



SHINE for Kids®

THIS IS *Shine*

2018-19 Annual Review



Photo credit: Lloyd Gibbs

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**Names have been changed throughout this report to protect the privacy of our clients*



Who we are

We are passionate about transforming the lives of children and young people affected by the criminal justice system.

What we do

We work together with children, young people and families to break the cycle of intergenerational offending and disadvantage through innovative programs and service delivery.



SHINE for Kids®

SHINE for Kids is one of 57,000 charitable organisations seeking funding to make our communities better, safer, more equitable and happier. Yet we are the only national charity supporting the needs of children with a parent in jail. Funding is always needed.

But what if we changed some of our thinking, our behaviours, removed some of our prejudices and judgement, adapted some of our institutionalised systems and processes, and changed routine practices associated with arresting, sentencing and imprisoning a parent. Could we reduce the trauma, stigma, anger and isolation these children experience and carry for a lifetime? Could we be less reliant on funding? Could the funding be stretched further? Could the overall cost to society and our communities be reduced?

Let's stop 'sentencing' children for the crimes of their parent. Could we start by making simple and practical changes that don't require funding. Instead, changes to our thinking, attitudes and beliefs incorporating compassion, respect and care for these children who are innocent and who are future families and communities.

Could we start by asking
what if?



It comes down to the responsibility we all have to hold their hand while they walk towards their future. A future that is not dictated by the mistakes of their parents or the judgement of an ignorant world. **A future that grants them the gift of hope.**

What if our police were more sensitive and responsive to the needs of children when arresting their parent?

What if there was a plan to support and comfort children at the time of their parent's arrest? This could lessen their feelings of fear and trauma. Parental bonds could be retained.

What if we were less judgemental and discriminating in our thoughts and interactions with children and families with a low risk-offender parent in jail? Maybe there would be no need for the secrets around where their Mum or Dad is. Could attitudes of exclusion and discrimination be reduced?

What if our judiciary considered the impact on a child or children when sentencing a parent? What if the parent was sentenced to a prison closer to where the family lived? There would be less worry travelling to the prison, less cost involved, less strain on the family. Prison visits could be more frequent. Good family relationships could be retained. All factors that reduce reoffending.

What if custodial sentences to mothers were only given for violent offences? What if when sentencing women there is more support to grandparents who often step into caring for children? There would be less disruption to the child's environment - home, schooling, friends. Carers would be better equipped with new parenting and coping skills. The long-term health and educational impact on children could be reduced.

What if all teachers were trained to support the needs of children with a parent in prison? Could we reduce absenteeism? Could we see more of these children love going to school, excelling and developing both their intellect and their social skills?

What if we acted on the United Nations Convention on the Rights of the Child and considered the best interests of children with a parent in the criminal justice system? What if we took steps to reduce their vulnerability and reduce the impact of their parent's imprisonment?

What a great society we would be. What a positive difference these actions would have on these innocent children. It just requires a bit of effort and change to thinking and systems. It also requires a change to how you may think and act in support of these children.

We ask you to not just think about the power you have to create change through your sphere of influence to bring about positive outcomes, but to act creatively in ways that don't just rely on your financial investment. What if you also opened your heart and mind to change?

It comes down to the responsibility we all have to hold their hand while they walk towards their future. A future that is not dictated by the mistakes of their parents or the judgement of an ignorant world. A future that grants them the gift of hope.

That's what we do through SHINE for Kids.

The Board continues to work collaboratively with management to achieve our strategy of reaching more children, being in more jails and having a strong focus to our programs. We have also focused on modernising our structure. We are changing from being a Cooperative to a Company Limited by Guarantee to ensure we adapt to the expectations of our funders and our clients. And we have mandated Aboriginal representation on our board, not just to represent stakeholders, more importantly to ensure there is a dedicated voice to the children and families who are over-represented in our care and to ensure our first nations peoples are on Australian boards, in positions of leadership and part of the decision making process.

So, I leave you this year with the questions – What if it was your family? What if it was your child? What if it was you?

Sue Woodward | Chair



“The importance of family and other relationships needs to be the golden thread running through the criminal justice system...”

Lord Farmer | June 2019



Photo Credit: Allira Danks

CEO Message



The last financial year saw significant progress for SHINE for Kids on many fronts. Growth in programs continued and along with an improvement to our financial sustainability.

You can see throughout this report that whether it is existing programs like Belonging to Family, Child & Parent Days, In-visit Programs, Ride By Your Side, Mentoring, Education Support through SHINE's RISE Education program, or new programs like Keeping Us Together, SHINE continues to strive to make a difference in children's lives.

Relationships and maintaining family connections are key to reducing recidivism. Lord Farmer's Review out of the UK indicates that "Prisoners who receive visits are 39% less likely to reoffend than those who do not." His 2019 review for women also states "The importance of family and other relationships needs to be the golden thread running through the criminal justice system, with the provision that it is essential to know which relationships are rehabilitation assets in the life of the female offender and which are toxic".

SHINE will continue to pursue our purpose to work with children, young people and their families to strengthen connection to community and family through education, support and mentoring to help them thrive.

We are grateful that you choose to stand with SHINE, as we strive to create a community where all children have the opportunity to realise their full potential. I want to thank you for contributing to our vital work and encourage you to continue your support to deliver real and lasting improvements to children's lives. The future for some of Australia's most disadvantaged children is better and brighter because of your actions, your generous support and your commitment to our shared cause.

Andrew Kew | Chief Executive Officer

Children of prisoners are children of promise

With the considerable growth in Australia's prison population it is clear that the number of parents being imprisoned is increasing, as is the number of children needing our support. Children of prisoners are the invisible victims of crime. Across Australia they are overlooked by criminal justice systems that fail to see them as rights holders. The failure to consider or consult children of prisoners at all stages of the criminal justice process – from arrest, to trial, to imprisonment, to release, to rehabilitation into the community – can result in their rights, needs and best interests being overlooked and actively damaged.

Indigenous children remain significantly over represented in this group with 30% of all children SHINE is supporting being Aboriginal and or Torres Strait Islander.

In our country there is no comprehensive policy at a national level for children of prisoners specifically addressing the human rights issues that impact them. Child welfare and criminal justice policies to support children with imprisoned parents are lacking, as is robust data to legitimise these policies in the eyes of policymakers. Children with imprisoned parents need greater cross-sectoral support in the home, prison (including child-friendly visiting conditions), at school, in the community and during all stages of the judicial process. Informed by the voices of our families SHINE for Kids continues to advocate for cross sector collaboration and judicial reform at all levels of government.

Often courts do not have adequate information about whether a defendant has children and how a prison sentence would impact their lives. A child's right to a family should be a central concern when a judge is thinking about sending a primary care-giver to prison – and too often this is not the case. Maintaining

relationships is important for both children and imprisoned parents: children adjust better; and imprisoned parents adjust better post-release reducing recidivism. SHINE's Programs provide support when children walk through the prison gate to visit mum or dad, we ride by their side with our transport program to ensure children can get to a prison for a visit, we provide a dedicated mentor in the classroom so they can excel in education, we provide mums in custody with an evidenced based parenting program, we run extended family visits on special days and we deliver integrated family case management in the community to support families to reconnect post release.

Nationally, there is currently poor preparation for release and poor attention to children and families in the pre- and post-release phases. On release, many prisoners have to 'learn' how to be parents again and many children have to get used to having their parent around again. SHINE's Keeping Us Together and Belonging to Family Programs offer this support, providing them with parenting skills and preparing them for 'parenting on the outside'. Resettlement plans for prisoners who have children should include the offer of specific support to prepare them for undertaking their parental responsibilities on release. SHINE for Kids continues to work with state and territory governments to reduce recidivism and support families to thrive in community.

Through our programs and advocacy, SHINE for Kids seeks real policy changes to build futures for children to shine. Children of prisoners are more at risk than any other children in our community. They are so much more than disadvantaged children. They are children of promise who with the right support do not just survive a difficult time, but thrive.

April Long | National Programs Manager



SHINE's Programs provide support when children walk through the prison gate to visit mum or dad, we ride by their side with our transport program to ensure children can get to a prison for a visit, we provide a dedicated mentor in the classroom so they can excel in education, we provide mums in custody with an evidenced based parenting program, we run extended family visits on special days and we deliver integrated family case management in the community to support families to reconnect post release.

Current situation

 **43,000 inmates**, the majority are parents

133% increase in prison population from **1997-2017**

 **180** correctional centres in Australia

17 Juvenile Detention Centres in Australia

As a nation we spend **\$16 billion a year** on our criminal justice system 

77,000 children are suffering parental incarceration in Australia right now

 Cost of putting one person behind bars for one year is **\$110,000**

\$1,400 a day to keep a juvenile in detention in Australia

Understanding the unique problem



Indicators

Indicator	General Population	Parental Incarceration
Learning disability	7.41%	15.29%
ADD or ADHD	7.09%	18.01%
Depression	1.83%	6.20%
Anxiety	3.06%	6.99%
Behavioural or conduct problems	2.62%	10.39%
Developmental delays	3.33%	6.35%

Cost of inaction

Children of prisoners **6x** more likely to end up in prison

40% more likely to drop out of school

Lifetime cost of unemployment per person is **\$1.1 million**

Early school leaving cost per person is **\$650,000** per annum

Recurrent cost of prison as high as recurrent cost of school **10x**



SOLUTION

\$3.1 million annual operating cost

 **4** States and Territories ACT, NSW, QLD, VIC

21 correctional centres & **3** juvenile justice centres

 **40** employees and **322+** volunteers

16,342 Child-friendly prison visits

 **7,148** individual children supported

 **\$5,000** cost to intensively support a child for a year in SHINE programs

4,961 families supported

RISE = 11 locations + 230 students + 135 schools + 405 teachers



Once inside the prison visits area the children could talk, play and have fun alongside other children in the same situation.

Faafetai a heartfelt thank you

Lucy was angry. Having a parent in prison is so difficult for an eight year old child like Lucy to understand.

While serving his two year prison sentence, through SHINE for Kids, Lucy was able to keep visiting her father. There, she told him he was “leaving them behind”. With support from staff and volunteers, Lucy and her dad were able to work through her feelings. Talking and maintaining their connection as father and daughter.

The visits became fun. Lucy’s younger brother was just four, so her mum said they were off to visit dad at work. Once inside the prison visits area the children could talk, play and have fun alongside other children in the same situation. On a Child and Parent Day during the school holidays, Lucy and her brother spent four hours with their dad, playing games, doing craft and enjoying lunch together.

How far this family has come together. On the day of Dad’s release, Lucy came with her mum and brother to say goodbye at the centre. Together and with other family members, they sang ‘Faafetai’, a traditional Samoan song. As Lucy’s mum explained, they were singing a heartfelt thank you.

Acknowledging the support SHINE for Kids had given to their family to help them move through this stressful time together.

Holding her hand as he spoke, Lucy’s dad said he could not wait to go home, watch his son play football and attend church as a family as they once had.



Source: SHINE for Kids Database

Family bond goes from strength to strength

Justine was pregnant with her third child when her partner, Bryan went to prison. Left alone to raise them, feeding her three children was often difficult. Her eldest Zac was nine years old and Charlie her second, just four years old. Trying to keep the family together, Justine signed up for the SHINE for Kids program in 2014 at Windsor. Though nervous, Justine and her children were able to visit their dad in prison. Bryan met his youngest son Evan and spent time with Zac and Charlie.

Bryan was moved from Windsor to Parklea Correctional Complex in 2016, but thanks to SHINE for Kids, Justine was still able to visit with her boys. In 2017 Bryan was then moved to Cessnock and there Justine and the children were well supported through the SHINE for Kids Drop-In program. Travelling so far to see her partner in prison, the Drop-In Program allowed Justine to arrive early for the visit and wait with her children in a safe, welcoming environment. It was here she was able to speak with staff and other parents of the problems she had raising three boys, now twelve, nine and two on her own.

It was also a time when her boys could relax and feel more at ease. Evan, her youngest son became more confident during these visits. Playing at first by himself or with his brothers, then venturing to make friends with other children there. Knowing Justine's challenges, SHINE for Kids was able to give her food supplies to take home, ensuring they would all have enough to eat.

At the Child and Family Day Christmas party in 2018, Zac, Charlie and Evan spent the day with their dad. Playing games, sharing a meal and, thanks to East Cessnock Bowling club, Bryan could give his children a present at the end of the day. At Easter time, he was again able to share a treat with his children on a day they wouldn't usually get to experience.

In the final months, this family bond went from strength to strength in anticipation of Bryan's release. On the day of Bryan's release, Justine and Bryan came by the SHINE for Kids Centre to express their gratitude. Visibly moved, they said how important the emotional and practical support meant for them as a family and their hope now for the future.

Travelling so far to see her partner in prison, the Drop-In Program allowed Justine to arrive early for the visit and wait with her children in a safe, welcoming environment.

97%
of parents said their child benefits from SHINE services



95%
of parents said SHINE services help nurture, repair and maintain the child bond with their incarcerated parent



98%
of parents and carers said SHINE makes it easier for their child to visit their parent in prison



Source: Survey of child and family centres, in-visits and child and parent days programs



Family feels relief from isolation and stress

Elisa is struggling to cope while her partner is in prison. Her children, all with special needs, cry for their dad at night when they go to sleep. Recovering from an operation, she has limited family support to help her both physically and emotionally. They all miss him, but suffering with anxiety, visiting a correctional complex is a daunting process for Elisa.

She did try to visit once. It was too much. Her anxiety escalating into a full panic attack. Elisa was so embarrassed. "I started crying in front of everyone else that was also going into the visits room and we didn't end up lasting 5 minutes on the visit as I had to leave. It was just too overwhelming in there with everyone staring at me crying. So now even just thinking about going back again gives me anxiety," she said.

Now part of SHINE's Early Intervention Placement Program, Elisa describes her relief at being able to talk and feel supported. Together with the SHINE team, she is planning a visit with her four children to see their dad on his birthday. SHINE for Kids staff and volunteers will accompany the children in, while providing reassurance, understanding and guidance to Elisa. Together they will ensure the children have positive contact with their father.

Elisa and her children receive regular home visits from the SHINE team to help them engage with other services in their community. With this support, the family works through and relieves the anger, frustration, isolation and stress they feel, often on a daily basis. Helping to maintain this meaningful contact, keeps this family connected and prepared to reunite when dad is released.

Elisa and her children receive regular home visits from the SHINE team to help them engage with other services in their community



Missing their mum, they ask for her daily. Though desperate to see her, with no car, their grandmother is unable to take the children to see their mum

Children reunited with their mum after 6 months apart

Anita had not seen her children for six months. While serving her sentence, the four children aged fourteen, eleven, nine and four, are in the care of their grandmother. Although with family, they are still part of the out of home care system and FACS are assigned Parental Responsibility. Missing their mum, they ask for her daily. Though desperate to see her, with no car, their grandmother is unable to take the children to see their mum.

Anita asked to be part of the Ride By Your Side program for Aboriginal mums on remand at Mary Wade Correctional complex in Lidcombe. Speaking with the children's caseworker, SHINE for Kids could see how the family would benefit from being brought together, pairing the children with a trained volunteer, to receive mentoring and support during the trip and visit.

While still planning their first visit, Anita was transferred to Berrima Correctional Centre, an hour and a half out of Sydney. Their new mentor generously said she was happy to still drive the children. The dedication and commitment of our volunteers is extraordinary and invaluable. Though travelling far, the first visit with mum was a happy occasion. The children were well behaved and friendly with lots of questions to ask.

Changes happen quickly for children in the out of home care system and after the first visit, two of the four children were moved to Perth to live with another relative. Staying in the program, Anita's two remaining children living with their grandmother were brought for a visit. It was almost Christmas so they could talk about presents and plans for when mum gets out.

To further strengthen this family unit, contact will continue until Anita's release. The children's mentor is now available to support the consistency and connection for the family and they suffer less stress and isolation now they have regular contact with their mum.

153 children transported to visit their incarcerated parent by volunteers and SHINE staff in NSW, VIC and ACT



38 supervised contact visits provided



19 prisons in NSW, VIC, and ACT to which children were transported



Ride By Your Side Mentoring and Transport

10 Children transported and matched with their mentor



17 Transport and mentoring sessions



6 Mentors trained and matched with children



4 Aboriginal incarcerated mums involved in the program



Jacinta's education mentor is just like sunshine



Jacinta worries a lot. Like many children in Western Sydney with a parent in prison, Jacinta and her two siblings have been without their father for a year now. They miss him terribly. Her mum Nadine often struggles to care for her children without her partner at home, especially Jacinta who has a range of disabilities.

Since her dad went to prison, Jacinta has had to move house and change schools, creating huge turmoil in her day-to-day life. Struggling to cope with persistent bullying and to focus academically in primary school, she prefers to stay home with her mum. When Jacinta does attend school, she arrives crying and leaves that way too.

In desperate need of additional support, Jacinta began the RISE Education Program. Specific to primary school students with a parent in prison, RISE offers one-on-one in-class support tailored to each child's specific needs. Since she began RISE, Jacinta's school attendance has gone up significantly. She now recognises more

numbers when practicing her math skills and is reading to the point of sounding out words without prompting. Jacinta handed in her first piece of complete homework in August, thanking her mentor for the tools and confidence to do so.

During a recent RISE session, Jacinta read her mentor's name badge, sounding out SHINE...for...Kids. With encouragement, her mentor said, "Yes! Great reading, Jacinta. I work for SHINE for Kids". Pausing, Jacinta replied brightly, "Well, that makes sense, because you are like sunshine". Her mum says Jacinta comes home smiling every week after attending her RISE sessions.

Now Jacinta is feeling more supported at home and school, her mentor is preparing her to transition to high school. With SHINE by her side, Jacinta now looks forward to the future and is embracing this new challenge with confidence.

Since she began RISE, Jacinta's school attendance has gone up significantly. She now recognises more numbers when practicing her maths skills and is reading to the point of sounding out words without prompting

 **11** Locations in QLD, NSW and VIC

 **135** schools involved in RISE

 **230** students participating

96% of students feel more supported in the classroom 

 **94%** of students said having a mentor makes it easier to go to school

73% of Principals have observed a reduction in students presenting challenging behaviour 

 **90%** of Principals said SHINE Education programs strengthen family and community functioning



Participating in these diverse activities, helped the children build confidence, self-esteem, overcome fears and form new friendships

Kempsey kids attend their first **RISE Together** camp

In October last year, twenty five children from Kempsey in ages ranging from 7-14 years, came together for their first RISE Together camp at Adventureland in Forster on Worimi Country on the mid-north coast. Part of the 'Belonging to Family' program, the children have Aboriginal and Torres Strait Islander parents with 6 to 12 months of their sentence to serve. They are also part of the SHINE's, RISE Education Program which gives students with a parent in prison a dedicated mentor to support them in the classroom for a 12 month period.

This RISE Together camp, was an opportunity for the children to enjoy time away and build their confidence in a social environment. "The smiles on their face said it all," said one volunteer.

Despite wet weather, the children enjoyed the Waterslide, Archery, Games Night, Middens visit,

Challenge Night, Mud World, Canoeing, Flying Fox and the Giant Swing. Participating in these diverse activities, helped the children build confidence, self-esteem, overcome fears and form new friendships with other kids, volunteers and mentors. According to one staff member, even though it was wet, it didn't stop the kids having lots of fun.

Belonging to Family and the RISE Education program aim to increase school attendance, education outcomes, decrease anti-social behaviour and school suspensions in a culturally appropriate and respectful way. The camp was a rewarding experience for all, as one volunteer said; "The kids really enjoyed themselves which made me happy".

Mentor helps young person transition back to his community

In his heart, Anthony was an artist. As a teenager, with little family support, Anthony was serving his sentence at Frank Baxter Juvenile Justice Centre when he was referred to SHINE's Veterans Young Offenders (Veterans) program.

The Veterans Young Offenders program works with trained Mentors, matching each with a young person currently serving a custodial sentence in a Juvenile Justice Detention Centre. The Mentor works with the Young Person one-on-one at least three months pre-release and up to nine months post release in the community.

Anthony revealed his goal to the SHINE Program Coordinator, asking to be part of the Visual Arts program so he could enjoy painting and sketching. He knew some of the young people's artwork was put in other NSW Juvenile Justice Detention Centres and particularly liked a mural they designed at Cobham. It was agreed he could join the Visual Arts program and in addition, Anthony was matched with John, his mentor.

John applied to be a Mentor after raising three sons. He knew the challenges they face and had enjoyed being able to coach them safely to adulthood. Having built a successful life in the community, John wanted to give some of his time to support other young people experiencing challenges to achieve their own goals. Building a rapport, John came to visit once a fortnight for the last four months of Anthony's sentence.

Together, SHINE and John worked on improving Anthony's life skills, like positive social behaviour and conflict resolution. On his release, they continued to work with Anthony as he made the transition back into the community. This meant escorting him to accommodation, supporting him with job applications and introductions, mental health appointments and securing practical items like a low cost mobile phone so he could take calls for job interviews.

While escorting Anthony to appointments and community engagements, John would explore topics like 'situational awareness' and 'perspective taking' in general conversations.

Purposefully and using a structured approach, John enjoyed being able to support Anthony by removing or minimising barriers to his reintegration into the community. With John's encouragement, Anthony was also able to reach out to his Grandmother and extended family to re-engage and build relationships.

John kept mentoring Anthony in person and over the phone, during the past five months since his release. Anthony has not re-offended in this time, and has been making conscious choices not to take the risks he would have in the past. He now has a part-time job and is looking for further work opportunities in Warehousing and ultimately to work in the Building and Construction industry. Anthony has been able to re-engage with his extended family networks, and is living with his Aunty and Uncle in Country NSW.



Outcomes

Of the **49** young people participating across **2** Programs...

71% didn't return to custody

12 young people have enrolled in TAFE or University

29% returned to custody

24 young people are employed

15 young people provided with court support

Photo Credit: Tanya Macfie

This program has helped change me,
I'm responding now instead of reacting



Coping mechanisms and relieving anxiety part of **Belonging to Family** program

Quick to rise in anger, Sarah needed help to get her life back on track. Joining SHINE's 'Belonging to Family' program, she was able to reconnect with her children while she was in prison. From March to May 2019, Sarah came to group sessions with great enthusiasm. She did find fellow participants frustrating at times, and also had difficulty expressing her own situation.

Half way through the program, 'Belonging to Family' taught coping mechanisms. Connecting with these immediately, Sarah was able to start relieving her anxiety in stressful situations using these strategies. In the weeks following, she made great progress and had the opportunity to also address her anger issues and use of alcohol and other drugs.

In June 2019, Sarah was released from prison on the condition she attend Maaya Mali (Make Better) Rehabilitation Centre in Moree NSW. Settling in well and engaging in the programs, Sarah kept in close contact with her children living with their dad, calling them regularly. She was also liaising the Housing and FACS to transfer from the area and have her children reinstated to her.

Ten weeks into her rehabilitation, there was an incident between Sarah and another resident, an ex-male inmate. Sarah took offence when he made derogatory remarks against women. Hoping for a better outcome, Sarah reported the incident to staff and applied the tools she learnt in Belonging to Family. It was a huge step forward for Sarah finding another way to address conflict.

Shortly after, Sarah was upset to learn her son was mistreating his siblings while affected by drugs. Fearing for their safety, she called Police to do a welfare check. While waiting for news from her family, her situation at the rehabilitation centre became untenable when an altercation between the same ex-male inmate and Sarah, resulted in both being asked to leave.

With only a short time left to achieve her goal, Sarah was devastated. Left to her own devices, no longer eligible for assistance, she was fortunate to have made friends with a local Church Group who helped her get back home.

SHINE for Kids Belonging to Family staff continue now to support Sarah, linking her with services in her community such as counselling and other appropriate services to meet her needs.

Photo Credit; Loyd Gibbs

31 male and female inmates supported

31 partners and carers supported

80 children supported

18 community Elders involved in the support network

108 local community organisations involved in the support network

Huge stepping stone to being a better role model and mother to her kids

A recovering ice addict, Kerry had lost all contact with her three daughters. She thought she would never see them again. Serving a nine month sentence, Kerry completed SHINE's 'Belonging to Family' program at Mid-North Coast Correctional Centre for Koori mothers in custody.

Before, Kerry had been able to push her hurt away, ignoring her problems and numbing her pain with ice. Participating in the program was a huge stepping stone for Kerry, helping her recover her mothering instincts. She understood for the first time the impact of addiction on her children and family and began to make amends.

SHINE for Kids gave Kerry hope, the belief that she really was, and could be a good mother. Learning how to make better choices, she is in control of her life now and is on the path to being a better role model and mother to her kids. Now her mother in law is opening her eyes again to Kerry and is relieved she had been seeking support to be a better parent. Working together they have changed the conditions of the AVO order so Kerry can have contact with her three daughters and is looking forward to shared care on her release.

Thank you so much for everything. It's the best feeling in the world to be a mother again, and to see my kids not suffer any more



Keeping Us Together Mums on Remand

From the first visit at Numinbah Correctional Centre, the SHINE Child and Family Coordinator noticed a family sitting near the SHINE craft table. The family of four has two children, mum Julie, who is in custody and dad, Steve on the outside. Occasionally the grandparents also come for a visit. The youngest child, Melina is 2 years old, and the eldest boy, Sam is 14 years old. During the visits Sam tends to look after his little sister. On more than one occasion Julie would raise her voice to her daughter and would say things like “come back or you will get a smack” or “do you want a smack get back here now”. As the in-visits continued weekly over the month this “messaging” continued from Julie towards Melina. During visits the SHINE Child and Family Coordinator informed Julie and the other mothers about the Bringing Up Great Kids parenting program being run by SHINE. Julie signed up along with 10 other mums.

Keeping Us Together Bringing Up Great Kids runs across three complexes in Queensland - Brisbane Women's, Helana Jones and Numinbah. It is targeted at women on remand who usually receive little or no program delivery due to the short amount of time they are in custody.

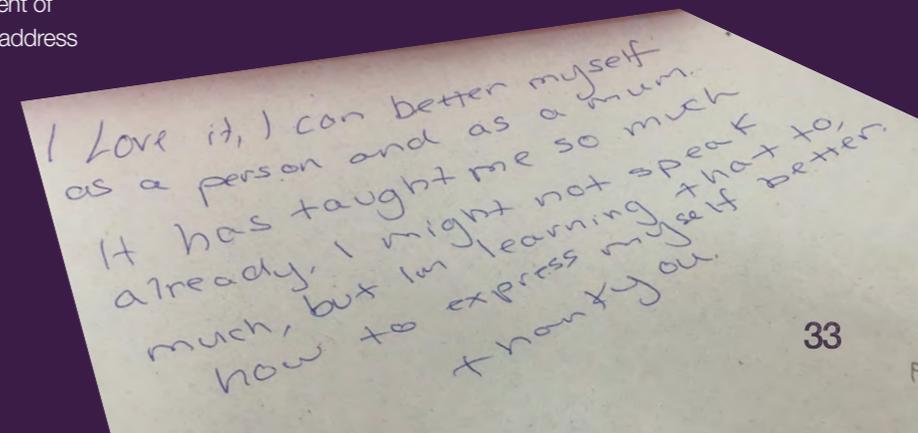
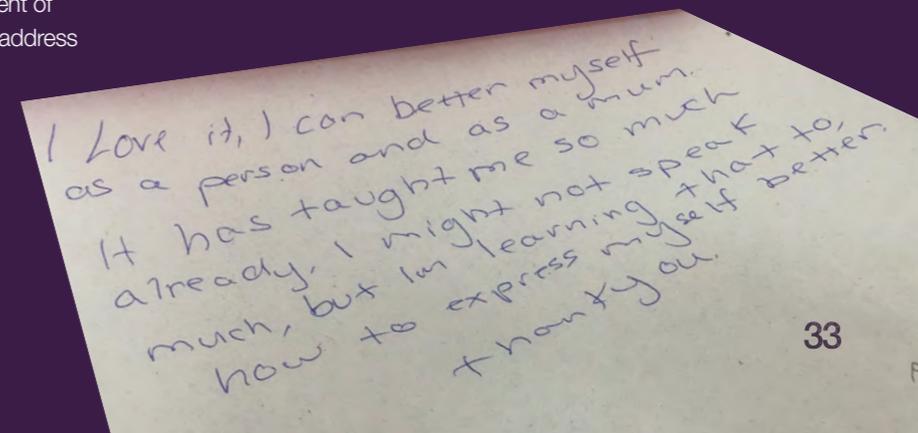
The Program uses ideas of mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity. It aims to identify and address their sources of unhelpful or hurtful attitudes held by parents. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges.

Keeping Us Together also runs in Townsville Women's Correctional Centre for mums who are sentenced.

The first Bringing Up Great Kids workshop took place on Saturday afternoon after the in-visits. To begin, the SHINE Child and Family Coordinator sat amongst the women to send the message that they were all equal in the group and asked the mums to introduce themselves and their children.

In Chapter 1 “Messages from the past” the mums look back at their own childhood - what they want to take from their parents and throw away, and what needs to be reframed. All participants wrote two positive and negative messages they remember getting as children and then discussed whether to recycle it and use the message or to get rid of it by throwing it in the bin. The conversation centered on whether they wanted to pass these messages on to your children.

Throughout the program there has been a noticeable difference in Julie who was previously raising her voice with her young daughter, Melina during visits. Julie now approaches the way she talks to Melina differently. She uses softer tones and attempts to re-direct her instead of saying that she will smack her. Mum is now praising Melina with a cuddle and a smile when she responds to what she has been asked to do. It is clear that this child parent relationship is now experiencing positive exchanges with positive messages being sent to the child.



After 12 years, Susan is still making a real difference in people's lives

Susan is celebrating twelve years with the SHINE for Kids team. Working with us as a Family Practice Manager, she provides intensive case management for families. Supporting each one to achieve their goals by advocating, giving positive reinforcement and consistency.

Finding her passion for working with children early in her career, Susan followed her keen interest to a Diploma in Social Science (Child Studies). She went on to work for over 15 years with children in an early childhood setting. During that time she had her own son, adding new depth and experience to her understanding of children.

Yearning for a new challenge, Susan applied to join the SHINE for Kids team in 2007. Though new to the struggles children face with a parent in prison, she came with an open heart and mind and thrived in her role as Child and Family worker at the Silverwater Child and Family Centre.

Part of our success is working flexibly with team members around their own family and life commitments. While her son was young, Susan had enjoyed working weekends. Now starting primary school, she wanted to keep her weekends free so began working from the Windsor SHINE for Kids Family Centre. Susan was able to continue supporting clients and developing

new relationships in the community and with Corrective Services NSW.

Evolving in her role and the organisation and keen to pursue case work, Susan studied for a Diploma in Community Services and began her role as the Family Support Worker, managing intake, supported transport and early intervention, placement and prevention. Now Family Practice Manager, Susan feels she makes a real difference in people's lives. Seeing families achieve goals and move to a stable pathway is affirming.

In her own words; "While the role is challenging, all the positive aspects make it the most rewarding job and it has taught me appreciation, respect and humility. Life is not an easy road all of the time but if we work as a team...the sun will SHINE."



“Rise above the storm and you'll find sunshine”

Mario Fernandez



While the role is challenging, all the positive aspects make it the most rewarding job and it has taught me appreciation, respect and humility. Life is not an easy road all of the time but if we work as a team... the sun will SHINE

Helen is driven by a desire to help those in difficult circumstances

Having volunteers in our programs adds immensely to the quality of interactions given to the children. The volunteers help make transitions and setting up of the playrooms, run smoothly and timely. The children are introduced to other caring adults, and they develop friendships with each other, formed on mutual respect, acceptance, and non-judgemental values. Through the sense of feeling valued, listened to, and accepted the child's self-esteem and sense of worth is fostered and nurtured. The role of the volunteer is pivotal and crucial to the process. With volunteers, we are able to reach out to more children and families.

Helen has been volunteering at SHINE for Kids Cessnock since January 2015. Helen is one of the mainstays of our team. She is always willing to help, and provide encouragement and demonstrates a caring and strong sense of commitment in all her endeavours. Helen is driven by a desire to help those in difficult circumstances. Helen volunteers for SHINE every fortnight, but always checks the roster whiteboard, for any weekend gaps that she could cover. It isn't unusual for Helen to be volunteering on consecutive weeks.

'I have been with SHINE for Kids, since January, 2015, which I enjoy doing. I started coming to the gaol to talk to inmates about AI Anon, to tell my story. While there, I was asked about volunteering for SHINE for Kids. So I made enquiries, about SHINE for Kids and completed the application process. I love volunteering with SHINE. After a while you learn the importance of what we do, and why we're there. I try to support the children the best I can.'

I love playing games, colouring, and to be there for them, and I enjoy their company. I do hope to continue volunteering for SHINE for Kids, until I'm not able to do so.'



Photo Credit: Julianne Sanders

I love volunteering with SHINE. After a while you learn the importance of what we do, and why we're there



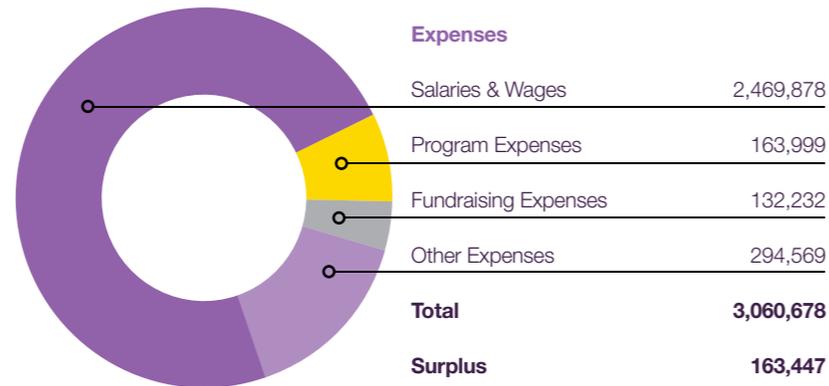
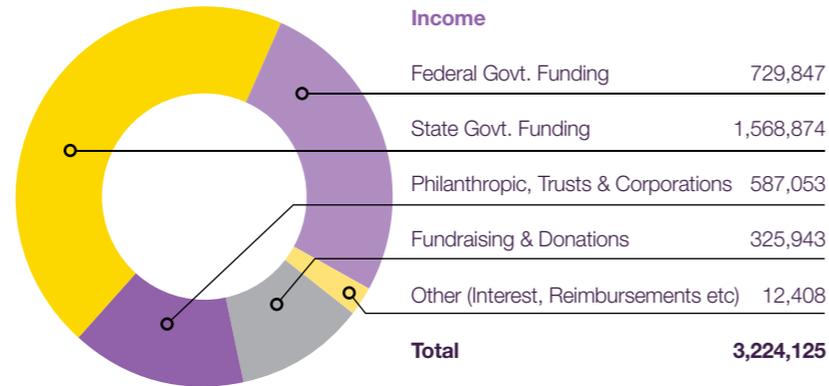
Accountability

Directors' Benefits

The Chair and all other Board Directors did not receive payment or benefit of any kind.

Accountability

A copy of the full statutory financial report for 2018/19 is available on the SHINE for Kids website www.shineforkids.org.au



OUR PEOPLE

Vice Regal Patrons

Her Excellency the Honourable Margaret Beazley AO QC and Mr Dennis Wilson

Vice Patron

Helen Wiseman

Our Board of Directors

Leisl Baumgartner (Secretary)

Martin Irwin

Peter Ricketts (Treasurer)

Susan Helyar

Stanley Johnson

Sue Woodward (Chair)

Shane Hamilton

Simon McSweeney

Our team

Melissa Antala, Amanda Blackwell, Linda Carn, Patricia Carr, Jade Chandler, Holly Chisholm, Zoe Clark, Kathryn Clarke, Barbara Cohen, Jessica Creed, Allirra Danks, Stuart Davie, Rob Delaporte, Sara Edwards, David Fitzgibbon, Sheryl Forrester, Karen Fuentes, Rebecca (Becky) Gethen, Lloyd Gibbs, Kavita Gounder, Madison Hatch (Griffiths), Curtis Hibbs, Rebecca Keehan, Andrew Kew, Fareesha Khan, April Long, Tanya Macfie, Scarlett Mahony, Manisha Mali, Pooja Mallik, Tanya March, Samantha McGill, Anabel Mifsud, Stephen Morell, Renee Murdock, Naomi Nixon, Melissa Packer, Susan Plunkett, Rosemary Proust, Lachlan Rigney, Lamia Robalino, Julianne Sanders, Priscilla (Cilla) Simpson, Melissa Sines, Ashley Sutton, Maree Thomas, Sharon Tooney, Zenebache Tubaje, Chris Turner, Dennis Van Someren, Alexandra Walden, Charlene Williams (Orford).

Practice Research and Advocacy Meeting (PRAM)

Dr Lorana Bartels, Australian National University | Kath Fielden, Fielden and Associates
 Dr Catherine Flynn, Monash | Andrew Kew, SHINE for Kids | Fareesha Khan, SHINE for Kids
 April Long SHINE for Kids | Dr Ruth McCausland, UNSW | Dr Kath McFarlane, Charles Sturt University
 Peta Macgillivray, UNSW | Dr Catherine Flynn, Monash | Keenan Mundine, Inside Outside Aboriginal Justice
 Julianne Sanders, SHINE for Kids | Dr Juanita Sherwood, University of Sydney
 Dr Mindy Sortiri, Community Restorative Centre | Dr Danielle Tracey, Western Sydney University

Thank you

Thank you to our partners, donors, sponsors and supporters. You are making the lives of children better.



- ACT Corrective Services
- Anglicare VIC
- Ashfield Catholic and Community Club
- Australian Communities Foundation
- Australian Labor Party
- Bathurst RSL
- Benevolent Society
- Brimbank Council
- CommBank Foundation
- Criminal Law Mums
- Deloitte
- Department of Child Safety, Youth and Women, QLD
- Department of Communities and Justice – Corrective Services NSW
- Department of Communities and Justice – Juvenile Justice
- Department of Education and Training
- Department of Justice and Regulation – Corrections Victoria
- Department of Social Services
- Dooley's Lidcombe Catholic Club
- Family & Community Services NSW
- Geelong Community Foundation
- Gilbert + Tobin Lawyers
- Goodstart Early Learning
- Hornsby RSL
- Impact100 Sydney North
- Inger Rice Foundation
- John Holland Group
- John T Reid Charitable Trusts
- Keeping Women Out of Prison Coalition
- Kids in Need NSW
- Many Happy Returns
- Magistrates Court, Melbourne
- Magpies Waitara
- MTC Broad Spectrum
- National Indigenous Australians Agency (NIAA)
- Norton Rose Fulbright
- NSW Police Force
- NSW Principal's Association
- Oz Harvest
- Panthers, Bathurst
- Queensland Corrective Services
- Rotary Club of Mt Eliza
- Rotary Club of Newcastle Enterprise
- Rules Club Wagga
- S & C Roth Family Foundation
- Shellharbour Workers Club
- South Sydney Junior Rugby League Club
- Special Kids Events
- Sydney Community Foundation
- The GEO Group Australia Pty Ltd
- The Smith Family
- Todd Family Foundation Pty Ltd
- Variety Children's Charities
- Western Sydney University
- West's, Ashfield



SHINE for Kids®

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