



**Nominations
are open for
the Trish Glen
Award**
Page 2

In this issue:
**Our Wairarapa office
is on the move**
Page 4
**Pathways supports
world smokefree day**
Page 3

*The team at Tupu Ake
support Pink Shirt Day*

Connections

Pathways Family Whānau News » Winter 2017

Pathways News



Welcome

Welcome to our Family Whānau newsletter and a special welcome to all the new families who have recently joined us at Pathways.

My name is Sally Pitts-Brown and I have the privilege of leading Pathways as chief executive. I live in Wellington with my husband and two teenage children and our much loved schnauzer Carlos.

At Pathways we have spent the last few months refreshing our newsletter and hope you love it. We'll now be making our newsletter available online also if you want to share it with other family and friends. <https://www.pathways.co.nz/support/info-for-family-and-whanau#>

Central to our beliefs is that "whānau, family and friends matter" and that "stories connect us". This newsletter is one of the ways we reflect and share these beliefs.

We would love to hear what you think or if you have any ideas for things to share in our next newsletter.

Stay warm and safe.

Sally Pitts-Brown

CE of Pathways

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Recovery stories - Nga

Nga from Wellington has recently completed a short video to share the story of his journey since being a young boy on the Poi E video!

In his time with Pathways, Nga has rediscovered his enjoyment of karate, and has lost a significant amount of weight in the process. His health has really improved. He has also developed an interest in gardening with the support of one of our staff members, and now supplements his grocery shopping with veges from his own patch. He is also enjoying getting back into his music.

We are very proud that Nga has almost reached the point where he will no longer need our services. He will certainly always have our support though!



Nominate an exceptional Pathways staff member...

Every year through the Trish Glen Award, we recognise staff members who make an exceptional contribution to Pathways and to the lives of the people we support.

Trish Glen was a Pathways support worker who sadly died of cancer in 2005. Trish is remembered for her unique contribution, her commitment, her team support, her encouragement of others and her personal courage.

If you know a Pathways staff member who you think reflects these attributes and embodies the Pathways spirit of 'whatever it takes' then please nominate them for the award. Just tell us their name and why you think they deserve the award.

See the poster in your service for details of who to contact if you want to make a nomination.

Please make your nominations by **Monday 7 August**.

Real youth services

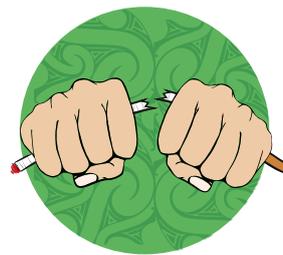
Everything we do within the Real youth service is to support young people, so it is vital that we continue to check in with youth to ensure the service is heading in the right direction.

Earlier last month an opportunity arose for the Real teams to come together for a focus group. 15 young people and their youth workers from Counties Manukau, Waikato and Lakes regions travelled to Hamilton for two hours of fun, food and feedback. Discussion topics included the goals and vision of Real, what type of environments we should be creating for our offices and social media habits. The feedback and tips that we receive every time we run a focus group is invaluable to the service.

One example of how young people are helping shape the Real service was with our new brand design and website. In 2016 we ran focus groups in Auckland and Taupo to get a better understanding of what appealed to the age groups and what our environments and brand could look like moving forward. The website and new look collateral was designed with the feedback we received.

For more information on the service, or to check out our new website visit www.real.org.nz

BREAK FREE



Helping our people break free from smoking

At Pathways, we're committed to supporting all of our people to be smokefree. On World Smokefree Day this year we launched our Breakfree stop smoking programme around the country, as part of our Being Well Strategy.

Pathways developed the Breakfree stop smoking programme two years ago. We teamed up with 25 other mental Health NGOs in the region and provided stop smoking support to their staff, service users and family/whānau as a two year project.

While the Northern region initiative has now come to an end, the Breakfree programme was so successful, we decided to roll it out nationally within our Pathways services.

If you've ever thought about trying to stop or reduce smoking, now is a great time, and you don't need to do it alone! Ask your support worker about the Breakfree programme and how we can support you to become smokefree.

WORLD SMOKEFREE DAY **31 May**



Left: Helen Towey shares Wellington's smokefree poster

Below: The team in Christchurch share a green themed morning tea



World Smokefree Day celebrations

Our Pathways whānau celebrated World Smokefree day and the launch of the new Breakfree programme in style this year! Staff and people we support gathered together around the country to celebrate the day, learning more about the harmful effects of cigarettes and the many positive effects quitting can have.

Each region celebrated in their own way, usually involving lots of shared kai! People shared their successes and challenges from their own smokefree journeys, and offered their support and encouragement to each other.

In a number of regions, people took measurements of their CO (Carbon Monoxide) levels, with people trying to beat their own scores from their last measurement (as well as a bit of friendly competition with their peers). At one service the group was shocked to learn that carbon monoxide is the same stuff that comes out of a car exhaust!



Whanganui mobile head to camp

The Whanganui Mobile Team hosted a camp in May for people receiving support from us in the area. Campers enjoyed a range of activities including archery, rock climbing, a rope course and much more.

Evenings were spent by the fire, toasting marshmallows and watching movies. On one day, the camp was split into a 'Camp for the blokes' and a 'Ladies Day'.

Wairarapa office on the move

Our Wairarapa team has recently moved out of their offices at Waiata House in Masterton and are working from temporary locations until their permanent new office is set up.

All of our mental health and addiction services in the region will still be available throughout our relocation process from The Departmental Building, 31 Chapel Street (Ground Floor), phone numbers will be staying the same.

We have been in contact with people we support and their families about our changes. However, if you have any problems contacting us, please check our website www.pathways.co.nz/contact which we will ensure has up-to-date contact details.

We would like to thank you for your patience during this time of transition for the team and apologise for any inconvenience we have caused.



Congratulations to our graduates

Nine of our Whanganui Pathways staff graduated from the National Mental Health Certificate programme recently. The graduation was attended by the Whanganui Mayor. Well done and congratulations to all of the graduates.

You never gave up on me

We wanted to share a touching thank you letter one of our Wellington services received recently...

"As I enter into another chapter of my life, this chapter is now coming to an end but it will never be forgotten. I want to thank everyone for putting up with me and really going beyond your roles. You've helped me overcome challenges, great and small; you've taught new skills; but most importantly I now know that there are people that I can trust and that care.

The road that I'm on is definitely not over but I can maybe now see a path rather than darkness. Growing up, I was exposed to behaviours that I now know aren't right. Thank you for teaching me what are the right things to do as a family. You will never know how much it means to me to have a glance at a 'normal' life and to be able to know I have a safe place to be.

I'm sorry for the challenging days but I'm so thankful that you never gave up on me which no-one has ever done before. You guys will always be in my heart."

Wairarapa using 'leg power'



In May, Wairarapa utilised their wellbeing fund to purchase two bicycles. Staff and people using services can use the bicycles get out and about using leg power. As well as encouraging fitness and supporting people's health, people will be able to save on transportation costs too!



Supporting the community to be smokefree

This year our Thames services took smoking cessation to the community. Loaded with information, Nicotine Replacement Therapy (NRT) and a little bribery (cupcakes!), they set up stall in front of Thames Mall.

The team had lots of conversations with a huge range of people, providing encouragement, tips and strategies to help people on their smokefree journeys. They also encouraged people to take their new knowledge home to their families.

A number of people shared their success stories with the team. One man, after 70 years of smoking said he never felt better and never had as much energy as he does now.



Being Well Workshops

Pathways Taranaki is currently running a six-week holistic health course based on our Pathways Being Well strategy.

Utilising both the skills of Pathways staff and professionals from other organisations, the workshops are covering 15 different topics which include subjects such as sleep maintenance, healthy cooking, enjoyable exercise, anxiety management, helpful thinking and goal setting.

Using our senses to become smokefree

For World Smokefree Day this year, the Hamilton wellbeing team created a multisensory environment for everyone in their services, to support them to become more calm, relaxed and mindful, through activating their five senses – hearing, sight, smell, touch and taste.

The team pulled together a wide range of tools to help people tap into their perception areas – including textured materials, weighted blankets, visual music, aromatherapy oils, hand distraction tools and popping candy. Everyone enjoyed exploring the different stimulation tools and had a lot of fun trying things out!



Feedback from our whānau

Pathways Waikato was recently audited by the Waikato District Health Board who gave them a glowing report. Of all the feedback the team got from the DHB, what they found most heart-warming was some of the direct comments from people we support and their families.

"Knowing there are people here to help. I love the people that run it, from reception right through to all staff." (Person we support)

"They have helped me get out and socialise when I used to stay at home. They have helped me to feel comfortable with other people." (Person we support)

"This is the first time in 30 years that I feel totally supported as a family and able to talk to somebody" (Family member)

Commitment, competitiveness and healthy lifestyles

For World Smokefree Day, the Auckland Being Well team visited each service across the region to see what they were doing to recognise New Zealand's commitment to being a smokefree country by 2025.

Each service made an effort to highlight the issues and to encourage a smokefree lifestyle, by bringing friends, colleagues and family together through meetings, the colour 'green' and food. The teams shared fun, learning and a bit of healthy competition around who had the lowest CO readings.

One service in Auckland made their site completely smokefree, effective from World Smokefree Day. The team had worked together to plan for this change and prepared the residents leading up to the day, including several meetings, one where they served up healthy chicken and vege soup.



The Hamlin Road Farm team celebrate their successes – including four of the team getting a CO score of less than six – that's smokefree!



Tupu Ake staff compete for the best CO readings



Kadi Sy from Mangere Bridge wearing green to highlight the importance of the day!



Tupu Ake celebrates Pink Shirt Day

Staff and guests of Tupu Ake showed their support for Pink Shirt Day in May by wearing pink and joining in activities to support the cause. Pink Shirt Day is about New Zealanders standing up and taking action against bullying.

The team at Tupu Ake decided to show their support and spread the anti-bullying message by each creating T Shirt with a message of support against bullying.

Here are just a few of the messages written by some of the staff and guests:

"I used to give the power to my bullies by believing what they said about me, but really it just showed what type of person



they are. Bullying can really effect people in many way and is never OK.

Stand up to bullies."

"It was bullying that broke me and I have seen it break many others. It's not OK in any form (physical/cyber/verbal/emotional or Mental)

Stop bullying, it's hurting people, teenagers and children"

"Kill the bullies with your kindness"

"I do not agree with bullying of any kind, but we also need to look at why people bully, what have they endured to behave that way. People who get bullied need to speak up.

Southern Region News



Birmingham Drive community team

Speak up and Stand Together

On Friday, 26 May a mammoth effort by the southern region saw Pink Shirt Day celebrated in lots of 'pink!' This day has become part of the southern services calendar and each year the pinkness has increased. It is a day when we all say enough is enough and stand together against any form of bullying – it's not welcome in our services or our communities.

Pink Shirt Day is led by the Mental Health Foundation, with support from: The Peace Foundation, RainbowYOUTH, InsideOUT, New Zealand Post Primary Teachers' Association, Youthline and Family Works. I want to congratulate our winner "the most in pink" Leanne Wilson and the whole region for their continued effort for this very important cause.



Leanne Wilson, winner of "the most in pink" competition

Vegetable r us!

The Pathways Manchester St Garden was started two years ago as a project attached to the Christchurch City Council's Link Project. The garden has given lots of learning for the residents who take part.



Manchester Street

This year is the first time a winter crop has been planted with cauliflower, brussel sprouts, cabbage and kale. The vegetables are distributed to the Manchester Street residents (we've just shared out the cauliflower crop) and if there's extra, they are given to another Pathways residential service.

Recently our gardener has secured 15 wooden pile offcuts to make a garden edging and funding for pea straw has been approved and is due to arrive next week. So everyone's looking forward to getting even more happening in the garden in spring.

The Loft



The Christchurch team are excited to now be a part of The Loft.

The Loft is a new way for the people of Canterbury to access a wide range of health and wellbeing services. Located in the Eastgate Shopping Centre in Christchurch's eastern suburbs, The Loft is a purpose-built space that is home to a broad range of social and community services which operate alongside an Integrated Family Health Centre; this makes it unique in New Zealand.

Pathways will now have two staff using the Loft, alongside our colleagues from Linkpeople and Workwise. This will also help us to work even more closely with other services in the region to provide people with the best possible outcomes.

Hamlin Road Farm LTD.

Work experience alongside mental health support

When you think of mental health support, a farm probably isn't the first thing that comes to mind. However, Pathways has a unique farm-based service in Auckland that provides employment and educational opportunities while supporting people in their wellbeing.

Hamlin Road Farm grows certified organic produce which it sells through supermarkets, farmers markets and a roadside stall, as well as running a lawnmowing service. It offers people the chance to work as a trainee farmhand for up to six months while they are supported in their wellbeing.

Trainees gain valuable paid work experience, learn skills and build confidence while they prepare for permanent employment elsewhere. They can also choose to complete NZQA qualifications in horticulture from the farm.

Since it began in 2002, hundreds of people have benefitted from their experience as trainees at the farm. Some of the farm's trainees have even gone on to become permanent employees at the farm, supporting others to grow and develop their skills.



Meet Dan Crozier - Service and relationship manager



I joined Pathways in 2008 as a mobile support worker in Wellington, with little direct experience. However, I soon realised that my previous life experiences, values and deep care for people counted for a lot.

I fell in love with Pathways – their values aligned to mine. I felt like I was in the right place, doing the right things. I learnt a lot from my managers who inspired me, gave me opportunities and nurtured my growth and development.

One of my highlights at Pathways was winning the Trish Glen Award. It is so humbling and special to be acknowledged by your peers and the people you support.

After completing a diploma in mental health support work, I went on to become a team coach at a residential service, and then to lead a housing project and the development of the Navigation team.

In 2014, I made the big move to Auckland, and took up an awesome opportunity to become a service and relationship manager (SRM).

To start with, I missed working with people on the 'front line' and felt a bit distanced. However, some great advice helped me flourish in this role. I was told to think about my 'circle of influence'. As a support worker I was influencing around 10–15 people at a time. As a team coach that number grew to around 100. Now as an SRM, I am able to positively influence hundreds of people.

Recognising that I didn't need to be working with a person directly to have a big influence was a turning point for me. I love leadership and I get a real buzz working with the team coaches in our region to develop and motivate their teams to be the best they can be.

"Holding hope for people, that recovery is a way of life, not a destination, is such a precious gift. When they can hold that hope for themselves, we gladly place that gift into their hands, and watch in awe as they grow their own version of a life of recovery!"

Sandie Finnigan, Pathways Service and relationship manager, Wellington