Chair Report

2017/18 was a year of achievement for Skylight. Not only did we agree more economically-viable terms with our main funders, all counselling is now delivered by our growing network of independent partners, and we built the first phase of the Resilience Hub, our new digital platform. This culminated in a very successful launch event at Parliament just after year-end, followed by a large lift in demand for information and services. Financially, we achieved a modest operating surplus for the year, boosted by grants for the Hub's development (reflected in the reported surplus and intangible assets). Mid-year, psychologist Sarah Roberts replaced trustee Carolina Gartner, a stalwart on the board. Looking ahead, we will continue to develop our network, systems & services to meet rapidly-growing national demand for Skylight's services. A big challenge is how to fund the scale of development, capability and operations required; we look forward to engaging with funders on that. Finally, my deep thanks to everyone involved in supporting, funding and working with Skylight.

Jim Donovan

CEO Report

What an exceptional year. Against all the odds, Skylight was able to deliver on all its contracts, develop several new initiatives and complete the first phase of the Resilience Hub. We delivered within existing budget, and ended the year with a small surplus, a far cry from last year's performance. None of this would have been possible without the support of our existing contractors and funders. We secured new contracts from Oranga Tamariki, the Ministry of Education and Te Puni Kōkiri. The Investment Strategy presented a collaborative funding model and has been a great success. Funders such as Internet NZ, and Todd Foundation could clearly align within the strategy and see where they could provide the best support. This collaborative model saw greater transparency and visibility around the development of the Resilience Hub, and clear alignment between government agencies and philanthropy. The Resilience Hub continues to increase the ease of access to information and support, to a wider network of people. We are now working on phase two of the hub. Of course, none of this would have possible without the support and the steady guidance of our Trust Board, staff, volunteers, contractors, donors and stakeholders. We are extremely grateful to everyone who contributed their time, resources and commitment, to support Skylight and help us give people the right help, at the right time, in the right way.

Heather Henare



2017/2018 Year in review We grow together

2017/2018 has been a year of growth and development at Skylight Trust. The Trust welcomed many new experiences and relationships. The team appreciated sharing the journey with young New Zealanders, funders, government ministries, volunteers, and advisors. This has made us all the more richer in our knowledge and experience in the work we do with family and whanau.

Feedback

"Thank you so much Skylight for the books and resources. They have really helped our little boy."

"What a wonderful service you are all providing, thank you for all that you do for those of us going through such tragic times." - Aunt

Programme delivery



Events



Developing the Digital Resilience Hub

From October 2017 through to July 2018 Skylight was busy developing the Resilience Hub.



Outstanding Achievement Award

In June 2018 The Skylight YAG (Youth Advisory Group) won an Outstanding Achievement Volunteer Award from the Ministry of Health.



Waves Hui

Waves facilitators from around New Zealand came to a hui at Island Bay's Tapu te Ranga Marae in Wellington.





Clinical services

Number of Sessions:

Client sessions in the period 1st July 2017-30th June 2018

New Referrals:

New clients per year (avg)

Resource Centre:

Packs sent out to families and individuals



Number of trained facilitators



Travellers:

19,339



Students completing programme

Waves:

supported

Trained People facilitators



Read more

Resilience Hub



Partnerships



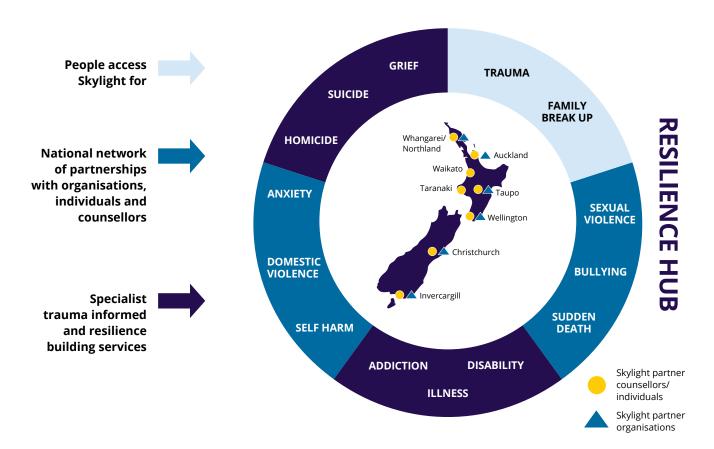
Financials & Thanks (**) Read more







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



Developing the Resilience Hub

From October 2017 through to July 2018 Skylight was busy developing the Resilience Hub. Skylight's Resilience Hub is a digital resource to help children, young people, their whānau and communities across Aotearoa, New Zealand navigate through times of trauma, loss, and grief, by building resilient communities across Aotearoa, New Zealand.



As part of the Hub development work, Ministries and funders supported Skylight to develop community partnerships with organisations and individuals throughout the country, with the aim of growing diversity, building capability and delivering more trauma informed services.

The Hub helps Skylight to connect services. The Hub is an accessible platform that leverages existing specialist services provided by Skylight partners and others. The Hub also provides online resources for people to build a kete of resilience tools to draw on in challenging times, including for parents and care givers, and those supporting others in times of need. It brings together resources from the community, and shares these through the Hub to support building resilience.

In July 2018, Skylight launched the Resilience Hub in the Grand Hall of Parliament to a room of distinguished guests. This included the Hon. Tracey Martin, who both hosted the evening and delivered a speech. The Hon. Chris Hipkins also gave a speech. The launch was the first stage of a three-stage development process which will be implemented over the next two years.

Porirua College kapa haka rōpū provided tautoko for the launch, with an inspiring performance. Skylight has an existing relationship with Porirua College and are incredibly thankful for their involvement in the launch. It was a powerful performance that left a lot of people in awe.





Haley Grace Hollis performed Hold On, a song she wrote in response to the death by suicide of her four siblings. Her moving performance left a lasting impression on those who attended the evening. We are incredibly proud of Haley and were honoured to have her perform.

Jim Donovan, Skylight Trust Board Chair and Heather Henare also gave speeches. Heather and Minister Martin then officially launched the Resilience Hub. Skylight would especially like to thank Kuni Shepard for his tautoko of the evening and for his help supporting the waiata performed by the Skylight staff and attendees. Also, thanks to Helen Te'o for volunteering her time to Skylight to prepare staff for their waiata performance at the launch.

Skylight would also like to thank everybody who participated in the development of the Hub and all those who attended and helped make the evening such a success.

Kiwi Bank honours Heather Henare

In December 2017, Skylight's Chief Executive Heather Henare was honoured as a local hero medalist in the Kiwibank New Zealander of the Year awards and went on to be selected for the top ten semi-finalists.

As a Local Hero nominee for 2018, Kiwibank Manners Street named a meeting room "Heather Henare". This acknowledgment was for Heather's dedication to the care of women, children, young people, whānau and friends navigating through difficult times.

Heather has focussed Skylight's services on trauma informed care. That is, not only understanding the 'what', but also facilitating the voice of 'why'. Too often voices are lost in translation, their needs overlooked and their safety compromised, because we haven't asked why, or what's happening for you right now?

Congratulations Heather.



Skylight's Youth Advisory Group (YAG) wins Outstanding Achievement Award

In June 2018 The Skylight YAG (Youth Advisory Group) won an Outstanding Achievement Volunteer Award from the Ministry of Health. The YAG came together at the end of 2017, with the express purpose of providing input and advice in relation to the implementation of Skylight's Resilience Hub.

The Hub is responsible for transforming Skylight's resources and services to meet the needs of communities throughout Aotearoa, New Zealand to provide the right help at the right time in the right way. The YAG are responsible for guiding Skylight with regard to how the Hub looks and feels from a youth perspective.





Suicide prevention 606 Shoes at Parliament:

Skylight was part of a hundred strong crowd who gathered to hear story after story of people who had lost husbands, sisters, brothers, daughters, sons and friends to suicide in Aotearoa, New Zealand.

Dr 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."

Bowden 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.

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



Mike King, Heather Henare, Prime Minister Jacinda Ardern, and Mana Williams-Eade

By participating in Waves, the risk of new suicides reduces 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.

Heather Henare says, that,

"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."

Resilience camp

The Warehouse Region 5 raised money during Loss and Grief Week's 'Add a Dollar' campaign. With the funds raised, Skylight was able to offer a Resilience Camp for 25 young people from Rotorua, Tauranga, Gisborne, Napier, Taupō, Tokoroa and Whakatane. Skylight's Youth Advisory Group (YAG) attended and supported the camp and television celebrities Sala Tiatia and Lee Den Haan from Survivor New Zealand made the camp an unforgettable experience.

One of the highlights was the 'Survivor Challenge' where the attendees built rafts and raced them across a lake. Our teams broke the camp record, for both rafts making it there and back, without falling apart. This was a first for Lakes Ranch!

Camp organiser Chelsey Reid said,

"The new experiences and activities for the campers were amazing, but the best thing was the connections that they made with each other."



Mana Williams Eade with some of the camp attendees

The evolution of Loss and Grief Week

The last week in July is Skylight's Loss and Grief Awareness Week. Loss and Grief Week is a time to have conversations and learn about loss and grief. Skylight also uses this week to raise money for the Flashlight fund. This fund was established by Jeni Bryant, a Skylight client who was grateful for the support she received that helped her get through some very tough times. Jeni made a significant donation to ensure that financial circumstances were not a barrier to those seeking counselling.

Wellington City Council has supported Loss and Grief Awareness Week activities, by providing venues free of charge. In 2017, Skylight hosted the 'Gold Coin Loss and Grief Talks' at City Gallery where a range of experts spoke on the topic of loss and grief, including men and grief, LGBTQI+ issues and grief, and Māori experiences of suicide and the end of life journey from a tikanga Māori perspective.

In 2018, Wellington City Council supported the 'Before I Die' wall which featured in the heart of Wellington, on a container on Bond Street. The wall gave members of the public the opportunity to write about something they would like to do before they die. Hundreds of messages were left on the wall. There were many repeated themes and messages, including hopefulness, self-acceptance, love and travel. Many just stopped by to read the messages others had written. The 'Before I Die wall' is a global art project that Skylight is honoured to have been part of.



Mayor Justin Lester with Heather Henare at the Before I Die wall.

Wellington Mayor Justin Lester has also supported Loss and Grief week, and agreed to be auctioned in the Trade Me Celebrity Lunches. Skylight has hosted Trade Me Celebrity Lunches for four years with the support of many wonderful celebrities and of course the amazing bidders who support the kaupapa/mahi.



Some of our fantastic 2017/18 Celebrity Lunch participants.

Skylight would like to thank Trade Me for their sponsorship, Wellington City Council for their support, and Capitol Restaurant for their continued sponsorship by providing the lunches in Wellington. Thank you also to Wilson's Funeral Home for their support in making Loss and Grief week a success and Simply Building for their sponsorship and beautiful job erecting the 'Before I Die' wall.

Skylight thanks the people of Wellington, everyone who put a message on the 'Before I Die' wall, those who placed a bid on the auctions, and checked out Skylight's online Resilience Hub, making Loss and Grief week a success.



Resilience web series













Skylight is grateful to the Todd Foundation for their support to develop the Resilience web series. Through personal interviews and documentary-style storytelling, Skylight and Film for Change Aotearoa created a web series based on the power of resilience.

The web series explores the narrative, that youth, including Māori and Pacific Peoples, relate to. Skylight codesigned the questionnaires with young people and provided the clinical framework for the interviews. Film for Change Aotearoa professionally developed the content. This documentary web series is a powerful tool that explores the real voice of young people in Aotearoa. These films can be used as part of school education programmes and utilised to inform and train professionals and parents.



Trauma informed webinars



Dr Chris Bowden

Funded by InternetNZ, Skylight partnered with Film for Change Aotearoa to produce trauma informed webinars delivered by Dr Chris Bowden. Skylight has produced three trauma informed webinars that are available to diverse and geographically isolated communities.

The first webinar is 'Understanding Trauma'. This webinar is trauma for beginners. In the webinar various types of trauma, including the effects of trauma on young people, betrayal trauma and developmentally adverse personal trauma, are explained in layman's terms.

The second Webinar is 'Trauma Informed Care'. This webinar is for organisations and individuals to explore trauma informed care. The webinar explains trauma informed services, trauma sensitive services, how to address trauma and trauma informed systems and organisations.

The third webinar 'Working with Trauma' is aimed at organisations who wish to become trauma informed. This hour-long webinar covers early interventions for first responders, guidelines for treatment of trauma, trauma specific therapy and interventions.



Rangatahi talk about suicide

In partnership with Film for Change Aotearoa and funded by Te Puni Kōkiri we made a high-quality web series for suicide prevention. It features rangatahi Māori, including takatāpui sharing stories of how they have survived suicide or had a personal loss of a friend or whānau member to suicide, and what helps them get through the tough times.

Whether they'd considered, survived a suicide attempt or attempts themselves, or lost a friend or whānau member to suicide, each of the people who participated in this web series had a common reason for their tautoko of the project. They all wanted to share their story in the hope that it may help other rangatahi and whānau when they are facing dark times, to let them know that there is a way through and hopefully contribute towards preventing suicide.

Our rangatahi including takatāpui want to talk about suicide and to take a lead in reducing suicide rates in Aotearoa, New Zealand. This web series is for rangatahi by rangatahi.



Branding refresh





Skylight logo



Skylight's new weave design

As part of the branding for the Resilience Hub, Skylight has had a brand refresh, in line with the new look and feel of the Resilience Hub. The Skylight logo initially signified bringing people from darkness into light.



Check out Skylight on Instagram, Facebook, YouTube and Twitter

We wanted to keep the essence of Skylight and so used the bright yellow to enhance the vibrancy. We also added a weave pattern to represent the strength of many, and support through challenges. Skylight also has a new look on social media.

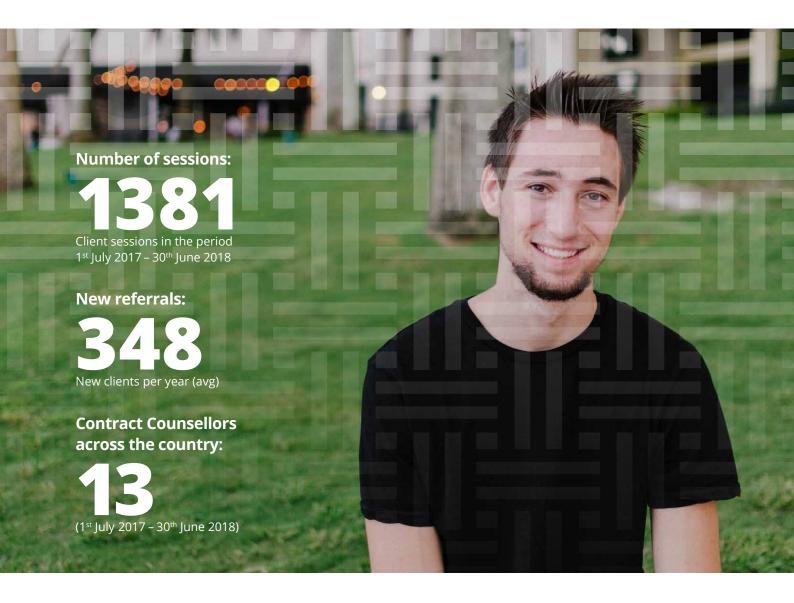




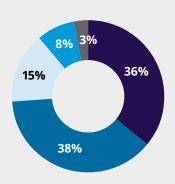
Over the past year we have noticed an increase in the complexity of the issues that motivate people to engage with our Clinical Services.

Trauma has been identified as a component in all the cases. We have noticed that usually one issue is compounded by other issues that are also addressed in the counselling process. Unfortunately the numbers seeking support around suicide is increasing nationwide. Our team has also noticed this trend in the number of families connecting with our services after being bereaved by suicide. Skylight actively engages with these families, providing them with the support and resources they need in the aftermath of a suicide, and being an important part of the suicide prevention space.

Families are likely to present with simultaneous needs and Skylight is responding by increasing the number of counsellors and widening the range of expertise in the counselling team. The Clinical Services transitioned from a salaried to a contracting model for the delivery of the counselling services, which meant more flexibility for the clients, more availability of sessions and venues, increasing our reach to other geographical areas. The Counselling Coordinator and the Clinical Leader support and lead the delivery of quality, professional, counselling support services.

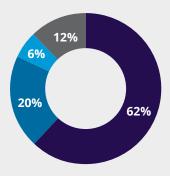


Issues for counselling



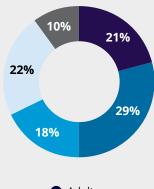
- Family break up (includes family violence)
- Behaviour (anxiety, bullying)
- Suicide bereavement
- Grief (Including bereavement by suicide)
- Illness and disability

Ethnicity



- NZ European
- Māori
- Pasifika
- Other

Session types



- Adult
- ChildFamily
- Parent
- Youth

Funders

Almost 60% of the clients were able to receive counselling support thanks to the

- · Flashlight Fund,
- MSD Community Investment,
- · New Zealand Lotteries Commission,
- Community Organisation Grants Scheme (COGS) and other private funders.

Narratives

"I am very grateful for people who understand grief and loss. Now my family wants to come to counselling too." - Wife who lost her husband

"My son thoroughly enjoyed the sessions as they provided him with a safe space to explore his inner strengths and how to overcome his obstacles." – **Mum of a child with anxiety**

Counselling/support groups

Skylight's services and programmes are built with trauma informed practice and a focus on building resilience. Skylight's delivers services directly to children, young people, adults, families and whānau also builds capability of the wider sector through training and professional development. Skylight programmes and services include:

- Providing counselling services with a fully trauma informed team of counsellors throughout Aotearoa, New Zealand
- Working with parents, caregivers, and extended whānau to help them deal with difficult issues, shared and safe parenting and conflict resolution
- Providing one on one counselling support and group programmes for children who have witnessed/experienced domestic violence in the Wellington region
- Providing group programmes for children dealing with family change and other issues (e.g. bereavement of a family member, a parent in prison, being in care, learning behaviour, parents with addiction or mental health issues)
- Skylight has an umbrella agreement with the National Sexual Violence Survivor Advocate (NSVSA), Louise Nicholas and her team. While the management of the NSVSA remains with Louise, Skylight as the umbrella organisation provides support to assist with the administration of the contract
- Skylight's 0800 number provides phone support and enables people needing information and resources a channel to share their issues which gives us an insight into the individual/whānau needs. Often there are multiple layers of trauma and different issues that can be supported with information, counselling, and links to other organisations where appropriate
 - The Counsellor "has helped me through a really difficult time in my life by giving me different ways to look at the situations and really being present in the sessions."

- An extensive resource centre that has books, information, resources, and research designed to provide support and build resilience for individuals, families, whānau and communities.

 Tailored information packs are emailed and posted throughout Aotearoa, New Zealand
- Skylight's online shop has a broad range of books, games, and other resources. It is accessed both within Aotearoa, New Zealand and internationally by schools, NGOs, government departments, corporate organisations, and individuals.
- Providing trauma informed and resilience building Professional Development for staff in community organisations throughout Aotearoa, New Zealand
- Providing other tailored training to organisations to increase staff resilience
- Delivering Parenting Through Separation workshops in the lower North Island
- Training facilitators to deliver the Waves post suicide bereavement programme throughout Aotearoa, New Zealand

"I would like to say how balanced and helpful my Counsellor has been, the whole experience has been very subtle and yet very effective for the 3 of us, please pass on my appreciation to the Counsellor."

"Very valuable service and I am glad it is available in the community and at a price I can afford and at a location that is easy to get to."

Resource centre

The Resource Centre is strategically placed in the centre of Skylight. Its function is to provide relevant and up to date information and resources to people throughout New Zealand, who need help to deal with the effects of loss, grief, trauma and change.

The resources are tailored specifically to the needs of those impacted or are supporting, whether they be children, young people, adults, parents, friends, family or professionals. The resources give information about what they are experiencing and helpful strategies to deal with the effects. The right help at the right time in the right way.

The most common issues facing people are grief, suicide, bereavement and family breakup. Information about managing emotions, anxiety and anger in children are also in high demand from parents. Many people are facing complex and challenging issues.

We continue to send out around 800 packs a year and receive many positive responses to the information.

Requests for information packs by month 2017/2018 **How information was received 2018** 150 2017 2018 120 90 45% 60 48% 30 Given Epacks Post Comparison of requests by topic 2017/2018 Requests for information by topic 2018 200 2017 2018 150

Trauma

Family Violence

Grief

Family Break Up

Ancitipated Death

Accidental/

Family Violence

Bereavement 23%

1%

Behaviour

Grief

Parenting

Suicide 18%

Illness or 9%

2%

3%

Disability

Trauma

Other

Suicide

Bereavement

amily Break Up

Behaviour

liness or Diability

Accidental/

Ancitipated Death

100

50

Professional development

Skylight offers high-quality training and workshops for professionals and the general public on topics relating to grief, loss, trauma, and resilience.

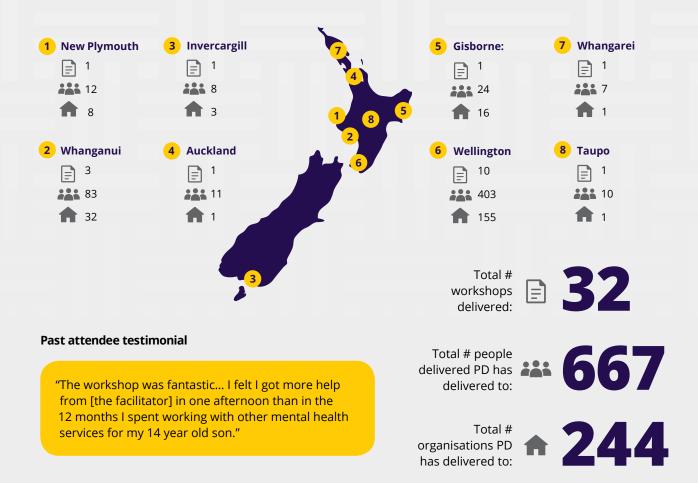
Workshops are centered on enhancing knowledge and skills, but also focus on participation and skill sharing, ensuring attendees are able to shape the content in ways that best suit their practice. Each session is designed to provide practical solutions that attendees can take away and feel confident implementing themselves.

Skylight also responds to requests from organisations around the country to deliver workshops, and will tailor content to meet the training needs of the staff.

Skylight's workshops and trainings are delivered by experienced facilitators who are specialists in their field, and who are passionate about sharing their knowledge with others.

Skylight would like to thank Oranga Tamariki for their generous support of our professional development programme this year. With their support, we were able to expand our services to offer more targeted support for organisations and the general public around trauma awareness and becoming trauma informed

Skylight workshops and trainings around New Zealand







Skylight believes everyone should have access to the right help at the right time in the right way. Those facing a financial hardship are no exception. Skylight works hard to ensure access to all who need it through a variety of funding streams; including government contracts, partnerships, grants from philanthropic bodies, individual donations and fundraising events.

Skylight has a network of organisations throughout Aotearoa, New Zealand that the organisation works in partnership with. Skylight supports the development of these partners to become trauma informed and resilience building. Partners have access to the Resource Centre, publications, resources as well

as training and professional development. Through Skylight's partnered counsellors we have expanded the reach of our services throughout Aotearoa, New Zealand. These counsellors are offered Skylight's professional development and training when available. Both the partnered organisations and counsellors are rigorously vetted and appropriate background checks are made to ensure the organisations and counsellors can consistently deliver the quality services Skylight is known for.

Skylight has contract counsellors in: Whangarei, Auckland, New Plymouth, Kāpiti, Porirua, Churton Park, and Christchurch.

List of current partner organisations: NAME **LOCATION** A-OK Suicide **Auckland EAPworks National Evolve Wellington Youth Service** Wellington **National MOU** FairWay Resolution Ltd Hope Resources Invercargill Jigsaw North Whangarei Whanganui Jigsaw Whanganui Wellington Newtown Budgeting and **Advocacy Services** Southland Loss & Invercargill Grief Centre Invercargill Christchurch Supporting Families in Mental Health Canterbury Taupo Whānau Centre Taupo Victim Support **National MOU**





Travellers Resilience Programme

Skylight's Travellers Resilience Programme is an in-school early intervention programme for young people to build resilience, key life skills and enhance connections.

In the 2017/2018 financial year, 19,339 year 9 students took our Travellers wellbeing survey. This survey is a measurement of hauora and encourages young people to self-report on a variety of issues, identifying those most at risk.

Travellers was developed, piloted and evaluated under contract, for the Ministry of Health by Skylight in partnership with the University of Auckland's Injury Prevention Research Centre. Travellers™ is run by trained facilitators from within the school environment, who guide students through fun yet relevant activities, using the "life is a journey" metaphor.

Travellers™ innovative education programme that enables young people to learn skills to cope with change, loss and transition and to build their selfesteem and confidence to be able to face life's future challenges. Originally developed for Year 9 students, Travellers™ is now also being run with Year 8 and Year 10 students. The programme is in its 18th year and currently more than 136 schools across Aotearoa, New Zealand offer Travellers™ to their students. Skylight has trained over 750 facilitators to run the programme in their schools.

17
New schools recruited

127Active schools

122No. of trained facilitators

19,339 Students completing survey

531Students completing programme

Facilitator feedback:

"Some of the students are facing a lot of family issues and it will give them the skills hopefully to get through the tough times. They enjoyed us sharing our life story."

"At times we were blown away with the interaction and thought behind their comments and discussions. At times, where we thought they were not demonstrating high levels of participation, they surprised us with their comments and other responses."

Student feedback:

"It has honestly made me the better person today and I would like to thank my mentor for all the support. I feel like now I can be very open to talk about my feelings and what's happening in my life or what my situation. Also doing it with a bunch of others is even better cause they were in the same shoes as me at the beginning and now we've all became really good mates."

"Travellers has helped me to make good friends and realise that by talking to someone you are already solving half the problem."



Waves

Waves is an 8-week programme that aims to support adults 18+ years old who have been bereaved by suicide.

The programme combines learning about suicide and bereavement with group discussion and support. The group is facilitated by two trained facilitators. Skylight has a contract with the Ministry of Health to train facilitators to deliver the programme in their communities.

During this financial year Skylight has trained facilitators in Tokoroa, Hamilton, Christchurch and Auckland. The Waves programme has been delivered in Hamilton, Tauranga, Wellington, Wainuiomata, Christchurch, Westport, Lakes District and Northland.

We would like to thank our dedicated trainers and all the facilitators who work voluntarily in their communities to deliver the programme.

Supported: **61**

Facilitators trained:



Waves Hui

Waves facilitators from around New Zealand came to a hui at Island Bay's Tapu te Ranga Marae in Wellington. The purpose of the hui was to provide an opportunity for facilitators to share their experiences of delivering the programme, connect with each other, suggest changes to materials, share best practice and discuss ways to grow the programme.

It was fantastic to have the opportunity to bring Waves facilitators together for the first time. The conversations between the facilitators, Waves trainers and Skylight staff over the two days covered many different areas, and there was time to share and get a good understanding of the issues and possibilities for Waves. On day two of the hui, Chris Bowden presented findings from his research, and delivered a professional development session, that gave some helpful tools and ideas for the facilitators. It was exciting to hear that the data shows that the Waves programme is safe and has positive, statistically significant benefits for participants.

Comments from facilitators who attended the Waves hui:

"The highlights for me were meeting other Waves facilitators and finding out first hand from the researcher about feedback from the programme."

"Connecting with Chris Bowden as well as staff from Skylight and others who have been instrumental to training and delivery of Waves - it gives a new perspective and renewed motivation when there is a sense of connection and community involved in a programme."



Parenting Through Separation

Skylight has been a provider of the Ministry of Justice funded Parenting Through Separation programme in the Wellington Region since the inception of the programme.

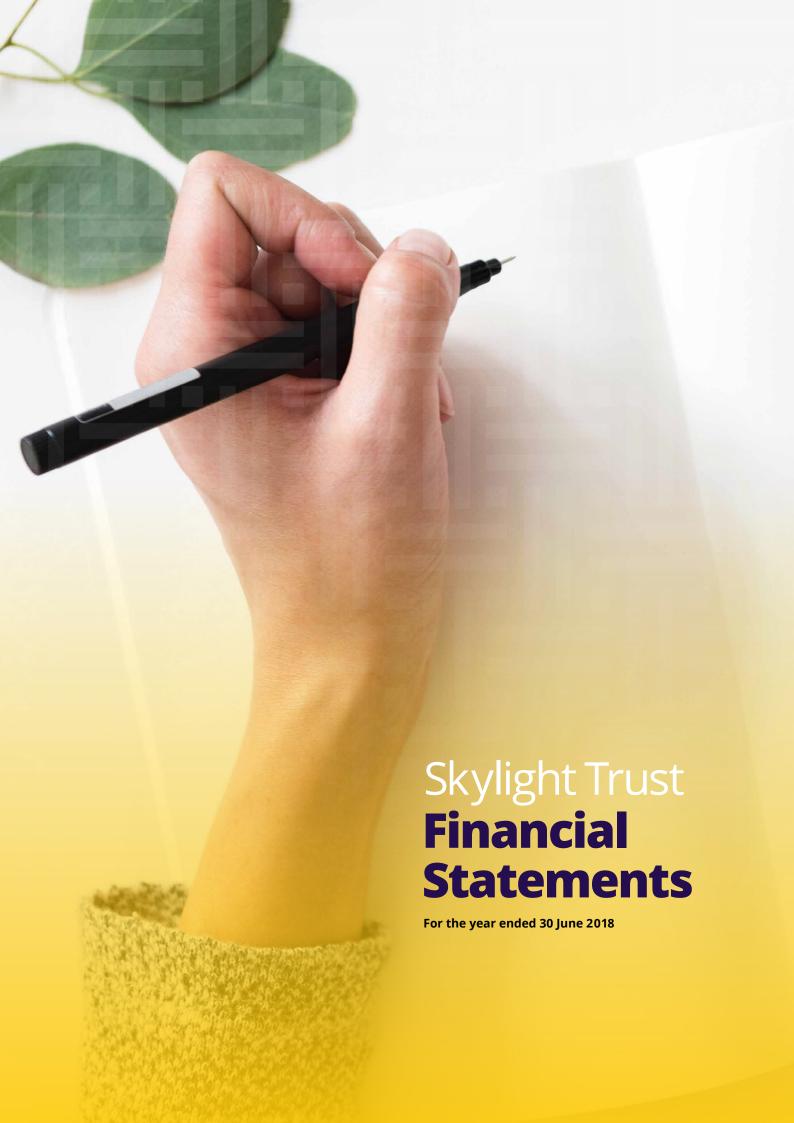
The Parenting Through Separation course is a free information programme for individual parents who have separated or who are contemplating separation, to help understand and manage the effects of separation on their children, and to help learn how to put their children's needs first.

The small group course creates a safe space that allows parents to share their experiences with other people in a similar situation, in a supportive and confidential environment. Participants receive information and resources on strategies for co-parenting with their

ex-partner or other carer, reaching agreement on a parenting plan, and how to navigate the Family Justice System.

Last year 289 people attended Parenting through Separation courses. Skylight holds 52 courses per year, with regular courses held in Wellington CBD, Johnsonville, Kāpiti Coast, Lower Hutt, Masterton, and Porirua.





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Directory

Skylight Trust For the year ended 30 June 2018

Legal Name of Entity

Skylight Trust

Charitles Commission Registration Number

819616

Nature of business

Supporting children, young people, and their whanau to navigate through tough times by building restlient individuals and communities.

Board of Trustees

Jim Donovan

Sarah Roberts

Lyn McMorran

Prashanta Mukherjee

Bemie Grant

David Clarke

James McCulloch

Physical Address

HMR Building

Level 3

5-7 Vivian Street

Te Aro

Wellington

Postal Address

P O Box 7309

Wellington

New Zealand 6242

Statement of Comprehensive Revenue and Expenses

Skylight Trust For the year ended 30 June 2018

	NOTES	2018	2017
Revenue - Exchange		\$	\$
Core Service Delivery	5	385.011	298,923
Interest		581	680
Total Revenue - Exchange		385,592	299,603
Revenue - Non Exchange			
Contract Income		1,269,194	856,670
Donations		16.682	22,387
Grant Income		158,191	161.203
Sponsorship		38,331	83,647
Other revenue	6	11.264	17,450
Total Revenue - Non Exchange		1,493,662	1,141,357
Total Revenue		1,879,254	1,440,959
Expenses			
Administration Expenses		655,612	684,776
Publications Cost of Sales		39,585	39.696
Service Provision	7	922,874	904,539
Otner expenses		59,263	66,388
Total Expenses		1,677,334	1,695,399
Surplus/(Deficit) for the Year		201,920	(254,439)



Statement of Changes in Net Assets

Skylight Trust For the year ended 30 June 2018

	Retained Earnings \$	Flashlight Fund \$	Warehouse Sponsorship \$	Total \$
Opening Balance 1 July 2016	118,802	-	-	118,802
Net deficit for the year	(254,439)	•	-	(254,439)
Transfers between Reserves	(37,186)	25,186	12,000	
Closing Balance 30 June 2017	(172,824)	25,186	12,000	(135,638)

	Retained Earnings \$	Flashlight Fund \$	Warehouse Sponsorship \$	Total \$
Opening Balance 1 July 2017	(172,824)	25,186	12,000	(135,638)
Net surplus for the year	201,920		- '	201,920
Transfers between Reserves	17,174	(5,174)	(12,000)	-
Closing Balance 30 June 2018	46,270	20,012		66,282



Statement of Financial Position

Skylight Trust As at 30 June 2018

	NOTES	2016	2017
Assets		\$	\$
Current Assets			
Bank accounts and cash	10	103,073	34,739
Receivables from Exchange transactions	15	5,349	13,667
Inventory	11	77,538	74,931
Total Current Assets		185,958	123,337
Non-Current Assets			
Property, Plant and Equipment	12	10,281	18,265
Work In Progress	10 17 21 20 3 1 1	182,476	
Total Non-Current Assets		192,757	13,265
Total Assets		378,715	136,602
Liabilities			
Current Liabilities			
Creditors and accrued expenses	13	82,005	134,387
Employee costs psyable		67,322	80,102
Revenue in Advance	14	163,105	77,751
Total Current Liabilities		312,433	272,240
Total Liabilities		312,433	272,240
Total Assets less Total Liabilities (Net Assets/(Net Liab Accumulated Funds	litties))	68,282	(135,638)
Accumulated suspluses or (deficits)		46,270	(172,624)
Reserves	17	20,012	37,185
Total Accumulated Funds		66,282	(135,638)

Signed for and on behalf of the Board of Trustees who authorised thiese financial statements for issue on

Date: 16 8 000 per 2018

Trustee



Statement of Cash Flows

Skylight Trust For the year ended 30 June 2018

	2018	2017
Cash Flows from Operating Activities	\$	\$
Receipts from Donations, Sponsorship and Other Income	66,907	122,855
Contract Income and Core Service Delivery	1,872,908	1,400,317
Interest	581	680
Cash receipts from other operating activities		
GST	11,640	7,307
Payments to Suppliers	(899,677)	(586,182)
Payment to Employees	(983,346)	(1,020,869)
Total Cash Flows from Operating Activities	69,013	(75,893)
Cash Flows from Investing and Financing Activities		
Cash Flows from Other Investing and Financing Activities	(679)	-
Total Cash Flows from Investing and Financing Activities	(679)	•
Net Increase/ (Decrease) in Cash	68,334	(75,893)
Cash Balances		
Cash and cash equivalents at beginning of period	34,739	110,632
Cash and cash equivalents at end of period	103,073	34,739
Net change in cash for period	68,334	(75,893)



Skylight Trust For the year ended 30 June 2018

1. Reporting entity

The reporting entity is Skylight Trust (The Trust). The Trust is domiciled in New Zealand and is a charitable organisation registered under the Incorporated Societies Act 1908 and the Charities Act 2005.

The financial statements are presented for the year ended 30 June 2018.

The financial statements summarise the financial results of activities carried out by The Trust. The Trust provides counseling services and support for community and social benefit. The Trust is a charitable organization registered under the Charitable Trusts Act 1957 and the Charities Act 2005.

These financial statements have been approved and were authorised for issue by the Board of Trustees on 6 November 2018.

2. Statement of compliance

The financial statements have been prepared in accordance with Generally Accepted Accounting Practice in New Zealand ("NZ GAAP"). They comply with Public Benefit Entity International Public Sector Accounting Standards Reduced Disclosure Regime ("PBE IPSAS RDR") and other applicable financial reporting standards as appropriate that have been authorised for use by the External Reporting Board for Not-For-Profit entities. For the purposes of complying with NZ GAAP, the Trust is a public benefit not-for-profit entity and is eligible to apply PBE IPSAS RDR on the basis that it does not have public accountability and it is not defined as large.

The Board of Trustees has elected to report in accordance with Tier 2 Not-For-Profit PBE Accounting Standards and in doing so has taken advantage of all applicable Reduced Disclosure Regime ("RDR") disclosure concessions. This decision results in the Statement of Service Performance for both reporting periods.



Skylight Trust For the year ended 30 June 2018

3.Summary of accounting policies

3.1 Basis of measurement

These financial statements have been prepared on the basis of historical cost.

3.2 Functional and presentation currency

The financial report is presented in New Zealand dollars which is the functional currency and has been rounded to the nearest dollar.

3.3 Revenue

Revenue is recognised to the extent that it is probable that the economic benefit will flow to the Trust and revenue can be reliably measured. Revenue is measured at the fair value of the consideration received. The following specific recognition criteria must be met before revenue is recognised.

Revenue from non-exchange transactions

Donations

Donations are recognised as revenue upon receipt and include donations from the general public, donations received for specific programme or services or donations in-kind. Donations in-kind include donations received for services, furniture and volunteer time and is recognised in revenue and expense when the service or good is received. Donations in-kind are measured at their fair value as at the date of acquisition, ascertained by reference to the expected cost that would be otherwise incurred.

Grant revenue includes grants given by other charitable organisations, philanthropic organisations and businesses. Grant revenue is recognised when the conditions attached to the grant has been complied with. Where there are unfulfilled conditions attaching to the grant, the amount relating to the unfulfilled condition is recognised as a liability and released to revenue as the conditions are fulfilled.

Revenue from exchange transactions

Publication Revenue

Publication revenue is recorded as revenue when the publication has been ordered.

Interest revenue

Interest revenue is recognised as it accrues, using the effective interest method.



Skylight Trust For the year ended 30 June 2018

3.4 Cash and cash equivalents

Cash and cash equivalents are short term, highly liquid investments that are readily convertible to known amounts of cash and which are subject to an insignificant risk of changes in value.

3.5 Inventories

For inventory that was acquired through non-exchange transactions, the cost of the inventory is its fair value at the date of acquisition. For inventory held for distribution or consumption in providing goods and services to be distributed at no charge or for nominal charge, these are measured at cost adjusted for any loss of service potential.

3.6 Reserves

The Group creates and maintains reserves in terms of specific requirements

Flashlight Fund

The flashlight fund was created when a previous client and a Trust left a substantial donation to Skylight Trust for the specific reason for the funds to reduce the cost of counceling to those who can least afford it. The donations were recognised as income in the 2016 financial year, however, the fund is to run across many years and continue to help those who need it most,

Warehouse Sponsorsnip

The Warehouse Sponsorship was given from a regional sponsorship level. This meant that the funds were to be utilised back in the region where the money was raised. This sponsorship was recognised in the 2016 and 2017 years, however, the most significant expenditure was incurred during the 2017 financial year with the remaining amount of the fund utilised during the 2018 financial year.



Skylight Trust For the year ended 30 June 2018

3.7 Property, plant and equipment

Items of property, plant and equipment are measured at cost less accumulated depreciation and impairment losses. Cost includes expenditure that is directly attributable to the acquisition of the asset. Where an asset is acquired through a non-exchange transaction, its cost is measured at its fair value as at the date of acquisition.

Depreciation is charged on a diminishing value basis over the useful life of the asset, except for land and buildings. Land and buildings are not depreciated. Depreciation is charged at rates calculated to allocate the cost or valuation of the asset less any estimated residual value over its remaining useful life.

- *Computing equipment 48%
- ·Office equipment 26.4% 39.6%
- -Furniture 12% 18%

Depreciation methods, useful lives and residual values are reviewed at each reporting date and are adjusted if there is a change in the expected pattern of consumption of the future economic benefits or service potential embodied in the asset.

3.8 Leases

Payments on operating lease agreements, where the lessor retains substantially the risk and rewards of ownership of an asset, are recognised as an expense on a straight-line basis over the lease term.

3.9 Income Tax

Due to its charitable status, the Trust is exempt from income tax.

3.10 Equity

Equity is the community's interest in the Trust, measured as the difference between total assets and total liabilities. Equity is the accumulated comprehensive revenue and expense since its formation.

3.11 Work in Progress

Work in Progress shows the balance of the Resilience Hub transformation that is to be capitalised as an intangable asset during the 2019 financial year. The significant portion of the costs relating to the build of the Resilience Hub platform were during the 2018 year, however the final expense for this will be incurred during the 2019 financial year. Furthermore, the Resilience Hub will not be opened for use until the 2019 financial year.



Skylight Trust For the year ended 30 June 2018

3.12 Goods and services tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST except for receivables and payables, which are stated with the amount of GST included.

The net amount of GST recoverable from, or payable to, the Inland Revenue Department is included as part of receivables or payables in the statement of financial position.

Cash flows are included in the statement of cash flows on a net basis and the GST component of all cash flows arising, which is recoverable from, or payable to, the Inland Revenue Department is classified as part of operating cash flows.

4. Significant accounting judgements, estimates and assumptions

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the reported amounts of revenues, expenses, assets and liabilities, and the accompanying disclosures, and the disclosure of contingent liabilities. Uncertainty about these assumptions and estimates could result in outcomes that require a material adjustment to the carrying amount of assets or liabilities affected in future periods.

Judgements

In the process of applying the accounting policies, management has made the following judgements, which have the most significant effect on the amounts recognised in the financial statements:

Operating lease commitments

The Trust has determined, based on an evaluation of the terms and conditions of the arrangements, such as the lease term not constituting a substantial portion of the economic life of the vehicles, that it does not retain all the significant risks and rewards of ownership of these properties and accounts for the contracts as operating leases.

Capitilisation of intangible assets

Expenses relating to the Resilience Hub that need to be capitalised were moved to Work in Progress until such time that the project is finished. Once the project is finished, all expenses to be capitalised will be moved to intangible assets.

Estimates and assumptions

The key assumptions concerning the future and other key sources of estimation uncertainty at the reporting date, that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year, are outlined in note 22. The Trust based its assumptions and estimates on parameters available when the financial statements were prepared. Existing circumstances and assumptions about future developments, however, may change due to market changes or circumstances arising beyond the control of the Trust, Such changes are reflected in the assumptions when they occur.



Skylight Trust For the year ended 30 June 2018

5. Core Service Delivery Revenue	2018	2017
	\$	\$
COGS	9,500	0
Counselling Services Income	144,197	126,688
Professional Development Income-Workshops (usually TA)	19,307	6,154
Publication Income	109,480	137,078
Training & Development	93,642	20,732
Travellers Programme	8.885	8,271
Total Core Service Delivery	385,011	298,923
6. Other Income	2018	2017
	\$	\$
Other Income	150	5,067
Rental Income	95	1,940
Fundraising Income	114	4,143
Event Income	10,906	6,301
Total Other Income	11,265	17,450
7. Service Provision Expenses	2018	2017
	\$	\$
Advertising and promotion	5,225	8,525
Advirsory/Consulting	209,038	•
Contractor Payments	119,790	69,738
Programme development	124,599	2,239
Programme evaluation	12,814	15,905
Resilience Hub Expenses to be Capitalised	(182,476)	
Resource pchs/development/printing	49,879	54,150
Salaries - Service Delivery	503,696	660,125
Supervision	2,595	4,095
Travel and Accommodation	58,711	67,112
Venue hire and/or catering	19,003	22,649
Total Service Provision Expenses	922,874	904,539
8. Employee Expenses	2018	2017
	\$	\$
Employee Remuneration has been allocated to the following categories:		
Service Provision Expenses	503,696	660,125
Administration Expenses	415,527	416,341
Total Employee Expenses	919,223	1,076,466



Skylight Trust For the year ended 30 June 2018

9. Components of net surplus	2018	2017
Total expenses include the following specific expenses:	\$	\$
Audit	11,777	21,531
Koha/donations	3.359	846
Venue hire and/or catering	19,003	22.649
Rent	83.634	81.549
Depreciation	2.984	4,498
10. Cash and Cash Equivalents	2018	2017
	\$	\$
ANZ Accounts	102,903	34,569
Cash float	20	20
Petty cash	150	150
Total Cash and Cash Equivalents	103,073	34,739
11. Inventories	2018	2017
	\$	\$
inventory held for sale	83,982	81,220
Less provision for obsolete stock	-6,446	-6,289
Total Inventory	77,536	74,931

12. Property, Plant and Equipment

	Computer Equipment	Furniture and Fittings	Office Equipment	Total
30 June 2018	\$	\$	\$	\$
Opening balance	2,305	9,639	1,321	13,265
Additions	0	c	û	o
Disposals	С	0	ð	0
Depreciation	1,106	1,442	436	2,984
Closing balance	1,199	8,197	885	10,281

	Computer Equipment	Furniture and Fittings	Office Equipment	Total
30 June 2017	\$	\$	\$	5
Opening balance	4,431	11,347	1,986	17.764
Additions	0	0	0	c
Disposals	C	0	C	C
Depreciation	2,126	1,708	665	4,499
Closing balance	2,305	9,639	1,321	13,265



Skylight Trust For the year ended 30 June 2018

13. Trade and Other Creditors	2018	2017
	\$	\$
Bank overdraft/Credit cards	5,025	6,373
Creditors and accrued expenses	37,324	77,788
PAYE Payable	19,736	31,780
GST	19,920	18,446
Total Trade and Other Creditors	82,005	134,387
14. Revenue in Advance	2018	2017
	\$	\$
Hutt Mana Charitable Trust		690
John Illot Charitable Trust		154
MOE	49,803	
MOH - Travellers	9,378	46,671
MOH - Waves	4,540	
NZ Lottery Grants Board	60,147	25,236
Todd Foundation	8,441	-
TPK	24,341	
Vodefone	8,456	-
Wellington Community Trust		5,000
Total Revenue in Advance	163,106	77,751
15. Categories of Financial Assets	2018	2017
	\$	\$
Cash and Cash Equivelents	103,073	34,739
Receivables from Exchange Transactions	5,349	13,667
Receivables from Non-exchange transactions		
	108,422	48,406
16. Accumulated Funds	2018	2017
	\$	\$
Opening Balance	-172,824	118,801
Accumulated surpluses or (deficits)	219,094	-291,625
The Warehouse Region 5 Reserve		12,000
The Flashlight Fund	20,012	25,186
Total Accumulated Funds	66,282	-135,638



Skylight Trust For the year ended 30 June 2018

17. Restricted Funds	2018	2017
These funds are allocated to the Flashlight Fund:	\$	\$
Opening Balance	25.186	
Incoming	3,860	51.898
Outgoing	(9,034)	(25,712)
Closing Balance	20,012	25,186
These funds are allocated to the Warehouse Sponsorship Reserve		
Opening Balance	12,000	
Incoming	37.839	58,721
Outgoing	(49,839)	(46,721)
Closing Balance	•	12,000
Total Restricted Funds	20,012	37,186
18. Contingent Liabilities and Guarantees		
There are no confingent liabilities or guarantees as at reporting date (2017: Nil).		
	2018	2017
Operating Leases:	\$	\$
Within 1 year	96,573	77.206
1-2 years	85,900	-
3-5 years	85.900	*
	268,373	77,206

19. Related Parties

Key Management Personnel:

The key management personnel, as defined by PBE IPSAS 20 Related Party Disclosures, are the members of the governing body which is comprised of the Board of Trustees which constitutes the governing body of the Group. No remuneration is paid to members of the Board of Trustees.

20. Events After the Balance Date

The Board of Trustees and management is not aware of any other matters or circumstances since the end of the reporting period, not otherwise dealt with in these financial statements that have significantly or may significantly affect the operations of the Trust



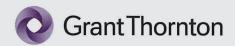
Skylight Trust For the year ended 30 June 2018

21. Going Concern

During the year ended 30 June 2018 Skylight Trust had a profit for the year of \$201,920 (2017: loss of \$254,439), reported a working capital deficit of \$126,475 (2017: deficit of (\$148,903), and positive equity of \$66,282 (2017: negative of \$135,638).

Although the Trust has had a very positive year, it continues to remain dependent (as in previous years) on funding from various Government ministries, including five main funders, and in the event future funding is not received (or a Ministry cancels an existing contract and requires repayment of funds) the Trust may not be able to realise the assets and discharge it's liabilities in the normal course of completing its normal activities. Notwithstanding this, the Trustees have concluded that Skylight Trust remains a going concern on the basis that the Trust has restructured its operations during the 2018 year and in the first part of the 2019 year with the opening of Skylight's Resilience Hub, a restructure of its counselling activities and obtained (in their view) sufficient funding for the foreseeable future so as to conclude that it will be sufficiently able to meet all current and previous contractual commitments.





Independent Auditor's Report

Grant Thornton New Zealand Audit Partnership

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To the Trustees of Skylight Trust

Report on the Audit of the Financial Statements

Opinion

We have audited the financial statements of Skylight Trust (the Trust) on pages 4 to 17 which comprise the statement of financial position as at 30 June 2018, and the statement of comprehensive revenue and expenses, statement of changes in net assets and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects the financial position of the Trust as at 30 June 2018 and its financial performance and cash flows for the year then ended in accordance with Public Benefit Entity International Public Sector Accounting Standards (Not-For-Profit) Reduced Disclosure Regime issued by the New Zealand Accounting Standards Board.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (New Zealand) (ISAs (NZ)). Our responsibilities under those standards are further described in the *Auditor's Responsibilities* for the Audit of the Financial Statements section of our report. We are independent of the Trust in accordance with Professional and Ethical Standard 1 (Revised) Code of Ethics for Assurance Practitioners issued by the New Zealand Auditing and Assurance Standards Board, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other than in our capacity as auditor we have no relationship with, or interests in, the Trust.

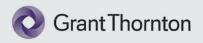
Material Uncertainty Relating to Going Concern

We draw attention to Note 21 in the financial statements, which indicates that the Trust's current liabilities exceeded its total assets by \$126,475 and it is reliant on funding from various Government ministries. As stated in Note 21, these events or conditions, along with other matters as set forth in Note 21, indicate a material uncertainty exists that may cast significant doubt on the Trust's ability to continue as a going concern. Our opinion is not modified in respect of this matter.

Trustees' Responsibilities for the Financial Statements

The Trustees are responsible on behalf of the Trust for the preparation and fair presentation of these financial statements in accordance with Public Benefit Entity International Public Sector Accounting Standards (Not-For-Profit) Reduced Disclosure Regime issued by the New Zealand Accounting Standards Board, and for such internal control as those charged with governance determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, those charged with governance are responsible for assessing the Trust's ability to continue as a going concern, disclosing, as applicable, matters related to going concern



and using the going concern basis of accounting unless the Trustees either intend to liquidate the Trust or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (NZ) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of the auditor's responsibilities for the audit of the financial statements is located on the External Reporting Board's website at: https://www.xrb.govt.nz/standards-for-assurance-practitioners/auditors-responsibilities/audit-report-8/

Restriction on use of our report

This report is made solely to the Trustees, as a body. Our audit work has been undertaken so that we might state to the Trustees, as a body, those matters which we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Trust and its Trustees, as a body, for our audit work, for this report or for the opinion we have formed.

Grant Thornton New Zealand Audit Partnership

Grant Thornton

N Keddie

Associate Director

Wellington

16 October 2018



Thank you

Government agencies:

Ministry of Education

Te Puni Kōkiri

Ministry of Social Development

Oranga Tamariki

Ministry of Health

Ministry of Justice

ACC

Philanthropic:

COGS (Auckland, Hutt Valley, Whitireia and Wellington)

Todd Foundation

InternetNZ

Pub Charity Ltd

The Good Registry

New Zealand Lottery Grants Board

John Ilott Charitable Trust

Wellington Community Trust

Winton and Margaret Bear Charitable Trust

Vodafone Foundation

Help Tank

Comms Collective

Sponsorship:

New World Wellington City

The Warehouse Region 5

L'Affare

Capitol Restaurant

Patrons:

Skylight is very grateful for the continued support from Patron Judy Bailey, and Patron Louise Nicholas.

