Caring Family Support

Annual Report 2011

For more information please ring 0207 724 6765
The annual report that follows and the illustrations of our activities attempt to show how we are working towards our aims. The Equal Opportunities Policy is another expression of our values in practice. Once again, we invite all readers of this report, whether local residents, Westminster public or our valued financial supporters and partners to join with us to celebrate what has been achieved at St Paul’s NEWPIN.

**Core Values, Aims & Mission**

NEWPIN offers parents and children a unique opportunity to achieve positive changes in their lives and relations based on:

- **Support**: To carry the weight of a thing or person
- **Equality**: The state of being equal, having identical privileges rights and status
- **Empathy**: The power of imaginatively entering into and understanding another person’s feelings.
- **Respect**: An attitude of admiration and esteem for another person
- **Self**: The ability to make a decision for one’s self.
- **Determination**

**NEWPIN** fulfills this mission by:

- Supporting parents and children using the service to raise their self esteem and confidence
- Working to improve the mental health of users of the service who are experiencing depression and loss of identity
- Assisting in the prevention of child abuse
- Providing structured opportunities to enable parents to develop their skills and confidence in their role as the primary carers of children.
NEWPIN is a family centre for parents with at least one child under the age of 5 years. NEWPIN aims at producing fundamental personal change in parents and children. The main objectives of the Trust are to break down destructive family patterns, to raise the self esteem of individual parents who are suffering from depression. We aim to inspire parents to recognise the value of consistent good practice in caring for children, and to raise their own self confidence through their experience in the Centre. This is achieved by offering emotional and practical support and providing:

- Parenting Programmes based on Mellow Parenting
- Parent Support Groups
- Family Play Programme
- PEEP
- Family play and support Drop-ins
- Active Kids
- Exercise Class

We work closely with all organisations so as to offer our families the best support available.

If you would like to talk to us or find out more information please call us on 020 7724 6765

**List of Trustees**

Theresa Lazar - Acting Chair
The Revd G Buckle - Vice Chair
Donald MacKenzie - Treasurer
Maureen Dempsey
Dr Crème
Pauline Rampersad
Teresa McMahon

**List of Staff Members**

Carol Smylie – Centre Coordinator
Jane Farrer – Assistant Coordinator
Snezana Bulatovic – Administrator
Touria Rabbani – Play Worker
What’s happening at NEWPIN

**MONDAY**
Child Minders Drop-in
9.30 – 12.00pm
Drop-in Play & Support Sessions
1.00 – 3.00pm
Singing with Tanya

**TUESDAY**
Messy/Creative Play Drop-in
10.00 – 11.30am
Hearing Impairment Toddlers Group
1.00 – 3.00pm

**WEDNESDAY**
Drop-in Play & Support Sessions
9.30 – 11.30am
Singing with Tanya
Art Therapy
1.00 – 3.00pm
Dates to be confirmed

**THURSDAY**
Parenting Programme
Based on Mellow Parenting
10.00 – 12.00
Drop-in Play & Support Sessions
1.00 – 3.00pm

**FRIDAY**
Active Kids
10.15 – 12.00pm
Term Time Only
The aim of the parenting programme is:

- To enable parents to explore their feelings about the role of being a parent.
- To develop parent’s self esteem and confidence in their own abilities in their role.
- Further parents understanding of their children’s needs.

The course is for twelve weeks. During the group sessions we will use discussions to help parents think about their children and themselves as they are the experts on their children. We explore ways to manage children. This is not an easy job, but by sharing problems and good ideas we hope to get better at it. Parents will be given homework to practise a new activity or ways of managing things at home. Whilst the parents attend group, the children will be cared for in the playroom. At the end of the session everyone is invited to join us for lunch. Parents who have taken part in the past have found it a great help to get support from other parents and to learn that they are not the only one with questions and problems.
FAMILY PLAY PROGRAMME
The overall aims of the Family Play Programme are to provide parents and children with structured opportunities to engage in exciting and creative activities together, to encourage parents’ abilities to relate positively to their children through play and to develop parents’ understanding of the value of play with children.

PEEP
(Peers Early Education Programme)
Offers core activities for parents/carers and their children. The approach is non-judgemental and positive building on parents existing skills and knowledge. The aim is to:
Promote parents and carers awareness of children’s early learning and development through making the most of everyday activities and interactions.
Support parents/carers in their relationships with their children, so that the children’s self esteem will be enhanced.
Affirm the crucial role of parents/carers as children’s first educators.
PARENT SUPPORT GROUP

If after the parenting programme parents feel they need more support they can go on to join a Parent Support Group, these sessions are an hour and a half long and are run each week (term time only). It is their time to talk openly and in confidence, exploring feelings about themselves, relationships with children and partners and relationships within NEWPIN in a safe environment. The group is facilitated by the Centre coordinator; it can be a very important source of support. Its aim is to help parents build up trust and form good meaningful friendships and relationships in and out of NEWPIN and to learn along the way.

During the group sessions the children will be cared for in the well equipped playroom by the staff, this is a time for them to explore, be creative and develop the own sense of identity.

After the group mothers are encouraged to spend time playing with their children which provides an opportunity for modelling on the skills of the staff and each other.
DROP-IN PLAY AND SUPPORT SESSIONS

MONDAY 1.00 – 3.00pm
WEDNESDAY 9.30 - 11.30am
THURSDAY 1.00 - 3.00pm

The aim of the Drop-in is:
- Encourage parents/carers/childminders with children under 5 to use facilities
- To get parents out of their homes
- Children access play, creatively and actively
- Parents to socialise
- Parents and children to gain confidence through play and friendships

We offer:
- A warm welcome environment
- A team of 3 staff and a voluntary support worker
- A space for parents to come along and share feelings and have someone to talk to. This could be other parents or staff
- Organised play activities
- Singing/Music sessions
- Outdoor play
- Advice sessions
  - employment
  - health advice/children
  - health advice for adults
  - home safety
  - healthy living
- A space for parents to socialise with others
- A space for children to interact with other children and develop their social skills
- A diverse membership
- Experience a wide variety of play activities
- We encourage parents to participate but feel that we have many parents who may find this difficult at first so we allow them the free space to develop their confidence and join in when they are ready. The majority of the parents do eventually participate in some of the activities.
- Support around parenting issues and possible referrals into NEWPIN and sign post to other relevant org
NEWPIN offers CHILD MINDERS a welcoming environment, friendly and informal

Monday
9.30 – 12.00 (Term Time Only)

Inside and Outdoor Play
Meet new child minders
Meet parents who are looking for a childminder
Support Network

Active Kids Are Healthy Kids

We Run Physical Play and Fun Activities for children under 5 Years on FRIDAY’S
10.15 – 11.45am (Term Time Only)

To:
Improve Overall Physical Fitness
Enhance Language and Listening Abilities
Learn about Healthy Diet
There will be Fun Physical Activities with Dance, Gymnastics Imaginative Games.
1-2-1 Physical Interaction between You and Your Child.
Learn Different Activities To Do With Your Child At Home.

Music with Tanya
Every Monday
2.15 – 3.00pm

Wednesday
Sessions will include:
Number Time
Shapes & Colours
Families, Fun & Feelings
Sound, Rhythm-Instruments
NEWPIN would like to thank our funders and all those who have supported us during the last year.

- NEWPIN Service Users
- Westminster City Council
- John Lyon’s Charity
- Abel Charitable Trust
- Westminster Amalgamated Charity
- Westminster Children’s Centre
- Coutts Charitable Trust
- BBC Children In Need
- Westminster PCT
- Anton Jurgens Charitable Trust
- Garfield Weston
- Portman Estates
- The Church Army – Bekonscot Village
- John McDonald – Church Street Neighbourhood
- Church Street Children’s Centre
- Francis Holland School
- Church Street Neighbourhood Office
- Westminster Social Services
- Home Start
- Book Start
- NEWPIN Volunteers
- Veolia - for Outside Clean Up
We would like to say a big ‘Thank you’ to Our Loyal Volunteer Mahassine, who has been Supporting NEWPIN now for over a year.

Mahassine came to NEWPIN with her children, she completed our Parenting Programme, Family Play Programme, And a First Aid Course.

Mahassine was very sad when her children started further Education, she missed them so much.

Mahassine decided that as she gained confidence and skills from NEWPIN that she wanted to give something back.

3 times per week Mahassine comes into the centre and helps in our Play sessions, it could be a friendly smile greeting families, a lovely cup of tea or a chat.

On behalf of all the trustees, staff and of course the children and families who come to NEWPIN a huge big thank you from all of us for everything you do! You are amazing and we are very lucky to have such a dedicated Volunteer.
CENTRE REPORT

There were 4 Trustee meetings held during the year including the Annual General Meeting in October.

Financial Matter

We received grants as follows:

- Westminster City Council: £50,750
- BBC Children In Need: £16,570
- Westminster Amalgamated Charity: £5,000
- Westminster PCT: £8,800
- Abel Charitable Trust: £5,000
- Westminster Children’s Services (Evaluation): £3,000
- Coutts Charitable Trust: £750
- Anton Jurgens Charitable Trust: £2,500
- Garfield Weston: £5,000
- Portman Estates: £2,300
- Westminster Children’s Services (Outdoor Play Equip): £5,140
- Edward Harvist Charitable Trust: £1,046
- Hyde Park Estates: £1,000
- Donations under £1000.00: £1,196
- Interest: £16

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£108,068

The Trustees would like to record their gratitude to all their funders.

Courses Run During The Year

- The Family Play Programme
- Parenting Programme based on Mellow Parenting
- Parent Support Group
- PEEP Peers Early Education Programme
- Exercise Sessions
- Healthy Living Programme
- Active Kids Sessions
- Drop-in Family Play & Support sessions
- Fun Tots
- Baby Massage
- Music Sessions
- Child Minders Group

Attendance Throughout The Year

162 families used the services during the last year. 14 fathers have registered and are regularly attending our services.
NEWPIN’S EQUAL OPPORTUNITIES POLICY

St Paul’s NEWPIN has a wide range of members from many different ethnic backgrounds. The NEWPIN philosophy is based upon equality. It holds that within the family, parents and children have equal and counterbalanced rights: that within the training programme every individual has something to contribute and something to learn. NEWPIN believes in equality of treatment of all individuals in every community to enable people to lead full lives as valued citizens with respect, dignity and autonomy.

(A full copy of this policy is available from the office)

NEWPIN’S COMPLAINTS PROCEDURE

NEWPIN aims to deliver a high quality service and encourages your feedback. We hope that you will tell us things that you like about our service as well as any concerns you may have.

If you have a complaint about the service we have provided you or you have concerns about the Coordinator, you can approach any member of staff who will be supportive and empathetic to your needs. Your complaint will be taken seriously by the Coordinator and hopefully it will be resolved by discussion and mediation of the appropriate parties.

If resolution is not reached, or in certain circumstances during this process, you can go on to follow our formal complaints procedure.

(A full copy can be obtained from the office)
**Income and Expenditure Account**  
**For the year ended 31 March 2011**

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOMING RESOURCES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grants and Donations</td>
<td>108,052</td>
<td>103,072</td>
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<tr>
<td>Investment Income</td>
<td>16</td>
<td>20</td>
</tr>
<tr>
<td>Other Income</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Income Resources</strong></td>
<td>108,068</td>
<td>103,092</td>
</tr>
</tbody>
</table>

| **RESOURCES EXPENDED**   |          |          |
| **Direct Charitable Expenditure** |          |          |
| Personal Dev. Programme   | (97,878) | (103,118) |
| **Other Expenditure**     |          |          |
| Fundraising and Publicity | (8,224)  | (5,371)  |
| Governance Costs          | (7,982)  | (8,113)  |
| **Total Resources Expended** | (114,084)| (116,602)|

| **Net Incoming/(Outgoing)** |          |          |
| Resources for the Year     | (6,016)  | (13,510) |
| **Funds at 1 April 2010**  | 31,330   | 44,840   |
| **Funds at 31 March 2011** | 25,314   | 31,330   |

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.
### Balance Sheet
**As at 31 March 2011**

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TANGIBLE FIXED ASSETS</strong></td>
<td>4,485</td>
<td>1,317</td>
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<tr>
<td><strong>CURRENT ASSETS</strong></td>
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<tr>
<td>Debtors</td>
<td>1,305</td>
<td>5,303</td>
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<tr>
<td>Cash at Bank &amp; in Hand</td>
<td>23,194</td>
<td>27,941</td>
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<tr>
<td></td>
<td>24,499</td>
<td>33,244</td>
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<tr>
<td><strong>CREDITORS</strong></td>
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<tr>
<td>Amounts falling due within one year</td>
<td>(3,670)</td>
<td>(3,231)</td>
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<td><strong>NET CURRENT ASSETS</strong></td>
<td>20,829</td>
<td>30,013</td>
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<tr>
<td><strong>NET ASSETS</strong></td>
<td>25,314</td>
<td>31,330</td>
</tr>
<tr>
<td><strong>FUNDS</strong></td>
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<tr>
<td>Restricted Funds</td>
<td>6,423</td>
<td>902</td>
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<td>Unrestricted Funds:</td>
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<tr>
<td>General Funds</td>
<td>18,891</td>
<td>30,428</td>
</tr>
<tr>
<td><strong>TOTAL FUNDS</strong></td>
<td>25,314</td>
<td>31,330</td>
</tr>
</tbody>
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The above is a summary of actual Annual Accounts, copies of the Annual Full sets of accounts are available from St Paul’s **NEWPIN** Approved by the Trustees on 15\(^{th}\) September 2011 and signed on their behalf by Rev. Graham Buckle, Vice Chair and Donald MacKenzie, Treasurer