

Newpin

www.newpin.org.au

Contact details

Newpin Bidwill

30 Myrtus Crescent, Bidwill NSW 2770

(PO Box 341, Mt Druitt NSW 2770)

T: 9628 0897 F: 9835 3615

Coordinator: Annette Bex

E: abex@burnside.org.au

Hours of service: 9am - 4.30pm, four days a week, for mothers and their children.

Newpin Doonside

57- 59 Cygnus Close, Doonside NSW 2767

T: 9671 7016 F: 9621 3996

Coordinator: Anita Ings

E: aings@burnside.org.au

Hours of service: 9am - 4.30pm, four days a week, for mothers and their children.

Newpin St Marys

6 Villiers Close, St Marys NSW 2760

T: 9673 1522 F: 9623 8754

Coordinator: Tracie Mitchell

E: tmitchell@burnside.org.au

Hours of service: 9am - 4.30pm, four days a week, for mothers and their children.

Newpin Fathers' Centre

9 Capparis Circuit, Bidwill NSW 2770

T: 9835 1644 F: 9835 1644

Coordinator: Hugh Houston

E: hhouston@burnside.org.au

Hours of service: Tuesday to Thursday, 9am – 4.30pm for drop-in.

An evening group for fathers is offered on Monday nights at Bidwill.

Director (Acting): Sue Jennings

Manager Operations, Western Sydney: Maryanne Jacobs

For further information please contact:

Manager, Intensive Services

Ross Smith

'Cumbrae' 7 Blackwood Place, North Parramatta, NSW 2151

T: 9768 6888 F: 9630 6810

E: rsmith@burnside.org.au

About the program

Newpin is a secondary prevention intensive parenting program. Its aim is to work with families under stress to break the cycle of destructive family behaviour and enhance parent–child relationships. The model was developed in the United Kingdom, with the first program commencing in London in 1982.

The first Newpin outside the United Kingdom was established by UnitingCare Burnside in April 1998.

There are now three Centres for mothers and their preschool children in the suburbs of Bidwill, Doonside and St Marys, and a fathers' Newpin also in Bidwill.

Bidwill Newpin also offers the HIPPY program, a long-established, education- based program which works with parents of pre-school children to address early learning within the home.

St Marys Newpin is part of the Child and Family Network – St Marys, which offers a network of integrated services for local families including the Growing Together Supported Playgroup, a Young Parents group, a fathers drop-in and Susanna's Early Learning and Care Centre.

Eligibility

Newpin members needs to be the primary care giver of at least one child under school age and to be able to attend the centre twice a week with their child. The Fathers' Program offers an evening therapy group for all fathers regardless of their child's age.

Objectives

Newpin aims to:

- break the cyclical effect of destructive and negative family behaviour
- prevent child abuse, with particular focus on emotional abuse
- encourage self-help and lasting change
- inspire good parenting and encourage the valuing of positive parent–child relationships
- raise the self-esteem of every individual.

Newpin works with the primary carers of children under five years of age.

These carers/parents will be experiencing one or more of the following:

- planned reunification of child in care
- depression and other forms of mental illness
- isolation
- insecurity
- lack of trust
- psychological and emotional hurt
- loss of identity
- lack of self-worth
- in danger of causing emotional/ psychological/ physical harm to their children

Referral

Referrals are via Department of Families and Community Services NSW (formerly DoCS), local community agencies, local schools and preschools, Health or can be self referrals.

Services

Newpin is primarily a befriending and therapeutic network. Many of the Newpin members have experienced complex trauma in their childhoods and are determined to provide a more positive experience for their own children. Newpin is underpinned by attachment theory and the centres' staff and members adhere to the core values: support, equality empathy, respect and self-determination.

Within this framework, Newpin builds positive social networks and contributes to building social capital. Newpin has adopted a strengths-based approach to working together. We work to create within each individual an awareness of their own intrinsic value as a person, a parent and a fulfilled member of the community.

The program is member driven and offers numerous opportunities for participation at many levels which leads to a sense of 'ownership' by all participants.

The centres are places where members can feel safe to explore strengths and capacities and receive recognition of their own ability to bring about change. We have adopted a collaborative way of being and an environment of mutual sharing, learning and support. The principal strength of Newpin is the connectedness and interdependence of the members.

Funding

UnitingCare Burnside; NSW Community Services (formerly DoCS); Western Sydney Area Health Service – PANOC

Staffing

Each of the women's centres has a full-time Coordinator, Play Facilitator and Play Educator, a part-time Family Worker and Admin/Driver, and is also supported by trained established Newpin members referred to as befrienders. The Fathers' Program does not have a Family Worker. The St Marys Centre has a 'Community Connector' who acts as a link between the various services and the local community.

Service model

Newpin achieves its aims by offering an integrated package of care and support to 20 to 25 families at any one time including:

- a personal development program of five modules – Our Skills as Parents, Keeping Children Safe, Family Play Program, SEERS program (where parents learn about our core values), and Learning for Life program, where members participate in the Newpin Befrienders Course which prepares them for supporting others
- the opportunity for members to participate in TAFE certificate courses which assists them in moving forward
- a weekly therapeutic support group for parents where they can, in safety, look at the issues from their own childhood that are impacting on their parenting and on their relationship with their partners and others. They also use this opportunity to build on their and each others' strengths

- a well-equipped playroom with a trained Play Facilitator, where children can develop all round developmental skills, in partnership with parents
- a home-like Centre, offering a safe and stable environment for parents and children
- a school holiday program where teenagers and primary school age children are welcomed to the Centre
- where available, a befriender (a trained Newpin parent) who has completed program training and can help the new parent feel comfortable at the Centre
- a Fathers' Program – where fathers meet to look at their parenting issues and how they can use the core values of Newpin to improve family relationships
- regular self-evaluation assisted by the Coordinator, where parents appraise their own and their children's progress through the Newpin program.

Research and evaluation

Newpin has been the subject of considerable formal scrutiny across the two decades of its operation, with three formal external evaluations having been conducted in the United Kingdom and two completed in Australia.

In 1983-84 a pilot evaluation of the UK program (Pound and Mills, 1984) interviewed 12 volunteers and 11 matched referrals (i.e. women they had befriended through the program), and the responses compared to initial interview data obtained on admission to Newpin. The results were impressive in that almost all the mothers, whether volunteers or referrals, reported improvements in themselves across most items, particularly in the areas of self-esteem and perception of others.

During 1986-89 a much more substantial study (Cox et al., 1991) was undertaken to evaluate Newpin. The Cox evaluation found that Newpin was very effective in improving the self-esteem, depression and social isolation of highly disadvantaged women with young families, and there were some changes in the parent-child relationship.

In 1993-94 another major study (Oakley et al., 1995) was conducted in the UK. This study agreed with the Cox study on the benefits to some well-involved mothers in improving their self-esteem and sense of connectedness with society. But the study found that Newpin was unclear about its target group and dropout rates were an issue.

In 1998-2001 two Australian research studies and two small-scale evaluations were conducted. One study, *Do Parenting Programs Make a Difference: A Study of Four Sites*, was a collaborative research project between Macquarie University, NSW Department of Education and Training and UnitingCare Burnside (2001).

The second, *A Study of a Child Protection Program – Newpin*, was a research study by Linda Mondy/University of Newcastle (2001).

The first small-scale evaluation was carried out by Roslyn Phillips, Child and Adolescent Coordinator, Western Sydney Area Mental Health Service (WSAMHS) and the second small-scale evaluation was undertaken by Dianne Nixon, Project Officer, Burnside.

Key outcomes of the Macquarie University study

- Significant reduction in parent stress.

- There was a moderate reduction over the year in the overall potential for physical child abuse at Newpin.
- Overall, the group of families moved from being in Milner's high-risk category to the medium risk category.
- There was a marked reduction in the Rigidity Sub-scale, indicating that over the year, families became less inclined to be rigid in their expectations and management of their child and other family matters.
- No cognitive changes in the children were evident and older children lost ground. NB: Parents as teachers' component now being introduced.
- Level of program satisfaction high.
- Newpin parents read to their children more frequently.

Key outcomes of the Linda Mondy/University of Newcastle research

- Mothers reported their self-esteem and confidence had improved.
- Mothers reported positive changes in themselves and their children.
- Mothers reported that attending Newpin gave them hope for the future.
- Some mothers felt the need for more specialist support (e.g. Mental Health or AOD component).
- Staff enjoyed working at Newpin but staff support needs were higher than anticipated.
- All children reported happy experiences at Newpin.
- Mothers and staff believed that children's problem behaviours were significantly reduced and that children had had positive developmental gains.
- Newpin has an impact on partners.

Outcomes of the WSAMHS Phillips evaluation (Triple P measures)

- Seven of the eight parents improved scores on the 'Being a Parent' Scale.
- Five of the six who completed the Strengths and Difficulties Questionnaire reported less difficulty with their children.

Outcomes of the Burnside (Nixon) internal evaluation

- There is a decrease in the mother's sense of depression, isolation and lack of control in their lives and a growing sense of social capital as group friendships grow.
- Attitudes to children, and to parenting, change as the mothers are able over time to verbalise more positives about their attitudes and practices in parenting.
- Personal aspirations, e.g. for further study and employment, grow as exposure to the practical aspects of accessing these skills is introduced to the program, and self-esteem grows through practical successes in this area.

Other features

Many of the Newpin coordinators in the UK are former users of the service. This trend is being replicated in Australia with several former users being employed within Newpin.

- Rigorous quality control measures are in place to ensure that
- consistency and high quality standards of practice are a feature of every Newpin Centre.

- Many Australian users of Newpin have successfully completed TAFE courses as part of their personal development plan.

Partnerships

Burnside Newpin has successfully used a partnership model to establish and operate its services. Partners, who have provided funding contributions and support, have come from the private and public domains. These include NSW Western Sydney Area Health Service (PANOC), Department of Community Services (now Department of Families and Community Services NSW), Department of Housing, Roseville Uniting Church, Family and FaHCSIA.

Costing per centre

A suitable domestic-style facility is required. To date the Department of Housing has provided these. One-off developmental cost is up to \$100,000. One-off set up costs were for play equipment, a bus for the Centres, office equipment and furniture, equipment and resources.

Costing per family

The cost per family attending the Centre is approximately \$10,500 pa. Many of the families have between 3-5 children with an average of 1.6 children under five.

There are multiple occasions of service; the contribution of other service users is valued and the service users are trained to provide help for others. The optimal time for a parent to use Newpin would be 18-24 months. These costs compare favourably to the high costs (emotional and financial) of placing children in care, and the ongoing costs to social capital and social cohesion of breaking up families.

What is involved in setting up a Newpin program?

To retain the integrity of the Newpin model and ensure positive outcomes for families, a training, support, quality assurance and licensing framework has been set up by Burnside.

This has enabled the establishment of Newpin programs in the ACT, Victoria, South Australia, Western Australia and Tasmania.

Agencies purchase an initial licence from Burnside which covers them for three years of support, training and quality assurance reviews. Following on from this an ongoing yearly affiliation fee is payable which covers further training, support and Newpin Australia membership.

Newpin Australia

In April 2011 Newpin Australia was established. Set up as a collaborative association encompassing all the agencies that currently operate Newpin programs in Australia, along with members of the Newpin Advisory Group, it's goal is to support and guide the development of Newpin in Australia.

Awards

- The International Society for the Prevention of Child Abuse and Neglect (ISPCAN) awarded its highest honour, the Henry Kempe Award, to Newpin UK for its work in the prevention of child abuse – 1995.

- National Council for the Prevention of Child Abuse (Department of Family and Community Services) – Newpin was short listed in the Innovation Category –1999.
- Children's Week Award – NSW Children's Week Association Inc. was awarded to the members of Newpin for the help, support and care of each other's children. Burnside Newpin, 1999
- Australian Institute of Criminology – Australian Violence Prevention Awards awarded for the 'Prevention of Violence within the Family'. Burnside Newpin, 2000.
- National Child Abuse Prevention Awards – Australian Council for Children and Parenting – Highly Commended Award in the category of Innovation – Burnside Newpin, 2001.

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