

Harikoa

OUR WHĀNAU MAGAZINE
ISSUE 1, 2024

*Setting the vibe
at school*

PAGES 10-11

*Our thoughts on
the smokefree law
repeal*

PAGE 6

*We remain
dedicated to
Te Reo Māori*

PAGE 13

*Share in
moments of
harikoa*

PAGES 14-21

| A NOTE FROM OUR TOIHAU

Harikoa, a collection of the news and people, the exciting things that bring us joy.



Tēnā koutou katoa,

Welcome to our first whānau publication of 2024. You will notice that we have a refreshed format and name. I am delighted to share with you the new look of our whānau magazine, now called *Harikoa*. As one of our tūmanako tangata (character attributes), the kupu (word) harikoa means joy. For our Pathways whānau, it means joy in our work, with our colleagues, tāngata whai ora and taiohi. It extends into the communities we belong to and the kaupapa that brings joy to those who are involved with us. So, *Harikoa* is a fitting name to what we used to call *Connections*. *Harikoa* - a collection of the news and people, the exciting things that bring us joy.

This year already seems full of lots of opportunities and challenges as we navigate the new political environment and develop key connections and relationships. As always, we will continue to advocate for and ensure that our tāngata whai ora and their whānau receive the best support and service. As Chair of Platform, the peak body for mental health and addictions NGOs, I have been fortunate to meet with Minister Doocey on several occasions in his role as the inaugural Minister for Mental Health.

I believe having this role in Government will start to highlight areas for change and improvement within our sector and see a more cohesive system. For Pathways and Real, we are continuing to partner with the unions and other employer colleagues to achieve fair and equitable pay for our frontline kaimahi and leaders.

We launched our new strategic focus and top challenges last year and we are excited about progressing our focus on: Te Ao Māori, improving the physical health outcomes of the people we support, growing our peer led and influenced services, and embedding our evidenced based model of working with young people and their whānau. Through all of this we will have a constant line of sight to weaving sustainability into everything we do.

I hope you love reading this issue of *Harikoa* and I also encourage you to have a look at our new refreshed website – www.pathways.co.nz

Sally Pitts-Brown (She/Her)

Toihau (Chief Executive), Pathways
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Harikoa means *joy*
in Te Reo Māori

In this issue

04 **Reset, refocus and shine bright**

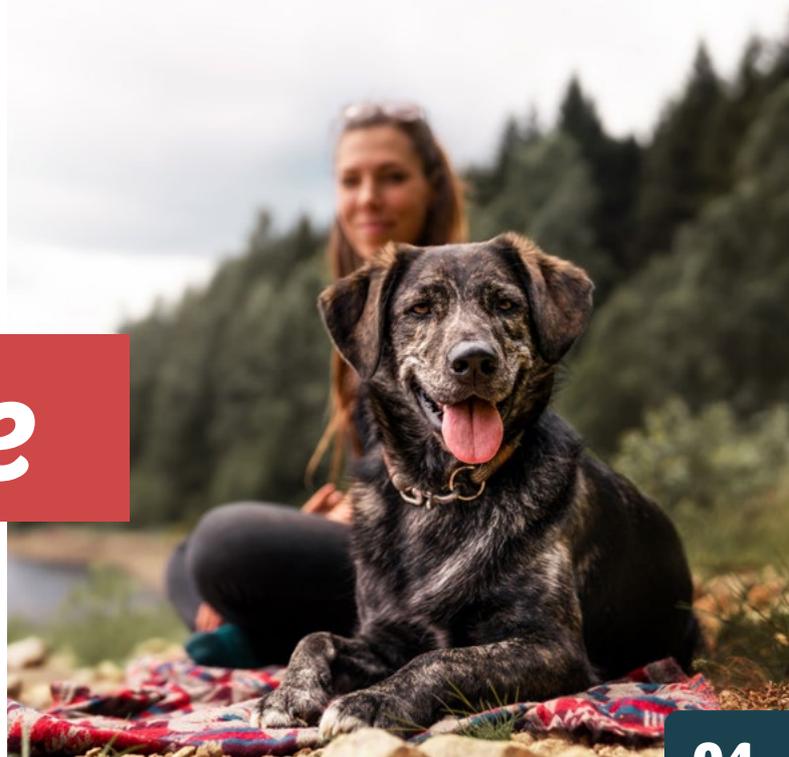
Prioritise your wellbeing
in 2024.

06 **Smokefree legislation repeal**

Our focus on a Smokefree
Aotearoa remains strong.

08 **Snapshots from across the motu**

Featuring new friends at
Hamlin Road Farm, joyful
celebrations and delicious kai.



04

10 **Setting the vibe at school**

Top tips on tackling the
school year.

13 **Our dedication to Te Reo Māori**

Karawhiua! Give it a go!

14 **Moments of Harikoa**

Stories of joy from our
services across Aotearoa.

22 **A Wholesome recipe**

Pumpkin and spinach risotto.

13



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***Reset, refocus
and shine bright***

By Miriam Swanson (She/Her)

Pou Tiaki Taiohi ā Motu (Child and Youth Director)

Focusing on your wellbeing and adopting healthy habits isn't about reinventing yourself.

Unlike many new year's resolutions, it's about upgrading and consciously choosing actions that make you feel fantastic.

Rather than overwhelming yourself with major changes that can be hard to maintain, I advocate for the "Do One Thing" (DOT) approach.

DOT encourages making small changes, one at a time. You pick a DOT based on what's important to you, do it consistently and allow the habit to grow - it is said that it takes an average of two months to form a habit!

These little steps can lead to improved wellbeing. Embrace the journey, understanding that it's about progress, not perfection.

"It's about progress, not perfection."

*D.O.T.
= do one thing*

Here's some inspiration for your DOT. Tick which one you will do, or write your own below:

Swap a less healthy snack for a healthier one

.....

Integrate a daily (dog) walk into your routine

.....

Keep a gratitude journal to train your brain to notice the good

.....

Establish a tech-free zone or allocate specific tech-free time in your home

.....

Choose water over energy drinks for better hydration

.....

Try a mindfulness app for moments of calm and reflection

Smokefree legislation repeal

By Ross Phillips (He/Him),
Pou Pakihi ā Motu (Business Operations Manager)

I've listened with interest to our new Government's stance on repealing Smokefree laws, noting both their position and the concerns raised by community and healthcare agencies.

Among these voices are those experiencing health inequities, including Māori, Pasifika, and others. Importantly, people with lived experience of mental health and addiction are disproportionately affected by nicotine dependency and tobacco use.

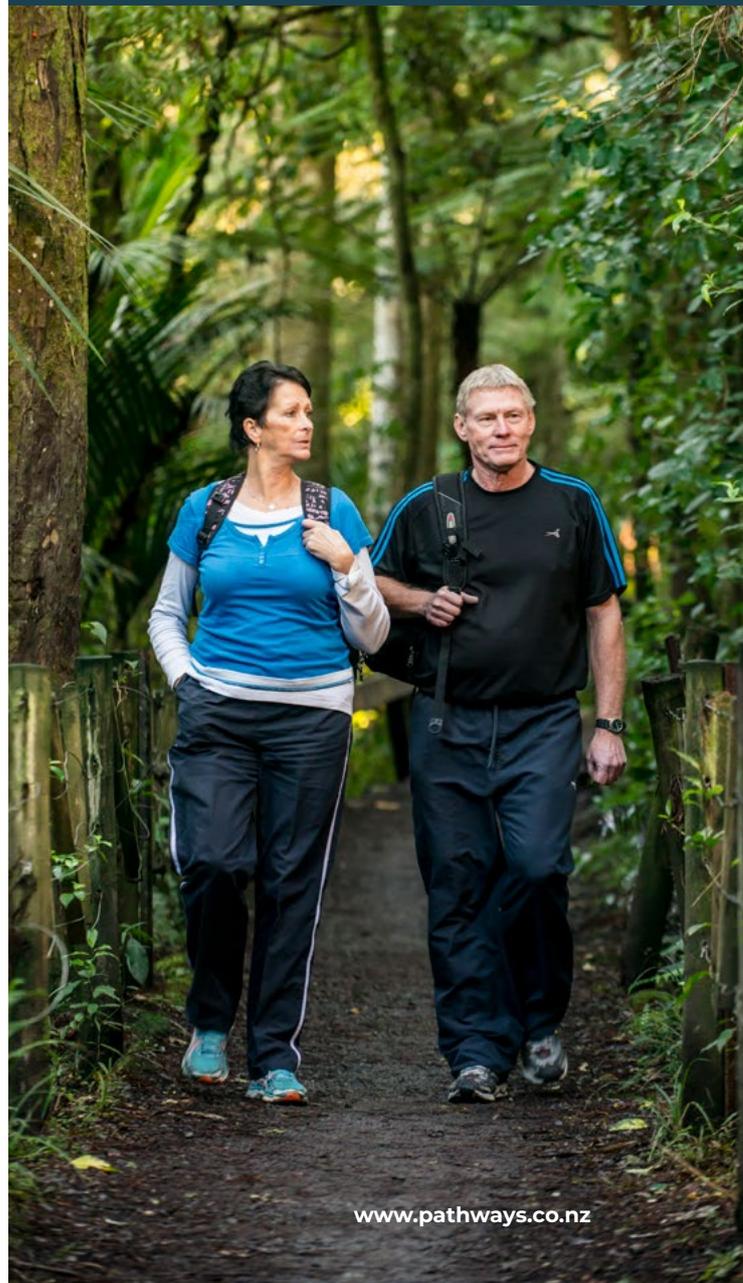
Compelling research, such as the Tupuānuku project, underscores the healthcare marginalisation our whānau faces. At Pathways, despite efforts to support quitting, smoking rates among those we support remain high, particularly among youth who increasingly are turning to vaping.

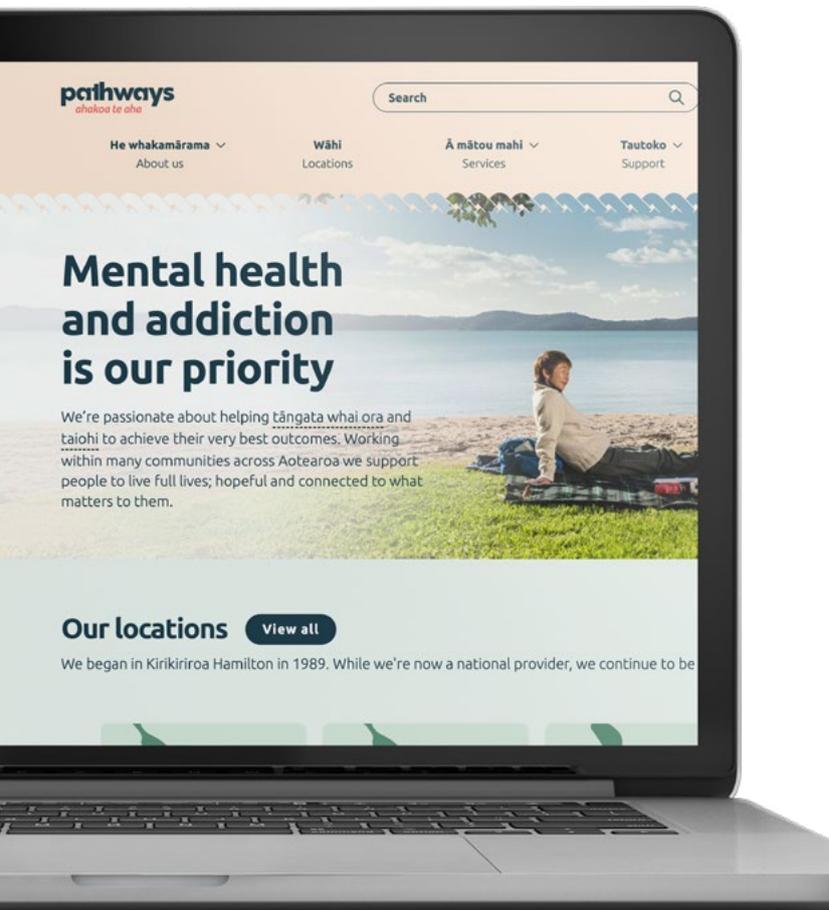
Repealing laws aimed at addressing tobacco addiction hinders our efforts to combat this pressing issue and achieve a Smokefree Aotearoa 2025. I urge the Government, for the sake of all our whānau, to reconsider their repeal of legislation that helps.

Want to read more about Ross's thoughts on this topic? Scan the QR code to view his original [LinkedIn post](#)



"People with lived experience of mental health and addiction are disproportionately affected by nicotine dependency and tobacco use."





Our brand new website

In late 2023 we launched our fully revamped website. Our aim was to make it easier to find the information you need to support your loved ones. Here are some of the new features:

- Explore our wāhi (locations) page to easily discover the services we offer in your region
- Connect with local Pathways services through our user-friendly contact form
- Read our latest news and stories on our pūrākau (stories) page.

Visit www.pathways.co.nz to check it out for yourself!



 SUSTAINABILITY INFLUENCES OUR ACTIONS

Milk Bottle Gardens

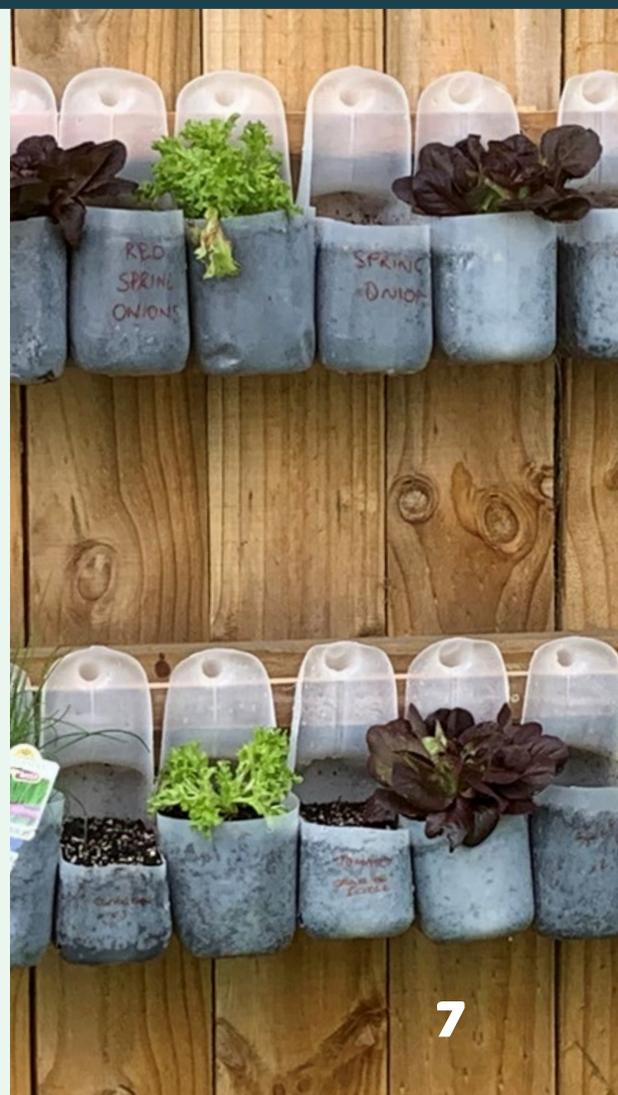
As part of their sustainability and wellbeing initiatives, our Pathways Wairarapa team has set up a 'Veggie Growing Group'.

To help people engage in affordable ways to grow vegetables while reusing and repurposing items that usually become waste, Fiona (Pathways support worker) created this 'Milk Bottle Garden'.

Three-litre milk bottles were collected, repurposed, and then planted with a mix of seedlings and seeds. For anyone wanting to try this at home, some of Fiona's tips are:

- Hang the repurposed bottles on the fence empty then fill with dirt and plants
- The soil dries out quickly so make sure you water it often
- We've found them great for growing lettuce, herbs, spring onions and radishes

We would love to see the ways you have repurposed items or hear about the ways you are being sustainable. Send your photos and stories to stories@pathways.co.nz





Snapshots

from across the motu



1



2

Share harikoa with our wider whānau

We love seeing what you've been up to! Keep the camera handy and send your pics to:
stories@pathways.co.nz

It's a great way to keep our whānau updated on events and activities happening near you.



4



3



5

Picture Perfect

Keeping it Real in Rotorua.

A new whare for Whetū Marewa brings big smiles all round!



HAMLIN ROAD FARM

1

Hamlin Road Farm's new team members - Kōwhai (a white goat), Pepper (a brown and white goat) and Rubble (a sheep) - are at the forefront of their organic weed management.

ROTORUA

2

Real Rotorua's Whetū Marewa team celebrated their new whare, which they are planning to use for hosting group workshops.

HAURAKI

3

The Hauraki Whetū Marewa team has been visiting Coromandel Area School recently, engaging with taiohi, providing support and awareness of mental health.

WAIRARAPA

4

Tāngata whai ora in Wairarapa have been learning to make seed bombs as gifts for their whānau.

WHAKATŪ

5

Tāngata whai ora and kaimahi in Whakatū (Nelson) enjoyed a delicious hāngī prepared on site together.



Setting the vibe at school

By Miriam Swanson
(She/Her)

Pou Tiaki Taiohi ā Motu
(Child and Youth Director)

As we settle into the school year, there's a fair bit of 'new' stuff to tackle. Adapting to all these changes can feel like a lot, but if we roll with it, there's also a chance to find new routines, discover cool interests, and make fresh connections.

What are your goals in the months ahead? Think about the routines that'll help you handle the ups and downs.

Who's got your back? Those friends, whānau or teachers you can count on for support when things get tricky...

Here's some tips that might help:

- **Establish routines that suit you.** Routines offer structure and stability. They can help you stay on top of things, reduce stress, and use your time wisely.
- **Hang out with your mates.** Don't get so stuck on the academics that you forget about connecting with others. Friendships and whānau matter, so keep those connections strong.
- **Seek support.** Feeling a bit overwhelmed or lost? You're probably not the only one. Asking for help is a sign of strength and lets others know how they can help.
- **Plan some chill times.** The workload for any school year can be intense so be sure to take regular breaks. Go for a walk, enjoy a hot chocolate, talk with friends or crank up a favourite tune. Your brain works best with some rest, fun and chances to be creative.
- **Celebrate your wins.** Every big win starts with little victories. Make sure you give yourself credit for the efforts you make. Celebrate your progress throughout the year.



real
ahakoa te aha

Reflections from Hui-ā-motu

Saturday, 20 January saw 10,000 people converge at Tūrangawaewae Marae in Ngāruawaahia (pictured above) for Hui-ā-motu, a national hui for unity called by Kīngi Tūheitia and open to all. Some Pathways kaimahi attended, in their personal capacity, to support the kaupapa. In the spirit of curiosity, learning and talking, they have shared some of the things they took away from the hui.

ANARU HAWKINS

Pathways Kaihau (Cultural Lead National)

The following whakataukī best summarises the day:

**“Ki te kotahi te kākaho ka whati,
ki te kāpuia e kore e whati”**

*“If there is only one reed, it breaks easily,
but, many reeds together will not break.”*

- Nā Kiingi Tawhiao

**“Mehemea ka moemoeā ahau, ko ahau anake.
Mehemea ka moemoeā tātou, ka taea e tātou.”**

*“If I dream, I dream alone. If we dream together,
we shall achieve.”* - Nā Te Puea Herangi

Māori saw a future of self-determination for themselves and their mokopuna.

TE AUPARO PIRIPI

Real Kaiwhirimuka (Cultural Lead for Real)

It was energising to see rangatahi from across the motu gathered from far and wide. Alongside the very youngest of rangatahi were pākēke who came along to sit, listen, and be amongst their rangatahi.

Some rangatahi were connecting with Waikato awa and going for a kaukau, others were in the tent engaged in kōrero. Hana Tapiata spoke to rangatahi of the need to define mana motuhake as individuals and that “If we don’t define it for ourselves, we leave others to define it for us.”

Another speaker later in the day encouraged rangatahi to “take what we can as far as we can, to pass onto the next generation of rangatahi.”

“Ko taa maatou he whakatinana i taa raatou kaore i whakatinana.” - Te Puhi Ariki, Ngawai hono i te po

Dedication to Te Reo Māori

Our dedication to Te Reo at Pathways and Real continues to evolve, we can grow this in ourselves and others by using Te Reo Māori every day in our mahi and at home.

It could be as simple as “Kia ora!” to a friend or “Tēnā koe” in a formal setting. Even better, practice and use your mihimihi when we introduce ourselves.

Your dedication to Te Reo can be shown in many ways by practicing whenever you can, making sure you also pronounce it correctly.

So karawhiua! Give it a go! And let Te Reo Māori grow in ourselves and others.

*Te iti nei kei a koe,
kia puāwaitia.
Te nui kei a koe,
kia whāngatia.*

ABOUT THIS WHAKATAUKĪ:

This whakataukī was written by Tā Timoti Kāretu of Ngāti Kahungunu and Ngāi Tūhoe. He is known throughout the world as an expert and a leader in language revitalisation. As the first Toihau of Te Taura Whiri I te Reo Māori (the Māori Language Commission) from 1987 to 1999, Tā Timoti oversaw the implementation of the Māori Language Act 1987.

English translation:

If you have little reo,
speak it so that it may grow in you.
If you have a lot,
speak it so that it may grow in others.



Photo credit:
Te Mana Kuratahi

Te Raki o Pukekohe Kapa Haka Roopu performed at a Pathways hui in 2021, sparking an ongoing supportive friendship between us and the school ever since.

Pukekohe school shines at Kapa Haka festival



As part of our ongoing friendship with Te Raki o Pukekohe Kapa Haka Roopu, we were honoured to be invited to watch them perform at Te Mana Kuratahi (a kapa haka competition for all primary schools in Aotearoa).

A team of our kaimahi travelled to Nelson to cheer on the tamariki and gift them a little taonga - custom VIP lanyards that served as a reminder that they're important and capable of amazing things.

Real youth worker, Tori, said the most powerful part of their performance was the “pride on the faces of their whānau”. Today, Tori often takes taiohi to their performances. She says, “The tamariki help taiohi reconnect with their culture.”

Moments of Hāvilcoa

*Stories of joy, growth
and connection from
across Aotearoa.*

Nothing brings us more joy than reading these beautiful stories from our Pathways and Real whānau. We're always thrilled to hear about the ways in which tāngata whai ora and taiohi are being supported to live full lives, hopeful and connected to what matters to them.



Sensory tools, like this colourful parachute, help soothe taiohi.

Sensory soothing with Whetū Marewa

 TARANAKI

Sensory tools are used in every session. When a taiohi comes into the room, they're greeted with a table of different tools to choose from. This gives them something to focus on and is a welcome distraction from their nervousness.

The tools are used during the entire session, supporting taiohi to relax as they discuss and process their current life difficulties. The tools are also useful for people who are neurodivergent, dealing with anxiety or have experienced trauma - as they can use them to self-soothe and regulate their emotions.

Sensory tools are also given to taiohi to help them focus during class. The tools ground them enough so they can concentrate on their learning.



Hopeful Zeb

TE MOANA-A-TOI | BAY OF PLENTY

Zeb came to Tauranga youth respite after experiencing some wellbeing challenges. His story is one of hope, strength and courage.

Connecting through kapa haka, Zeb had our kaimahi dancing and learning about his worldview - which he shared with pride and excitement during his stay.

Bowling besties

TARANAKI

Some of our Taranaki kaimahi and tāngata whai ora came together for a competitive game of outdoor bowls.

The competition was fierce and at times some close measuring was needed to establish the winners!

The team have now asked the lawnmowing company to mow an extra short strip of lawn each time, so the fun can continue.



Cindy has rediscovered her passion for art.

Art therapy

HAURAKI

Cindy, a tangata whai ora supported by the Pathways Mobile Team in Hauraki, has a Bachelor of Fine Arts Degree from Auckland University.

At times Cindy's mental health challenges have prevented her from concentrating on her art. However recently, she was supported to get back into her painting.

Cindy is planning to establish herself with her art and hopes to distribute her work to local shops in the future.

My name is Hung Fung but I like to be called Fiona. I want to thank you Pathways for the awesome gift of a new laptop I received. They make me feel that I am not alone in my struggles with depression and anxiety.

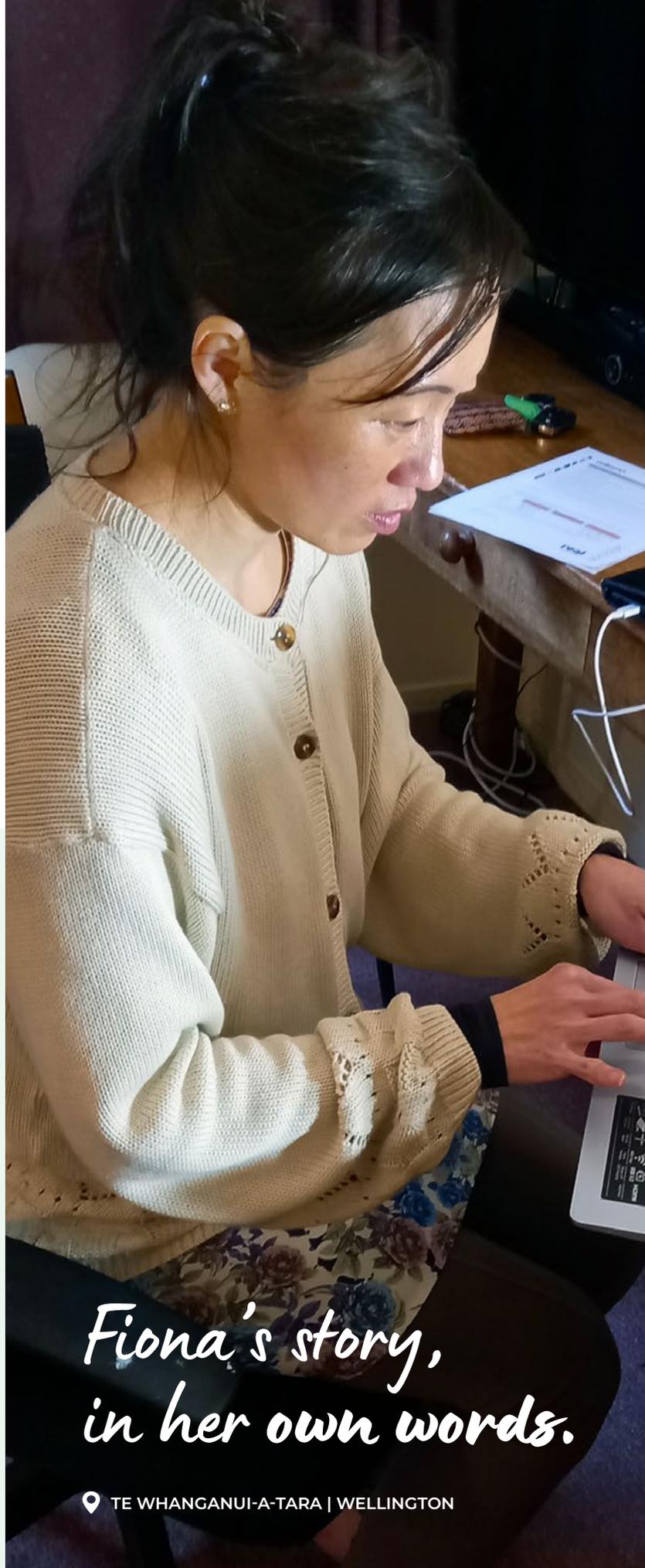
I am enabled to visit and have quality time with my children and do my shopping. Because of these supports I feel less depressed and fearful.

Emile is my Pathways support worker. I also have Mele who is my Housing Navigator from Emerge Aotearoa. They work as a team to support me and I am grateful. I have worked hard to know how to use my new computer.

I finally achieved the General English Level 3 Certificate in a class environment. It has taken me two years to complete the course.

Since I have a computer, I have enrolled in a Level 2 Computing course through the Open Polytechnic of New Zealand. Emile and a few other people support me with their prayers.

I feel that I am getting better step by step.



*Fiona's story,
in her own words.*

📍 TE WHANGANUI-A-TARA | WELLINGTON

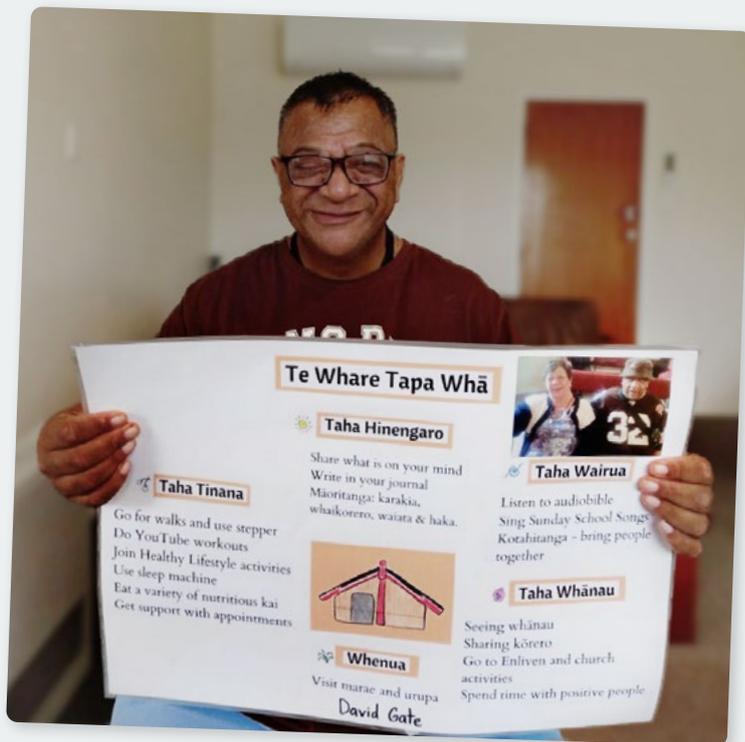
David's Te Whare Tapa Whā

KIRIKIRIROA | HAMILTON

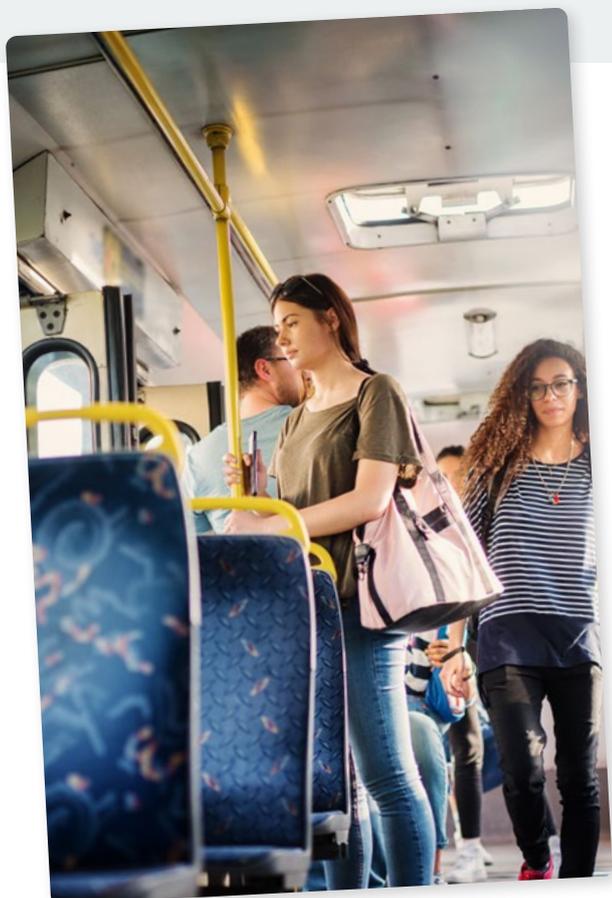
Te Whare Tapa Whā is a Māori health model representing health and wellbeing as a whareniui (meeting house) with four walls.

David, our tangata whai ora, embraces Te Whare Tapa Whā. So recently during a rough patch we decided to create a personalised poster together.

David's final poster design reflects his personal connection to the dimensions of wellbeing represented in the health model. We're hoping this lovely photo of David can inspire other tāngata whai ora and kaimahi.



David is embracing Te Whare Tapa Whā to support his wellbeing.



Next stop... dinner!

WHAKATŪ | NELSON

Terry lives at a Pathways Residential Service in Whakatū. Each week support workers have been supplying transport so he can have dinner with his whanāu in Stoke.

Recently, support workers helped Terry get a bus card. They showed him the timetable, how to read it, and went on the bus with him.

Terry has been doing a fantastic job working towards his independence and catching the bus each week without support.

Ka pai Michael!

📍 WAIRARAPA

Earlier this year, with our support, Michael applied and was accepted into Level 3 Automotive Engineering at our local Polytech UCOL - gaining confidence in computer skills and study habits too.

Michael was then supported to write a CV and register his interest in work at the Ministry of Social Development. He has also completed his Forklift Licence and training and is on track to gain his restricted driver's licence.

Michael has demonstrated dedication to his studies and personal development. He has also made friends which has strengthened his connection to the community.



We are so proud of Michael!

Now, he's set himself new personal goals: to purchase a car and begin working with a budget service to save.

Michael is upbeat and ready for his next challenge! He's thriving and actively seeking work or voluntary experience.



Waaka and his can holder.

Waaka's Woodwork

📍 WHANGANUI

Whanganui Pathways Community Teams have had the pleasure of supporting Waaka since 2022. Waaka keeps himself busy working on projects in his garden and home.

To further develop his woodwork ability, Waaka attended a 12-week 'Joining Industry Training' course. He feels this has been an amazing experience.

Waaka proudly shared some of the designs he has built with the team. It's wonderful to see how his skills and confidence have increased.

Well done Waaka - we are excited to see what you create next!

Step by Step

TĀMAKI MAKĀURAU | AUCKLAND

Aadyha is supported by Monique from the Tāmaki Makaurau Health and Wellbeing Team to become more active and improve her physical health.

After discussions with Aadyha and her whānau, a plan was pulled together to help her reach her goal of walking to the letter box. At first, she faced challenges that prevented her from achieving this. However, with determination and weekly walks, she started building up her stamina and confidence.

Just before Christmas, Aadyha and Monique headed to the local botanic gardens with the idea of walking 1km (further than ever before). While they talked and walked, they made their way to Aadyha's favourite flowers – the red roses. In doing so, they discovered they had walked 1.7km - smashing their original 1km goal!

Since the gardens visit, Aadyha has continued her exercise and now walks confidently to the end of her road every day.



Pregnant or recently had a baby?

Just a Thought's new, free pregnancy and postnatal wellbeing courses provide practical support to help you get on top of your wellbeing so you can focus on your growing whānau. Want to know more? Scan the QR code below or go to - justathought.co.nz/perinatalwellbeing



Just a Thought and Pathways are both part of the Wise Group whānau.



Discover more digital tools to support your wellbeing on the Pathways website.



"Her infectious smile lit up the whare."

Shining Star Shannon

Shannon's beaming smile is a joy to see.

📍 TE MOANA-A-TOI | BAY OF PLENTY

Starting a journey to recovery can seem overwhelming and daunting. But with the right support network, encouragement and some patience, it can be transformative.

When beginning her journey of recovery and wellbeing through detox and rehabilitation, Shannon came to Tauranga Wairua, Adult Respite.

Throughout her stay Shannon displayed attributes of maia (courage), manako (hope) and aroha (love).

She was courageous to be vulnerable and always loving and hopeful despite her challenges. Her infectious smile lit up the whare.

We're so proud of Shannon and all the hard mahi she has put into her recovery. She has proved that small steps each day can amount to big changes.

Shannon is an inspiration to us all!

A taste of success

📍 ŌTAUTAHI | CHRISTCHURCH

Support worker Rachel helped a tangata whai ora to set goals around healthy cooking, maintaining their home and becoming a big brother/big sister mentor.

Having enough energy to engage in these goals was the biggest challenge. To overcome this in a creative way, a colourful sticker book supported the tangata whai ora to pace themselves throughout the day - spending energy on the activities which provided the greatest sense of achievement and fulfilment.

The next step was accessing the flexifund so they could purchase a slow cooker and air fryer, making the cooking easier with less energy required.

Confidence was gained through new cooking techniques and soon our tangata whai ora was able to accomplish their goal of becoming a big brother/big sister mentor.



*Protect yourself
this winter and
get vaccinated
against the Flu
and COVID-19.*

- › From 1 April 2024, Flu vaccinations will be available in your community.
- › There is now an updated COVID-19 vaccine targeting more recent strains. If you're over 30 and haven't had COVID in the last 6 months, you're eligible for the free COVID-19 booster.

Visit www.immunise.health.nz for more information.

Pumpkin and spinach risotto

- SERVES 4
- GLUTEN FREE
- VEGETARIAN



Our diet can have a significant impact on our physical and mental health. Eating well is a big part of our Being Well strategy.

EQUIPMENT

Pots

INGREDIENTS

FOR THE RISOTTO

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 3-4 fresh sage leaves, finely chopped (or 1 tsp dried sage)
- 1 ½ cups arborio rice
- 6 cups vegetable stock
- 500g pumpkin, peeled and diced (about 1 cm)
- 3-4 handfuls spinach, finely chopped
- Pinch of nutmeg
- Salt and pepper

To serve

- ½ cup grated parmesan cheese (optional)
- ¼ cup walnuts, chopped (optional)

INSTRUCTIONS

1. Heat vegetable stock in a pot until simmering, then turn down the heat just to keep it hot.
2. Heat olive oil in a separate large pot, over medium heat. Add the onion, garlic and sage and cook, stirring, for about 5 minutes or until soft and fragrant.
3. Add the arborio rice and stir to coat in the oil and onion mixture. Cook for another 1-2 minutes, stirring.
4. Add the pumpkin to the pot, along with a little salt and pepper, and stir to combine.
5. Turn the heat down a bit. Use a ladle or coffee mug to add a scoop or two of hot stock to the rice and stir. Keep stirring and add another scoop of stock when all the liquid has been absorbed. Repeat the process until all of the stock has been added, which will take about 20 minutes. After this time the pumpkin and rice should be tender and the risotto should be soft but not too runny. If the rice and pumpkin are not tender, or the risotto is too thick, and you've run out of stock, add a little bit of boiling water at a time to continue cooking the rice and/or loosen the risotto a bit.
6. Stir through chopped spinach, a pinch of nutmeg, taste and season again with salt and pepper if needed.
7. If using, stir through about half a cup of grated parmesan cheese and top the risotto with chopped walnuts to serve.
8. Serve the risotto by itself as a cosy meal, or alongside fish or chicken for something more substantial.



This recipe was taken from our Wholesome cookbook. Scan the QR code to read it for free.



*Nourish yourself and
your whānau with this
delicious recipe.*



Things to look forward to...



7 APRIL - DAYLIGHT SAVING

Don't forget to put your clocks back 1 hour the night before and enjoy the extra sleep!

MAY - WORLD SMOKEFREE MAY

Talk to your Pathways kaimahi around support to stop smoking, or visit: www.smokefree.org.nz

20-26 MAY - YOUTH WEEK

Youth Week is a nationwide festival of events organised by young New Zealanders to celebrate the talents, passion and success of local young people.

Visit www.arataiohi.org.nz/youthweek to find events near you.

28 JUNE - MATARIKI PUBLIC HOLIDAY

Matariki is the Pleiades star cluster and a celebration of its first rising in late June or early July. The rising marks the beginning of the new year in the Māori lunar calendar.

pathways **real**
ahakoa te aha

Scan the QR code to access [this and other recent issues](#) online.



Me te wai kōrari

*Like the honey of the flax flower
Joy in small things*