

Harikoa

OUR WHĀNAU MAGAZINE

ISSUE 3, DECEMBER 2024

Season's Greetings
Ngā mihi o te wā

*The impact of
diabetes on
wellbeing*

PAGES 4-5

*Tips to a budget
friendly festive
season*

PAGE 7

*Support your young
person to have a
super safe summer*

PAGE 11

| A NOTE FROM OUR TOIHOU

A perfect time to reflect, journal, practice gratitude and nurture yourself.



Tēnā koutou katoa,

As we approach the end of the year, it's a good time for me to reflect on the year that's been and to also cast my mind forward to what's ahead in 2025.

There are many notable achievements and celebrations over this year that continue to inspire and sustain me. *Harikoa* as always, serves to illustrate this in bright colour. It is also a time of reflection. This time of year can be especially meaningful for some, as it marks the first Christmas without a loved one, reminding us of those we've lost.

In July this year, Pathways expanded its reach through the acquisition of a mental health and older persons' service, Dalcam Healthcare, in Manawatū and Tauranga. This is an exciting development that brings new services into the Wise Group, and we're looking forward to learning from what they do well, as well as sharing our own expertise. We welcomed 60 new kaimahi (staff) from Dalcam and I recently spent a week in Feilding with the team there. It was an amazing couple of days, full of laughter and valuable discussions as we worked to connect everyone to our kaupapa and talk about the changes needed to better support the people we care for.

In this issue of *Harikoa*, we celebrate our team, tāngata whai ora (people we support) and taiohi (young people we support) from across the motu. I want to congratulate our kaimahi who've completed their Level 4 Certificate in Health and Wellbeing (page 8). I'm very proud of the fact that over 600 (80 per cent) of our kaimahi now hold this qualification. I was also happy to celebrate the winners of the Trish Glen Awards (page 9). These four kaimahi truly espouse the values of Pathways and Real.

Looking ahead to 2025, we know there are some challenges we'll need to navigate. The Mental Health Act is up for review, and there's a formal consultation happening with submissions closing on 6 December. Plus, the NZ Police are looking at changing their approach to Mental Health 111 calls, which we'll have a clearer picture of the impact later in 2025. Rest assured, we're keeping a close eye on these developments and are ready to respond as needed.

We've spent much of this year creating guidelines, processes and support programmes to enhance physical health for tāngata whai ora, and this is just the start. In this magazine, we've included an article dedicated to diabetes (pages 4-5). Here you'll find ideas on how to support your whānau including the importance of planning regular visits to the GP for screening of diabetes and overall heart and metabolic health.

In this issue, you'll also find ideas for a meaningful budget-friendly holiday season (page 7). In my family, we keep Christmas simple and heartfelt with homemade or 'pay it forward' gifts—like craft, cooking or even recycled treasures. To us, the thought and time we put into each gift makes the holidays more special. For example, my daughter Jess is painting canvases for her cousin's new flat. We hope these ideas bring some fun and ease into your own holiday celebrations.

Lastly, we'd love to hear from you. Your thoughts and feedback are really important to us and helps us learn and improve. On page 7 you'll see a link to a digital survey to provide us with your feedback. Please scan the QR code and provide us your thoughts.

Wishing you a safe and enjoyable festive holiday season and looking forward to a hopeful new year.

Sally Pitts-Brown (She/Her)
Toihau (Chief Executive), Pathways
sally.pitts-brown@pathways.co.nz

Harikoa means *joy*
in Te Reo Māori

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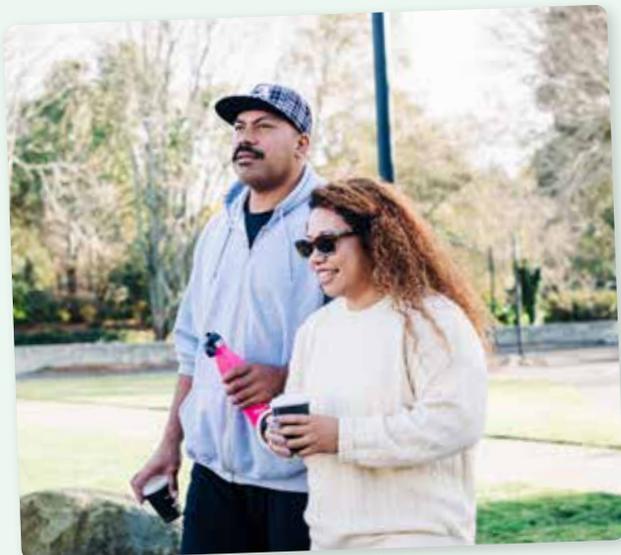
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Understanding diabetes and its impact on wellbeing

Dr Cheryl Buhay (She/Her)
Pou Tākuta ā Rohe (Clinical Director)

Diabetes Awareness Month (www.diabetesactionmonth.org.nz), held in November, highlights the importance of taking action and busting myths for our country's largest and fastest growing condition.

At Pathways, the connection between diabetes and wellbeing is particularly pronounced, as evidenced by the 10 per cent of individuals we support who are living with diabetes. Our Clinical Director and psychiatrist, Dr Cheryl Buhay, looks at the impact of diabetes and what we're doing here to help our whānau manage it.



What is diabetes?

Diabetes is when there is too much glucose (sugar) in the bloodstream for long periods. It can lead to permanent damage to parts of our bodies such as the heart, brain, eyes, nerves, kidneys and blood vessels. If blood glucose levels are dangerously high, it can be life threatening. Diabetes can also lead to depression and anxiety.

There are different types of diabetes that you may have heard of:

- Type 1 diabetes usually starts in childhood and is treated with insulin.
- Type 2 diabetes is when our body is unable to use insulin effectively. The pancreas can make insulin but the cells in our body do not respond to the insulin (insulin resistance). This type occurs in about 90 per cent of people with diabetes. In Aotearoa New Zealand, about 1 in 4 people over the age of 15 are affected by Type 2 diabetes.
- Pre-diabetes is when blood glucose is higher than normal but not high enough to be diagnosed as Type 2 diabetes. So far this year, of the people Pathways support who have physical health conditions, 10 per cent have diabetes. That's 646 people out of 6,327.

What causes diabetes?

Pre-diabetes and Type 2 diabetes can be related to obesity and being overweight. There are other factors that increase the risk of developing diabetes such as having a first-degree relative with diabetes, ethnicity, having diabetes in pregnancy, certain medical conditions (such as polycystic ovary syndrome) and medications (such as steroids and some medicines prescribed for mental health).

Symptoms of diabetes can include increased urination, increase in thirst or hunger, feeling weak or tired. Sometimes there are no symptoms.

Tips on how you can support your whānau

To support a whānau member who is living with diabetes, or to prevent diabetes from occurring, it is important to work alongside others involved in their care.

This Christmas and new year, support your whānau to achieve a healthy lifestyle by:

- choosing healthy food and drinks (and avoiding sugary options)
- exercising regularly
- maintaining a healthy body weight. Even a small improvement can lead to better blood results
- reducing or stopping smoking. For those who do not smoke—please don't start!
- setting SMART goals—specific, measurable, achievable, realistic and time-bound—towards a healthier lifestyle

Encourage a review by the GP

A GP can organise tests to screen for diabetes and overall heart and metabolic health. This is particularly important for those with mental health challenges and/or heart health risk factors (like being overweight, being a smoker, having high blood pressure or a family history of heart attacks or strokes).

“In Aotearoa New Zealand, about 1 in 4 people over the age of 15 are affected by Type 2 diabetes.”



The GP can also prescribe medications for diabetes and arrange other supports like:

- Specialist follow-ups (diabetes clinic)
- Eye checks (for retinal screening)
- Health coaching – within GP practice team
- Podiatry care – if there are foot concerns
- Diabetes nurse educator
- Dietitian
- Diabetes support groups

Enrol with the Stanford self-management programme

This is a free 6-week self-management course for those with diabetes, their whānau and carers. Visit Healthify (www.healthify.nz) to learn more.

Find reliable up-to-date information through Healthify. If you are low on data or have no data, not to worry. You can visit zero.govt.nz and search for “Healthify”.



Scan the QR code using your smart phone to visit www.healthify.nz

Addressing diabetes requires a well-rounded approach that includes lifestyle changes, regular medical check-ups, and supportive programmes. By encouraging healthy lifestyle choices, regular engagement with healthcare professionals, and promoting resources like self-management courses, the overall quality of life for those living with diabetes can be greatly improved.

Engaging the senses to experience wellbeing

Amanda Meinhardt (She/Her)
Practice Lead

Sensory modulation is an evidence-based practice that is an integral part of our organisational fabric. It supports people to recognise their sources of distress, identify their early warning signs and create a personalised plan to regulate their emotions. By engaging the senses—through things like music, deep breathing, pleasant scents, or cooking—people can create safety and control in stressful situations.

As a trauma responsive organisation, we know that sensory modulation supports recovery and wellness. Through the ongoing implementation of a sensory plan, we've seen first hand that people have reduced anxiety, increased self-awareness, improved social interactions, better sleep, and an overall enhanced quality of life.



Sensory modulation kits can be found in most of our services.



We've now added sensory preference cards to our in-service toolboxes.

In 2022, we developed our own sensory modulation training to equip our kaimahi (staff) with the skills to guide the people they support through sensory modulation. We've now added sensory preference cards to our in-service toolboxes. These cards provide a visual and tactile way for tāngata whai ora (people we support) to create their personalised sensory plans.

When you visit one of our whare, you are welcome to ask about the cards. Have a go at exploring how they can help you consider what makes you feel your best.

*Kia akiaki te hauora o te tinana
Kia akiaki te maramatanga o te hinengaro
Kia akiaki te kaha o te wairua
Kia akiaki te hononga ki tou whakapapa
Tihei mauri ora*

Let us encourage total wellbeing
Let us encourage strength of mind
Let us encourage strength of spirit
Let us encourage meaningful connection
to whom I belong

Celebrating the festive season, on a budget

As Christmas, New Year's, and the long-awaited summer season approaches, many of our whānau are looking for ways to celebrate without overspending. Fortunately, there are plenty of creative ways to bring harikoa (joy) this time of year while staying within a budget.



Handmade gifts: Tap into your crafty side by creating personalised gifts. Make your own cards, tie-dye a unique t-shirt, whip up homemade jams, or bake delicious treats. A jar of locally sourced honey or a batch of biscuits wrapped in festive paper can show your loved ones you care without costing a fortune.



Gift experiences: Instead of giving physical gifts, consider gifting experiences. Organise a picnic in a local park, plan a scenic hike, or host a movie night at home. Shared memories are often more treasured than physical gifts.

Secret Santa: Organise a Secret Santa with your whānau, where each person anonymously gifts a present to another, and set a price limit to keep things fun and affordable. This allows everyone to exchange thoughtful gifts.



DIY decorations: Brighten your whare with homemade decorations using items found in your environment. Collect some flax, leaves, and branches to craft festive centrepieces or wreaths. Upcycling old decorations can also give things a fresh look.

Connect with your community: Take part in local summer festivities, many of which are free or low-cost. Outdoor concerts, markets, and community barbecues can provide plenty of cheer without straining your wallet.



With a little creativity and thoughtfulness, you can celebrate a joyful and memorable festive season while keeping your budget in check!

We want to hear from you!

At the heart of our care is our connection with whānau, in all its diverse forms. As whānau of people we support, we want to know how we can improve your experience with us. We invite you to take a moment to complete a brief survey.

Simply scan this QR code or visit www.pathways.co.nz, to access a nine-question survey, where you can confidentially share your experiences to help us learn and grow. We also encourage you stay connected with your whānau member's support worker. They can help with any questions and concerns. **Survey closes on Friday, 14 February 2025.**



Ngā mihi nui. Thank you in advance for your feedback.

 OUR STAFF MAKE THE DIFFERENCE

Celebrating our spirit in action

We value our kaimahi (staff) because we know they make the difference for the people we support. They embody our spirit, ahakoa te aha (whatever it takes), every day.



Our 2024 Level 4 Certificate in Mental Health and Wellbeing graduates.

Upskilling to provide the best support

In October, we celebrated the graduation of 28 kaimahi who we have supported to achieve their Level 4 Certificate in Mental Health and Wellbeing.

The qualification equips kaimahi with practical tools and knowledge to work in mental health and addiction support. All frontline staff complete this qualification within two years of joining our team.

At the ceremony, one of the graduates, a support worker, spoke about his journey to earning his first qualification. He remarked, “When I started at Pathways, I hadn’t turned on a computer in eight years!”

“I’ve had a huge amount of personal growth while studying, and I’ve also gained a lot of confidence in my work.”

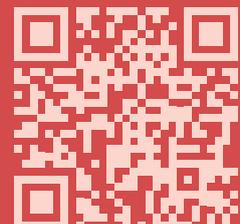
Pathways and Real’s Toihau (Chief Executive), Sally Pitts-Brown, says she was impressed with the commitment the graduates had made.

“I’m so proud of our graduates for their dedication towards their own personal self-improvement and learning, and for wanting to be the best for the people we support.”

The graduation was held in partnership with Careerforce, a national workplace-based training organisation.

630 (82 per cent) kaimahi now hold a Level 4 Certificate in Mental Health and Wellbeing

Learn while you earn with a job at Pathways and Real. Scan the QR code to visit www.pathways.co.nz/jobs to find roles in your region.





Trish Glen Awards recognise kaimahi who go above and beyond

Our annual Trish Glen Awards celebrate kaimahi (staff) who have made exceptional contributions to Pathways, Real and the people we support.

The awards celebrate the memory of Trish Glen—a devoted and passionate Pathways support worker who sadly passed away in 2005. Those who knew Trish remember her unique contributions, unwavering dedication and ability to uplift others.



Trish Glen was a support worker that always held tangata whai ora front and centre.

This year's winners echo Trish's legacy:

Ram Oli – support worker

TĀMAKI MAKAURAU AUCKLAND

What Ram's team says about him: *"Ram has a unique ability to make everyone feel valued and special. He possesses a deep understanding of recovery and empowers others to reach their full potential."*



Verna Orr – support worker

KIRIKIROA HAMILTON

What Verna's team says about her: *"Watching Verna in action is nothing short of impressive. She shines best when advocating for her tāngata whai ora (people she supports)."*



Emma Williams – youth worker (peer)

WHANGANUI

What Emma's team says about her: *"Emma is always willing to go above and beyond for those around her and has such a strength in recognising strengths in others."*



Andy Pereira – support worker

TE-WHANGANUI-A-TARA WELLINGTON

What Andy's team says about him: *"With his gentle peaceful wairua, Andy ensures tāngata whai ora (people he supports) experience aroha in our whare. Andy's smile greets you and his infectious laughter is not far behind."*





Taiohi muck in on the farm

Some of the Real taiohi (young people) in Tāmaki Makaurau have been forging meaningful connections with nature through Nature and Nurture sessions at Hamlin Road Farm, a Pathways service and fully functioning organic farm.

These hands-on experiences support taiohi to develop essential skills while fostering a lasting appreciation for the environment and their place within it. During the sessions, taiohi learn valuable skills such as taking cuttings, sowing seeds, making healthy smoothies, and harvesting fresh greens.

Melanie Govender, service and relationship manager for the region, emphasises:

“We believe in nurturing a deeper connection with the land and are proud to offer a unique opportunity for Real taiohi to do just that.”





Support your taiohi to have a super safe summer

real
ahakoa te aha

As summer kicks into gear, taiohi (young people) often look forward to adventure and freedom. However, with this newfound independence comes the need for increased vigilance and safety awareness.

Here are some practical tips to help you support your taiohi to stay safe while they make the most of their summer experiences.

Open communication

Encourage open conversations about plans before they head out. Discuss where they'll be, who they'll be with, and set clear expectations. This helps to ensure they are safe and reinforces trust between you and your taiohi.

Establish boundaries

While independence is important, setting boundaries is essential. Discuss curfews, the importance of checking in, and guidelines for social media usage (what they can and cannot post online). Clear boundaries can help prevent risky behaviours and encourages accountability.

Educate about safety

Teach your taiohi about personal safety in various situations—whether they're at the beach, hanging out with friends, or attending summer events. Discuss the importance of staying hydrated, using sunscreen, and being aware of their surroundings to identify potential risks or unsafe situations. Additionally, encourage them to trust their instincts; if something feels off, they should feel able to remove themselves from the situation.

Promote safe driving practices

If your taiohi is driving, reinforce safe driving habits. Discuss the dangers of distracted driving and the importance of wearing seatbelts. Remind them to avoid late-night driving when possible and to never drive under the influence.

Be prepared for emergencies

Teach your taiohi how to handle emergencies, whether it's knowing how and when to contact you or the appropriate emergency services, using a first-aid kit, or understanding what to do in case of an accident. Having a plan can empower them to respond effectively when needed.

Kua hinga te tōtara i te wao nui a Tāne

The tōtara in the great forest of Tāne has fallen

Anaru Hawkins (He/Him)
Pathways Kaihautū (Cultural Lead National)

This whakatauki is used when someone of great importance has passed away.

Kiingi Tuheitia. Photo credit: Kingitanga

The passing of Kiingi Tuheitia Potatau Te Wherowhero Te Tuawhitu at the end of August was a sad time in the hearts of many in Aotearoa and around the world.

Te Kotahitanga (unity) is the legacy left by Kiingi Tuheitia for te ao Māori katoa. Kiingi Tuheitia was celebrated as the King who brought people together.

In a time when uncertainty for Māori and potential division of a country landed on our doorstep, the King called for us to unite, to keep calm and carry on. He said the best way to protest was to:

“Be Māori, all day, every day.”

For us as a people, it was a timely reminder to carry on as we are, to continue to look after our mokopuna (young ones), to continue to learn, speak and share te reo Māori so it may never be lost. For us to honour our tipuna (ancestors) who have paved the way for us, we must carry on.

Our new Kuini Ngawai hono i te pō is now tasked to uphold the legacy of her ancestors as well as her father, while shaping her own legacy. Our new Kuini represents hope for our taiohi and mokopuna, strength during trial and a voice at the table. A voice for our people.



Kuini Nga wai hono i te po succeeds her father as the eighth – and second-youngest ever – Māori monarch.

Guided by tikanga

Anaru Hawkins (He/Him)
Pathways Kaihautū (Cultural Lead National)



We are proud to provide care and support that reflects our commitment to Te Tiriti o Waitangi, the founding document of Aotearoa. We actively acknowledge its principles and strive daily to be an exemplary Tangata Tiriti partner, upholding the articles in all that we do. Central to our Rautaki Māori (Māori Health Plan) is a focus on achieving equity for Māori within our services.

Over the past five years, we have been developing a framework for our workforce that draws on Māori knowledge and customs—wisdom passed down through generations. We're now rolling this out across all our services. This framework is called Nga Whakahaere Tikanga—the customs that guide us—and informs the care and services we offer, ensuring they are grounded in tikanga Māori.

Ma te tika, ma te pono, ma te aroha.

Ahakoā te aha, tatou i a tatou.

Mauriora!

Let's do what's right, let's be authentic in what we do, let's do that with love.

And before we do anything with others, let's get it right with each other first.

Mauriora!

Inspired by the work of Sir Mason Durie, who developed a model of health and wellbeing based on the four walls of a whare (house), we have expanded this framework to include the environment around us. For most Māori, the wharenui (meeting house) of a marae shapes our ideas around inclusion and interconnectedness.

It reminds us of our place in a wider whānau system, where every person has value and something to contribute, just as each person has a role on the marae. Teachings of whānau, respect, and responsibility are central to how we care for others—principles passed down through generations that continue to guide our actions today.

By applying these teachings, we aim to create spaces that promote restoration and recovery, just as a whare must be kept strong and healthy for those within.

The development of Nga Whakahaere Tikanga has been guided by Māori language expert and author Keri Opai and is fully supported by our Māori workforce.

We are confident that if we get it right for Māori, we will get it right for everyone.

We want to ensure that the mana of the care we provide is rooted in these tikanga, creating an environment where all people feel respected, valued, and supported.

Moments of Haurilcoa

Stories of joy, growth and connection across Aotearoa.

Michael's transition to independent living

📍 KIRIKIROA | HAMILTON

The team at one of our residential services in Kirikiriroa recently came together to celebrate one of their resident's transition to independent living.

During the three years Michael spent in our residential service, he developed a commendable level of independence, managing his personal cares, finances, shopping and cooking with confidence.

Michael's journey to independence began a year ago with the support of Ahikāroa (Te Whatu Ora Community Housing Support). More recently, LinkPeople (housing support, part of the Wise Group) came on board providing essential assistance that was crucial in helping Michael navigate housing registration, applications, funding, and necessities for his new flat.



Michael is now living independently in his own flat.

The Pathways Mobile Team ensured ongoing support for Michael in the community. With everyone working together, the transition felt seamless.

The team made sure that Michael knew he still had a support system at his fingertips after his move. They visited him twice a week during his adjustment period to provide support when needed or simply enjoy a coffee together.

This collaborative effort led to a successful transition for Michael, marking a proud moment for him. We wish him well in this exciting new chapter of his life.



Our residential services provide a supportive home in the community. The goal is to optimise independence and support our tāngata whai ora to live a full and flourishing life.

Walking in the Abel Tasman

📍 WHAKATŪ | NELSON

Recently, Whakatū (Nelson) support worker Lisa Mann went on an invigorating walk with taiohi (young people) on the Abel Tasman. Inspired by the powerful connection between exercise and mental well-being, this adventure was all about developing good mental health. Here's her story about the adventure that took place.

It had been a long and cold winter in Richmond, where the Real youth whare is located. With spring on the rise, we (the kaimahi/staff) decided a hike in the beautiful Abel Tasman would be a great experience for the taiohi. They had never been on a boat before, or explored the park, so this was going to be an adventure to remember.

We put the idea to taiohi, leaving out important pieces of information such as hills and the distance of the hikoi (walk). The taiohi responded positively so off we went.

It was a Goldilocks kind of day—neither too hot nor too cold, but just right—when we set off for Marahau, the gateway to the park. We boarded an aqua-taxi that whisked us across sea at 50knts to visit the second most photographed rock in the Southern Hemisphere, Split Apple. The taiohi were determined to promote the rock to first place as they clicked away on their cameras! The boat continued its way into the park and the taiohi saw a korora (little blue penguin) and fur seals lounging on the rocks at Adele Island.



The group were amazed by Split Apple rock



At Anchorage, our young explorers were left on the golden sands. Nobody else was around and they sat and listened to the bird song.

The taiohi were given the map, told they were walking to Marahau and to plan where to stop for lunch. Everyone left in an upbeat mood, until they reached the first corner, and a cry rang out—it was a hill!

They climbed, and at the top they were awarded a stunning view. During the walk we admired the flora and fauna of the park and tried to keep the energy levels of the taiohi at a good level. Despite this attempt, the walk was peppered with cries of "nooo!" meaning a long hill ahead and "whaaat!" meaning they had just seen a sign indicating the remaining distance.

Happily, they reached Akerston Bay for lunch, where a cheeky weka nearly stole the food.

With a camping stove in our pack, we worked together to make a very welcome hot drink. After lunch we continued our walk towards Marahau, and despite a couple more hills to ascend, the taiohi took everything in their stride with good humour.

As we reached Marahau, there were high fives all around and a huge sense of achievement. Everybody agreed that it had been a magical day and the taiohi realised they had achieved something special in taking on the 5-hour challenging walk.

Real's youth respite/residential service in Nelson provides a safe and caring environment for young people aged 14-18 years who may be going through a tough time dealing with things like anxiety and depression.



From darkness to light

📍 WHANGANUI

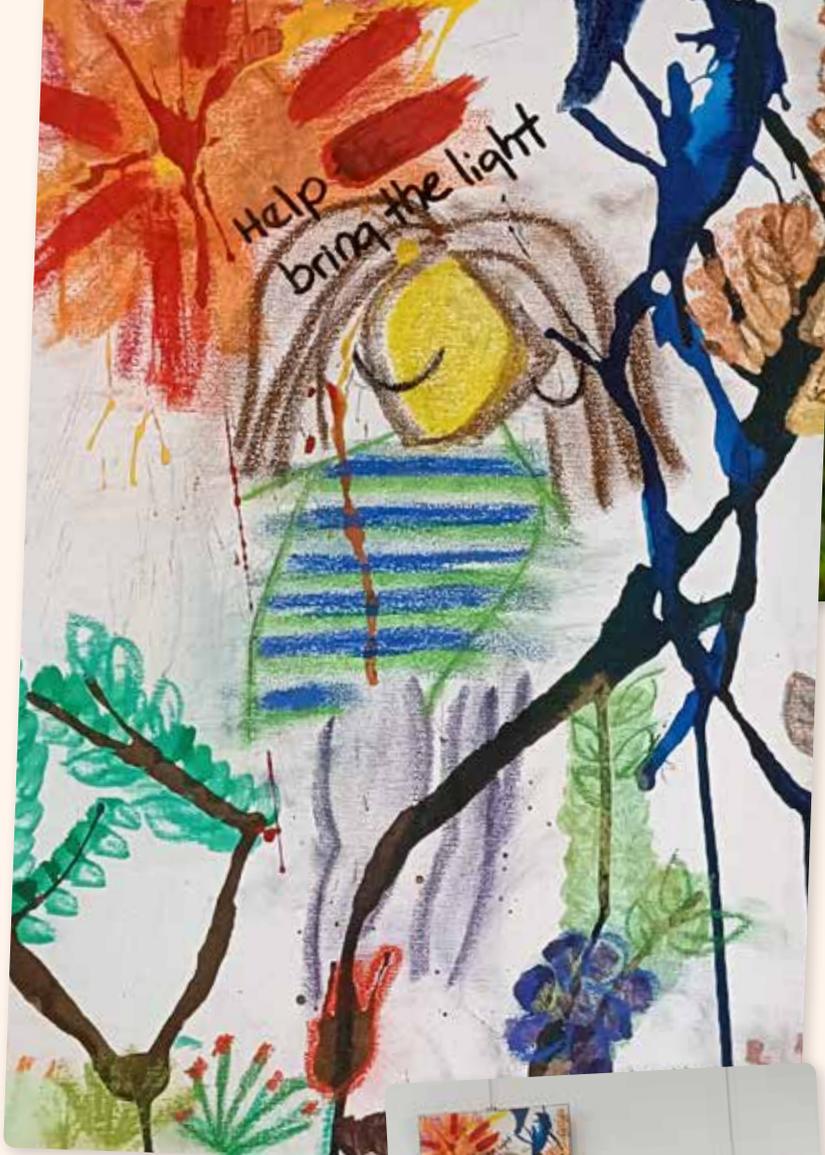
Leanne has been with Pathways for about three months and has found new ways to express her journey through her involvement with the Whanganui mobile team. About two months ago, we supported Leanne to begin attending an art class run by Balance, a local mental health and addictions support service.

This class encouraged all tāngata whai ora to embark on a creative challenge; to depict their journey “from darkness to light”, using any medium they chose.

Leanne’s artistic journey began with a spontaneous two-minute blind drawing of one of the tutors, an exercise in which she could not look at her work while drawing.

The initial sketch became a profound painting that reflects her experience with depression and her path towards recovery. Through her art, Leanne visualises the stages of her struggle and the pivotal role that the support she has received has played in her transition to a brighter place.

By translating her experiences into a visual medium, Leanne has found a meaningful way to share her story and contribute to her healing process. The opportunity to present her artwork in a broader context has allowed her to express her emotions and experiences, offering others a chance to interpret and connect with her journey.



Through this exhibition, Leanne and her fellow artists have not only found personal solace but have also contributed to a greater cause, demonstrating the power of art in healing and community support.

Leanne was proud to have her art featured in Balance’s exhibition.



The Whanganui mobile team support people where and when they choose—in their homes, workplaces or in the community. They provide one-to-one or group support to meet the needs of the people they support, and their whānau to live full and connected lives.





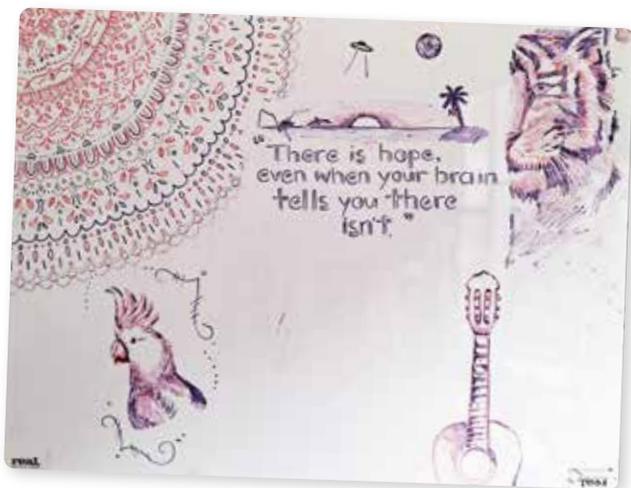
Rediscovering joy at Mana Taiohi

 TĀMAKI MAKĀURAU | AUCKLAND

The team at Real's Mana Taiohi youth respite share this encouraging story of Amanda's journey towards turning a corner in her life, during her stay.

Amanda arrived at Mana Taiohi for a five-day respite, following a period of low mood at home. Prior to her stay with us, she had been engaged in various activities including competitive wrestling, drawing and playing guitar. However, the pressures in her life became overwhelming, leading her to withdraw from these activities. While Amanda was with us, she discovered our guitar and started to play again!

She told us she started playing guitar at the age of six, and had six different guitars at home, but hadn't played since she was about ten. We enjoyed listening to her practice Eric Clapton's *Tears in Heaven* and it was clear she is a talented young lady.



Amanda renewed her love for art during her stay at Mana Taiohi youth respite.

During Amanda's stay, staff supported her with various activities as part of a day programme including Music Therapy. She absolutely loved this, and it helped lift her mood and she felt empowered being able to join in with her guitar skills. During the evenings, staff at Mana Taiohi were able to have sit down chats with Amanda, which helped her to open up and explore how she was feeling about life, home, school, and her friendship circle.

Amanda also opened up to the team about the pressures she has been feeling and together they explored how sometimes this pressure was self-imposed. It turns out she was wanting to be the best at everything and was thinking, *"if I'm not the best, I have failed myself"*.

We were able to work through this with Amanda, emphasising that success is just one part of the journey. We encouraged her to focus on enjoyment and being present in the moment.

When it was time for her return home, Amanda's dad picked her up. He was delighted to see the difference in her mood and said he hadn't seen her smile for months. He was blown away to see the artwork she had made (pictured). Amanda also said that she was going to start playing her guitar again and continue with her painting and perhaps even start training again.

Mana Taiohi is a Real youth respite/residential service in Tāmaki Makaurau. It provides a safe and caring environment for young people aged 14-18 years who may be going through a tough time. They offer a range of supportive services focused on mental health and wellbeing for young people.





Real at the Creative Carnival

📍 TAUPŌ

The Real team in Taupō was thrilled to support the Lake Taupō Hospice Creative Carnival, a weekend extravaganza celebrating circus-themed artistry and imagination.

This event invited artists and fashion designers of all ages to create unique circus-themed art pieces or extraordinary outfits—ranging from quirky clown paintings and carousel creations to ringmaster suits made from upcycled food packaging.

Many Real taiohi participated in the Creative Carnival by creating artwork for the event.



The Creative Carnival is a vibrant showcase of regional creativity and a meaningful way to give back to the community, with all proceeds dedicated to supporting the Lake Taupō Hospice. This event allowed both youth and adults to fully embrace the magic of creativity.

Many of our taiohi eagerly participated, creating artwork to support this cause. Our team provided resources and encouragement, leading to outstanding results. The artworks were displayed and sold within the community, successfully raising funds for the Lake Taupō Hospice.

In the Year 11-13 age bracket, one of our taiohi earned second place with her 'Vintage Masks' entry out of many entries.

We were also delighted that one of our very own secured third place on the catwalk with an extraordinary outfit that wowed the crowds.

The excitement and energy brought to Real Southern Lakes by this event has been a highlight for us. We are incredibly proud of our taiohi and kaimahi for their enthusiastic participation and support.



Real in Taupō provide support to taiohi through their service called Whetū Marewa, which means 'rising stars'. This service brings together our clinical workforce and youth workers, to make accessing support fast, easy, and even fun. You can access this service at www.real.org.nz



Healthify, your go-to for health information

Not sure where to go for health information? Healthify (previously Health Navigator NZ) is Aotearoa New Zealand's go-to website for trusted easy-to-understand health information and self-help resources.

The website is divided into specific sections, including:

- Health A-Z to learn more about a range of health conditions.
- Medicines A-Z for info about your medicines.
- Hauora Wellbeing for articles and tips on mental and physical wellbeing.
- Care and Support for services and supports available to you.
- App reviews that can help you decide which to use to manage your health.
- Tools and resources such as medicine dose calculators.

Healthify
He Puna Waiora

To learn more, visit
www.healthify.nz





Luke's journey to employment: Finding support at Hamlin Road Farm

📍 TĀMAKI MAKĀURAU | AUCKLAND

In 2023, Luke joined Hamlin Road Farm as a trainee, looking for a stepping stone to re-enter the workforce. During his time here, he blossomed, gaining confidence and honing valuable skills in a nurturing environment that empowered him to believe in himself.

After facing challenges in a previous job that left him shaken and disappointed, Luke reached out to Hamlin Road Farm for support. As his parents explained,

"Luke told us he was going to ring Sarah (team coach at Hamlin Road Farm) and see if he could come back to the farm for a while because he just needed to work with people who were nice and didn't put him down."

Gratefully, the team welcomed him back, providing the encouragement he needed to rebuild his confidence.



Since 2002, Hamlin Road Organic Farm has served the South Auckland community, offering innovative support for individuals facing mental health challenges. As part of Pathways, the fully functioning farm provides paid work experience, skills training, and qualifications to help individuals prepare for permanent employment. Their motto, *“Growing quality produce, people, and potential,”* reflects their mission.

As a charity, Hamlin Road Organic Farm relies on community partnerships and donations to thrive. To learn more about their impactful mahi and how you can support them, visit www.hamlinroadfarm.co.nz.

While at Hamlin Road Farm, Luke not only improved his skills but also secured work experience with a local landscaping company. This opportunity blossomed into a full-time job, marking the start of an exciting new chapter in his career. His parents noted,

“Since returning, the team has been very supportive, and we have seen Luke’s confidence being rebuilt.”

Luke’s journey from Hamlin Road Farm to his landscaping role is a powerful testament to the transformative power of hard work, perseverance, and the right support. His story inspires us all to believe in our potential and the possibilities that arise when we embrace growth and seize opportunities.

The support he received at Hamlin Road Farm was invaluable. His parents expressed their appreciation,

“Some people just need that little bit extra to get them on their feet, and we are so grateful to the Hamlin Road Farm team for being able to be that for Luke.”



pathways
ahakoa te aha

Fruit and muesli parfait



Our diet can have a significant impact on our physical and mental health. Eating well is a big part of our Being Well strategy. We encourage everyone we support to have a healthy diet.

SERVES 4

GF

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EQUIPMENT

Mixing bowl and pots

Rimmed baking tray or roasting dish

INGREDIENTS

Muesli

2 cups rolled jumbo oats

½ cup raw nuts, roughly chopped (peanuts, almonds, walnuts or pecans are ideal)

½ cup raw seeds (sunflower and pumpkin seeds are ideal)

2 tbsp cooking oil

2 tbsp honey or maple syrup

1 tsp cinnamon

Pinch of salt

Fruit ideas

Sliced fresh strawberries, kiwi fruit or banana

Frozen berries cooked with a little sugar until syrupy

Stewed apple with cinnamon

Stewed tamarillos with star anise

Stewed rhubarb

Canned fruit like pineapple, peaches, pears or black doris plums

To serve

Store bought or home-made custard, or greek yoghurt

INSTRUCTIONS

1. Preheat oven to 140°C fan bake, or 160°C regular bake.
2. If using honey, melt in a small dish in the microwave for 10-20 seconds.
3. Mix all muesli ingredients together in a mixing bowl, ensuring they're well coated in the oil and honey or maple syrup.
4. Spread the mixture out evenly on a lined baking tray or roasting dish and bake for 15-20 minutes, stirring every five minutes or so, until the mixture is golden brown. Keep an eye on it to ensure it doesn't burn.
5. Remove the muesli from the oven and allow to cool, then transfer to a jar or sealed container to store.
6. Prepare your choice of fruit.
7. To serve, layer fruit, yoghurt or custard and a little muesli in a glass or serving bowl. You can serve them straight away or make them ahead of time and store in the fridge until you're ready to eat them – the muesli will just lose a bit of its crunch.



This recipe was taken from our *Wholesome* cookbook. Scan the QR code, or visit www.pathways.co.nz, to read it for free.



Dessert or breakfast?

This fruity dessert is healthy enough to enjoy for breakfast, and the muesli is nice in a bowl with fruit and milk for breakfast too.

Make it dairy free: Use coconut yoghurt instead of custard or cow's milk yoghurt.

