



Pictured:

**Hamlin Road Farm
wins gold at New
Zealand Flower
and Garden Show**

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Connections

Pathways Family Whānau News » Summer 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.

2017 has been a busy and exciting year for Pathways and Real. We opened a new residential youth respite service in the Bay of Plenty – the first Pathways service in the region!

Mental Health has been topical in the media, particularly in the build up to the election, and we are looking forward to seeing where our new Government takes us.

Some of you might also be aware of the Terra Nova or pay equity settlement that occurred earlier this year for the aged care and disability sector, where support workers in the sector received a significant pay increase. Mental health and addictions was excluded from this settlement, so we have been working really hard to address this and it has been a huge focus for us this year – we are confident that this will be sorted, but watch this space!

We've also had a really challenging situation at one of our community respite services. Following an incident in March, the neighbours initiated a campaign to 'get rid of us', even though we have been in this community for 12 years. Through this experience we have realised that although a lot of gains have been made in NZ through the 'Like Minds Like Mine' programme, the issue of stigma and discrimination for people experiencing mental wellness or emotional vulnerability is still significant.

Pathways is committed to continuing to address this. Our inspirational dream of "transforming mental health and addictions through fostering strong, compassionate, self-supporting communities" is a key priority for 2018!

Finally, I want to take this opportunity to say a huge thank you to our staff for everything they do every day and to wish you all seasons greetings, a happy summer and here's to 2018.

Take care.

Sally Pitts-Brown

CE of Pathways

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Health excellence award for innovative support project

Congratulations to Dan Crozier, Pathways service and relationship manager, who won an innovation award at the Auckland District Health Board Health Excellence Awards 2017. The award was for his key role as part of a larger design team, in an initiative in Auckland called Awhi Ora.

Awhi Ora is an innovative project where support workers work directly with General Practice (GP) clinics and connect with other providers and social support in the community.

Auckland DHB in partnership with Pathways, Procare, other NGOs, GPs and health professionals developed a holistic approach to supporting people within the Tamaki area of Auckland. This approach broke down barriers and brought together providers to give the best possible support to each person. Importantly, people are also able to access the service without referrals.

Pathways has been one of the lead NGO providers for Awhi Ora, and Dan Crozier has been a passionate supporter in the

design and rollout of this project.

Awhi Ora is now connected with over 20 GP practices and has recently grown to connect with social sector and education providers. This indicates the value of the service is being recognised in the community. It is now also being adopted by the Waitemata DHB.

This project has been a wonderful example of creativity, community collaboration, and doing whatever it takes! Congratulations to Dan and his team in Pathways, as well as the entire Awhi Ora team!



Maui's first radio show

Maui hosted his first radio show recently for Pathways' new radio slot on Taranaki 104.4FM. After being on air only twice, Maui has already progressed from 100% written script, to doing some ad-libbing.

At the moment, the show plays live every second Friday 1pm and then repeats at the same time the following week. We're still developing our ideas for the show which we're currently calling 'Still Cloudy'.

Our vision is that the show will be a unique listening experience, presented 100% by people Pathways support (up to four on air at once) and have a 'show producer' to coordinate people and sound etc.

A radio show is such a great environment to build communication, groupwork and process skills. It boosts confidence and gives people an opportunity for self-expression.

We're excited about where this will take us and think lots of people will benefit from being involved. We've already got around five people within the Pathways community in New Plymouth who are keen to get involved in the show.

If you are in the Taranaki region, you can tune in on your radio (Taranaki 104.4FM) or live stream on the internet from anywhere in the world. Afterwards it's available as a podcast.



Congratulations to our Trish Glen Award winners!

Our annual Trish Glen Award honours the memory of Trish Glen, a dedicated and passionate Pathways support worker who tragically died of cancer in 2005. Those who knew Trish speak of her unique contribution, her commitment, her sense of team, her encouragement of others and her personal courage.

We are delighted to share with you the four regional winners of the Trish Glen Award, who have been recognised as making an exceptional contribution to Pathways and the people we support, and who clearly embody the values of Pathways and the spirit of Trish Glen.

We don't have room to share all the many wonderful qualities of each of these deserving people. However, it's safe to say that each is truly exceptional in their own ways!

Northern region



Sarah Hewitt
Team coach, Auckland

Midland region



Jono Gore
Support worker, Thames

Central region



Jeremy Brockman
Social worker, Whanganui

Southern region



Achilleus Salgado (AJ)
Support worker, Christchurch

Congratulations also to the other nominees for the Trish Glen Award

- *Northern region:* Paul Emery (Auckland), Melanie Govender (Auckland).
- *Midland Region:* Jack Cassidy (Taranaki), Fiona Dempster (Hamilton).
- *Central Region:* Geoff Croft (Wellington), Phil Witehira (Wellington), Rachael Kenny (Wairarapa).
- *Southern Region:* Jasmin Percasky (Christchurch), Kylie Grattan (Christchurch).



Mental Health Awareness Week 2017

Mental Health Awareness Week really went off in Pathways this year! We had a huge range of activities and celebrations happening around the country to help support and raise awareness of mental health. As well as supporting the theme for Mental Health Awareness Week of 'Nature is Key', there was also lots of collaboration and community involvement.

Yoga, walks and planting in Christchurch

The team in Christchurch celebrated with a walk and shared lunch in the botanical gardens. They also had a mindfulness yoga class. The Selwyn team had a planting day with residents and members of the community, focusing on connecting with each other and nature. Every person they support chose a plant to be responsible for until harvest time.

Market day for Hauraki

Each year the five Mental Health support services in Thames work together to bring a week of education and fun to the local community. They kicked off the week by organising a Market Day at the local church, with face painting, delicious food and giveaways.

Most importantly, the teams used creative ways to get people talking about what mental wellness meant for them, strategies they could use, and what services are available to support them in Thames. People shared their thoughts on the 'Nature is Key' banner, which the team took to all the other events for the week to inspire others.



Wairarapa's art collaboration

The Wairarapa services teamed up with King Street Art Works for a community event with a free BBQ, lots of activities, spot prizes and an evolving art board encouraging people to express themselves creatively.

The event was warmly received by the local community with over 100 people taking part. There were opportunities for people to share experiences and points of view around mental wellness and to support people to connect with services in the community.



Wellington take their meetings outside

A number of Wellington teams enjoyed their team meeting outdoors, walking to the sensory garden for the blind. There was also a miniature garden planting session at the office for those who wanted to grow their own veges and herbs. They used recycled polystyrene boxes.



Meditations and healthy food in Auckland

The team at the Day Programme found a healthy recipe from the Heart Foundation website that all the guests joined in to prepare. While their food was simmering, Tina Gale, Registered Nurse, took the guests outside into the sunshine for a meditation in nature. Then they enjoyed their delicious lunch together while reflecting on their first meditation experience.

South Taranaki's touch tournament

South Taranaki decided to 'go big' in their quest to bring together the community and promote mental health in the district. They hosted a touch tournament, which attracted around 120 people!

There was huge support from local people, organisations, agencies and the local paper, making for a stunning day of fun, exercise and community connections.

The day started with a performance from a local Kapa Haka group, followed by a mountain of food (with leftovers gifted to their local kai kitchen). Then the games began. It was an unforgettable day!



Whanganui's Spring Fling

This year Whanganui combined their annual 'Spring Fling' with Mental Health Awareness Week. They had a fantastic turn out of people they support, who enjoyed a fun filled day of activities, sports and a shared nutritious lunch.

Egan, the team coach, engaged the group in Mau Rakau Taiaha, a type of Māori martial art. The group finished up by doing a riverside clean up to support their local awa.



It was all on in Hamilton

In Hamilton they teamed up with colleagues from Integrated Recovery Service Hamilton (IRS) for a walk around the beautiful Taitua Arboretum and shared picnic. A team from Pathways also supported IRS for a full-on day of making over their grounds. They definitely worked up a sweat for the hui and BBQ lunch that followed!

There was also rock painting, boot camp, gardening and even swimming!



The Whitiara team's community BBQ with the local Baptist church community

Celebrating community connectedness in Wellington

Our Wellington 24 hour and residential services have had some wonderful times of community connection and celebration over the past month.

They have celebrated their Trish Glen Award winner nominee, Phil Witehira, along with Phil's whānau and friends, 20 years of service for Alfred T'eo with his whānau and friends, and most recently a Community BBQ at Whitiara with the local Baptist Church Community.

It is wonderful to see genuine 'community connectedness' alive, well and thriving around our services!

General elections

Prior to the general elections two of our registered health professionals held an information session for the people that use our service. This session was a way of ensuring our people were fully informed of what the elections mean, how to enrol, when and where to make their vote, information about the importance of being enrolled and also what the parties' policies were.



Whanganui

Whanganui has also been awash with celebrations. They celebrated their 'Spring Fling' for Mental Health Awareness Week in style (See page 5) with the local paper getting behind their special event.

The Whanganui team also held a ceremony to recognise the Central region's Trish Glen Award winner, Jeremy Brockman. Recently, when one of the people Jeremy was supporting became physically unwell, Jeremy did her paper round for her so she wouldn't lose her job. Just one example of Jeremy's 'Whatever it takes' attitude!

The team topped off their celebrations with a Kiwiana Christmas picnic and BBQ at Kowhai Park.



Upgrading our premises in Wairarapa

Pathways has been based at our Opaki Road service for six years, since taking over the contract for mental health support services in the region. The two four-bedroom houses that made up this service have served us well, helping us support 39 people through to independent living, and currently housing seven residents.

We've been looking for property opportunities that could help us provide an even better service for some time now, and that opportunity presented itself recently.

Through a partnership with LinkPeople and the locally based Masterton Trust, we are delighted to have secured a site with a range of one and two-bedroom apartments. We will be moving to this new site early in the New Year and we're looking forward to the opportunities it will bring.



Celebrating Te Wiki O Te Reo Māori

The Hamilton team brought together staff, people they support and whānau for a BBQ to celebrate Te Wiki O Te Reo Māori – Māori Language Week (11-17 September).

Staff sung our Pathways waiata, and shared the meaning behind it. This was followed by more waiata with everyone joining in.

It was a really fun and uplifting afternoon.

Bingo!

The Rolleston Street service in Thames held a family and whānau bingo night and BBQ recently, which was full of fun and laughter.

The evening also brought some very special moments. Some families shared their journeys, their experiences and their fears. The group helped them realise that the simple gesture of being there was a powerful way of showing their love. Everyone left with a huge sense of hope.



Hunter Street take on Rotorua

Hamilton's Hunter Street went for a short holiday to Rotorua. They visited Paradise Valley and Tarawera Lake, went swimming and had some fish and chips on the banks of the Lake.

They shared a house, shopped and prepared meals together. As well as loving the activities, everyone really enjoyed the opportunity to connect and get to know each other in a different light.



It's never too early for Xmas

Our Hauraki mobile teams decided to do Christmas celebrations early this year. In Whitianga they held a community lunch, complete with Santa. They also had speakers from Work and Income and Workwise, which were very informative and well received.

The following day they repeated the event in Paeroa. They had a great turnout and generated lots of ideas for future activities. The group even set up a working bee to help paint someone's fence.



Barriball St whānau BBQ

By Annie Beale, team coach, Barriball Street, New Plymouth.

In October the Barriball Street team held a BBQ lunch for all the residents, their families and our neighbours.

What a wonderful day it was! The sun was shining and we had a great turnout.

Twenty four people we support, whānau members and neighbours came together to enjoy some social time and a delicious lunch. Some staff even came in on their day off to help out.

It couldn't have been nicer to see our residents enjoying quality time with their families and families from the neighbourhood.

Friendships and connections were made, photos were taken, and a wonderful day was had by all!



Celebrating our special people

In October, our Auckland Pathways whānau came together for a very special ceremony to celebrate our regional Trish Glen Award nominees and winner, and staff who have reached long service milestones.

We had a wonderful turnout of staff, family and friends. It was an opportunity to look at the creative presentations that were put together for our three Trish Glen nominees. We also got to hear from each of their managers about what makes the work they do so special.

The presentations included a couple of video submissions, where we could hear the people we support talk highly of the nominees. It was so special to see the impact all of these people have made.



Tupu Ake cultural evening

Tupu Ake had a cultural evening in September where the guests, staff and whānau all dressed up in their traditional gear and each brought a cultural dish to share.

Everyone connected and enjoyed discussing the different cultures and tasting each other's dishes. The evening was thoroughly enjoyed by all.



Building resilient communities

The Auckland mobile team has been focusing on helping people they support with 'Get Thru' emergency planning and connecting with their communities.

Team coach Dean Manley, connected with Ivan Yeo from the Auckland City Council, who was able to provide lots of support on this subject. Together they helped the people we support to develop emergency support plans and recognise the importance of getting to know their neighbours. Ivan also shared information about local services and alert apps and even branched into topics like volunteering roles and community gardens.

Dean's connection with Ivan and the Council also had another great outcome. They teamed up with another organisation, Changing Minds, to develop the 'Resilient Communities Forum'.

This forum was about building overall community resilience through helping people connect with people, resources and positive activities in their communities. It was attended by people from other NGOs, support staff, community leaders and people we support.

It's great to see the Council really recognising the challenges some of the people we support face around things like social isolation, and working with us to address them.





Kit's huge progress in achieving his goals

We are very proud of a young man Kit, who we supported at Ward Street for two years.

Kit experiences psychosis and when he came to Ward Street he found it very difficult to talk with staff or other people. Kit's support plan involved staff spending time with him each day to build his confidence, develop a rapport and encourage him to communicate. It often wasn't easy, but the team knew he had enormous potential and persevered.

Kit really enjoyed good coffee and he regularly went to a local award-winning café. In the early days with Ward Street, he never talked with anyone when he was there. However, the communication support from the team started to make a big difference. Kit started to talk with the barista and other staff while he was there. Eventually he gained the confidence to apply for a position working as a kitchen hand, and was successful! He's been working two days a week for the last year.

Kit's mental health has improved. He is now living independently in a flat with two others and plans to study nutrition next year and help people who have experienced mental health issues improve their wellbeing.

Meet our new administrator Kirsty

Hi, my name is Kirsty Rossiter and I'm proud to say I'm the new administrator here at Pathways Southern. I love working with people and numbers, so this is the perfect job for me and I'm loving meeting everyone!



Breaking down barriers

Lyn Wilson, support worker in Christchurch recently discovered that Linwood Resource Centre had a fantastic Men's Shed. She came away from her visit thinking that women would also get so much from a concept like this.

So, Lyn worked with Shane, the community development manager from the Men's Shed to set up a dedicated women's day at the shed.

Two women supported by Pathways signed up. In their first class they made a tool box. From being a place for blokes, the Men's Shed now welcomes women and fosters connections between women and the community!

Lyn's visit to the Linwood Resource Centre (which is also the home of the Linwood Community Garden) also had another great outcome. Lyn thought the community garden would really benefit the people we support. So, the wonderful people at Linwood Community Centre allocated two garden beds specifically for Pathways' use. What a fabulous example of compassionate community support.



The community garden at the Linwood Community Centre

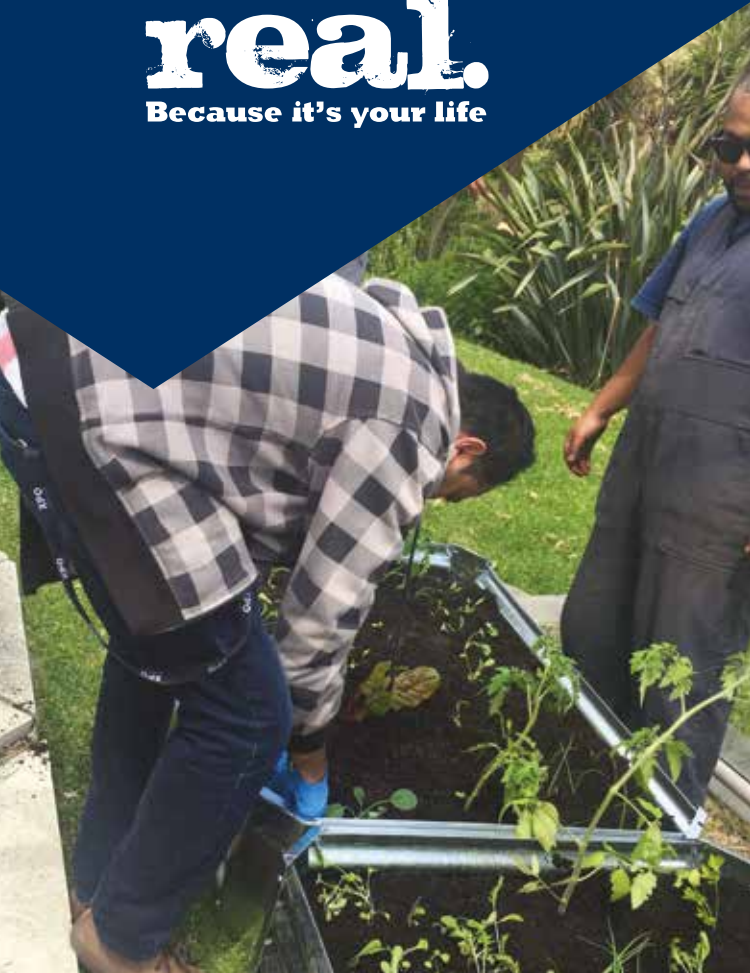
Jason's* steps to independence

We would like to celebrate the transition of one of our people from enhanced community support (ECS) service. Jason* has been with us for two years. When he came to our service his mental state was deteriorated. He was not able to look after himself, his relationship with his parents was strained and he was dependent on cannabis.

With the support of ECS and especially his key worker Lianne Wilson, today he has a great relationship with his family members and is in regular contact. He has had no cannabis use and is independent and capable to look after himself. Jason has gifted us a piece of his art as a token of his appreciation.

*Name has been changed for privacy.





Mucking in at Real Counties Manukau

Representatives from Hamlin Road Farm and the Being Well team recently spent a morning at the Real youth respite house in Counties Manukau helping them to set up a vege garden. The team had a wonderful morning with the young people in the service learning everything from building planters to garden maintenance. Looking after the garden has been built into the daily morning and evening routine and it's great to see young people getting the chance to learn how to be sustainable by growing their own, and understanding that ses aren't just the yucky part of a hamburger.



Helping our tamariki to feel great about their future by helping to build resilience

Twenty-five young people aged between 6-13 years old, from Waikato schools supported by Real, came together this month for a noho at Waikeri Marae in Hamilton to learn more about resilience and relationships.

The focus of the two-day noho was specifically on what matters and who matters in their lives.

The young people were split up into small groups and asked to create a short rap/waiata that they would perform back to the group at the end of the noho. The rap had to explain what the young people found important to them in their life.

Performing in front of their peers showed the tamariki what resilience was by starting the project with a blank piece of paper and finishing with a performance.

Overall, the noho was enjoyed by all, and filled with lots of activity and high energy from everyone involved. The Real Waikato team are excited to visit each school and show the teachers the great raps the youth had created on Waikeri Marae.



Real Whanganui team up with community organisations to tackle youth issues

Our Real Whanganui team joined forces with community groups, Nga Tai o te Awa and Light Youth Whanganui for a big weekend to highlight youth issues.

The first event of the weekend was to take part in the popular HopeWalk, which was a kaupapa aimed at bringing the community together. The large group of participants wore bright yellow shirts and made their way through the city centre to raise awareness for suicide prevention and promote hope in the Whanganui community.

Later that afternoon the teams ran a stall at the popular VIBE Music Festival, run by the Whanganui Youth Council, and was a fantastic afternoon out. Real were on hand to talk to young people about wellbeing while Light Youth sold rainbow cupcakes to promote their service for the LGBT+ community.



Making a difference

Jack* came to Real Taranaki youth respite service for 10 days of planned respite after having a tough weekend. Jack is a 14-year-old transgender youth who was facing several emotions after writing a victim statement for an incident that occurred when he was younger.

Jack's time at respite gave him some time out and a chance to rest while he processed his emotions. He was able to speak with staff daily about the emotions that were coming up and how they affected him. Jack said he felt very safe and supported by the Real staff and wants to come back in the future for planned respite to help him when he feels overwhelmed again.

Jack is a promising artist and showed his thanks to Real staff by drawing a caricature of himself which will be framed and hung on the wall to remind us of the important service Real offers to the youth of Taranaki and New Zealand.

*Name has been changed for privacy.



Hamlin Road Farm sustainability award

Congratulations Sarah Hewitt and the awesome team at Hamlin Road Farm who won gold in the New Zealand Flower and Garden Show's sustainability award along with a number of other awards.

Sarah and the team worked hard over the last few months to create their 'upcycle challenge', an impressive exhibition using recycled materials.

Hamlin Road Farm produces certified organic vegetables, seedlings and seeds, as well as operating a lawn maintenance business. The farm hires people with experience of mental health issues as trainees. With a strong focus on recovery and sustainability, the farm provides trainees with mental health support services alongside their work experience. Trainees can also study NZQA training in horticulture at the farm.

Following an incredible year of achievements, the Hamlin Road Farm team put on a very special event to thank all the supporters of the farm. Around 100 people joined the team for a day of delicious food, laughter and mutual appreciation.



Meet Bron Poad – Service and Relationship Manager

Tēnā Koutou, my name is Bron Poad. I made the awesome decision to join Pathways as a team leader in 2004. I am now the Service and Relationship Manager for Wellington Community Services.

Our team of around 45 staff work from Wellington in the South to the Kapiti Coast in the North. They cross three service contracts – navigation, home based support and a clinical team of nurses and occupational therapists focusing on physical health and wellbeing.

Every day we are privileged to be part of the story of people's lives. It is the most incredible thing to see people take sometimes small, sometimes gigantic steps that take them to a place of wellbeing and often eventually no longer needing us. Alongside the stories of the people we support, are the stories of the staff members or teams who have been involved. Working in this field changes you and grows you.

I love my job. No two days are the same and I get to work with the most incredible people at all levels of the organisation. One of my most important roles as a leader is to support the people in my teams to do what they love to do. I try to make sure that I understand what my teams and the people within them need, and support them to feel valued and cared about.

It's hard to put 14 years with an organisation into a few words. This organisation and its people (the people and whānau we support, our leaders and our staff) inspire me every day and it is such a privilege to be part of all that we do.

Ngā mihi

Bron