



Catherine House provides crisis, longer term accommodation and support services for women experiencing homelessness across South Australia.



Our Impact
IN 2022



CATHERINE
HOUSE

CATHERINE HOUSE OVERVIEW

Catherine House is South Australia's only homelessness and recovery service for women. Our aim at Catherine House is to end homelessness for every woman who walks through our doors – for good.

CATHERINE HOUSE OFFERS PERSON-CENTRED SUPPORT AND TRAUMA-INFORMED CARE, FOCUSING ON CLIENTS' EXISTING STRENGTHS AND KNOWLEDGE.

Catherine House deals with the immediate issues created by homelessness and assists women in planning a future that helps them sustain housing and build purposeful lives.

In addition to our accommodation services, Catherine House offers a number of support services to ensure each woman has the opportunities she needs to recover from what has brought her into homelessness. For many women, their homelessness is the result of domestic and family violence, mental health or housing instability.

SUPPORT SERVICES



HEALTH, WELLBEING, SOCIAL & PERSONAL DEVELOPMENT ACTIVITIES



EDUCATION TUTORS & VOLUNTEERS, ACE COURSES



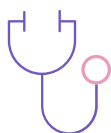
DRUG & ALCOHOL COUNSELLORS



MENTAL HEALTH & NDIS SUPPORT



LEGAL & FINANCIAL ADVICE



MEDICAL SERVICES

IMPORTANTLY, EVERY WOMAN IS TREATED WITH RESPECT, CARE AND DIGNITY.

ON ANY GIVEN DAY IN 2022 ...

54 women were provided with safe and secure accommodation at any given time

Each week, over **120** women accessed our Intake Service, Women's Centre or received outreach support.



We provided a service to **401** women - **a 10% increase from 2021.**

Of the 401 clients we worked with who received a service, **107** were also provided with accommodation.

We provided a service to **31** women within the Department for Correctional Services and provided **16** with accommodation.

We provided **286,944** hours of support to clients throughout 2022.

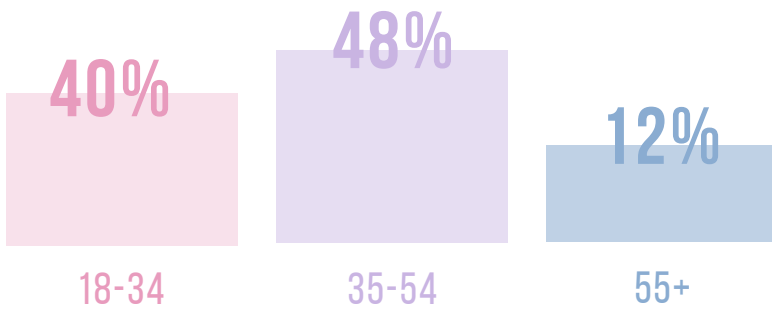
We worked with over **20** other agencies to ensure expert client support across all areas such as dental, legal and medical services.

Nearly **60,000** meals and snacks were served to the women we support, thanks to our partnerships with local businesses and our wider community.

DEMOGRAPHICS

WHO DID WE SUPPORT IN 2022?

NEW CLIENT DEMOGRAPHICS BY AGE



WE WORKED WITH CLIENTS COMING FROM ALL OVER SOUTH AUSTRALIA, FROM REGIONAL AND REMOTE AREAS TO METROPOLITAN AREAS.



30% of new clients identified as Aboriginal and/or Torres Strait Islander (an 8% increase from the previous year)

The majority of clients listed their country of birth as Australia (83%) however we have clients stating their country of birth

FROM 37 OTHER NATIONS!



9 clients identified as LGBTQIA+

33,646 sessions were held with clients by Case Workers, including case management and intensive support.

682 enquiries were managed by our Intake Service from women seeking support and information.

THIS IS A 45% INCREASE IN ENQUIRIES, SHOWING INCREASED DEMAND FOR OUR SERVICE DUE TO THE RISING COST OF LIVING.

KASEY'S STORY

Kasey came to Catherine House after escaping a domestic violence relationship of three years. As a mother of five children, the decision to leave her abusive partner was especially hard as it meant that she would be separated from her children.

“FROM THE MOMENT I ARRIVED AT CATHERINE HOUSE, I WAS BLOWN AWAY BY THE PERSONALISATION. FROM RECEIVING MY WELCOME PACK, TO THE LITTLE HEART SHAPED PILLOW ON MY BED, TO THE GOODIES I DIDN'T ASK FOR BUT WAS SO THANKFUL AND BLESSED TO RECEIVE.”

Kasey started the long journey of ending her homelessness and finding secure and affordable housing without her ex-partner. She enrolled in our Live Your Best Life & Plan for Your Future course, where she gained confidence and learned to put herself first - which she hadn't done in a long time.

Through one of our partners, Kasey gained part-time employment and finally was able to secure housing with the help of her Case Worker.

“WITH THIS JOB OPPORTUNITY, I AM ABLE TO COMBINE MY LOVE OF ART, ORGANISATION, RESEARCH AND ANALYSIS. MY NEW COLLEAGUES HAVE HAD FULL CONFIDENCE IN ME FROM THE GET GO, WHICH ONLY ENCOURAGED ME TO GROW INTO THE POSITION MORE.

IF YOU HAD ASKED ME LAST YEAR WHERE I WOULD BE IN LIFE, I WOULD HAVE GIVEN YOU A VERY DIFFERENT ANSWER. I FEEL THERE IS SUCH AN IMPORTANCE IN SPREADING AWARENESS OF HOMELESSNESS AND DOMESTIC VIOLENCE, AND THE CLIMB BACK UP.”

THE IMPACT OF YOUR SUPPORT IN 2022

Of the clients who faced a financial crisis, **nearly 80% reported they had successfully navigated it through engaging in Catherine House's services.**



79%

of clients reported improved interpersonal skills and connections

LESS clients left Catherine House to stable housing compared to the year before, due to a critical lack of social and affordable housing.

74%

reported an improved sense of ability to achieve



74%

reported improved management of mental health

74%

reported improved management of physical health

ADDITIONAL SUPPORT PROVIDED TO WOMEN

28



Wyatt Trust grants were distributed to clients exiting Catherine House, to provide them with white goods and furniture in their new homes.

34



Moving On Packs provided to clients when moving into their own accommodation, including items like toasters, kettles, cutlery, bedding and cleaning goods.

166



gift cards distributed to clients to assist with access to everyday items such as clothing and shoes.

283



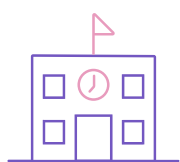
monthly client product orders distributed, containing basic necessities such as toiletries and personal items.



OUR
WOMEN'S CENTRE
COORDINATOR LISA



OUR EDUCATION &
EMPLOYMENT
OFFICER SHARON



EDUCATION & EMPLOYMENT

Our education services develop skills such as literacy, numeracy, communication, critical thinking and job seeking. Our life-changing course, **Live Your Best Life & Plan for Your Future**, enables women who have experienced trauma to learn that their voice matters. They build confidence and personal power to make decisions that will assist them to plan for a more positive future.

53 clients engaged in working towards education, employment or volunteering opportunities

100% of Live Your Best Life & Plan for Your Future participants were very satisfied with the course (the highest possible rating)

34 Lyn Sarah Education Fund Grants were distributed to clients, providing access to training courses and materials.

16 MumKIND Grants were distributed to clients, providing access to training courses and materials.

18 Clients received laptops for education or employment purposes

“ I enrolled in the Live Your Best Life & Plan for Your Future course, which helped me combat subconscious behaviours within myself.

I BEGAN TO BELIEVE THAT I MATTERED, THAT I WAS ABLE TO PUT MYSELF FIRST. I WAS NEVER MADE TO FEEL GUILTY FOR DOING SO. ”



WOMEN'S CENTRE

Established in 2006, the Catherine House Women's Centre provides a safe space where women can learn, find friendships and engage in activities that support their health, wellbeing, confidence and overall recovery.

The Women's Centre features a kitchen, offices, outdoor gardens and a large multi-purpose room. It creates a positive atmosphere that encourages women to take healthy 'risks' to try something new, extend their vision of what is possible for them, and build their confidence and self-belief.

ACTIVITIES AT THE WOMEN'S CENTRE INCLUDE:

- Meditation and mindfulness
- Yoga and stretching
- Music and singing
- Arts and crafts
- Physical fitness classes
- 'Staying Safe' workshops

IN 2022...

612

activities were held in the Women's Centre.

1,954

attendances were recorded in the Women's Centre.

“ It’s still hard work and I still struggle with my mental health, but since being a client at Catherine House I have learnt so much about myself and how to handle my ups and downs.

**MY PERSONAL DEVELOPMENT SKILLS
HAVE IMPROVED AND CONTINUE TO
IMPROVE EACH YEAR, THANKS TO THE
WORK I HAVE DONE WITH SHARON.**

Without Catherine House I wouldn’t have even been given these opportunities. These opportunities have given me purpose, routine and structure which I had been struggling to achieve over the years. ”

- EMMA, CATHERINE HOUSE CLIENT

HOW YOU CAN HELP

WE RELY ON THE GENEROSITY OF THE SOUTH AUSTRALIAN COMMUNITY TO CONTINUE SUPPORTING WOMEN EXPERIENCING HOMELESSNESS.

There are many ways that you can support Catherine House, from attending events, making a donation, or fundraising for us.

RAISE FUNDS & AWARENESS



Hold your own fundraising event or activity on behalf of Catherine House - we can support with materials, fundraising tips, and provide a keynote speaker for your event.

MAKE A LASTING DIFFERENCE



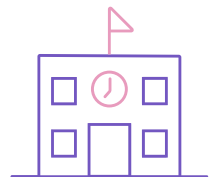
Join our regular giving program (Heart of Gold), nominate Catherine House for your workplace or payroll giving, or consider leaving a gift in your Will.

VOLUNTEER



Keep an eye out on our website and social media for any volunteering opportunities - you could help out at our fundraising events, source donations for auction items, or even assist with office administrative jobs.

SCHOOL/WORKPLACE INVOLVEMENT



Support Catherine House by hosting a casual day or morning tea! You could theme your fundraising event around Homelessness Week (August), Anti-Poverty Week (October) or St Catherine's Day (25 November).

MAKE A DONATION



Catherine House relies on the support of the community to ensure we can open our doors 24/7 for women experiencing homelessness. Donations are tax deductible and can be made by scanning below.



GALA DINNER



Our Gala Dinner will be held on Saturday 20 May at the Adelaide Convention Centre to celebrate 35 years of Catherine House. If you would like to attend, sponsor or make a donation to the event, please contact fundraising@catherinehouse.org.au.

THANK YOU TO OUR SUPPORTERS

GOVERNMENT PARTNERS



Supported by
**Government of
South Australia**

*We proudly partner with SA Health, Department of Human Services,
Department for Correctional Services and Department for Education.*

MAJOR EDUCATION PARTNERS



MAJOR PARTNERS



MAJOR IN-KIND PARTNERS



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