



# Meri Kirihimete

## Skylight Reflects on 2017

In March 2017 the Skylight Trust Board held their Strategic Planning meeting with the management team attending. A new direction was set, “Be Bold and not beholden!” Many a raised eyebrow and excited glance flew around the room that day!

For many reasons 2017 has been one of the most challenging years so far for the organisation. As leaders in resilience training we know how to dig deep and not give up. Out of the year fraught with challenges grew the idea of the “Resilience Hub”.

We are so happy to be able to forge this path ahead and delighted about the support and encouragement we have received from partners, other NGOs, government agencies and philanthropic trusts.

The Resilience Hub will help address many of the issues facing young people today and provide access to **the Right Help, at the Right Time, in the Right Way.**

*Heather*

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### HOW TO GET THROUGH THE HOLIDAYS

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### SKYLIGHT'S CLOSURES OVER THE BREAK

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### SKYLIGHT CELEBRATES THE TODD FOUNDATION AND INTERNETNZ

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### HEATHER HENARE RECOGNISED AS A LOCAL HERO

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# Ministry of Education funding Skylight Resilience Hub

Skylight is delighted to announce that the Ministry of Education is supporting the organisation to create the new Resilience Hub.

The Ministry saw the potential in transforming Skylight's 20 years of experience and resources into a hub that will be more attractive and accessible to young people.

The hub will also have useful information for parents and care givers, and resources that can be incorporated into school resilience programmes.

Indirect outcomes of this project are hoped to lead to improved well-being, behaviour, resilience, and achievement for children and young people.

The project 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 where and when they need support.



## Work underway with Rabid Tech

Skylight and Rabid Tech are partnering to create the Resilience Hub. Rabid Tech are our wonderful tech partners and we are very excited about embarking on this digital journey together.

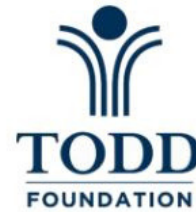
## CEO Heather Henare recognised as hero

Chief Executive Heather Henare has been awarded a local hero medal at the Kiwibank New Zealander of the Year awards for her work helping families and children through tough times.

Heather was awarded her local hero medal at a ceremony at the Beehive December 5.

Heather Henare is acknowledged as someone who never shies away from the hard stuff, like working to stop child abuse and family violence and helping children and whānau recover from trauma.





# Todd Foundation funds web-series for Resilience Hub

In partnership with Film for Change Aotearoa the Todd Foundation has approved funding for an exciting new digital resource. The 'Resilience web-series' will be launched as part of the Resilience Hub.

Through personal interviews and documentary-style storytelling, Skylight and Film for Change Aotearoa will create a web-series based on the power of resilience. The web-series will explore the narrative that youth, and Māori and Pacific people relate to. Skylight will provide the clinical framework for the interviews, and Film for Change Aotearoa will professionally develop the content.

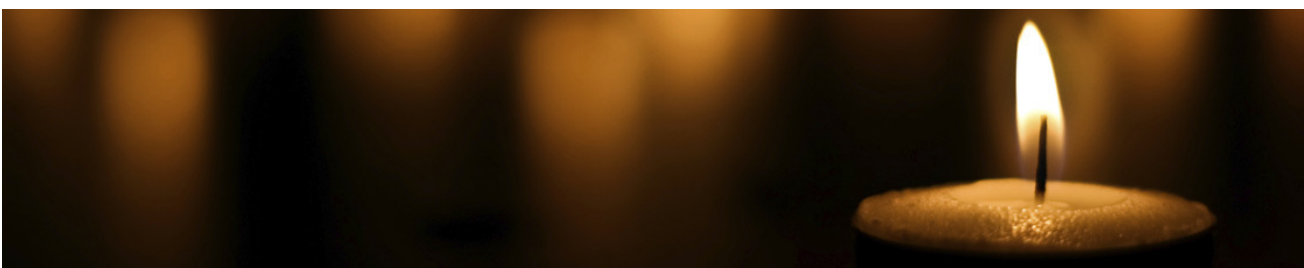
This documentary web-series will provide the 'real voice' of youth in Aotearoa. Filming will be underway in March.

## Surviving the holidays when you are grieving

Christmas can be an especially tough time for anyone facing change, loss and grief. This year in particular there have been concerns expressed about the number of children experiencing poverty or emotional distress, who are asking Santa for basic necessities or happier families, rather than the usual requests for toys.

Christmas is a time when there can be reminders of how things have changed and of the people, places or events that are missed. It's normal to have many mixed emotions during the holidays, particularly when going through grief, stress or change. This is a time to make sure you care for yourself – eat well, drink water, get some exercise, get enough sleep and rest.

Holidays and special times do present unique challenges for those experiencing tough times.



# InternetNZ funding webinars and training



In more good news, InternetNZ has agreed to fund the development of webinars and trauma informed training modules that will be available through 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 to develop trauma informed training and educational modules that can be easily available to communities and individuals. These specialised training modules will be accessed 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 this online training Skylight will ensure individuals and communities are easily equipped with the knowledge and tools to help get them through dark places and the knowledge that they are able to handle whatever comes their way. This will mean that many communities will have a greater understanding of suicide, suicide bereavement, how to support those bereaved and experiencing grief. The Right Help at the Right Time, in the Right Way.



2017

## HAPPY HOLIDAYS!

THANK YOU FOR A WONDERFUL YEAR!

WE COULDN'T HAVE DONE IT WITHOUT YOU

From all of us at  
*Skylight*

*Skylight's offices  
will be closed*

*4.30pm Friday  
22 December, 2017*

*and reopen*

*8.30am Monday  
January 8, 2018*