



Tupu Ake



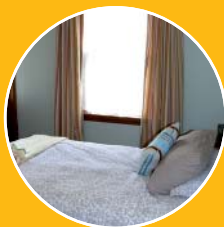
PATHWAYS

What is Tupu Ake?

Tupu Ake in Papatoetoe is a place for Manukau people to have time out when they are struggling with life at home – an alternative to an admission to hospital.

Tupu Ake provides a peaceful, friendly environment where staff offer support during the day and night – whether that's preparing meals or offering a listening ear. Some guests also choose to use the therapeutic programmes; others spend time painting, reading or using the gym equipment. It's really about preventing further stress and allowing people to get back on track.

Tupu Ake caters for up to ten guests overnight plus an additional five during the day (8am-8pm). Each overnight guest will have their own room during their stay, which is usually for around a week.





Special meaning

The name Tupu Ake was chosen because it often refers to the spiritual and physical development of people.

The location of Tupu Ake is also special. The beautiful 1912 villa, previously known as O'Laughlen House, has always been a place of healing and rest. It was a convent and rest home before being renovated for Pathways in mid 2008.

The peaceful, park-like garden setting is also thought to enhance recovery and provides a quiet setting away from the hustle and bustle of everyday life.



Who is Pathways?

Pathways is a leading national provider of community-based mental health and wellness support services.

Our services support people who have experienced trauma and upset in their lives. More often than not this has resulted in a loss of confidence, a sense of hopelessness or depression and has generally eroded their physical and mental health.

By providing a range of support services around housing, practical daily living, employment and being healthy we help people to live well in the communities of their choice.



Peer support

Tupu Ake is the first mental health and wellness peer support service of its kind in New Zealand.

Staff at Tupu Ake come from a variety of backgrounds including registered nurses, peer support specialists and counsellors.

Peer support specialists offer a unique understanding and relationship with the people who use Tupu Ake, as they too have experience of mental illness and have had training in how to use their experiences to support others on their recovery journey.





Contact us!

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