



# SKYLIGHT NEWSLETTER

JUNE 2017

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## Kia ora koutou katoa

With the winter chill hitting us and Matariki lighting up the night sky, the Skylight Team has been taking stock as well as battling winter bugs. Skylight has a resilient team of people, and we were able to push past it and everyone has returned to work a clean bill of health.

As an organisation, we are surrounded by such amazingly skilled people who are not here just to do a job, but are here because they are passionate and committed to the kaupapa. These people make up the Skylight Team and together we are providing essential services for people who are working through tough times.

This week we welcomed Jigsaw Whangarei to the Skylight partnership network. We look forward to working with Jigsaw to build resilient people and communities in Northland. Skylight now has an extra 12 contract Counsellors and a number of partner agencies throughout New Zealand as part of our national strategy to partner with and support those working in communities.

Every day, as CEO, I look around me at the fantastic team of people we have at Skylight, not just the staff, but also our facilitators and trainers who deliver Skylight programmes, and feel gratitude. Together we continue to grow our reach and build on developing community capacity to work with grief, loss and trauma.

**"Teaching resilience is at the heart of everything Skylight does. The skills that kids learn today can help them build brighter futures with better long-term outcomes."**



# CEO UPDATE

Skylight has also been working through tough times. Like many organisations in the community sector, providing services within a contracting environment that for many years has had little or no increases from government funders to cover the costs that have risen, managing the bottom-line has been a challenge.

Fortunately, with Skylight's history of being an organisation that teaches and delivers resilience programmes, we have managed to work through this and come out the other side, stronger than before. Skylight has been able to work positively with funders and we now have all our contracts confirmed and some possible new contracts for 2017/2018 and a positive projected cashflow. A big thank you to all of those who helped and supported us in getting there.

One of the contributing factors to our successful turnaround is Skylight's new strategic direction. The direction has been set in collaboration with the Trust Board and staff and developing it has been an exciting process. Skylight Trust has gone through significant change over the last two years. Making Skylight relevant, involves a digital transformation, which is a big part of our new strategy as we build our resource centre and establish a resilience hub. You can read more about this in the newsletter.

On a more serious note, Skylight Trust has had a significant increase in information requests and referrals regarding suicide. Recently like many, we consider this is a conversation that requires much greater input and a robust plan. As a service provider, we have actively taken part in the Suicide Prevention Strategy feedback process that has been set up by the Ministry of Health on behalf of Minister Coleman. Although this strategy will hopefully provide some long-term solutions, the immediate demand and obvious increase in suicide statistics needs to be of national interest and concern.

Over the next month we are planning our Loss & Grief Week. This year's theme is concentrating on "A Grieving Space". With several events planned, and various communities across Aotearoa organising local events it's looking to be an exciting week. See our Facebook page or website for more updates or to register an event. Building resilient people and communities requires a collective plan.

Skylight Trust is one part of that plan. Our success would not be possible without our funders, our amazing partners, our dedicated teams, and the people to whom we serve.

Ngā Mihi  
Heather



Jenny McIntosh

Gaayathri Nair

Ariella Moscoso-Lira



Caroline Speight

Anne Bristol, Deb Ferrere,  
Chelsey Reid (front)

Maria Lloyd

# WELCOME TO THE RESILIENCE HUB

*Skylight announces plans for a digital transformation of the current Resource Centre into a more usable, accessible Resilience Hub.*

Recently we spent time reflecting on the core services and values of the organisation and the need to better serve a changing world. The accessibility and usability of the wealth of information and expertise currently held by Skylight needed to have a wider reach and be more user friendly. When Skylight distilled down to the essence of services that Skylight offers, at the core is building resilience.

Our current website and does not reflect the vibrant expanse of professional and educational services and resources that Skylight offers.

The belief that people need the right support to get them through tough times. Skylight provides the right support, expertise, advocacy and information to make that journey possible.



Skylight recognises the enormity of the task of digitising twenty years of knowledge and resources. "This will be one of the biggest pieces of work that Skylight has ever undertaken," says Heather Henare, Skylight's CEO, she goes on to say. "to connect with young people we need to be relevant and current and in the spaces that young people are occupying." Skylight plans to embark on a digital overhaul including a new website, digital products, resources, webinars, training packages, and a youth app.

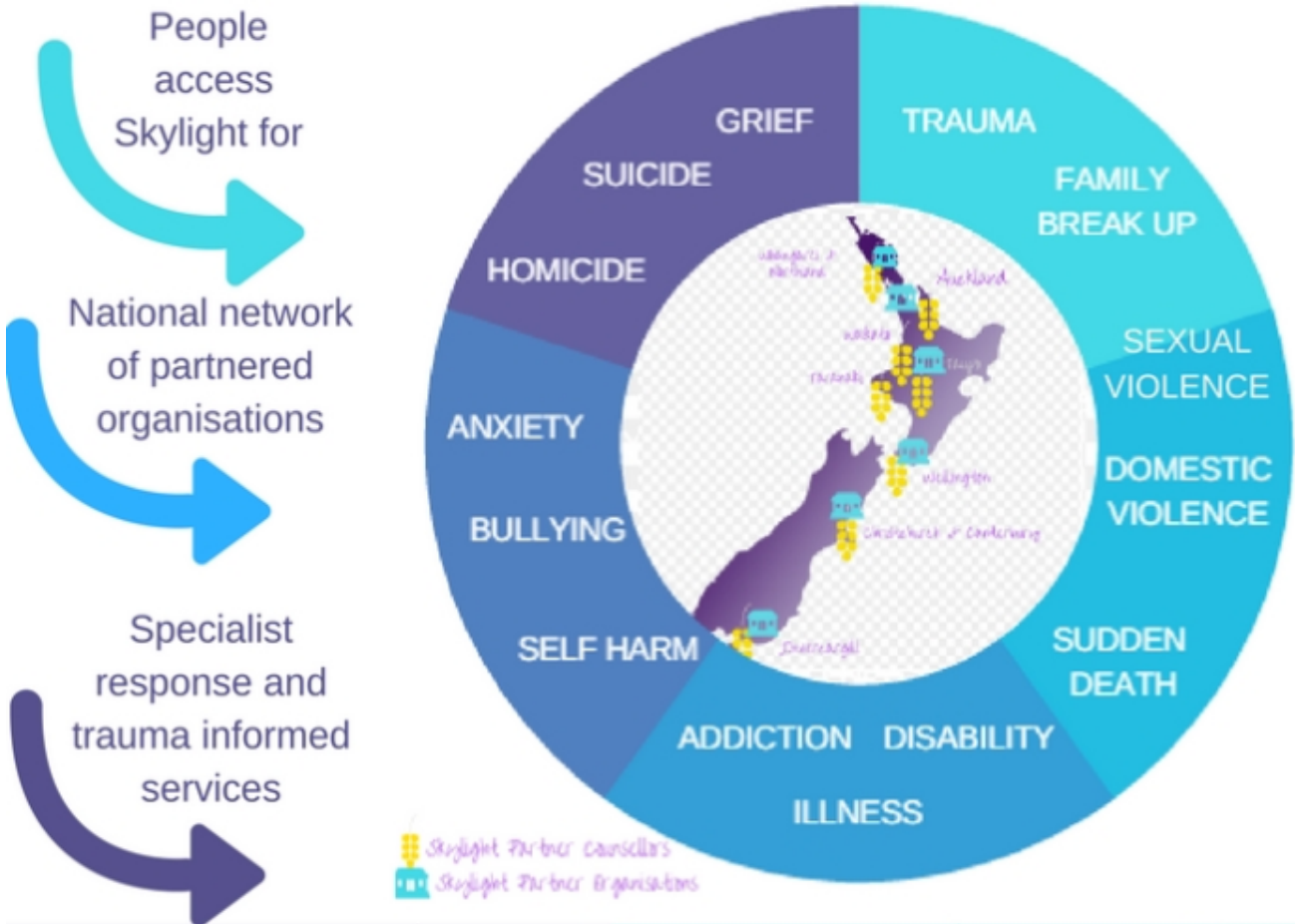
During this process the Skylight board and teams came together to objectively assess the work we do, and create a vision for Skylight's future success. The following page is the 1 page strategic direction 2017/2018.





# BUILDING RESILIENT CHILDREN, FAMILIES, WHĀNAU AND COMMUNITIES

## RESILIENCE HUB



Skylight Partner Counsellors  
 Skylight Partner Organisations

### WHO WE SUPPORT

Enabling children, their families, and whānau to navigate through tough times by building **RESILIENT INDIVIDUALS and COMMUNITIES**



### WHAT WE DELIVER

- RESILIENCE PROGRAMMES
- SCHOOL PROGRAMMES
- SUICIDE PREVENTION PROGRAMMES
- POST SUICIDE SUPPORT
- SUPPORT GROUPS
- PROFESSIONAL DEVELOPMENT
- COUNSELLING
- TRAINING
- GAMES/DVD/LIBRARY
- SPECIALIST SUPPORT INFORMATION
- RESEARCH
- CHILDREN'S PROGRAMMES
- ADVOCACY & SUPPORT

### HOW WE DELIVER

- High quality one-stop-shop
- Increased accessibility to diverse communities
- Innovative, flexible and forward thinking
- Digital products and resources
- Growing community through partnering and networks
- Building community knowledge and capability





# SKYLIGHT LOSS & GRIEF WEEK 24-30 JULY 2017



## A GRIEVING SPACE

The spaces we occupy at work, at home, and online can feel isolating and foreign after a loss. This Loss & Grief week we would like to explore the human experience of needing space (both physical and emotional) for grief and loss. Human experience shows us weakness and vulnerability are real and present things in people's lives. Our capacity to respond to others is often limited to an awkward sentence, comment, and emojis that often misses the mark. It's human to rush in and to try to 'solve' someone's grief, but grief is not something to be solved. Those grieving need a loving and supportive presence, a listening ear, and the courage to take the time and space, for however long they may need.



### Gold Coin- Loss and Grief Talks

Wellington

This year Skylight is hosting 'Gold Coin Loss & Grief Talks'. Skylight has been fortunate to secure several experts in the field of Grief and Loss to speak at the event. The presenter Tricia Hendry will be talking about children and grief, Chris Bowden will be presenting on men and grief, Tabby Besley, Vanessa Eldridge and Dr Lynne Russell will also be presenting on Monday July 24, 2017.

Some of the topics covered in the talks will be: children's bereavement, suicide, men and grief, terminal illness, tikanga Māori, and youth issues. The day will run from 9.30am - 4.30pm - Keep a look out on our Facebook and website for more details



# Mary Potter Hospice Loss & Grief Week Masterclass



Wellington

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

The course is targeted at health professionals and/or community workers. It is presented by Mary Potter staff including counsellors, psychotherapists, and social workers, Māori liaison and spiritual carers and draws from expertise from our partners in the community.

**Thursday 27/Friday 28 July 2017**

**8.30am-4.30pm**

**Venue: TBC**

**Cost: \$300 (incl. GST) per person**



## SUICIDE BEREAVEMENT CARE PICKING UP THE PIECES AFTER SUICIDE



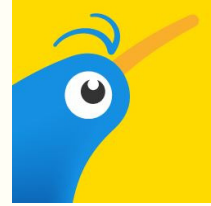
Getting through a loss from suicide can be especially hard to cope with. The suicide bereaved often experience a complicated form of grief caused by a combination of the sudden shock and unanswered questions such as “why?” and “how could I have helped”. Suicide bereavement support groups and programmes can provide a safe environment for people to share stories and learn strategies that can help manage their grief.

Skylight offers a suicide bereavement programme for adults called Waves. This practical, supportive educational group for 6-8 people is facilitated by professional counsellors and educators and runs over 8 weeks. Attendees are able to share thoughts and feelings about what's happened, discuss the nature of suicide and gain information and ideas about how to care for themselves and others, including children, after a suicide.

For more information please Email: [waves@skylight.org.nz](mailto:waves@skylight.org.nz)

Phone: 04-939-6767 / 0-800-299-100

# TRADE ME CELEBRITY LUNCHESES



This year Skylight is again running our successful Trade Me Celebrity Lunches. The concept is simple. We have secured several notable celebrities who have agreed to support the kaupapa for Loss and Grief Week 2017.

How it works:

1. Check out the Trade Me Celebrity Auction page - peruse the notable and fascinating celebs on offer
2. Bid on your favourite celebrity
3. Be sure to double check that your celebrity's city and your city align
4. Bid on your celebrity again, and again - Bid 'till it hurts, no seriously.
5. WIN your Celebrity Lunch or make a donation to Skylight
6. Skylight then schedules the lunch to fit the schedules of you and your celebrity!

You get to have lunch with a notable and fascinating character and at the same time give to Skylight's Flashlight Fund. The Flashlight Fund helps people to access counselling, a basic mental health service that many families cannot afford.

## Mayor Justin Lester

*Wellington*

Justin Lester was elected Mayor in 2016. He joined Wellington City Council as a Northern Ward Councillor in 2010 and then served as Deputy Mayor from 2013 until 2016.

During his time as a Councillor, Justin championed the living wage, prioritised good quality local services and supported local businesses. He feels strongly that good local government services make a huge difference in people's lives.

Justin's priorities as Mayor include kick-starting the economy, making housing affordable, improving Wellington's transport, replacing outdated bylaws and prioritising arts funding. He also wants to establish the country's first wet house, provide a rates rebate for first-home builders and create the world's first predator-free capital.

Justin grew up in Invercargill with his mother and two brothers. He has an LLB and a BA (German) from the University of Otago and a Masters of Laws (LLM) from the University of Heidelberg in Germany. In his mid-twenties he co-founded Kapai a Wellington food enterprise.





## Mikey Havoc

Auckland

Mikey spent 5 years running the now legendary and infamous late night live venue and bar 'Squid' in Central Auckland .

He has been dj'ing professionally for almost 20 years at clubs and events and has appeared in various Theatre stage shows including a 3 month sold out run of Auckland Theatre Company's ' The Rocky Horror Show ' as Eddie and Dr Scott.

He has created and presented of over 300 original and episodes of television

(Havoc , Havoc 2000 deluxe , Havoc Luxury Suites and Conference Facility , Havoc and Newsboy's Sellout Tour 1,2,and 3 to name but a few )

Mikey also hosted the massive street party in Wellington of over 25,000 people for the premiere of Peter Jackson's 'The Two Towers '.

He is the face of Watties, has won a Qantas Media Award and most recently joined the other members of Push Push to record and release new music .

In 2003 he created concepted and hosted a live stage show of the classic NZ game show 'It's In The Bag' for the Auckland Festival. Resulting in 4 sold out nights at the St James Theatre - 8000 tickets sold , Mikey is awfully proud of that.

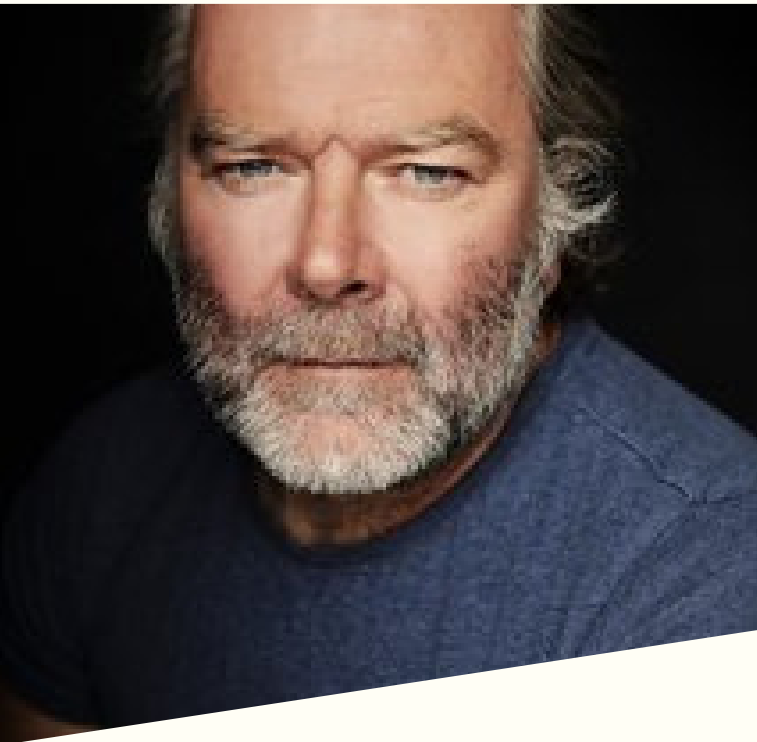
## Polly Gillespie

Wellington

Polly Gillespie writer, broadcaster, social media influencer has worked in radio, TVNZ, magazines for 25 years in New Zealand, and about to embark on new journey with brand new radio show unlike any before in New Zealand. Polly's hobbies are chocolate, shopping, shopping for chocolate and listening to people stories. Her favourite 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!!







## Mark Mitchinson

*Auckland*

Mark was born in the UK but moved to New Zealand as a young boy. He returned to England in the early eighties to study as an actor at The Guildhall School of Music and Drama in London. He resumed his acting career in New Zealand and notably won Best Actor in 2011 for his role as Colin Bower in Screentime's feature film 'Bloodlines'. Mark also won an award for Best Performance by an Actor award at the 2012 New Zealand Television Awards for playing Jan Molenaar in 'Siege' and cast in 'The Hobbit' as Braga and Megaforce Power Rangers. You can see Mark in the upcoming TVNZ 5 part series 'Dear Murderer' playing the notorious lawyer Mike Bungay.

## Tānemahuta Gray

*Wellington*

Currently the Kahukura / CEO of Taki Rua Productions, Tānemahuta has 23 years professional experience as an event producer, theatre director and choreographer of over 20 events, festivals and productions including the Oceania work at the Shanghai World Expo "Opening Ceremony" in 2010. He is the South Pacific / Aotearoa Section Guest Choreographer for WOW - World of WearableArt Awards for the past 7 years, as well as co-producing and directing productions including Māui - One Man Against The Gods, Arohanui - The Greatest Love and most recently Tiki Taane Mahuta on its 13 city nationwide tour. Tānemahuta spent five years performing for Argentinean aerial theatre company De La Guarda's production Villa Villa in London, Las Vegas, Buenos Aires, Amsterdam, Berlin, Seoul and Sydney in his performing career.





## Judy Bailey

*Auckland*

Judy Bailey is a well-known former news presenter for One News, the highest rated evening television news programme in New Zealand.

Judy was appointed an Officer of the New Zealand Order of Merit in 2010.

Judy is now a freelance writer and broadcaster. She is actively involved in a number of voluntary charity organisations. Judy is a Patron of Skylight, and champions, campaigns and raises funds for many other causes that she generously supports.

## Sala Tiatia

*Christchurch*

Sala was a contestant on Survivor New Zealand, Nicuragua.

Sala is a NZ born Samoan. Sala's partner is a stunning 'Maori Queen' and the Tiatia household has six children!!

Sala is a youth worker who loves helping people and enjoys serving them, especially young people from all walks of life.

He is a talented undercover artist who loves to paint, sing and act.





## Lee Den Haan

*Wellington*

Lee was a contestant on Survivor New Zealand, Nicurangua.

He is an adventurer, passionate about the outdoors and living life as a senior canyon guide and instructor in the beautiful, wild and remote areas of the Abel Tasman National Park.

Lee has recently achieved NZOIA Canyon 2, the highest possible qualification you can get for canyoning guiding and instructing in New Zealand.

## Mystery Celebrity

*Wellington*

Are you game enough to bid for a MYSTERY LUNCH with a MYSTERY CELEBRITY?



# LOSS & GRIEF WEEK 2017



## Skylight Movie Fundraiser

5.30pm  
Lighthouse Cuba,  
Wellington

Bubbles on arrival  
Nibbles & Treats  
\$25.00 per ticket  
Movie TBC

SUNDAY / JULY 23



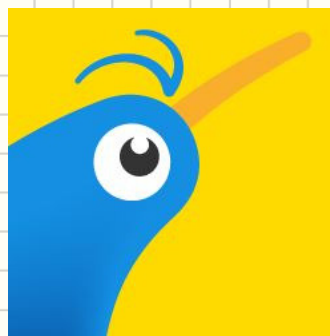
## Gold Coin-Loss & Grief Talks

9.30am - 4.00pm  
Skylight's offices  
7 Vivian Street, L3

Chris Bowden  
Tricia Hendry  
Dr Lynne Russel  
Vanessa Eldridge  
Tabby Besley

Topics:  
Children's grief  
Suicide  
Men's Grief  
Queer/Youth  
Terminal illness

MONDAY / JULY 24



## Celebrity Lunches Christchurch:

Sala Tiatia

TUESDAY / JULY 25



## Celebrity Lunches Wellington

Polly Gillespie  
Taanemahuta  
Justin Lester  
Lee DeHann

WEDNESDAY / JULY 26



## Skylight Annual Weltech Dinner and Auction 6.30pm

Polly & Grant MC  
Bistro 52 Cuba Street  
3 course meal  
\$85.00 per ticket  
Charity Auction  
Live music



## Mary Potter Hospice Master Class

workshop for health  
professionals  
8.30am - 4.30pm

THURSDAY / JULY 27



## Healing Art Workshops in Christchurch

Two workshops will be held in Christchurch in conjunction with local artist Leanne Addison

Email Darren:  
christosconcepts@gmail.com

\$10 to register



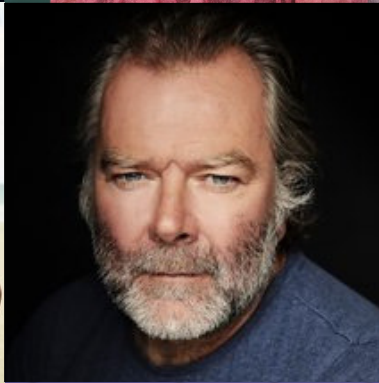
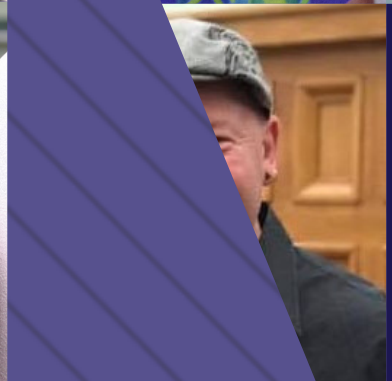
## Celebrity Lunches Auckland:

Mikey Havoc  
Judy Bailey  
Mark Mitchinson

FRIDAY / JULY 28

SATURDAY / JULY 29

SUNDAY / JULY 30





## We Can't Keep Quiet!- Skylight supports sister agency



Recently Skylight supported our sister agency HELP by gathering with them to create a flash mob as part of a video to support a "State of the Nation" report on Sexual Violence.

We put on our pink hats and 'mobbed' Cuba Mall to loudly sing MILCK's amazing song, "I Can't Keep Quiet" written for the woman's march on Washington. The first project was the #ICANTKEEPQUIET choir of D.C., which started the movement of guerrilla style performances at The Women's March on Jan 21st, 2017. The choir sang for unsuspecting strangers in the DC area with flash mob performances of an accapella version of "Quiet".



## On-Line Chat

*Skylight Resource Centre*

Skylight has a new service on Facebook where anyone can contact the Resource Centre via Facebook message chat. **What services can I access online?**

- You can request a tailored support pack of resources.
- Follow up on resources requested.
- Be referred to counselling support .
- Be connected to another service provider if requested or necessary.



## Family Change Group

(held during school holidays)

This group supports children aged 6 - 12 years old, who are affected by a family break-up. The main aims of the group are to help normalize the experience of family break-up for children, and to help them externalize and process feelings related to their experience in a safe way. The group includes an initial pre-group interview, followed by three, three-hour consecutive sessions.

Dates:

Wednesday 12 July - 9.30am - 12.30pm

Thursday 13 July - 9.30am - 12.30pm

Friday 14 July - 9.30am - 12.30pm



A pre-group interview is held with a parent or caregiver before the group starts. This aims to assess the suitability of the programme for the child/children. Please note that six children are needed for this group to go ahead.

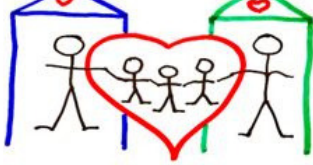
Cost: Free - morning tea will be provided. email: [sarah@skylight.org.nz](mailto:sarah@skylight.org.nz)

Huge thanks to the Margaret and Winton Bear Charitable Trust for part funding this group.



For information on programme dates & venues:  
[www.skylight.org.nz](http://www.skylight.org.nz)  
To enrol or more information contact us:  
0800 299 100 | [info@skylight.org.nz](mailto:info@skylight.org.nz)

## 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: 3<sup>rd</sup> JUNE (4hrs)

KAPITI: 10<sup>th</sup> JUNE (4hrs):

PORIRUA: 16<sup>th</sup> JUNE (4hrs)

JOHNSONVILLE: 22<sup>nd</sup> & 29<sup>th</sup> JUNE (2x 2hrs)

MASTERTON: 28<sup>th</sup> JUNE (4hrs)

Courses are also offered in Wellington & Carterton throughout the year.

To enrol or more information contact us:

0800 299 100 | [info@skylight.org.nz](mailto:info@skylight.org.nz)

Helping people through tough times...