



SKYLIGHT TRUST

NEWSLETTER
JUNE 2018

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Kia ora from Skylight

Winter has settled in. Matariki is here, it is a time to gather with whānau and friends to reflect on the past, plan for the future and celebrate the present. One of the things Skylight is celebrating is the completion of phase one of the Resilience Hub. This has been a groundbreaking effort with the support and collaboration of so many different funders, organisations, volunteers, and individuals, not to mention the kindness from friends and whānau. It is very humbling to see the generous spirit of people, freely giving their time and skills to see this project succeed.

Winter can be a tough time for many reasons. It's cold, it's gloomy and we can't get out and about as much as we would like, so if you are worried about someone you care about, get in touch with Skylight- we can help. Skylight has received a record number of enquiries for counselling services and resource packs over the last month and demand continues to increase.

As we prepare for the launch of the resilience hub we are constantly reminded of the need and demand for services in our communities. As we grow our partnerships and continue to work on building the capability of trauma informed and resilience building practices throughout the sector, I am always conscious of the demand for community services with little or no change in funding to recognise this demand. As we plan for the new financial year it's always a gentle reminder of the realities of funding constraints.

Heather



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right help
at the
right time
in the
right way

RESILIENCE HUB

COUNTDOWN TO LAUNCH...23 JULY 2018

In just two weeks phase one of the Resilience Hub will be going live. It has been an exciting, yet terrifying journey at times.

Developing the Resilience Hub has seen epic collaboration. We have brought together funders, information, resources, volunteers, organisations, philanthropic funders and government departments. The result is, we have developed the Resilience Hub with digital resources that will help build the resilience of people and organisations across Aotearoa.

Skylight as an organisation has also learned about resilience. The way forward has not always been simple or easy, but it has been rewarding. Skylight wishes to acknowledge the collaborative relationships and their contribution to the success and delivery of the hub. We wish to thank the Ministry of Education, Oranga Tamariki, Te Puni Kōkiri, Film for Change Aotearoa, Rabid Tech, Help Tank, Sixty Proof, Ka Pai Kaiti, the Todd Foundation and InternetNZ for their support in the development of the Resilience Hub and its resources.

Skylight also wishes to acknowledge and thank the team of skilled volunteers and the hundreds of volunteer hours that have gone into developing the Hub. Each volunteer brings different and important abilities to our organisation. Skylight has been impressed with the depth of strength, the variety of skills and technical expertise of these volunteers. and their willingness to generously share their time and abilities with the organisation.

As we launch we will be delighted to share with you several new resources that will be available on the Hub such as the new Resilience Web-Series funded by a grant from the Todd Foundation and an educational series of trauma informed webinars from Dr Chris Bowden, funded by InternetNZ.

Heather Henare Skylight's CEO says that

"Communities are crying out for support after a tragedy strikes, whether it's a natural disaster, or the loss of young people, communities need the information and tools to understand trauma and its effects. There should be no barriers to getting help for any reason. People will be able to access the information they need at the time that they need it. The right help, at the right time, in the right way."



FILM
for
CHANGE
Aotearoa



Skylight Honours Volunteers

This year Skylight has been nominated as a finalist in the Wellington Airport Community Awards. Skylight's category is Health & Wellbeing - Enhancing the health and wellbeing of our community with a focus on our achievements this last year and our incredible volunteers.

Skylight have volunteers who have been supporting Skylight for over 15 years. This year Skylight has welcomed 13 new volunteers who have been integral in providing guidance and over site and supporting Skylight to do great work.

Each volunteer brings different and important abilities to our organisation. Skylight has been impressed with the depth of strength, the variety of skills and technical expertise of these volunteers and their willingness to generously share their time and abilities with the organisation. This spirit of generosity has ensured ongoing success for Skylight and the creation of the Skylight Resilience Hub.



**2018 Regional
Community
Awards
Wellington City
Finalist**

Branding Refresh

As part of the branding for the Resilience Hub, Skylight has had a brand refresh in line with the new look and feel of the Resilience Hub. The Skylight logo initially signified bringing people from darkness into light.

We wanted to keep the essence of Skylight and so used the bright yellow to enhance the vibrancy. We also added a weave pattern to represent the strength of many, and support through challenges.

Skylight also has a new look on social media.



The right help at the right time in the right way



"HOLD ON, I don't wanna lose ya"

Haley Grace-Hollis has lost four siblings to suicide. Haley recently recorded a video to the powerful song 'Hold on', where her beautiful soulful notes carry a message of hope for those struggling with thoughts of hopelessness and suicide.

Haley Grace-Hollis works with Nati 4 Life Trust, a suicide awareness group set up by Ka Pai Kaiti. She speaks at colleges up and down the East coast, telling rangatahi that it is OK to talk about suicide.

Haley says,

"WE NEED to listen to our rangatahi on suicide"

"One issue is that because it is classed as tapu it makes it a tough topic to talk about, but that needs to change." Haley goes on to say,

"it's OK to talk about suicide, it's how you talk about suicide. People are quick to judge others but don't realise the battles they are facing on a daily basis. Be that someone to help others. Someone who people can look to for a shoulder to lean on. Just don't forget to take care of yourself first.

Suicide ends up being a cycle of pain and suffering for everyone around you. Please reach out for help. To someone you trust or even a total stranger. It's OK to cry, it's OK to ask for help. You are not alone and you are loved ♥".

In regard to addressing youth suicide, there is no quick answer, no one size fits all, strategies will vary from community to community.

Haley will be performing her song at Parliament for the launch of the Resilience Hub and Loss and Grief week 23-29 July 2018.

Watch 'Hold On'





'Let's talk about it'

Loss and grief week

23-29 July 2018

This year Skylight's theme for Loss and Grief week is 'let's talk about it'. It is important to hold space for people in their grief. It may be difficult to know how to do this. We can be afraid to say or do the wrong thing and make things worse. It may seem that nothing we can do or say helps, don't give up. Your presence is more important than it seems.

We cannot fix the loss and magic away the feelings of grief but showing up for those suffering is so important. Small gestures, sending cards or flowers, delivering a meal, helping with laundry, shopping, or other household tasks. Even keeping a date to listen and support may bring some comfort to the bereaved. Here are some tips for opening up the conversation about loss and grief.

1. **Name names.** Don't be afraid to mention the name of the deceased. It won't make your friend any sadder, although it may prompt tears. Saying how much you will miss the person is much better than the usual, "I'm sorry for your loss"
2. **Don't ask, 'How are you?'** The answer is obviously "not good" and because it is the same greeting you might give anyone, it doesn't acknowledge your friend has suffered a devastating loss. Instead try, "How are you feeling today?".
3. **Offer hope.** People who have gone through grieving often remember that it is the person who offers reassuring hope who helped them make progress. A good thing to say may be something like, "You will grieve for as long as you need to, but you are a strong person and will find your way through this."
4. **Listen well instead of advising.** A sympathetic ear is a wonderful thing. Often people work through grief and trauma by telling their story over and over. Unless you are asked for advice don't be quick to offer it. It is your understanding-not your advice- that is most sorely needed



Trade Me Celebrity Lunches

This year we are hosting our 'Trade me Celebrity Lunches' again for people to make absentee bids for lunch with a notable person.

Some of the celebrities who have been kind enough to donate their time are Skylight Patron Judy Bailey, National Survivor Advocate Louise Nicolas, Radio personality Polly Gillespie, and National Correspondent Patrick Gower, just to name a few.

You will be able to bid for your lunches 23-29 July 2018. Keep following along on social media for the links to get bidding.

Meet the Celebrities Judy Bailey

Judy Bailey is a well-known former news presenter for One News, the highest rated evening television news program in New Zealand. She was appointed an Officer of the New Zealand Order of Merit in 2012 and is now a freelance writer and broadcaster. She is actively involved in a number of voluntary charity organizations. Judy is a Patron of Skylight, and champions, campaigns and raises funds for many other causes that she generously supports.



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Meet the Celebrities

Karen O'Leary



I'm Karen O'Leary. I'm a fully trained early childhood teacher and have been running a community based Early Childhood Centre called Adelaide for more than 15 years. I'm dead passionate about high quality ece and trying to help support children to have a fun start to life and learning. I'm also rather passionate about community based organisations who often have to do things the slightly hard way financially, but do so in the best interests of society!

I'm also a fully untrained actor who happened upon a role in the Taika Watiti and Jemaine Clement's cult classic What We Do in the Shadows and am now one of two highly trained expert cops leading the charge in Wellington Paranormal. I also played a security guard once and another police officer in Madeleine Sami and Jackie van Beek's comedy The Breaker Upperers. I'm slightly concerned I'm getting type cast, but hey if the uniformed shoe fits and all that...

Skylight does such an important job and to continue to do that they need cash! This is why I feel it would be in your best interests to pay heaps of it to have lunch with me. In return, I will try my absolute best to be convivial, moderately entertaining, and polite.

Have a bid and be in to win!!!

Tamati Coffey

Tamati Coffey is of Tūhourangi Ngāti Wāhiao, Ngāti Whakaue, Te Aitanga-a-Hauiti and Te Ātiawa descent and is currently a Member of Parliament representing the people of Waiariki.

Tamati's involvement in politics has been spurred on by a concern that our people are currently not being provided with the basics: decent housing, decent wages and jobs, and support for those who need it. Tamati believes Government has the ability to change lives for the better, and wants to make sure those decisions are made by people with their hearts in the right place.



As well as being the Deputy Chair of the Rotorua Energy Charitable Trust, he is also a small Rotorua business owner employing several staff on the 'Living Wage' and a Trustee on his local marae Trust alongside other whanau land blocks.

For many New Zealanders, Tamati Coffey is a familiar and friendly face: an award-winning presenter whose work in the broadcasting industry has spanned a decade. Since leaving full-time television in 2013, he has actively pursued a career in politics.

Jan Logie

Jan Logie is the Under-Secretary to the Minister of Justice, responsible for domestic and sexual violence issues.

Throughout her life, Jan has campaigned tirelessly for women's rights at the front line and in Parliament. She has worked as the coordinator of Wellington Women's Refuge and executive director of YWCA Aotearoa New Zealand, and volunteered with Wellington Rape Crisis, Youthline and HELP Sexual Abuse Crisis Line.

Since entering Parliament in 2011, Jan has served as a passionate champion for women and gender minorities and is committed to ending domestic and sexual violence in her lifetime. She initiated a select committee inquiry into funding for specialist sexual abuse and social services, and her Domestic Violence – Victims' Protection Bill will ensure survivors of family violence are supported at work and not disadvantaged.

As Under-Secretary she is responsible for developing a national plan of action to address sexual and domestic violence; coordinating across government and community organisations to ensure survivors of violence are able to access support and protection when and where they need it; and challenging the legal, historic and cultural factors which permit violence to occur.



She is also the Green spokesperson for Social Development (including Community and Volunteers), Workplace Relations, Te Tiriti o Waitangi, ACC, Rainbow Issues, State Services and Senior Citizens.

Patrick Gower



Patrick Gower is NewsHub's National Correspondent. He covers and breaks stories of national significance. He has been a journalist for 20 years, covering international stories in Iraq, Afghanistan and on the United States presidential election campaign trail. He was previously the Political Editor for NewsHub.

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Louise Nicholas

As the National Sexual Violence Survivor Advocate, Louise liaises with survivors, their families and communities. She represents survivor perspectives in service development and the sexual violence and abuse services sector.

Louise co-wrote the bestselling book Louise Nicholas – My Story in 2007 and the updated edition in 2014 with Phil Kitchin.

Louise received the NZ Herald of the Year award 2007, was awarded the Governor General's ANZAC Award in 2015, was made an Officer of the NZ Order of Merit (ONZM) in the 2015 Queen's Birthday Honours and received the New Zealander of the Year Local Hero Award 2015. Louise was a finalist in the 2016 New Zealander of the Year Awards, one of 50 women in NZ who received the Woman of Achievement Award from Zonta International and she also received the Human Rights Award, with Helen Clark being the only other recipient.



Polly Gillespie

Polly Gillespie writer, broadcaster, social media influencer has worked in radio, TVNZ, magazines for 25 years in New Zealand and has embarked on a new journey with a brand new radio show unlike any before in New Zealand. Polly's hobbies are chocolate, shopping, shopping for chocolate and listening to people's stories. Her favorite pastime is making new friends in elevators and lines at the supermarket. Her ultimate goal in life is world domination, but just owning a chocolate factory would suffice!!



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Before I Die Wall- Wellington



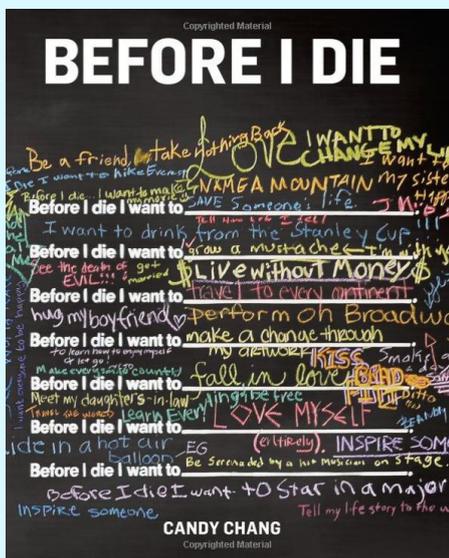
After losing a close friend to liver failure, Candy Chang spent a lot of time thinking about how she wanted to live out her days. Contemplating death brought clarity to her life, but she struggled to maintain perspective through her grief.

She wondered whether other people went through the same struggle, and what mattered to them. She decided to invite others to share those thoughts by painting a chalkboard on the side of an abandoned house in New Orleans stenciled with the sentence "Before I die I want to _____."

What began as an experiment in making a public space into a shared space has become a global art project, with more than 400 "Before I die" walls in 60 countries and 25 languages and now for the second time it will be in Wellington.

As part of Loss and Grief Week 2018 commencing 23rd July to the 3rd of August, Skylight will install a 'Before I Die Wall' in Bond Street in central Wellington. This space has been supported by the Wellington City Council. This will be a black chalkboard, for people to write what their life hopes and dreams are. This project will hopefully start many conversations about life and death.

For more information, including a TED Talk on the origins of the Before I Die wall, follow along on social media.



Loss and Grief Week Training

Getting Stronger Workshops

Facilitator: Gae Neill (LLB, ATCL)

Getting Stronger is a resilience game for young people (8 - 14 years) who are facing tough times. Skylight is offering a hands-on training session on ways for professionals to navigate the interpersonal dynamics that may arise when the game is played, and ways to help young people through difficult, sensitive situations. *Two people must be from the same organisation.

Upcoming Sessions:

Wellington

Date: Wednesday, 25 July 2018

Time: 9:30am - 12:30pm

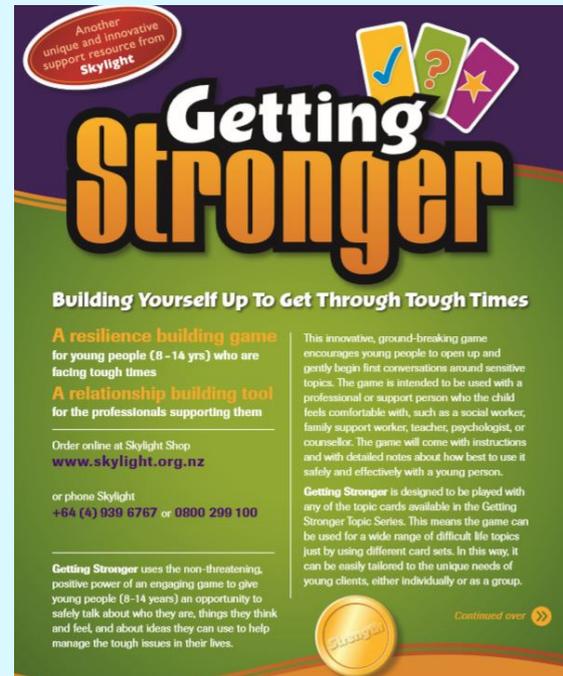
Venue: Skylight Trust, Level 3, 5-7 Vivian Street, Te Aro, Wellington

Cost: \$130.00 for one person (includes game + 1 set of topic cards)

\$225.00 for two people* (includes game + 2 sets of topic cards) *from the same organisation

Topics Include:

- When Parents Break Up • Bullying
- Managing Anger • When a Disaster Happens
- When Someone in Your Family is Ill or Injured • When Domestic Violence Happens
- When Someone Important to You Dies • When Someone in Your Family Has a Mental Illness
- When Someone You Know Has an Addiction



At the end of this workshop, participants will have played the game and developed facilitation skills that will assist children and young people to gain the most from Getting Stronger. Registration is essential. Please download the registration form and send to pd@skylight.org.nz



Masterclass: Loss and Grief: A Two Day Intensive Masterclass for Health Professionals and Community Workers

This intensive two day workshop gives an overview of grief theory and the practices around working with people facing end of life. It draws on international research and explores the challenges of working with people and their extended family/whānau.

It is enriched through personal stories of grief from individual community members and through small group discussion and interaction. The course is targeted at health professionals and/or community and social care workers.

It is presented by Mary Potter staff including counsellors, psychotherapists, social workers, Māori and Pasifika liaison workers and spiritual carers.

We also draw on expertise from our partners in the community to bring further expertise to the table such as Skylight, an organisation dedicated to working with children and young people and their family/whānau.

Learning Outcomes:

- The palliative holistic approach to grief and loss.
- Communicating across cultures in times of loss.
- Tools and techniques for navigating difficult conversations.
- Caring for oneself while supporting others in grief.
- Mindfulness, meditation and healing presence. Add a little bit of body text

Waves Hui

On 23-24 April, Waves facilitators from around New Zealand came to a hui at Island Bay's Tapu te Ranga Marae in Wellington. The purpose of the hui was to provide an opportunity for facilitators to share their experiences delivering the programme, connect with each other, suggest changes to materials, share best practice and discuss ways to grow the programme.

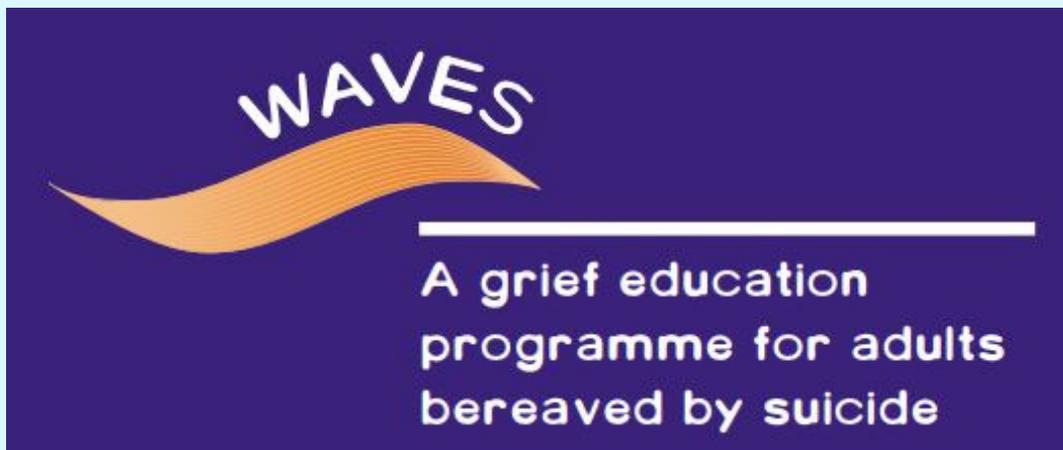
It was fantastic to have the opportunity to bring Waves facilitators together for the first time. The conversations between the facilitators, Waves trainers and Skylight staff over the two days covered many different areas, and there was time to share and get a good understanding the issues and possibilities for Waves.

On day two of the hui, Chris Bowden presented findings from his research, and delivered a professional development session that gave some helpful tools and ideas for the facilitators. It was exciting to hear that the data shows that the Waves programme is safe and has positive, statistically significant benefits for participants.

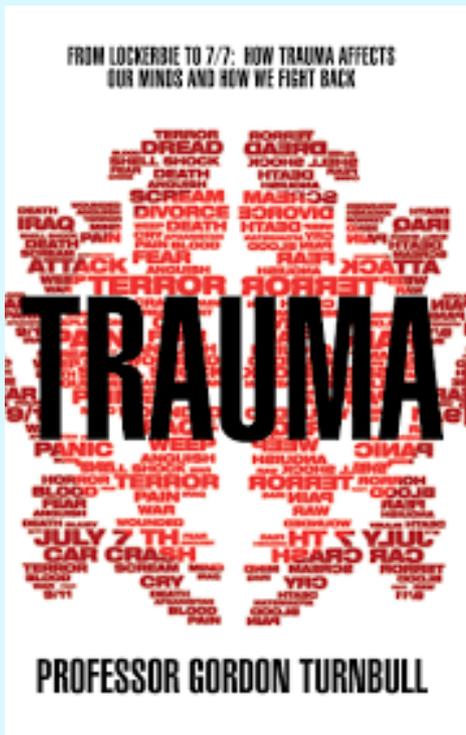
Comments from facilitators who attended the Waves hui:

'The highlights for me were meeting other Waves facilitators and finding out first hand from the researcher about feedback from the programme.'

'Connecting with Chris Bowden as well as staff from Skylight and others who have been instrumental to training and delivery of Waves – it gives a new perspective and renewed motivation when there is a sense of connection and community involved in a programme.'



Skylight Book Review

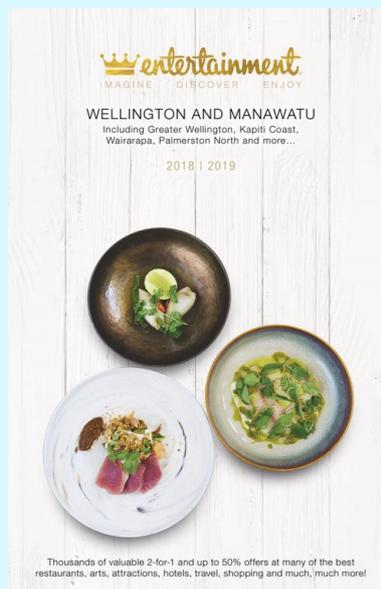


“Trauma From Lockerbie to 7/7: How Trauma affects our minds and how we fight back” was Professor Gordon Turnbull’s first book and focuses on his experiences with trauma from a caretakers perspective.

Professor Turnbull worked in the Royal Airforce and then became a consultant psychiatrist. He focuses on the fact that PTSD is not a psychopathology, but an actual condition that harshly effects many people. His perspective is quite unique because he saw the changeover first hand. Throughout the book he talks about his experiences from people who have been taken as hostages to family abuse situations.

Professor Turnbull explains how trauma comes from stress and it is a completely “normal and resilient” response to severe trauma. He uses his first hand examples to prove the point that PTSD is a treatable condition as long as the right support is provided.

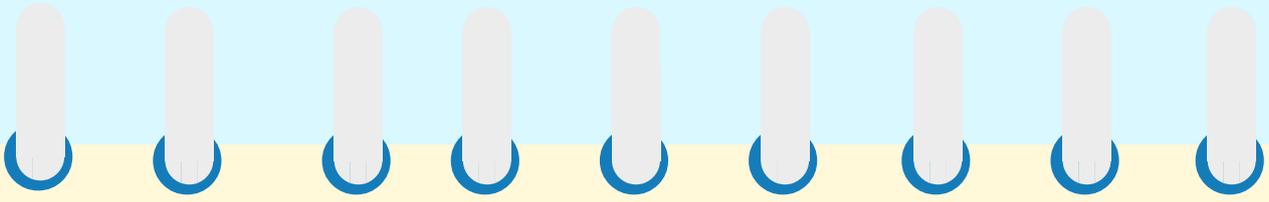
Entertainment Book!



For only \$65 you could have over \$20,000 of saving on many daily purchases such as 50% off and 2 for 1 on hotels, restaurants, travel, activities and so much more! You can purchase a hard copy or digital copy by calling 0800 299 100 or clicking this link!

20% of all of the profits from the Entertainment Books purchased will go directly to Skylight and you could help us to get people in need the right help at the right time in the right way!

The right help at the right time in the right way



Add a little bit of body text

Upcoming Events:

JULY 11: HEART SONG

**JULY 25: GETTING STRONGER WORKSHOP:
WELLINGTON**

Visit our Facebook for more information
on the upcoming events!

EVENTS REQUIRE REGISTRATION

Email info@skylight.org.nz or call 0800 299 100 to register

