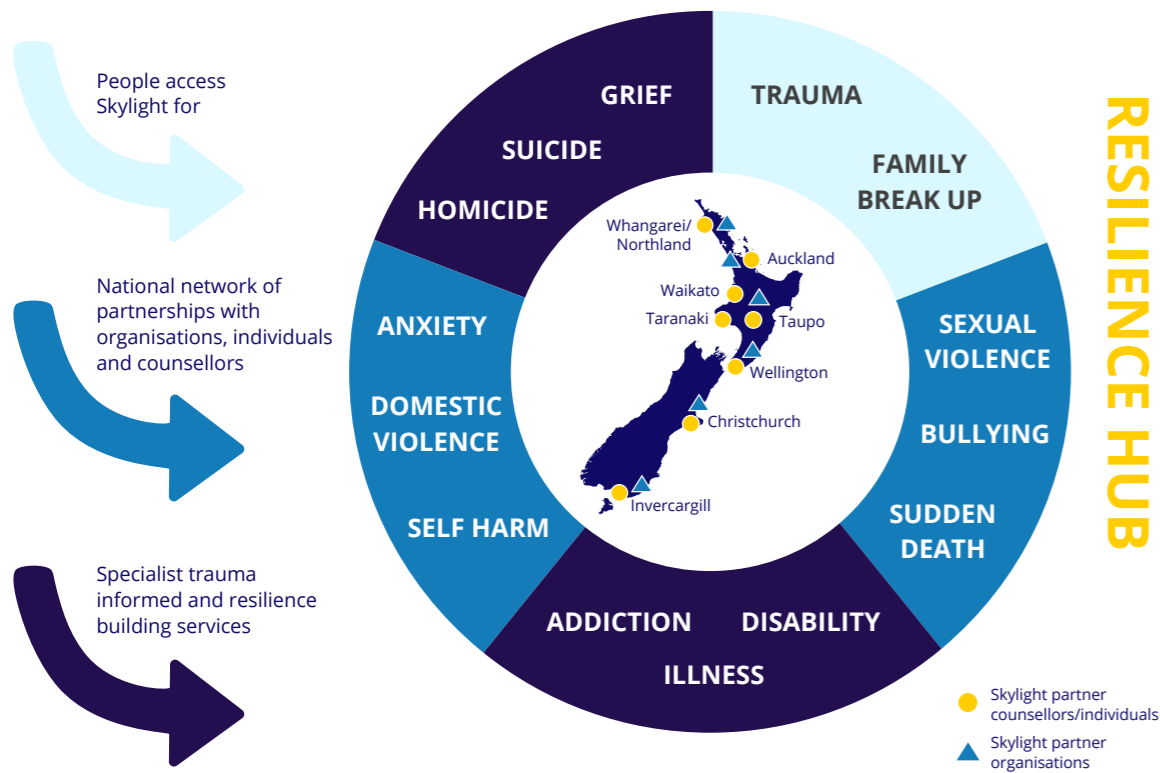




2016/2017

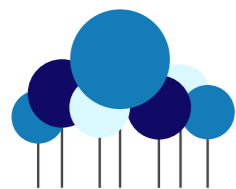
# Year in review

## Building resilient children, young people, whānau and communities



### Who we support

Supporting children, young people, and their 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 and support
- Suicide services
- Webinars
- Web-series

### How we deliver

- High quality one stop shop through the Resilience Hub
- 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
- National Network of specialist facilitators and trainers

People start to heal the moment they feel heard *Cheryl Richardson*

## Our Chair

2016/17 was challenging for Skylight and the NGO services sector, ranging from ever-changing interpretations of accounting rules to the continuing 10 year freeze on funding while expecting the same delivery with 22% inflation and 30% average wage movements in that time. Enough is enough and, after constructive discussion with our funders, we will reduce services to match funding. More positively, we look forward to major progress on our digital transformation initiative, the platform for Skylight's future service delivery through our network of independent counsellors and delivery organisations. As always, many thanks to our staff, volunteers, donors, trustees and network partners.

*Jim Donovan*

## Our Chief Executive

This year I have been inspired by the committed team of staff and volunteers and have been grateful to be mentored and lead by a skilled Board of Trustees. This leadership and direction on core foundation principles has meant ensuring the sustainability of Skylight Trust, working hard, building a national network of strong partnerships and ensuring excellence in service delivery that is trauma informed and resilience building.

The longer I work at Skylight the more passionate I become about the need to ensure people working with vulnerable children and whānau need to be trauma informed.

I look forward to the next stage of this journey with passion and enthusiasm.

*Heather Henare*

## We delivered

### Resources

**800** packs sent out to families and individuals  
*read more*

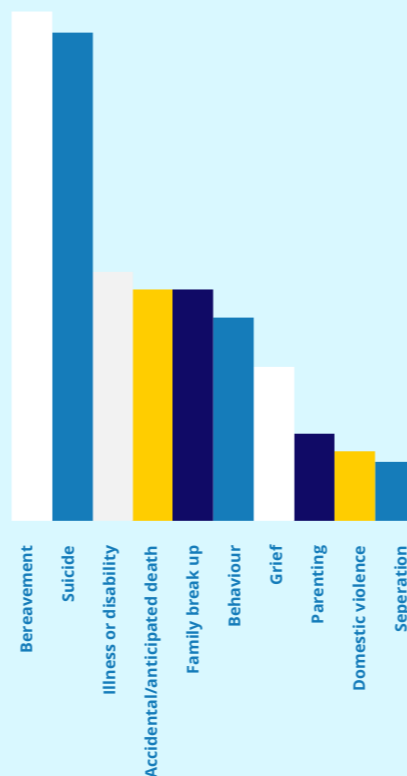
### Development

We trained **470** people from 190 organisations  
*read more*

### Counselling

**1.3k** counselling sessions

### By issue:



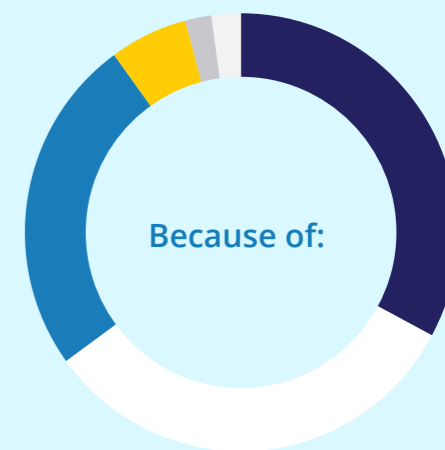
### Travellers

**136** schools in the programme  
**535** students completed the programme

**20k** students completed the wellbeing survey  
**128** new facilitators trained  
*read more*

### Waves

**66** people supported  
**39** trained facilitators  
*read more*



- Family break up
- Grief including bereavement by suicide
- Behaviour anger, bullying, anxiety, autism
- Domestic violence
- Self referral
- Illness or disability

*read more*

Providing the **right help** at the **right time** in the **right way**

### Read more

Partnerships  
Events  
Thank you!  
Financials