

Recovery journey

Pesa no longer uses services but will always remember the people who supported his recovery journey.

I have been with Pathways for two years and three months (23/04/2009). During this time Pathways staff have been very encouraging to me with my recovery. They've helped me to improve my communication and supported me to settle in the community. They have supported me to be independent. They were always there for me when I needed help.

Pathways has always encouraged me to participate in sports and eat healthy food. I love to attend the sports sessions and have participated in 'Round the Bays, Auckland marathon events and bike trips. I have become fit and competitive. Recently I was also one of the members of the Pathways touch team who won the Sportsmanship Cup at the Inter Organisation Touch Tournament.

I would like to say thank-you to Klaus, Peter, Tomy, Brandon, Basil, Johnny, Marta, Aloy, Raneer and Robin for their support in my recovery journey. I'm living in my own flat now and no longer access Pathways services but I hope to stay in touch with the people that have supported me.

