



SKYLIGHT NEWSLETTER

April 2018

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RESILIENCE HUB DEVELOPING

WELCOME TO NEW PARTNER ORGANISATION JIGSAW WHANGANUI

Kia ora from Skylight

It is a busy time here at Skylight as we forge ahead building the Resilience Hub alongside maintaining excellence in our programmes and service delivery across Aotearoa. The collaboration and support from volunteers, organisations, government departments, and community as we build the Resilience Hub has been humbling. Together we achieve so much, thank you.

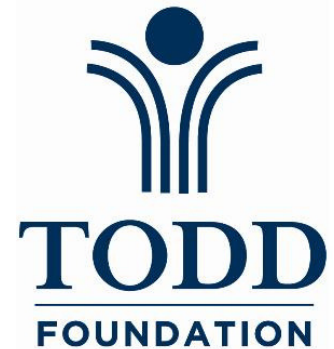
Recently I spent time with a group of young people in Rotorua for Skylight's Resilience Camp. It was an amazing opportunity to be able to offer a camp to a group of diverse young people, thanks to the generous sponsorship of The Warehouse, Region 5. Being able to provide opportunities for young people from different walks of life to connect with each other, to boost confidence, to try new activities and learn about and build on their natural resilience was an absolute privilege. Skylight looks forward to being able to offer more resilience learning experiences like this in the future.

I hope everyone had a relaxing and safe Easter break.

NGA MIHI NUI

Heather





The Resilience Hub

Skylight wants to express its appreciation and deep gratitude to all of our partners, sponsors, volunteers and supporters who are helping us along the journey of digital transformation. The Resilience Hub will provide children, young people, parents, caregivers, whānau and the community easy access to quality services, resources, and tools, through a range of digital channels; the right help at the right time, in the right way.

We wish to thank our tech-partner Rabid Tech, as we progress on our path of transforming 20 years of Skylight's experience and resources into the Resilience Hub. The creation of the hub means that resources and information will be more accessible to young people. The aim is for the Resilience Hub to provide innovative learning opportunities to improve well-being, behaviour, resilience and achievements for children, young people, and their parents and whānau.

The Resilience Hub

The Right Help at the Right Time in the Right Way

The Resilience Hub will have useful information for parents and caregivers who support our tamariki through various challenges. The Hub will also have new resilience resources that can be incorporated into school resilience programmes and learning opportunities.

The Todd Foundation is supporting Skylight to develop a Resilience web-series. Through personal interviews and documentary-style storytelling, Skylight and Film for Change Aotearoa are creating a web-series based on the power of resilience. The web-series will explore the narrative that youth, including Māori and Pacific Peoples relate to. Skylight will provide the clinical framework for the interviews, and Film for Change Aotearoa will professionally develop the content. This documentary web-series will provide the 'real voice' of youth in Aotearoa. Filming is currently underway.

InternetNZ is funding the development of digital webinars and trauma informed training modules that will be available via the Resilience Hub. After a tragedy strikes, there is an immediate need to respond and equip individuals and communities to deal with the ongoing challenges that trauma may present. Utilising Skylight's expertise, trauma informed training and educational modules are being developed so that they can be easily available to communities and individuals via our Resilience Hub. Once developed, communities will be able to receive timely information, and will be equipped to support each other when faced with tough times.

Through the delivery of more online training content Skylight will ensure individuals and communities have easy access to the tools to help get them through difficulties with the knowledge that they are able to handle whatever comes their way. This will mean that many communities will have a greater understanding of trauma, the impacts of trauma, and how to effectively support those impacted by severe trauma. The Right Help at the Right Time, in the Right Way.





Warehouse Resilience Camp - Building Confidence

As part of funds raised during Loss and Grief Week's 'Add a Dollar' campaign with our regional sponsorship from The Warehouse; Skylight was able to offer a Resilience Camp for youth from Rotorua, Tauranga, Gisborne, Napier, Taupō, Tokoroa and Whakatane.

Television celebrities Sala Tiatia and Lee Den Haan from Survivor New Zealand made the camp an unforgettable experience. One of the highlights being the 'Survivor Challenge' where the attendees built rafts and raced them across a lake. Our teams broke the camp record for both rafts making it there and back without falling apart. This was a first for Lakes Ranch!

Camp organiser Chelsey Reid said, "The new experiences and activities for the campers were amazing, but the best thing was the connections that they made with each other."

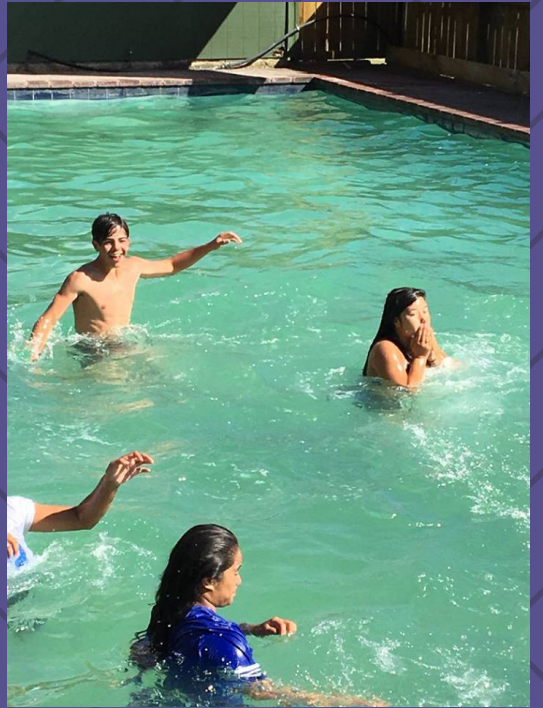
Whakawhetai koe
THE WAREHOUSE

Partnering with
you for a
better
community



the warehouse //
where everyone gets a bargain

RESILIENCE CAMP 2018





Youth Advisory Group

At the end of last year Skylight established a Youth Advisory Group (YAG) to ensure the voice of youth was at the centre of the Resilience Hub. This group that meets monthly has made a huge positive impact on the development of the Hub, advising on the Resilience web-series, and helping out at the recent Resilience Camp in Rotorua. Skylight would like to introduce you to two of the YAG members Rose and Mana.

Meet Mana Williams-Eade

Mana is a twenty year old student at Victoria University from Blenheim. Mana is a dynamic young leader who sits on the board for VOYCE - Whakarongo Mai, who stand up for the Voice of the young and care experienced. After university Mana is interested in becoming a policy analyst for Oranga Tamariki - Ministry for Children in the future. Mana is also extremely grateful to be involved in Skylight to help young people walking through the trials of grief, loss and trauma having experienced the loss of his brother during his childhood as well as growing up in state care.

When asked what the golden rule to life was Mana replied, "Never try to be better than anyone else."



Meet Rose Ahern

Rose is a sixteen year old student from Wellington Girls' College. Rose has a passion for photography, design and cinematography, recently winning an award for one of her photography pieces. After Rose is finished with college she plans to studying creative design at Yoobee. Rose is a graduate from Skylight's school based resilience programme Travellers. Rose has a strong commitment to making positive changes for young people and has a wisdom far beyond her years. Thank you for your support Rose.

When asked what the golden rule to life was, Rose answered, "Honesty, loyalty and trust, will get you far in life."





Youth Leadership High Tea at Skylight

Having won our Skylight High Tea at auction Uma Mukherjee from Shakti Women's Refuge kindly gifted the High Tea to celebrate youth leaders in the community. It was a lovely affair with delectable treats, fine teas and posh china. It was humbling to hear from Shakti Women's Refuge about the critical work that they provide to the community.

Young leaders from the community attended representing:

- * Rainbow Youth
- * Wellington Girls' College
- * Inside OUT
- * New Zealand AIDS Foundation
- * The Boys and Girls Institute
- * Shakti Youth



Skylight Welcomes Jigsaw Whanganui

Skylight is delighted to welcome Jigsaw Whanganui to our network of partnered organisations throughout Aotearoa. Jigsaw Whanganui is a professional team working with families' strengths, resources and hopes – to be the best for their children. Supporting children and families in Whanganui, Rangatikei and Waimarino. Jigsaw's kaupapa is building hope, well-being, building parenting skills, stopping violent and abusive behaviours, understanding feelings, helping children to thrive by helping to create confident and proud parents who enjoy their families and children and have fun.

Jigsaw Whanganui services include:

- Emergency Phone Support
- Intensive home-based Social Work support for families under stress
- Young Parent Support
- Programmes for Parents
- The Incredible Years
- The White Water Years
- Anger Change for Mothers
- Social Workers in Schools SWiS
- Family Violence Integrated Services Project



To get in touch:

Street Address: Suite 10, 236 Victoria Ave, Whanganui

Mailing Address: PO Box 4295, Whanganui

Phone: +64 6 345 1636

Email: admin@jigsawwhanganui.org.nz





THE BREAKER UPPERERS

Skylight Fundraiser Movie Night -

Join Skylight for a special fundraising screening of *The Breaker Upperers* at 6pm on Wednesday 9 May at Lighthouse Cuba (Wigan Street). We're honoured to have one of the cast, Officer O'Leary to introduce the film.

Breaking up just got easier. Two best friends run a business breaking up couples for cash but when one develops a conscience their friendship unravels.

Taika Waititi presents *The Breaker Upperers*. Written, directed by and starring Jackie van Beek (*What We Do in the Shadows*) and Madeleine Sami (*Sione's Wedding*), featuring many familiar faces including James Rolleston (*Boy*), Australian comedian Celia Pacquola (TV's *Rosehaven*), Rima Te Wiata (*Housebound*), Cohen Holloway (*Hunt for the Wilderpeople*) and Karen O'Leary (*Paranormal Event Response Unit*, *What We Do in the Shadows*). From the producers of *Hunt for the Wilderpeople* and *Boy*.

Tickets \$25 available by clicking here





Entertainment Book 2018/2019

A great way to support Skylight's work building resilient children, families, whānau and communities. \$65 each. These books give over \$20,000 value with thousands of up to 50% off and 2 for 1 offers from hotels, restaurants, activities, travel and more...

To order your book or digital membership by clicking here



Or call in to our reception.

Skylight receives 20% for every book or digital membership that we sell.

Upcoming workshops and Training



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Children and Young People's Grief Half Day Workshop

Date: 24 May 2018

Time: 9:30am – 12:30pm

Venue: Upper Hutt Cosmopolitan Club, 11 Logan Street, Ebdentown, Upper Hutt

Cost: \$95

Children and young people grieve quite differently than adults. This evidence-based workshop will help those working with, or supporting, grieving children, young people and their families/whānau, to better understand and support their grief needs.

This workshop will cover:

- What research tells us about the grief characteristics and common responses to grief for children and young people at various ages/stages
- How best to talk about loss and grief with children and young people
- Practical approaches to working with and supporting grieving children, young people, and their families/whānau.

At the end of this workshop, participants will have a greater understanding of:

- How grief presents at various ages/stages
- The differing support needs of children and young people at various ages/stages
- A range of practical ideas, tools and resources to help effectively support grieving children, young people and their families/whānau.

Facilitator: Shelley Brunskill-Matson (BA (Hons) Psychology)

Shelley Brunskill-Matson is a passionate trainer, speaker, researcher and author who specializes in grief, trauma and suicide-loss. With over 20 years coaching and training experience, Shelley is well-connected within the grief and suicide-bereavement community. A facilitator of the WAVES programme, a psycho-educational programme for adults bereaved by suicide, Shelley is currently completing her PhD looking at the care and support experiences of young people bereaved by suicide. She has a keen interest in educating and empowering adults on how best to support children and young people after a loss of someone close to them. Shelley provides specialist training through her own private training practice, Victim Support and Skylight Trust.



This workshop is aimed at professionals working with, or supporting, grieving children, young people and their families/whānau; including guidance counsellors, school chaplains, child or youth workers, teachers and social workers.

Registration is essential.

To register, please send your name, organisation, and contact details to pd@skylight.org.nz

The Right Help at the Right Time in the Right Way

Parenting Through Separation



A FREE 4-hour information programme designed to assist individual parents who have separated or are contemplating separation

Parenting Through Separation (PTS) aims to:

- Identify children's needs and their individual experience of separation
- Provide tools and information to help parents support their children and make the best arrangements for them
- Offer information on the legal and support systems available
- Create an opportunity to share ideas & experiences with others in a safe and confidential environment

Next month's Skylight PTS programmes will be held in:

LOWER HUTT: 7 April

PORIRUA: 14 April

WELLINGTON: 17 & 24 April

MASTERTON: 21 April

Courses are also offered in **Kapiti** throughout the year.

To enrol or for more information contact us:

0800 299 100 | info@skylight.org.nz

Helping people through tough times...

Children's Safety Programme

For children and young people who have witnessed or experienced domestic violence

The aim of this programme is to help your child/children to make sense of their experience of witnessing/experiencing domestic violence. Helping them to understand "violence is not ok" and supporting them to externalise and process their feelings in a safe way is the

The initial safety planning sessions are undertaken with you and your child. Then your child can attend up to 10 Supporting Safety sessions which can be run as an individual, sibling or group programme. The programme will be tailored to what works best for your child/children.

Please note: The cost of this programme can be covered by the Ministry of Justice if there is a current Protection Order in place.



Helping people through tough times...

Upcoming workshops and events

WAVES

This 8 week programme combines learning about suicide and bereavement with group discussion and support. The group is facilitated by two trained facilitators and supports members to:

- meet and share with others who are also experiencing the impact of suicide
- provide a safe, supportive environment to explore aspects of their grief and reduce isolation and stigma associated with bereavement by suicide
- gain information and strategies about how to care for themselves and others (including children and young people) after a suicide
- adjust to living with loss and moving through

Wellington Waves programme - places still available please email:
jenny@skylight.org.nz

TRAVELLERS TRAINING

Taranaki 8th -- 9th May

Invercargill 22nd – 23rd May

Contact the Travellers team to find out more about Travellers or to book a training in your region travellers@skylight.org.nz