



WHY SUPPORT TOORA

IMPROVING THE LIVES OF CANBERRA WOMEN SINCE 1982



DIRECTOR OF SERVICE EXCELLENCE PRESENTING TO KPMG

TOORA'S IMPACT ON THE CANBERRA COMMUNITY

in the 2022/23 Financial
Year, Toora...



supported 512
clients



supported 118
children



provided a total of
57,581 nights of
accommodation



provided clients
with a total of
91,576 service days



supported 158
tenants in longer-
term accommodation
in 61 homes



SUPPORT AN ORGANISATION MAKING A DIFFERENCE TO THE LIVES OF CANBERRA WOMEN

Toora Women (Toora) is a feminist, secular, not-for-profit organisation that has been delivering some of the largest gender specific services to women, trans women, and other feminine-identifying people and their children in the ACT and surrounds since 1982.

Toora's purpose is to support, connect and advocate for women in the ACT and surrounding regions who are impacted by domestic violence, homelessness, institutions, and substance dependency to create better life outcomes and community change.

We are proud to support more than 500 women and their accompanying children each year, however demand for our services continues to escalate, with a 20% increase in reported domestic and family violence related incidents alone in the ACT in the last year. Your donation counts more than ever before.

Every day, Toora changes Canberra women's lives and for some, we save them.

WHERE YOUR FUNDS GO

WITH YOUR GENEROSITY, WE CAN CREATE CHANGE

Funding from the Canberra community goes towards supporting women out of homelessness and into stability. Many of our clients who are impacted by homelessness and domestic violence are also affected by other factors including alcohol and other drug dependency and poor mental health.

We work holistically and see the intersections between homelessness, domestic violence, mental health and substance dependency. Our aim is to support women through these life-altering events and to provide them with the tools to break cycles, in turn, creating better life outcomes.

Funds raised for Toora will support us to continue to run our fundamental life skills programs, providing women with basic knowledge on cooking, financial literacy and physical exercise. Funds will also go towards education and employment pathways, ensuring that women can access further education and meaningful employment in conjunction with our partners, Quest, Bond Hair Religion and Care Financial.

Donations raised will also help our women with things like simple meals for families in need, basic household items like bedding, toiletries, and furniture as well as transport to help women and children get around independently and safely.

In 2023, we provided clients with a total of 91,576 days of service, with many instances of clients coming to us in crisis. We rely on Government funding, philanthropic donations and importantly, donations from individuals and organisations to ensure every woman in Canberra receives the support they need.



SOME OF OUR PROJECTS SUPPORTING WOMEN

Ascend Rental Subsidy Scheme



Designed to support women facing housing vulnerability for economic reasons, Ascend provides funding for low to affordable income earners towards rental payments for up to 12-months.

Women's Empowerment project



An educational and employment project, supporting women back into the workforce with on-the job training and references following a period of work experience. This program is in conjunction with Bond Hair.

Drop-in centre

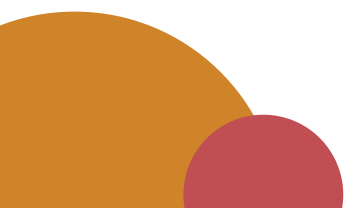


Based in Canberra's CBD, the drop-in centre is a safe space for women and their accompanying children to have a chat to Toora staff, receive food, respite and other basic necessities.

Life-skills program



Toora runs a life skills program for clients to learn about and engage in cooking, financial literacy, further education pathways, counselling and physical exercise.



OUR PROGRAMS



Domestic Violence and Homelessness Service

As the largest provider of specialist homelessness, domestic violence and outreach support services for women in the ACT, we provide support to women aged over 16 and their children.

Programs include:

- Residential support programs - housing and case coordination
- Outreach support programs - support in the community
- Coming Home Program - supporting women exiting prison
- Life-skills program - courses on finances, cooking, goal setting and more
- Drop-in centre located in the city

Alcohol and Other Drug Service

Toora offers tailored and comprehensive treatment services that are trauma-informed to effectively treat alcohol and other drug dependencies. Taking a holistic approach, Toora also looks deeper into the underlying factors and origins of these dependencies.

Programs include:

- Residential Treatment Program - AOD treatment in shared accommodation
- Life-skills program - courses on finances, cooking, goal setting and more
- Outreach program - AOD support in the community
- Specialised Counselling - Counselling tailored to AOD specific needs
- Substance dependency support for women in prison

Counselling Service

Toora's counselling service offers specialist Alcohol and Other Drugs (AOD) and Trauma counselling to women in an individual or group setting. Support is provided to women with complex issues who have been impacted by AOD use, past or present trauma such as domestic, family and sexual violence and/or mental health issues.

Programs include:

- Circles of Security (COS-P) - an 8-week group designed to support parent-children relationships
- Healing Trauma Group - supporting women to heal from trauma and develop coping skills
- Dialectical Behaviour Therapy (DBT) skills training - a group assisting with substance dependency issues
- Heartfelt - delivered with the Australian Childhood Foundation to support children with trauma
- Connected Parenting - COS-P course for Aboriginal and Torres Strait Islander peoples

Parentline ACT

Being a parent can, at times, be overwhelming and stressful. Parentline ACT, is available to provide counselling services over the phone. Parentline ACT also has a suite of resources to support parents, step-parents, grandparents and carers on their parenting journey.

Programs include:

- Free counselling for parents and carers
- Access to a range of parenting resource
- Referrals to a parenting courses and services within the Canberra region

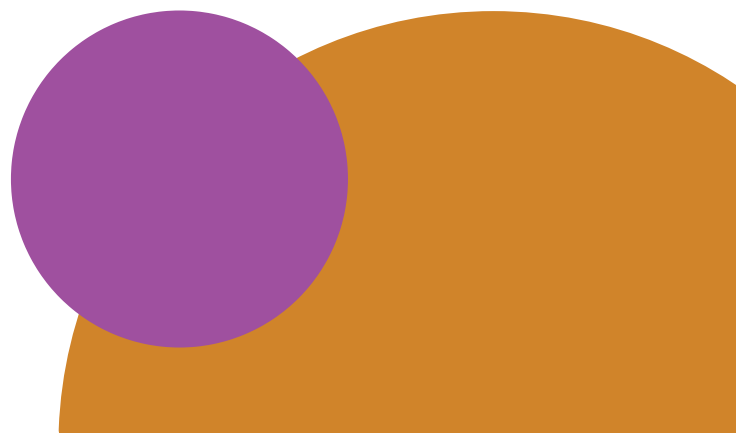
CASE STUDY

Maria, a 39-year-old immigrant fled her home in another country, after being subject to domestic violence, to seek a better life for her and her children in Australia. She and her two children arrived in Australia while she was pregnant. When Maria found Toora, she had complex needs stemming from experiences with domestic violence, historical sexual abuse, emigration, and parenting challenges. She also needed support with housing, her son's school fees, day care for her newborn, legal aid, and community engagement.

Toora ensured that Maria received case management and counselling support sessions, where she has made substantial progress in managing her emotions related to her visa situation, financial challenges, and her son's emotional well-being. Through ongoing treatments and support, she has improved reflective skills, enhanced parenting skills and maintains effective communication during her son's emotional moments. Maria's commitment to her therapeutic journey is remarkable, and the positive changes in various areas of her life are evident.

Toora has also supported Maria's son with counselling for domestic violence, challenges associated with relocating to another country, emotional regulation, and trauma. This support has provided him with the techniques and information that he needs to understand and process his traumatic experiences related to domestic violence.

With the support of Toora's services, Maria and her children have been able to access the life-changing opportunities that they need. Maria now leads a fulfilling life where she feels supported, heard and understood.



WAYS YOU CAN FUNDRAISE

You and your organisation can make an impact throughout the year by fundraising for Toora. Take a look below at some ideas to consider!



**Physical challenge
or fitness event**



**Give up something
you love for a long
period of time**



**Set up a workplace
giving program**



**Donations in lieu of
flowers or presents at
gatherings**



**Host a trivia or
movie night**



**Host a raffle or
auction**



**Host a morning /
afternoon tea at your
workplace**



**Donate a
percentage of sales
from a particular
product or service
to Toora**



**Fundraise for
Toora through
Facebook
donations on
your birthday**



HOW TO SET UP A WORKPLACE GIVING PROGRAM

Wanting to start your own workplace giving program but not sure where to begin? We've put together a guide below to support you.



1

Identify a program coordinator to lead the program set-up

2

Choose a matching policy - will your workplace match donations up to a cap?

3

Contact Toora and let us know that you're setting up a workplace giving program!

4

Set up payroll requirements

5

Develop promotional materials & launch plans

6

Launch your program

7

Include workplace giving into the recruitment and induction process

TOORA, HANDS ACROSS CANBERRA & BIKES FOR TYKES



FREQUENTLY ASKED QUESTIONS



DO I NEED TO CONTACT TOORA BEFORE ORGANISING A FUNDRAISING ACTIVITY?

It's a great idea to let us know that you're fundraising for Toora - reach out to our Communications, Funding and Engagement team via news@toora.org.au.

HOW DO I DEPOSIT FUNDS?

You can deposit the funds you've raised through our website (toora.org.au/donate) or using the below details for a direct deposit.

Account name: Toora Women Inc

BSB: 325 185

Account number: 03962089

CAN I PROMOTE TOORA?


Yes! But we ask that you first reach out to let us know how you plan to promote Toora.

WHAT SUPPORT CAN TOORA GIVE ME FOR MY EVENT?

We'd love to collaborate with you on your next fundraising activity, get in touch today to find out how we can support you.

CAN WE SHARE OUR FUNDRAISER WITH THE MEDIA?

Before engaging with media for coverage of your fundraiser, please reach out to Toora directly via news@toora.org.au or call (02) 6122 7000. If you'd like a spokesperson from Toora, reach out to us.



ORGANISATIONS THAT ARE A PART OF THE TOORA COMMUNITY ALREADY



LET'S STAY CONNECTED

If you'd like more information on event and fundraising ideas, you can contact:

TOORA WOMEN
SUITE 2/6 WESTON COMMUNITY HUB, WESTON ACT 2611
NEWS@TOORA.ORG.AU
(02) 6122 7000

 WWW.TOORA.ORG.AU

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LONG-TERM SUPPORTERS AND FUNDASERS OF TOORA, BOND HAIR