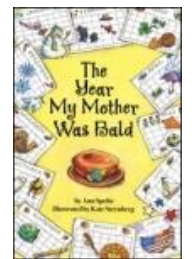


For Families Challenged by Cancer

Ways Skylight Can Support Patients and their Families and Friends

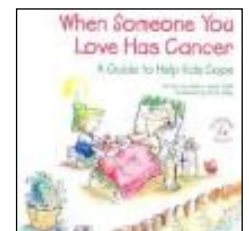
Who is Skylight?

Skylight is a well known and respected national, charitable trust. We specialise in supporting children, young people, adults and their families/whānau affected by changes, loss, trauma and grief – whatever the cause. This includes managing changes and losses at times of illness. We also assist and equip those who want to support them effectively, including health professionals. We develop and source excellent support resources, provide free enabling information, and offer high quality training, counselling and support groups. See us at www.skylight.org.nz



Resources that may be helpful

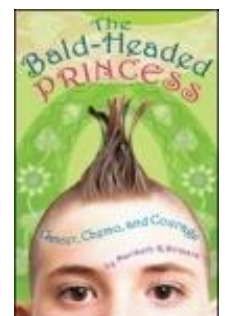
Specialist support resources specifically addressing stress and anxiety, illness, grief and other difficult life issues for children, young people and adults. They are widely used around NZ and can make a significant difference to people as they empower them with quality information and enable them to tackle issues honestly, and safely. See Skylight's support resource shop at www.skylight.org.nz/shop or enquire about the topic you're interested in at **0800 299 100**.



Skylight's resources are respected world-wide to build resilience and coping skills in the face of tough situations. They have been used widely, for example, in Canterbury, in Victoria, Australia after bushfires and floods and after the West Coast mining disaster.

Helpful, easy to read articles you can freely copy to hand out about resilience and grief, among other life topics.

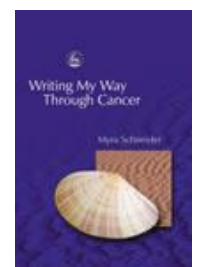
See these listed at www.skylight.org.nz/Helpful+Articles?src=nav



Personalised Support Packs Available

Try this service out and you'll see how invaluable it is – think of Skylight as a citizen's advice bureau for learning ways to cope with tough life issues – for all ages. **We tailor make personalised information and support packs**, on request, for different children, teens, adults, family members or friends who are facing tough life situations – whatever it is. This includes for those impacted by cancer. Just call us during a weekday on **0800 299 100** to talk about the issue/needs or email rs@skylight-trust.org.nz

Note: We can send these packs to you for patients or directly to them. A donation or koha is requested to help us cover the costs of this amazing and respected free service.



Loans of Support Resources from anywhere in NZ

We offer an online book loan service for support books around a wide range of tough life issues, including cancer, to anywhere in NZ. Contact Jenny at rs@skylight-trust.org.nz and she will set you up to be able to view them online and loan. Or you can also phone **0800 299 100** for the topic listings.

Counselling Support

Skylight offers counselling **for all ages** in the Wellington, Auckland or Wairarapa Regions. You can phone us with your enquiry on **0800 299 100** or email css@skylight-trust.org.nz Or we can provide options for counselling in other regions.

Workshops

Skylight's training department offers workshops for families in different centres, at different times. If you think your community would benefit from having a workshop please contact Aileen Davidson by phone on **04 939 8576** or email aileen@skylight-trust.org.nz

In times of terminal illness and bereavement

Skylight supports many families and individuals through such tough times. Phone us on **0800 299 100** and we can send you a free support pack and let you know some options for support in your own area.

When other life issues happen at the same time

Sometimes all sorts of life issues combine at the same time, making life even harder. Skylight also offers support, information and resources for all ages related to other difficult life topics. Phone us on **0800 299 100** with your request and we will give you the best support we can.



It can be a very twisting, winding road for those whose lives are challenged by cancer – and for those who love and care for them. Skylight knows this and works to support people in ways that can help make the road just a little easier to travel.