



# SKYLIGHT NEWSLETTER

APRIL 2017

## IN THIS ISSUE

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### AMY ADAMS SPEAKS AT SKYLIGHT STAKEHOLDER EVENT

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### HOW SKYLIGHT HELPED LULU STAND UP TO BULLYING

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### WELCOME TO OUR NEWEST PARTNERS

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### SUPPORT GROUPS AND PROFESSIONAL DEVELOPMENT

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### 13 YEAR OLD KATE CHANDULAL LAUNCHES A NEW BOOK

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As the autumn leaves fall and the trees brace themselves for the winter. Skylight reflects on the change of season. We are thinking about the resilience that people in New Zealand have had to find and draw on over the recent cyclones and flooding, we are mindful about the loss and grief experienced by those communities. Skylight is also thinking about building on its own resilience into basic business operations as we brace ourselves ready for sustainable new growth. To facilitate the new growth, we need to seek help, which we have done through an appeal letter to our donors and Skylight supporters. In this month's newsletter, we will share some of our activities along with stories of inspiration and achievement. We welcome your support and guidance around how Skylight can continue our nationwide service in the current contracting environment. For twenty years Skylight has provided the specialised support needed for children, young people their families and friends when dealing with tough times. It's a one stop shop for everything to do with loss, grief and trauma. At a time when we have finally recognised the need for children and young people to have specialist trauma informed support and the importance of building resilient individuals and communities; it is of concern that we find ourselves in this position. Despite Skylight experiencing tough times we continue to provide services and celebrate the achievements reached by individuals and families that have connected with our organisation. In this issue we share with you two courageous stories of resilience shown by two young women. I celebrate the opportunity to share their stories and urge you to take a minute to reflect and honour their story continuing to support Skylight's work.

**"Skylight is the guard rail at the top of the cliff for thousands of children and young people."**



# Stakeholder Event



It was an honour to have Minister Amy Adams speak at the Skylight Stakeholder Event held at parliament buildings in March. The Minister's considered and uplifting speech, resonated with the audience and the wonderful panel of experts; Judge Andrew Becroft, Chris Bowden, Claire Falck, and John Fitzgerald, expressed many different, but overlapping challenges around building resilience in children and young people. The analysis of differing perspectives around building resilience was very interesting. Key messages from the evening were that more needs to be done to develop resilience and the earlier we achieve this, the better. At the event we had the opportunity to launch the Skylight History booklet- the first 20 years of providing trauma informed services and resilience building programmes, designed and developed in Aotearoa. Skylight is already starting to diversify its resources to include better access for younger children, diverse and vulnerable communities to ensure a greater reach. We acknowledge and thank The Warehouse Region 5 for their continued partnership and support.

**“we cannot stop bad things from happening, but we can make sure kids have the tools to deal with difficult things when they happen.”**



# Lulu's Story








Six months ago 11 year old Lulu, came to Skylight for counselling due to acting out behaviours.

During her sessions, she revealed what was really going on for her at school – bullying both to and from her.

As a result of the Skylight Counsellor working with her and her family, Lulu wrote a speech that she read in class about being bullied, how it made her feel and how she retaliated by bullying others. It's a very moving and honest speech.

Lulu's journey was not an easy one, but the resilience that Lulu learned to develop was significant and the skills she learned are ones she can use over her lifetime.

## New Zealand Bullying Stats

-  Rates of bullying in New Zealand are very high compared to other countries
-  New Zealand has not been reducing bullying behaviours in primary schools. This negative pattern has been evident since 1994
-  31% of the New Zealand middle primary students surveyed said they experienced bullying "about weekly"
-  Students who reported the most frequent bullying had significantly lower achievement in mathematics and science
-  Bullying has negative effects on student identity and well-being



Source: <http://www.kidspot.co.nz/article+2547+39+Facts-and-figures-about-bullying.htm>

**For appointments throughout  
New Zealand  
0-800-299-100**

# 11 YEAR OLD LULU'S BRAVE SPEECH

1

Lulu's speech  
Year 7

You're fat, you're ugly, you don't deserve a life..

How would you feel about that? and how would you react?

Well, that was me last year getting bullied and those were some of the exact words that got said to me.

Hello, I'm Lulu and today, I'm going to talk about bullying and how it feels to be bullied.

2

Bullying happens every single day, in those halls, In these rooms, we all see it and we all know its there, And sometimes we even do it. And instead of banding Together, we all take it upon ourselves and tear Each other apart. And for what - jealousy? Popularity?

And the whole time we pretend we don't care about anything that goes on around, yet we all say and do things that we care about later. Things we regret. Things that make every single one of us a bully in one way or another - whether it's gossiping in the halls or a post on social media, or pushing someone around, we all do it, and some of us in this room have been a victim of bullying too.

3

We all know how it feels to have our emotional teeth kicked in so far, that we choke on the shred of our dignity. That feeling you get in your gut and you start telling yourself that you can't take it any more, you just can't.

We've all had those days that feel like you're walking on a tight rope barely holding on with your toes and you're terrified of that one slip because you don't have anyone left on your side. Your safety net is going and you're one step away from being a stain on the floor. And because of that fear, we put someone else down and make them feel that way.

4

Because as long as it's not us, it's okay right? As long as someone else is taking the heat it's cool, right?

Now I'll be the first to say and admit that I'm not perfect.

I do it too. And I've done it too many times to count. But eventually we all have to stand up for ourselves and others.

and we all know why we don't say anything.  
Who cares - right?  
Not our problem - right?  
Wrong.

5

It's everyone's problem. Look, all I'm trying to say is that we don't have to feel that way. And we don't need to make everyone else feel that way either.

All you have to do is say something because you are not alone. All it takes is one tiny spark to start a wildfire. All it takes is one person to stand up to a bully. And YOU won't be alone. There will be kids on your side. We don't have to feel that way. Not ever. All you have to do is say something. It doesn't have to be so long and dramatic or even more than a few words. You can simply say STOP.

6

School doesn't have to be so hard to get through. There will be kids on your side. And all you have to do is to take a chance and stand up for yourself. All you have to do is say STOP.

Now place your hand on your heart.

Feel that?

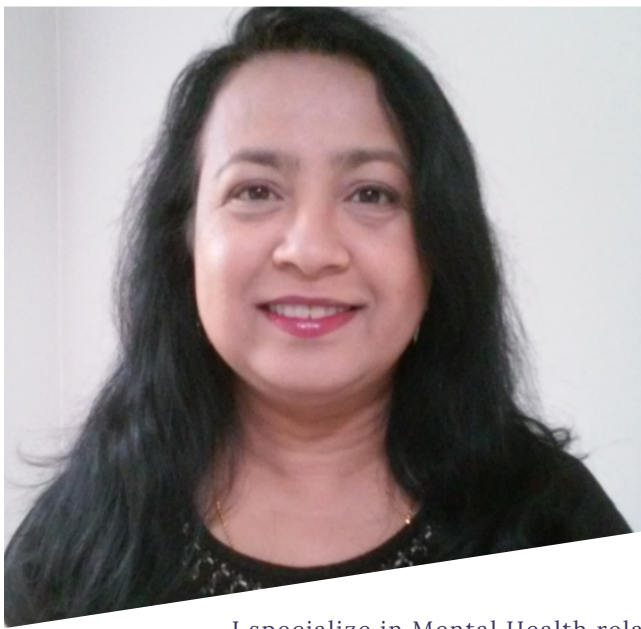
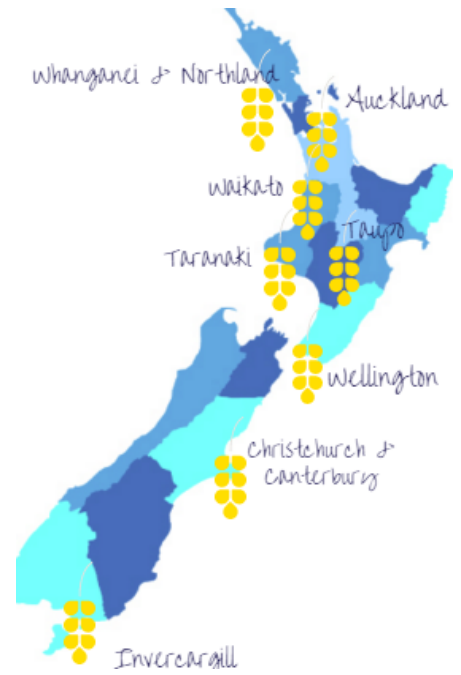
That's called purpose, you're alive for a reason- don't forget it.

Thank you



**Skylight's partnering strategy has seen an increase in the number of new contract counsellors who have come on board alongside our partnered agencies.**

## **WELCOME TO OUR NEWEST COUNSELLORS**



### **Shanti Rajan New Plymouth and Taranaki**

Master of Social Science (Counselling) - University of South Australia  
Diploma in Professional Counselling - Australian Institute of Professional Counsellors.  
Diploma in Psychology- American Institute of Arts and Sciences Texas, Austin.

I specialize in Mental Health related issues such as depression, anxiety, grief and loss and post-traumatic stress disorder. Family therapy and couple/relationship counselling are the other areas I have had training in. Sleep disorders such as sleep deprivation I believe, is one of the greatest contributors to mental health disorders as such, I work with clients to help regulate their sleep patterns to enable therapy to be more effective. I specialize in Mental Health related issues such as depression, anxiety, grief and loss and post-traumatic stress disorder. Family therapy and couple/relationship counselling are the other areas I have had training in. Sleep disorders such as sleep deprivation I believe, is one of the greatest contributors to mental health disorders as such, I work with clients to help regulate their sleep patterns to enable therapy to be more effective."

# HAERE MAI

## **Liz Gow** **Whangarei and** **Northland**

A Post Graduate Diploma in  
Counselling – Narrative Therapy  
BSc in Occupational Therapy  
Eating Disorder Essentials Course –  
ACFED  
Certified Results Coaching Systems  
(now Neuroleadership) Coach



I moved to New Zealand from the UK in 2003 and which is now home. I am passionate about people being who they really are, valuing themselves no matter what. Truly living life from the inside out and feeling fulfilled. I personally experienced counselling, coaching and creative therapies on a number of occasions and know how it can impact on your life.

I have worked in mental health, a disordered eating service, hospice, and rehab. Currently I work in private practice mostly with adolescents, adults & youth, also facilitating workshops and programmes to promote body confidence, self-esteem and critical thinking for young people and for Adults in topics such well being & mindfulness, assertiveness skills, acceptance and commitment therapy, wellbeing in the workplace and Soulcollage®



## **Kate Scott** **Christchurch and** **Canterbury**

Counsellor Psychologist  
Masters in Educational Psychology  
Bachelor of Arts (Hons) (Psychology)

For appointments throughout  
New Zealand  
0-800-299-100

# HAERE MAI

"I am an experienced NZ registered Counselling Psychologist and Educational Psychologist having worked in a variety of settings supporting youth and their families in education, health and well-being in NZ, the UK and South Africa.

I love my work because I love people; I am deeply curious and excited to meet the person behind the mask. I want to join with my clients in their journey on self-reflection and choosing direction. My experience has also helped me to understand that there is no "one size fits all" approach, and that energy to be creative, think out of the box and be genuine and flexible are invaluable.

I am grateful to be working for Skylight because it makes services available to those who reach out in their time of need." - Kate Scott

## Viola Beintken Auckland

Counsellor (PgDip)  
Master's Degree in Education  
Counsellor (PgDip)  
Master's Degree in Education



Throughout my life, I have been passionate about supporting individuals and families in difficult and challenging situations. From my teenage years, I had an interest in mental health and wellbeing. This interest led me to become a qualified counsellor. I am a provisional member of NZAC, with a master's degree in Special Education, Psychology and Child and Adolescent Psychiatry.

Being associated with Skylight provides me with resources and a framework which helps to develop my services and which gives the people in need a great opportunity to access the services they require. Skylight provides the opportunity to complement my work as I am able to draw on multiple resources which improves the quality of service for the clients tremendously.

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# A WALK IN MY SHOES

## Kate Chandulal



## Young Kate Chandulal's newest publication: A WALK IN MY SHOES

by Jenny McIntosh

About 4 years ago, when Kate was 9 years old, her mother contacted Skylight for one of our information support packs when it was thought that Kate may not survive with all her health challenges. Our support packs are packs of information tailored for specific situations and those impacted, around grief, loss and trauma to help people understand what they are experiencing and be able to navigate a way forward. We duly sent this pack out to Kate's family. Sometime later we received a copy of a story that Kate had both written and illustrated. Titled 'It is time', Kate had written this for her friends and family and she wanted it to be shared more widely for other children who were facing the loss of a loved one. This book which was self-published is available for loan from our library. Recently Skylight attended the book launch of her book 'A Walk in My Shoes' published by Global Ed. Kate is now 13 years old



*Kate and her school principal*

Kate's publisher Scholastic said, "This is a story of our human need for acceptance – whether our differences are visible or invisible. Kate's story is written in such a personal way it touches many emotions and will encourage students to think deeply about what they are reading. Congratulations Kate and thank you for sharing your story with us."



**Professional  
Development**

# Using Creativity as a processing tool for grief, loss and trauma

Time: 9.30am – 3.30pm

Date: Thursday 25 May 2017

Venue: Skylight offices L3 5-7 Vivian Street  
Te Aro Wellington

Cost: \$150



This full day practical workshop will introduce participants to activities that access their own creative process to unpack and explore their personal responses and resistances and explore what creativity is and how it may be used to access the emotional responses associated with grief, loss and trauma.



**Chris Bowden**

## Connecting, Communicating and Caring: Supporting Suicidal Teens

Time: 9.30am – 12.30pm

Date: Monday 12 June 2017

Venue: Skylight offices L3 5-7 Vivian Street  
Te Aro Wellington

Cost: \$80

Many young people experience and suffer from suicidal thoughts and feelings. Some young people engage in self-harming and suicidal behaviour. Many adults want to help, but often don't know how, or are worried they will say the wrong thing or make things worse. This workshop will give people evidence-based, practical ways to support young people struggling with suicidality.

**email: [pd@skylight.org.nz](mailto:pd@skylight.org.nz)  
To register or click here**





## 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.**

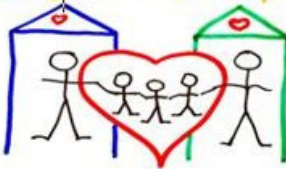
For further information or to register – email [info@skylight.org.nz](mailto:info@skylight.org.nz) or call 0800 299 100



Helping people through tough times...



## 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:

**MASTERTON: 12<sup>th</sup> MAY;**  
**LOWER HUTT: 13<sup>th</sup> MAY;**  
**JOHNSONVILLE: 16<sup>th</sup> & 23<sup>rd</sup> MAY;**  
**PORIRUA: 20<sup>th</sup> MAY;**

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

For more information contact us:  
0800 299 100 | [info@skylight.org.nz](mailto:info@skylight.org.nz)

Helping people through tough times...