



SKYLIGHT NEWSLETTER

OCTOBER 2017

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THANK YOU VERY MUCH TO OUR LOSS & GRIEF WEEK SPONSORS & SUPPORTERS

WHAT IS RESILIENCE?

HE TAI PARI THE RISING TIDE BOOK REVIEW



Kia Ora Whānau

There is hint of summer out there and the holiday season is just around the corner!

Over the last few months Skylight has been learning about its own resilience, and looking at how we can deliver better services. We hosted Loss & Grief Week and linked with number of significant events happening around the country. I personally want to thank everyone who contributed their time, skills and support to this week. We couldn't do it without you.

Last month we had the pleasure of attending the Bay of Plenty Regional Warehouse event in Taupo. The Warehouse has done such an amazing job of fundraising for Skylight. There are now Skylight books being trialled in three of the Warehouse stores in that region. We are very grateful to Levi Glasgow who facilitated this happening and for the support of their National Office.

We end this month entering into an exciting new partnership with the Ministry of Education for the development of the Skylight Resilience Hub. This journey began at our strategic planning day with our Board, management team and long-time supporter Chris Bowden. We talked about the hard stuff, the gaps and the opportunities around the issues impacting children, families, whānau and communities. It was clear we need to be bold and think outside the box to find innovative and efficient ways to engage with the wider community. With the support of Karen Clarke we recognised that working as a team brings us strength to overcome challenges and, strive for better outcomes and that working collaboratively with others we can achieve better results.

The Resilience Hub is a collaborative three-year project developing easily accessible rich digital online content and services. It is transforming Skylight's resources and services to meet the needs of communities throughout Aotearoa. It is about reframing what we do while ensuring the inclusion of hard to reach communities and that people affected by loss, grief and trauma know where to go and they can access the right help at the right time in the right way.

Heather



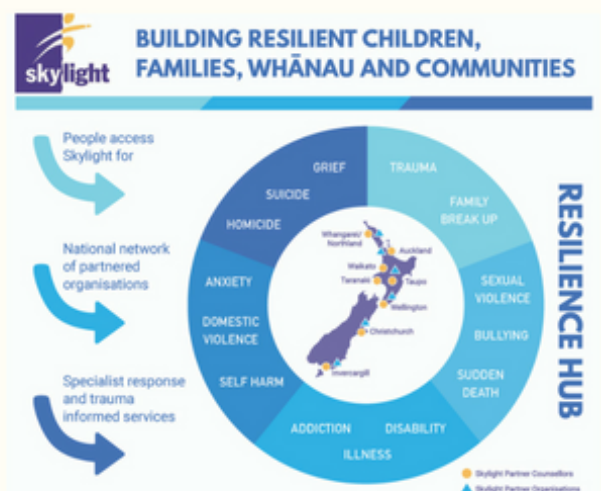
What is Resilience?

Resilience is the capability to adapt and to 'get on okay' in difficult situations and adversity - the bounce back factor

- Resilience is ordinary, not extraordinary- people commonly demonstrate it - it doesn't mean resilient people don't get stressed or in difficulty, or that they don't ever make mistakes -it means they are able to manage and come through it all
- Resilience building is a process that's ongoing - it involves attitudes, perspectives, thoughts, actions and behaviours that can be learned and developed - it involves taking many small steps
- Levels of resilience will reflect the personality, background, culture, gender, environment and experiences of each person - no matter their age or stage
- Developing resilience is a personal journey- everyone's different- people will use different strategies and will have different influences in their lives
- The resilience skills and attitudes we need are most often learned as we watch them role modeled by those around us in our families and communities - without this role modeling our resilience is less developed
- Resilience research has identified a combination of factors that contribute to resilience in a person's life - despite any cultural or other differences, the most important, fundamental factor of all is having positive, trusting, supportive interpersonal relationships.

Ministry of Education & the Resilience Hub

Together with the Ministry of Education we are delighted to announce that the work of establishing the Resilience Hub is under way. This huge piece of work that is part of a three year strategy for Skylight. Many thanks to the team in the Ministry of Education who have supported us over the past few months.



606 Shoes at Parliament

Some 606 pairs of shoes, each representing a Kiwi lost to suicide, sat on the lawn at Parliament on World Suicide Prevention Day, Sunday 10 September. A hundreds-strong crowd gathered to hear story after story of people who had lost husbands, sisters, brothers, daughters, sons and friends to suicide in New Zealand.

Chris Bowden, a suicide expert from Victoria University states that "Suicide survivors are at increased risk of developing adverse physical and mental health reactions including prolonged grief disorders, PTSD and complications to pre-existing health problems, increased risk of suicidal ideation, behaviours and attempts." Bowen says if we look at suicide purely in monetary terms, a 2002 New Zealand study found the 460 suicides that occurred that year cost a total of \$2,931,250 with a single suicide around \$448,250.

"Based on that estimate, last year's suicides would have cost New Zealand over \$271 million. Without even taking the huge emotional and social costs into account, is the Government prepared to pay out that amount of money every year to help fix broken people?"

"The Government's intentions are good in the Suicide Prevention Strategy, and Health Minister Jonathan Coleman is right when he says the Government doesn't control all the levers to reduce suicide rates, but the actions in the strategy and "raising awareness" simply aren't enough for addressing the challenges that organisations like Skylight work with every day," says Heather Henare from Skylight Trust.

Active prevention starts with support for families and communities that have been bereaved by suicide. Programmes like Skylight's "Waves", are effective and accessible as not only a therapeutic tool, but also as a prevention tool.

"By participating in Waves, the risk of new suicides reduces dramatically because of its timely support and resilience building within the participants and in the community."

Today there are 180 facilitators trained but the programme cannot be delivered where it's needed due to lack of funding, leaving vulnerable and high-risk communities without needed support.

"By widening the delivery of programmes like Waves, New Zealand could slowly reduce the suicide rate ultimately down to zero.

Without the support of the government and our donors, non-governmental organisations such as Skylight can only do so much. This is a national crisis – people are hurting, they need help and most of the time help is not there. Not because it doesn't exist but because there are not enough funds to reach everyone."





The Warehouse & Skylight Trust

Last month Skylight was invited to attend the Warehouse Region 5 conference. The theme was horror and it was quite a spectacle. Warehouse Chief Executive Officer Pejman Okhovat was in attendance along with the enthusiastic and energetic teams from the region. After the awards section of the night the region hosted a charity auction for Skylight, raising over \$10,000 dollars.

Skylight has been the regional sponsorship partner for the past three years. In this time the Warehouse has raised hundreds of thousands of dollars. It has been an absolute honour to be part of this relationship and has meant that we have been able to deliver training, resources and support to Gisborne, Napier, Whakatane, Hastings, Taupō, Rotorua, and Tauranga schools and community groups that support children and youth through tough times. Skylight wishes to especially thank Levi Glasgow who has been an absolute champion for our kaupapa.

The Warehouse has undergone a new transition as the Blue and Red stores have merged. The new configuration has meant that the Warehouse are not continuing their regional sponsorship programme any longer. Currently three Warehouse stores are trialing Skylight books in their stores. This is an exciting development. Watch this space!

Skylight is so grateful to have been part of this incredible sponsorship relationship.

Skylight

Dinner and Fundraising Auction



Beautiful Night at WelTec

by Stephanie Garvey

It was a lovely evening for Skylight's annual Dinner & Fundraising Auction. Celebrity hosts Polly & Grant made the evening exceptionally entertaining and a huge success. Weltec provided an excellent venue with superb service and food.

Some of the exciting items for auction this year was a night at the Museum Art Hotel QT, and a two-night ski getaway at Ohakune.

Live music was provided by Sydney Jane whose acoustic set was a bluesy folk mix of a bit of everything.

Skylight wants to thank all of the kind and generous donors and bidders who made the evening a successful, hilarious and super fun event.

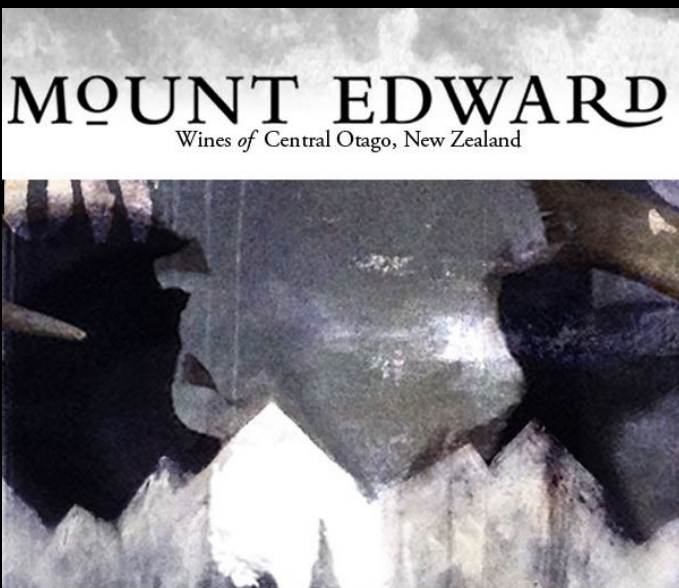
THANK YOU

TO OUR FANTASTIC
SPONSORS & SUPPORTERS,
Celebrities & Artists



THANK YOU

TO OUR FANTASTIC
SPONSORS & SUPPORTERS



**City
Gallery
Wellington**



Loss & Grief Talks at City Gallery

This year Skylight hosted Gold Coin Loss and Grief talks during Loss and Grief Awareness Week 2017. Skylight was fortunate to receive sponsorship from the Wellington City Council to hold the event at City Gallery Wellington.

Around 40 people attended the talks, which were on a range of topics.

We had a variety of experts speaking at different times during the day. Tricia Hendry spoke on 'how to support someone who is grieving'. Dr Lynne Russell spoke about suicide bereavement, her personal experiences and how that impacts on community and whānau. The fabulous team from InsideOUT presented on some ways LGBT youth are impacted by loss and grief. Chris Bowden from Victoria University spoke about men and grief and Vanessa Eldridge from Mary Potter Hospice, presented on the end of life journey, with a tikanga Māori perspective.

Feedback from attendees was overwhelmingly positive. Skylight hopes to build on this event and develop the kaupapa for the 2018 Loss and Grief Awareness week.

Survivor NZ Celebrity Lunch in Christchurch

Fan Favourite, Skylight Celebrity Lunch participant and Otautahi Youth Worker Sala Tiatia, enjoyed his celebrity lunch at Speight's Ale House in Ferrymead. The sun was out for a great day, raising money for a great cause.





Emily enjoying her Celebrity Lunch at Capitol



Lovely winner Emily Slater, award winning chef and restaurateur Tom Hutchinson, and radio personality and delightful human Polly Gillespie are all smiles for the Celebrity Lunch.

The menu was superb prepared by Tom and his chefs at Capitol Restaurant in Wellington. Thank you to everyone for supporting Skylight.



Judy Bailey sets a record for Skylight!

Skylight Patron and Mother of the Nation Judy Bailey's lunch auction went for a staggering \$1,800!

It was a nail biter right down to the end with a ferocious bidding war.

Thanks for supporting the Trade Me Celebrity Lunches! An amazing result! Ka Pai!

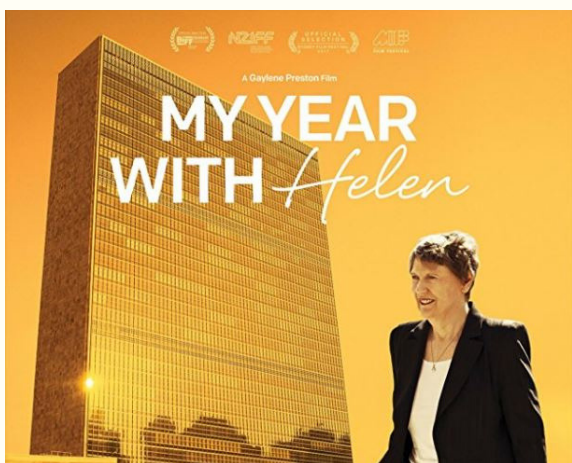




Ka Pai New Zealand Rugby!

The New Zealand Rugby Union donated a 2017 Lions Rugby Tour All Black jersey to Skylight Trust to raise funds during Loss and Grief Week. Skylight Patron Louise Nicholas secured the lauded black jersey through a working relationship formed last year with rugby union Chief Executive Steve Tew.

The framed jersey came complete with a list of the signatures from all 33 players, and the signatures of Head Coach Steve Hansen, Assistant Coach Ian Foster, and both Managers Darren Shand and Gilbert Enoka! The jersey was sold on Trade Me to a very happy bidder.



Movie Fundraiser 'My Year with Helen'

September 5 Skylight was able to secure the sought after 'My Year with Helen'.

Since the screening there has been a discussion with Helen Clark about making a five minute video clip about resilience for Skylight.

Watch this space!

SSPA CONFERENCE 2017
4-5 SEPTEMBER
TE PAPA WELLINGTON

Beyond Boundaries, Kei Tua o Pae

by Caroline Speight

Skylight recently attended the Social Services Providers Association Conference at Te Papa. We talked about Skylight's start in Newtown more than 20 years ago through to where we are now in Vivian Street and covered some of the different challenges and achievements we have had along the way. Other's could relate to many of our experiences and found that what we have learnt was worth considering when they are in similar situations. Our experience of focusing on partnering with counsellors and community organisations around Aotearoa has been really worthwhile as more people in different communities are now able to get the right type of support when they need it.

Judge Andrew Becroft from the Children's Commission was a key note speaker. He spoke strongly about how important it is for the voice and experiences of children to be sought out and valued by government agencies as well as organisations providing support to young people when we are developing, implementing and evaluating services. Children make up 24% of New Zealand's population, and this group is largely unable to influence decisions made about and for them.

Those of us in NGOs working with young people need to make a conscious effort to seek the feedback and opinions of the children using our services. Judge Becroft referred to the United Nations Convention on the Rights of the Child and gave suggestions of how to engage with children. Another group presenting at the SSPA Conference were VOYCE - Whakarongo Mai, the Voice of the Young and Care Experienced. This group advocates for and believes that children and young people in care need to be heard and their voices kept at the centre of all the decisions made about them.



Skylight's promotional stall at the SSPA conference

Caroline Speight (Skylight Contracts Manager) and Lisa Reynolds (Skylight Programme Coordinator) talk about the Skylight resources with a conference attendee.



Resource Centre Book Reviews

He Tai Pari The Rising Tide

By Jenny McIntosh

Rising Tide is a very readable kiwi tale about a 10-year-old boy called Ari, who carries a secret. He lives in a constant state of anxiety as he tries to keep his secret from being discovered, both at school and at home. His belief that he is the only one who suffers from this issue combined with his shame stop him seeking help. It also keeps him somewhat closed off from those around him – his family, friends and teachers. He looks up to his father, who is the regarded as the town's best mechanic and to his koro, who he loves dearly and doesn't want to let either them down.

One day, a crisis occurs, that leads to the possibility of his secret being discovered. Holding the secret becomes more difficult and Ari becomes more desperate and isolated from his family. The crisis becomes the catalyst for the secrets to be shared and a strategy for the family to move forward.

This book is for children in years 5 – 8 and is available in both English and te reo Māori. It includes lesson plans for schools and exercises for parents to use the book to challenge deep seated self-beliefs which give rise to worry and anxiety, and create a new story for the future.

Rising Tide is available for loan from the Skylight library, as are Maia and the Worry Bug and Wishes and Worries, which also address issues of worry and anxiety in children and are published by Kotuku Creative.





Millwood Press & The Wellington Children's Bookshop
invite you to the launch of the book

The Gift Horse

by Sophie Siers and illustrated by Katharine White

Guest speaker: Heather Henare from Skylight

6 pm Tuesday 21 November 2017

The Wellington Children's Bookshop, 26 Kilbirnie Plaza, Kilbirnie.
Entry at 10 Rongotai Road, car parking available.

VP judy.siers@millwood-heritage.com or telephone 04 934 6334.



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 an important focus of this programme.

The initial safety planning sessions are undertaken with you and your child. After this, 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.

For further information or to register –
email info@skylight.org.nz or call 0800 299 100



Helping people through tough times...

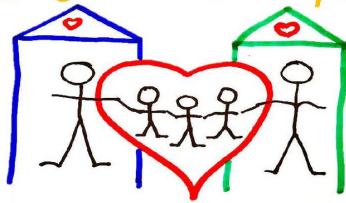


An illustrated junior story that explores the stages of grief. It is the personal journey of Olivia coming to terms with her mother's death. The plot unfolds through her healing process. This is a book written for children, but will have resonance to all who have lost someone they love.

32 PAGES, FULL COLOUR, \$20.00.

And to celebrate the arrival of three new books by Sophie Siers,
Do you want to gallop with me? and
Rosie Joy – Here, There and Everywhere, illustrated by Judith Trevelyan
and *Arlo and the Ginkgo Tree* illustrated by Kate Twigg.

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 & 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; and
- Create an opportunity to share ideas & experience with others in a safe and confidential environment.

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

LOWER HUTT: Saturday, 4 November

PORIRUA: Saturday, 11 November

WELLINGTON: Friday, 17 November

MASTERTON: Saturday, 18 November

For information on programme dates & venues:

www.skylight.org.nz

To enrol or more information contact us:

0800 299 100 | info@skylight.org.nz

The Right Help at the Right Time in the Right Way

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- Create an opportunity to share ideas & experience with others in a safe and confidential environment.

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

PORIRUA: Friday, 8 December

WELLINGTON: Tuesday, 12 & 19 December

KAPITI: Saturday, 16 December

We also offer courses in *Lower Hutt* and *Masterton*.

For information on programme dates & venues:

www.skylight.org.nz

To enrol or more information contact us:

0800 299 100 | info@skylight.org.nz

The Right Help at the Right Time in the Right Way