note 4: Property, Plant and Equipment		
Buildings:		
- At cost	5,088	5,088
- Less: Accumulated depreciation	(3,642)	(2,597)
	<u>1,446</u>	<u>2,490</u>
Plant and equipment:		
- At cost	62,006	63,527
- Less: Accumulated depreciation	(33,585)	(25,025)
	<u>28,421</u>	<u>38,502</u>
Motor vehicles:		
- At cost	78,461	80,790
- Less: Accumulated depreciation	(18,406)	(24,161)
	<u>60,055</u>	<u>56,628</u>
	<u>89,922</u>	<u>97,620</u>
Note 5: Payables		
Unsecured:		
- Other creditors	21,692	14,477
	<u>21,692</u>	<u>14,477</u>
	<u>21,692</u>	<u>14,477</u>
Note 6: Tax Liabilities		
Current		
GST payable	26,224	25,905
Input tax credit	(6,447)	(3,595)
	<u>19,777</u>	<u>22,310</u>

Kara House Inc
ABN 20 305 139 734
Notes to the Financial Statements
For the year ended 30 June 2019

	2019	2018
Note 7: Provisions		
Current		
Employee entitlements*	230,027	171,193
	<u>230,027</u>	<u>171,193</u>
Non Current		
Employee entitlements*	46,556	34,327
	<u>46,556</u>	<u>34,327</u>
* Aggregate employee entitlements liability	276,583	205,520

There were 11 employees at the end of the year

Note 8: Other Liabilities

Current

Grants In Advance	130,784	90,000
	<u>130,784</u>	<u>90,000</u>

Note 9: Capital and Leasing Commitments

Operating lease expenditure contracted for at balance date that is not cancellable and is not provided for in the accounts:

Payable:

No later than one year	12,990	30,737
Later than one year but not later than two years	<u>12,990</u>	<u>12,990</u>
	<u>12,990</u>	<u>43,727</u>

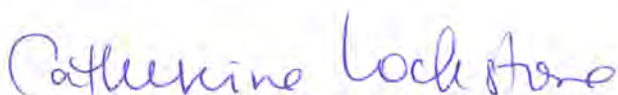
Kara House Inc
ABN 20 305 139 734
Statement by Members of the Committee
For the year ended 30 June 2019

The Committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the Committee the Income and Expenditure Statement, Statement of Financial Position, and Notes to the Financial Statements:

1. Presents fairly the financial position of Kara House Inc as at 30 June 2019 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that the association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:



Catherine Lockstone
Chairperson



Veronica Coleman
Committee Member

Director:
A.R Ager CA, BEc
Registered Company Auditor

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Authorised Audit Company
No. 453122

Report on the Audit of the Financial Report

Opinion

We have audited the financial report of Kara House Inc (the association), which comprises the Statement by Members of the Committee, Income and Expenditure Statement, Balance Sheet as at 30 June 2019 and summary of significant accounting policies giving a true and fair view of the financial position and performance of the association.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the association as at 30 June 2019 and [of] its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the Associations Incorporation Reform Act 2012 and the Australian Charities and Not-for-profits Commission Act 2012.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter – Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the association to meet the requirements of Associations Incorporation Reform Act 2012 and the Australian Charities and Not-for-profits Commission Act 2012. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Committee for the Financial Report

The committee is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the Associations Incorporation Reform Act 2012, the Australian Charities and Not-for-profits Commission Act 2012 and for such internal control as the committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the committee is responsible for assessing the association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the committee either intends to liquidate the association or to cease operations, or has no realistic alternative but to do so.

Kara House Inc
ABN 20 305 139 734

Independent Auditor's Report to the Members

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee.
- Conclude on the appropriateness of the committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Signed on: 22ND OCTOBER, 2019

ASSUR PTY LTD

ASSUR PTY LTD

Authorised Audit Company Number: 453122

Chartered Accountants

Anthony Ager

Anthony Ager
 Director - Audit & Assurance
 Chartered Accountant



Supporting and
empowering women
and children impacted
by family violence

Kara House acknowledges the support
of the Victorian Government



Health
and Human
Services



Kara House Inc.

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Website: karahouse.org.au

Hours: Monday to Friday 9.00pm – 5.00pm



Kara House