



Annual Report

2019/20

The right help at the right time
in the right way

Building resilient children, young people, whānau and communities



Chair's Report

2019/20 was challenging, to put it mildly. Covid-19 affected every person and every organisation. I am very pleased to report that Skylight's business continuity plan worked very well, and the switch to remote working was almost flawless. We also accelerated our plan for online counselling, and the first iteration of this new service went well. This has encouraged us to accelerate our plans for other new digital services. Service revenue dropped during the main lockdown period, and we were grateful for the government wage support, as well as greater flexibility over service delivery.

Throughout the year, Government contract renegotiations continued without significant shifts in recognition of inflation or demand growth, but we were able to secure renewed funding, and I am pleased that we have achieved agreement in principle on longer term arrangements with some agencies. Promisingly, we have been funded to explore some new service concepts, which we take as endorsement of Skylight's capabilities and reputation, for effective development and delivery.

The combined pressure of funding constraints, expense and staff reductions, and Covid-19 was intense, but Skylight's staff and network of counsellors and other delivery partners performed very well, and our investment in effective clinical and business processes proved their worth. Not only did our CEO and her team manage the operational challenges well, but they also achieved a 5% financial surplus, a long-held, but rarely achieved goal. That is a superb result in these circumstances. However, the challenge remains of securing sustainable operational funding which reflects long-term wage inflation, increasing demand, and the importance of our specialist clinical and information capabilities.

Looking ahead, we have some big ideas to take Skylight forward which will not only refresh and expand our existing services for the communities we already serve, but also enable us to reach new communities with exciting new services. We look forward to working with funders and stakeholders on developing those ideas.

During the year, Lyn McMorran, James McCulloch and Prashanta Mukherjee stood down as Trustees. Bruce McGregor and Nikki Franklin joined the Board in February and Nik Coupe and Marcus Porter will become Trustees from October 2020. I acknowledge them all for their support of Skylight.

Skylight exists to help tamariki, rangatahi, whānau, and communities manage through trauma, loss, and grief, and I thank everyone – clients, funders and donors, staff, delivery partners, and suppliers – who help us achieve our mission.



Jim Donovan

CEO Report

Last year was a significant one for Skylight. While Christchurch, the wider population in Aotearoa and people all over the world were being impacted by a terrorist attack, we were receiving an unprecedented increase in requests for support. In 2019/20 we reviewed our organisational structure. This resulted in significant changes and meant that several staff took on new challenges. As one of the lead agencies who has championed resilience, we proved that we can practise what we preach. We continued to receive support from our many philanthropic grant providers who supported us on a couple of new initiatives that we will be rolling out soon.

Fast forward to March 2020 and again we found ourselves in another unprecedented time. Being one of the few specialist services that work with tamariki, rangatahi and their whānau on grief, loss & trauma we were well placed to provide support. With our Resilience Hub we were able to mobilise our Contract Counsellors, staff, and resources within 48 hours of the Covid-19 Level 4 lockdown announcement. We literally have not stopped since. The resources and counselling sessions have significantly increased and continue to climb. We are grateful for the support provided by Ministry of Health, Oranga Tamariki and Internet New Zealand, who provided some extra funding during this time, to help us get through.

Looking forward to the future, it is great to see our end of year accounts resulting in a small surplus. We are looking forward to progressing our financial sustainability and working with our partnered agencies, Contract Counsellors and staff. We have some exciting initiatives that will continue to grow the resources on our hub and create more support for our rangatahi through the Te Puni Kōkiri Suicide Prevention Fund. During lockdown we also started working on an online resilience programme. With the whole country in lockdown, we realised that it was essential that we look at the services that we provide and find ways to ensure these services are always available online. With support from the Vodafone Foundation we have also been putting together some new resources for the parents, caregivers, and providers, who are caring for or providing services to whānau impacted by meth. It is called the P Project. These resources include a web series, a training package, and online tools to support tamariki who are impacted.

For the coming year to June 2021, we look forward to continuing to be the leading national provider of trauma informed and resilience building services to tamariki, rangatahi and their whānau. It is for you Skylight Trust finds its purpose. I want to take this time to thank the Skylight Trust Board, our Contract Counsellors, Volunteers, our Partnered Agencies and Funders. Most of all I want to thank our staff, with your help Skylight Trust was available to provide the "Right Help, at the Right Time, in the Right Way".



Heather Henare

Aotearoa's centre of excellence in child and family trauma, loss & grief

THE **RIGHT HELP** AT THE **RIGHT TIME** IN THE **RIGHT WAY**

VISION

Building resilient children, young people, whānau & communities

Trauma Informed & Resilience Building • A clinically lead team of national specialist counsellors
Innovative programme & training development & delivery • Strategically growing partnership and networks

PURPOSE

National Leadership & Services in child & family trauma, loss & grief
National partnerships & collaboration
Transformative online service through the Resilience Hub

STRATEGIC FOCUS

Responsive & adaptable organisation
Evidence based & trauma informed decision making
Sound governance & management
Personalised prevention and support services

RESILIENCE HUB

OUR TRAUMA INFORMED CLINICAL FRAMEWORK

INNOVATION • DIVERSITY • ACCESSIBILITY

PROGRAMME DEVELOPMENT

Innovation
Development
Implementation
Operational services
Standard & Bespoke
Training & Events
Special Projects
& Support
Professional &
Clinical Practice

SERVICE DELIVERY

Nationwide
Counselling service
Face to Face
Counselling
Online Counselling
Phone Support
Professional Support
Clinical Advisory
Policy Commentary
Resource Centre

PARTNERSHIP & NETWORKS

National Counsellors
Network
Regional &
National Delivery
Partner Network
National Alliance
with Stakeholders
Database of
schools & students
receiving
resilience training
Counselling
sessions

INFORMATION PLATFORM

Resilience Hub
Webinars &
Web Series
Tailored E-packs
Free access
online library
Online referral system
to all services
Online Client
Management System

Professional
leadership

Trauma
informed

Resilience
building focus

Robust business
processes

Sound management
& governance

FUTURE FOCUSED:

More youth-led programmes
and greater access to services for:

TAMARIKI

RANGATAHI

WHĀNAU

COMMUNITIES

WHAT WE SUPPORT

- Trauma
- Grief
- Bereavement
- Sudden Death
- Suicide
- Family Change
- Terminal illness
- Disaster Response
- Relationships
- Death & Dying
- Domestic & Sexual Violence

HOW WE SUPPORT

- Resilience programmes
- Children's programmes
- Suicide prevention programmes
- Post suicide support
- Support groups
- School programme
- Professional development
- Counselling & Training
- Games/DVD/Library
- Specialist support info.
- Research
- Advocacy and support
- Suicide services
- Webinars & Web-series
- Information Platform (online)

**One Stop Shop, gateway
to support children,
young people, whānau
and communities,
individualised response
and specialising in grief,
trauma and loss**



Skylight's programmes and services include:



Providing counselling services with a fully trauma informed team of counsellors. Building strong partnership networks throughout Aotearoa, that work with us to deliver services



Working with parents, caregivers, and extended whānau to help them deal with difficult issues, shared and safe parenting and conflict resolution



Providing group programmes for tamariki dealing with family change



An umbrella agreement with the National Sexual Violence Survivor Advocate (NSVSA), Louise Nicholas and her team. While management of NSVSA remains with Louise; Skylight, as the umbrella organisation, provides some support to assist the NSVSA to operate efficiently and effectively



Skylight's 0800 number provides phone support and a way for people needing information and resources to share their issues. This gives us an insight into the individual/whānau needs. Often there are multiple layers of trauma and different issues that can be supported with information, counselling, and links to other organisations



An extensive specialist resource centre that has books, information, resources, and research designed to provide support and build resilience for individuals, whānau and communities. Tailored information packs are emailed and posted throughout Aotearoa

The Skylight Resource Centre

The Resource Centre provides personalised support packs on a range of mental health issues and topics, such as family break-down, resilience, and anxiety, as well as grief, loss, and trauma.

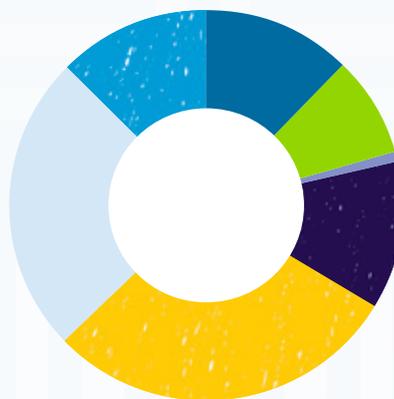
The tailored information packs draw together the most relevant resources for each enquiry and connect people with helplines, services, and support groups in their local community. Most enquiries come to Skylight through the web-based Resilience Hub. Phone and email are the next preferred methods of contact to order a Skylight information pack.

The Skylight Resource Centre was kept very busy during the nationwide Level 3 and 4 lockdown period. Skylight developed a Covid-19 information support pack that was emailed out to individuals, whānau, mental health practitioners and education specialists, during this period. The most requested pack topic during this last financial year, after Covid-19, was bereavement and resilience, which includes anxiety.

The support services, primary caregivers, and education sector continued to be Skylight's largest number of enquirers for this financial year.

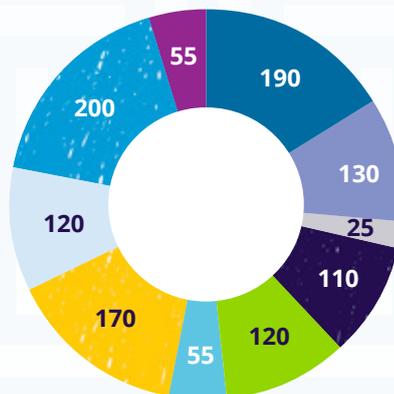
Enquiry sources July 19 – June 2020

- Education
- Healthcare
- Employment
- Family and Friends
- Primary caregivers
- Support services
- Individuals



Topics for E-Packs July 19 – June 2020

- Bereavement
- Family Change
- Family Violence
- General Services
- Grief
- Illness or Disability
- Resilience
- Suicide
- Covid-19
- Trauma



Skylight Support Library

The Skylight library stocks a wide selection of specialist support books and games for all ages. Its collection of picture story books continues to be heavily used. This financial year the number one used library book was an anxiety picture story book called "Maia and the Worry Bug". During the 2019/18 financial year the most used book was a bereavement book, titled "The Invisible String".

The Skylight library is a free service for lenders and books are posted nationwide or browsed and issued direct from the Wellington Office. There is just a small cost for users to return the books by post. The collections can be browsed through the web-app, accessed through the Skylight Resilience Hub. The specialist library grew steadily during the 2019/20 financial year with nearly 600 borrowers.



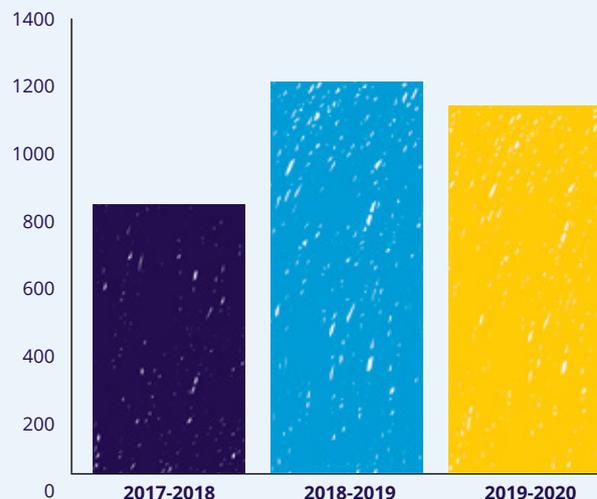
Resource Centre stats:

1128

e-packs were sent out



Number of E-packs delivered



The graph shows the steady demand for e-packs from the Resilience Hub and the huge jump from 2017/2018 to 2018/2019. Skylight developed a Covid-19 pack that was popular in Alert Levels 4 and 3, however the pandemic had a minor impact on numbers, as indicated.

E-pack feedback

"Thank you for the information. I have received the book and print outs by post as well. My daughter has already read the picture book and practising some of the suggestions already. I'll have a look at the material you have sent. I appreciate the prompt response".

(Mum of 8-year-old experiencing anxiety)

"Thank you so much for the information and for the researching of it for the families. I have worked with your information in previous jobs and have found it excellent. People who are stressed due to a new diagnosis or a trauma find the information easy to consider and something to guide them. Thank you again it will be well used".

(Cancer Care Nurse)

"Oh, my goodness; you guys are AWESOME!! Thank-you so much for this information. I will share it with the other Public Health Nurses and the schools we work with as well as the family I originally sent the email about. Thank-you soooooo much".

(Public Health Nurse during lockdown)

"Thank you for your speedy reply which I have ordered speedily from – I don't know whether I qualify for any discounts at all. I will discuss with my team tomorrow about further ordering – so many fabulous titles and the library service is wonderful".

(School Principal)

Counselling Services

The Skylight Counselling service has developed and grown over the past year to be responsive to the needs of tamariki, rangatahi and whānau.

The counselling team consists of 17 Contract Counsellors, including the recent addition of two clinical art therapists, working mainly with young tamariki and who regularly take school referrals.

The development, training and implementation of a new client management system has replaced the need for paper-based processes, increasing confidentiality. This has been welcomed by the team. Skylight was deemed an essential service during lockdown and having the opportunity to be a nationally responsive organisation has led to a diversification of service provision. Not only has the counselling service added phone and online options, but our expanded counsellor pool has meant we are able to offer clients language options including Te Reo Māori, Spanish, Afrikaans and German.

The graph bottom left shows the steady increase in demand for Skylight's counselling services over the last four years.

The graph bottom right shows client ethnicity across previous years. There has been an increase in those identifying as Māori.

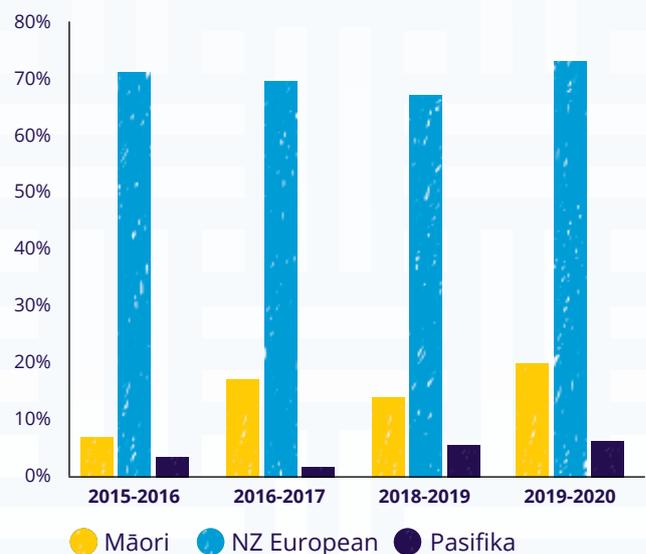
In the 2018/2019-year Skylight responded to support the Mosque attack in Christchurch. We were not able to meet the demand for counselling requests. Skylight entered into negotiations with our funders at this time and we were directed to withdraw our services for a month. This constraint impacted on our counselling numbers.

In 2019/2020 after 18 months of funding negotiations, we received our first contract funding in October, then in March. The Covid-19 pandemic then led to Alert Level lockdowns 4 and then 3. Despite these obstacles, Skylight has experienced an increase in the delivery of counselling sessions this financial year.

Number of counselling sessions



Ethnicity



Testimonials

The parental separation had a huge impact on 6 and 9-year old children. They were harbouring the feelings of guilt, loss, and grief and that showed in their behaviour as anxiety and anger. The parents were at loss as to how to support them. Both parents had different parenting styles and the counsellor applied psycho-educational knowledge to help them to support their children during these hard times.

The client was really struggling after her sister took her own life. The client blamed herself – she had only spoken to her a few days before and had noticed nothing wrong. She was missing her sister terribly and was finding it difficult to focus on work or connect with her children or her husband who was struggling with this. After counselling she was in a much better place – working through her grief enabled her to manage her workload and she was feeling more connected with her family.

A client from a rainbow community felt very isolated and unable to compare their life experiences with anyone they knew. They felt lost and alone on their journey and were doubting they can continue like that. The counsellor worked on their resilience skills, their strengths. This empowered them by showing they are actually a very strong and brave person.

The family witnessed the traumatic death of their child. They were looking for individual and family counselling. The feelings of loss and grief were unimaginable. They felt stuck in grief and unable to move anywhere from there. The counsellor worked with each family member and with the whole family, until they felt they can make at least a little sense of what happened and come to terms with their loss.

Importance of counselling to my family

“When my family first attended counselling, my eldest daughter was avoiding eating food and was disinterested in school and my youngest was having panic attacks before visits with her father. I was unsure how to help them deal with this difficult situation and the behaviours I was observing. Counselling has helped them and me understand what acceptable and healthy behaviours by others is. How to set healthy boundaries and how to cope when those boundaries are crossed. The children have learnt strategies to cope with their anxiety and we are working on changing self-defeating behaviour. They have learnt how to identify and express their emotions in healthy ways as well as understanding the importance of backing each other and sticking together. And most importantly working on self-confidence and self-esteem.”

The Healing process through separation

“What a journey myself and my children have been through in the past 3 years! I never could have understood the gravity and effect this had on me and my children, but as we continue to grow and heal there is a light ahead.

Fortunately, I was recommended Skylight as a way of moving forward and gaining guidance, as we all navigate our way through these difficult times.

What a process... Looking back, I can see where I have been and how much counselling has made such a difference, not only to myself but more so to my three children. The clarity and guidance given have helped not only me to become a better father but to reassure my children there is a way forward.

Thank you, Suzana & Skylight, for your help, as we continue to grow and move forward.”



Travellers

Skylight's Travellers programme is an in-school early intervention programme for rangatahi, to their build resilience, key life skills and enhance connections.

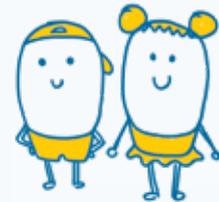
Travellers is an innovative education programme that enables rangatahi to learn the skills to cope with change, loss, and transition and to build their self-esteem and confidence, to face life's future challenges. The students take a Travellers well-being survey which is a measurement of hauora and encourages rangatahi to self-report on a variety of issues. This identifies those most at risk.

Originally developed for year 9 ākonga, year 8 and year 10 ākonga are also participating in the programme. Skylight has trained over 826 facilitators to run the programme in their schools. The programme is in its 18th year and currently more than 265 schools across Aotearoa, offer Travellers to their ngā ākonga.

76
new facilitators trained

15,479
students completed the wellbeing survey

10
new schools recruited



The Covid-19 pandemic had a huge impact on the delivery of this programme to schools. Alert Level 4 and 3 shutdowns meant this programme could not be run and facilitator training stopped until we could get trainers travelling safely across Aotearoa and gathering group sizes increased.

Waves Training and support programme delivery

Waves is an 8-week programme that aims to support those 18 years old and over who have been bereaved by suicide. The programme combines learning about suicide and bereavement, with group discussion and support. The group is facilitated by two facilitators. Skylight has a contract with the Ministry of Health to train facilitators to deliver the programme in their communities.

Before Covid-19 Level 4 lockdown, Skylight was running a Wellington programme and the facilitators had covered six sessions of the eight-session programme. At that stage it was likely to be the last opportunity for the group to meet in person, potentially for some time. The facilitators were keen to ensure that the group were involved in deciding what this would mean for them i.e. whether the two remaining sessions were completed via Zoom or wait until it was safe to do so in person. The group's strong preference was to wait and complete Waves in person, once we were in Covid-19 Level 2. They expressed a desire to 'meet' regularly via Zoom, to stay connected, continue to be supported and to support each other.

Using Zoom was a powerful learning to test its potential, as a way of facilitating support to those bereaved by suicide. Prior to this, we would have had concerns about the appropriateness and safety of running support groups this way. This has helped alleviate some of these concerns. There are of course, several safety issues that would need to be managed if you were to run a Waves group purely via Zoom. We do believe however, that this could be done successfully. The possibility of offering the programme to a much wider audience, i.e. to those who live in areas where Waves is not currently available, is exciting.

We would like to thank our dedicated trainers and all the facilitators who work voluntarily in their communities, to deliver the programme.

“Using Zoom was a powerful learning to test its potential, as a way of facilitating support to those bereaved by suicide”



Parenting through Separation

Skylight has been a provider of the Ministry of Justice funded Parenting through Separation programme in the Wellington Region since the inception of the programme. This free information programme is for individuals who have separated or who are contemplating separation. The programme helps them understand and manage the effects of separation on their tamariki and learn how to put their needs first.

The small group course creates a safe space that allows parents to share their experiences with others who are in a similar situation, in a supportive and confidential environment.

Participants receive information and resources on strategies for co-parenting with their ex-partner or other carer, reaching agreement on a parenting plan, and how to navigate the Family Justice System.

Skylight held 48 courses during this financial year, with regular courses held in Wellington CBD, Kāpiti Coast, Lower Hutt, Masterton, and Porirua. In 2019/2020, 275 people attended the Parenting through Separation course.



48

courses held during this financial year

275

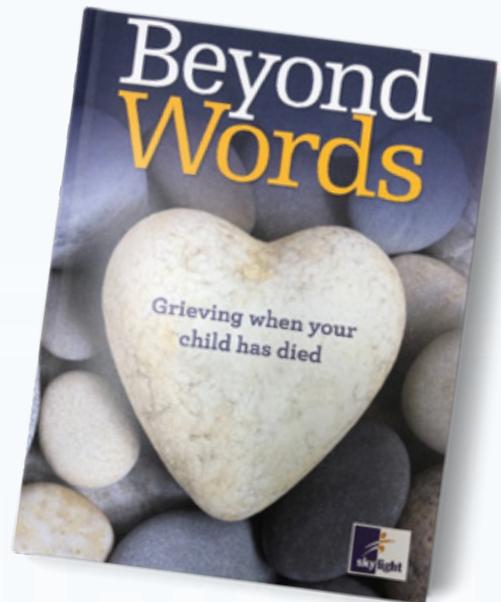
people attended the Parenting through Separation course

Heart Song

Heart Song is a facilitated support group for Wellington parents whose tamariki have died. Group members find support from other bereaved parents who understand this unique experience. It supports the parents to manage their situation, understand their grief and learn coping/resilience skills. Each group is professionally led and facilitated.

Heart Song provides a safe place for people to do the hard work of grief. Parents can externalise and process their feelings in a safe way. The support group builds a community for the attendees, giving them hope and the certainty of not being alone in this difficult process.

At Heart Song we also address issues for siblings and encourage the parents to be mindful of other siblings, to ensure they are not 'lost' or forgotten. This in turn, will prevent future issues for these tamariki.



National Sexual Violence Survivor Advocate Services

Skylight Trust oversees the National Contract for NSVSA on behalf of Louise Nicholas and her team. This team consists of two FTE and one part time administration position. The team covers Central North Island and National Advocacy.

Louise Nicholas, as the National Sexual Violence Survivor Advocate provides support services to those personally affected by sexual violence (victim/survivors and, where appropriate, their whānau and close friends).

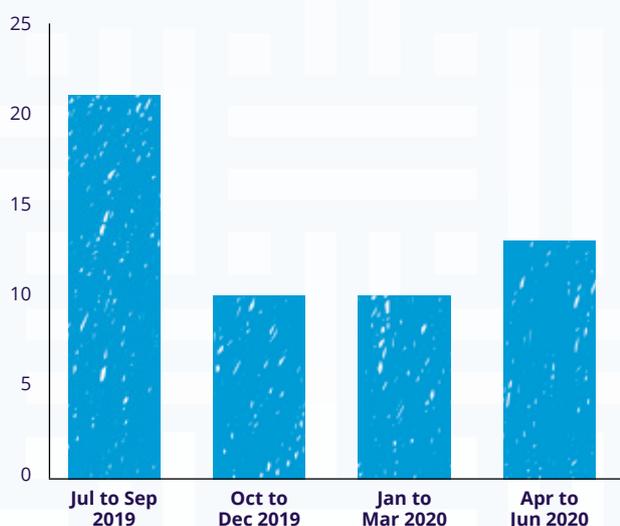
- Providing information to victims/survivors and their whānau
- Providing support services to victims/survivors throughout the criminal investigation and court processes

- Connecting victims/survivors to appropriate external support services
- Helping victims/survivors to access appropriate therapeutic support
- Helping victims/survivors access financial entitlements

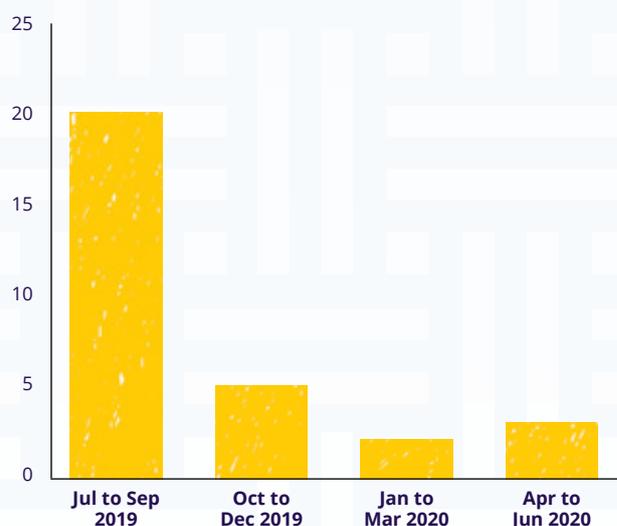
Court trials that the NSVSA team attend to support the survivors can last anywhere from one to ten days. There is no way to determine the length of time the trial will take, prior to its commencement. As the court sessions have been delayed due to Covid-19 lockdown and social distancing, this had an impact on survivors during this stressful time, as they await trials.

Statistics July 2019 – June 2020

New survivor intake numbers 2019 – 2020



Number of survivors in court 2019 – 2020



Survivor Experience

The NSVSA team received this verbal “thank you” from a police officer and a mum of two tamariki who were supported in June.

"I can't thank you guys enough for looking after my kids today. I wish I did listen to you when the judge said I can be in the room with my boy when he gave his evidence, and you said maybe that's not such a good idea as you may hear things that you have not heard before.....you were right I heard things that happened to him I didn't even know and I was getting really angry, so the tap on the knee from you when you noticed that, helped me keep it together, for the time being anyway...you and Sheryl are awesome"

We are now helping mum put together impact statements ready for sentencing at the end of the month.

The Officer in charge of this case was also grateful for our service. She said "I have recently transferred from Auckland and I am so impressed with how you guys do court support. I thought Auckland was good but you guys are amazing...I can't thank you enough, this helped me be able to do my job inside the court....I have several child abuse cases coming up can I call on you guys again?"

“I was getting really angry, so the tap on the knee from you when you noticed that, helped me keep it together”

Professional Development for Staff

In 2019 Skylight identified that the team would benefit from financial training. A funding request was submitted to the Lotteries Minister's Discretionary Fund. Skylight was awarded a grant for this training. The Trust engaged the Institute of Management New Zealand to run a full day of training on "Finance for non-financial Managers". The staff attended the training on the 23rd October 2019.

On completion of the training, staff had a very clear understanding and greater knowledge of the financial principles for a not for profit organisation. The feedback from the staff highlighted the excellent trainer, who tailor-made the delivery, making it real for Skylight by using the organisation's annual audited financial report. The financial exercises completed on the day, increased the understanding of the basic financial processes, cashflow, along with the consequences should cashflow not be watched closely. The training also highlighted the importance of keeping up to date and accurate records when monitoring budgets.

Skylight was also fortunate to receive Wellington Community Trust Lift Funding during this financial year. This funding is to support the professional development and capability of an individual staff member (or members) within an organisation. Skylight's CEO and Clinical Leader attended the "Delivering Mental Health Transformation in New Zealand" conference. Key themes throughout the conference were connected to the Government Inquiry into Mental Health and Addiction. Skylight also scheduled Child Protection Training and First Aid training for all staff and Contract Counsellors. Child Matters delivered the Child Protection full day session. This was excellent training in recognising child abuse and what to do about it. The First Aid training was delivered in an informative and entertaining way by St John. The facilitator kept us engaged throughout the day. It was very helpful to have a refresher and to be brought up to date with what is current and acceptable practice.



"It was very helpful to have a refresher and to be brought up to date with what is current and acceptable practice"



Skylight Trust **Financial Statements**

For the year ended 30 June 2020

Financial Statement

Statement of Comprehensive Revenue and Expenses

Skylight Trust

For the year ended 30 June 2020

Statement of Comprehensive Revenue and Expenses

Skylight Trust

For the year ended 30 June 2020

	NOTES	2020	2019
Revenue - Exchange		\$	\$
Core Service Delivery	5	292,981	386,450
Interest		247	394
Total Revenue - Exchange		293,228	386,844
Revenue - Non-Exchange			
Contract Income		1,140,522	1,002,344
Special Funding		74,683	269,409
Donations		19,368	24,966
Grant Income		30,124	95,342
Sponsorship		762	1,090
Other revenue	6	89,848	11,400
Total Revenue - Non-Exchange		1,355,307	1,404,551
Total Revenue		1,648,535	1,791,395
Expenses			
Administration Expenses		464,407	583,446
Depreciation and Amortisation		43,018	43,578
Publications Cost of Sales		21,776	29,914
Service Provision	7	930,920	884,636
Other expenses		103,066	67,218
Total Expenses		1,563,187	1,608,792
Surplus for the Year		85,348	182,603



Statement of Changes in Net Assets

Skylight Trust

For the year ended 30 June 2020

	Notes	Accumulated Surpluses \$	Flashlight Fund \$	General Reserve \$	Total \$
Opening Balance 1 July 2018		46,270	20,012		66,282
Net surplus for the year		182,603			182,603
Donations for Flashlight	19	(10,000)	10,000		-
Flashlight Funds Utilised	19	13,574	(13,574)	-	-
Closing Balance 30 June 2019		232,447	16,438		248,885

	Notes	Accumulated Surpluses \$	Flashlight Fund \$	General Reserve \$	Total \$
Opening Balance 1 July 2019		232,447	16,438		248,885
Net surplus for the year		85,348			85,348
Movement to General Reserves	19	(97,366)		97,366	
Donations for Flashlight	19	(14,438)	14,438		
Flashlight Funds Utilised	19	16,652	(16,652)		
Closing Balance 30 June 2020		222,643	14,224	97,366	334,233



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Statement of Financial Position

Skylight Trust

As at 30 June 2020

	NOTES	2020	2019
		\$	\$
Assets			
Current Assets			
Bank Accounts and Cash	10	532,705	195,665
Receivables from Exchange Transactions	16	17,050	12,928
Receivables from Non-exchange Transactions	16		56,120
Inventory	11	75,866	78,591
Total Current Assets		625,621	343,304
Non-Current Assets			
Property, Plant and Equipment	12	6,675	8,198
Intangible Assets	13	124,487	165,982
Total Non-Current Assets		131,162	174,180
Total Assets		756,783	517,484
Liabilities			
Current Liabilities			
Creditors and Accrued Expenses	14	119,216	99,014
Employee Costs Payable	17	54,884	51,520
Revenue in Advance	15	248,450	118,065
Total Current Liabilities		422,550	268,599
Total Liabilities		422,550	268,599
Total Assets less Total Liabilities (Net Assets)		334,233	248,885
Accumulated Funds			
Accumulated Surpluses		222,643	232,447
Reserves	19	111,590	16,438
Total Accumulated Funds	18	334,233	248,885

Signed for and on behalf of the Board of Trustees who authorised these financial statements for issue on

Date: 27 October 2020

Trustee /

Trustee



Statement of Cash Flows

Skylight Trust

For the year ended 30 June 2020

	2020	2019
Cash Flows from Operating Activities	\$	\$
Receipts from Donations, Sponsorship and Other Income	108,114	37,456
Contract Income and Core Service Delivery	1,714,418	1,654,859
Interest	269	372
GST Paid	(12,942)	(4,216)
Payments to Suppliers	(750,451)	(731,348)
Payment to Employees	(722,368)	(839,529)
Total Cash Flows from Operating Activities	337,040	117,594
Total Cash Flows from Financing Activities		
Cash Flows from Investing Activities		
Cash Flows from Purchase of Intangible Assets		(25,002)
Cash Flows from Other Investing Activities		
Total Cash Flows from Investing Activities		(25,002)
Net Increase in Cash	337,040	92,592
Cash Balances		
Cash and cash equivalents at beginning of period	195,665	103,073
Cash and cash equivalents at end of period	532,705	195,665
Net change in cash for period	337,040	92,592



Thank you



During the financial year end 30 June 2020, Skylight contracted with:

- Ministry of Education
- Te Puni Kōkiri
- Ministry of Social Development, Oranga Tamariki
- Ministry of Health
- Ministry of Justice
- ACC

Grant Funding and support

Community Organisations Grants Scheme (COGS)

– Auckland, Hutt Valley, Whitireia – These grants to community organisations help improve the quality of people’s lives in their communities. The grant funding received is used to either fully or partially subsidise counselling costs for people going through tough times. A grant to support intern placements was received from the Wellington committee.

InternetNZ – In 2018/19 Skylight received funding from InternetNZ to produce online content to extend the use and benefit of the internet. We produced a web series for upload to the Resilience Hub. It featured rangatahi Māori including takatāpui, sharing personal stories of how they have survived suicide, or lost a friend or whānau member to suicide. In March 2020 InternetNZ extended its commitment to the Resilience Hub by providing a grant to conduct an analysis on the Resilience Hub data, to measure its impact.

Wellington Community Trust – Lift Grant – Skylight staff members and Contract Counsellors were able to receive professional development training.

Winton and Margaret Bear Charitable Trust – A grant was received to hold a ‘Family Change’, tamariki support group. The group was facilitated by a professional Counsellor accompanied by an Art Therapy intern. The tamariki used art and group exercises to express their emotions and thoughts about their family situation.

Vodafone Foundation – Funding to produce a training package to increase the capability of meth-related support services and an e-learning kete of e-resources that parents and caregivers can access on-line.

One Foundation – A grant to improve Skylight’s office layout by making the resources more visible and improve accessibility to the library. We were also able to soundproof the counselling rooms to ensure client confidentiality.

Oranga Tamariki – Discretionary fund for Covid-19 impact on services. We received money to ensure our environment could be safely used under Covid-19 alert restrictions and for on-line support for our Contract Counsellors.

Sponsorship

New World Wellington City – Skylight really appreciates the support of the many shoppers who choose to support the ‘donate your docket’ to community organisations option, at this store.

Thank You to Donors

A huge thank you to **Skylight’s Regular Donors** – we really appreciate their continued generosity. Spontaneous donations were also received from many the New Zealanders throughout the year.

Generous donations were also received from **The Good Registry, BNP Paribas, SC Johnson, and Family for Every Child**, during this financial year.

These donations go towards the provision of clinical services and the Flashlight Fund to assist those who cannot otherwise afford Counselling.

Patrons

Skylight acknowledges and sincerely thanks Patrons Louise Nicholas and Judy Bailey.

Volunteers

Thank you to all the Skylight Volunteers. They are amazing, loyal, individuals who give their time and expertise to the organisation. We are so very grateful for their knowledge and generosity.

Contact

0800 299 100

Level 3
5-7 Vivian Street
Te Aro
Wellington 6011

PO Box 7309
Newtown
Wellington 6242
