

Getting Active

By Daryl Hyland

Getting active has been a key aspect of my wellness.

I joined Pathways services about nine months ago. My first meeting was with Peter - my key support worker. He asked me whether I would like to participate in sports on Tuesdays and Thursdays. I was all for it.

Since then I have been participating in sport regularly with the Pathways Healthy Lifestyle team and others using Pathways' services at Otahuhu and Greenlane. It's been a good opportunity for me to play, socialise and improve my fitness. I also participate in soccer training on Saturdays with staff and clients. We go through a series of fitness sessions and learn soccer skills. I have improved and now I'm ready to compete with the community teams.

During the last nine months I have also participated in several Healthy Lifestyle activities such as Round the Bays, the 10 kilometre fun/walk as part of the Auckland Marathon and a 75 kilometre bike trip. I also work part time and go to and from to work by walking about 8 kilometres every day, five days a week.

I've started doing healthy cooking sessions. They are great! Now I am able to make healthy food choices. Peter supports me in shopping but I make my own shopping list and shop independently.

By socialising with others I am able to learn more about myself and others and about dealing with mental illness. Peter has been very supportive to me. He is a good listener and is like a peer to me. He also helps me with community networks and motivates me to be active.

I also enjoy supporting and motivating other people during our activities. I recently helped someone with first aid support when he choked while having lunch.

Getting off the couch, walking, playing sports, working and socialising are important aspects of my life and recovery. My dream is to help others and I intend to do the upcoming training to become a Peer Support Specialist.

