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# Connections

Pathways Family Whānau News » Autumn 2021





## Welcome!

### *Tēnā koutou katoa*

I hope you all had a wonderful summer and were able to spend time with whānau and friends. Personally, I was fortunate to have a decent break and spent a lot of time outdoors including a three-day trip down the Whanganui river and glamping on Kapiti Island! It was a great chance to slow down, reflect on last year and get ready for another one!

Having already experienced a number of alert level changes this year, it is clear that the world we operate in in 2021 is going to continue to be different.

I really want to acknowledge our staff and tāngata whai ora, particularly those in Auckland, who have shown great flexibility and resilience over this challenging time. I am incredibly proud of how well everyone has learned to adapt in our new ever-changing environment.

As some of you may remember, three years ago we successfully negotiated the Terra Nova or Pay Equity settlement which saw our support workers financially recognised for the work that they do. The settlement ends in June 2022. So, a priority for me in 2021 is to ensure our support staff are recognised beyond this settlement and we don't lose the progress we have made on better, fairer and equitable salaries that reflect and value the work they do.

As we head into Autumn, now is a great time to prepare our bodies for the winter season – eating nutritious food, exercising and sleeping well are just some of the ways to do this. Please continue to take care of yourselves, your whānau, friends and neighbours, and I look forward to connecting with you again in June.

### *Ngā mihi nui*

**Sally Pitts-Brown**

Chief Executive, Pathways

[sally.pitts-brown@pathways.co.nz](mailto:sally.pitts-brown@pathways.co.nz)

## Online tools to support wellbeing



Mentemia is a free wellbeing app that can be accessed via the Apple App Store or the Google Play store on a smart phone. Mentemia is packed with evidence-based ideas and tools to help you learn how to be well and stay well.

It helps people to find ways of dealing with some common stressors we experience in the modern

connected world today - poor sleep, anxiety and stress.

These stressors, if left unattended, can significantly impact your quality of life at home and work. So Mentemia encourages you to think about your mental wellbeing, to make an active plan to improve it and teaches some techniques to do so.

You can find out more about how the app works by visiting [www.mentimia.com](http://www.mentimia.com)



## Covid-19 Update

Over the last few months, New Zealand and Auckland in particular, has had to respond quickly to multiple alert level changes, as Covid has been once again appearing in our communities.

Pathways and the Wise Group have spent a lot of time planning and preparing for different scenarios and we are confident that we can mobilise quickly and continue to provide essential services to the people we support and their whānau in every alert level. We have also

been learning from the experiences our Auckland teams have had.

At the time of writing this, the Covid-19 vaccination programme has just begun here in Aotearoa. It is being rolled out in stages starting with those who work at our borders and in isolation facilities. Our frontline staff and the people we support are priorities for us and we will seek to share information, educate and support people to access the vaccine.

## Breakfree 2025

At Pathways we have long believed in the ability for people we support to stop smoking. We have made supporting all people to stop smoking, a really clear goal of ours. We have achieved some great outcomes, however we still have more to do.

People using mental health and addiction support services smoke at significantly higher rates than the total population. Māori and Pacific people are also over-represented in smoking rates.

We know that more than 40 per cent of people using our services smoke. Given cigarette smoking is a leading contributor to preventable illnesses, we believe it is really important that we do everything we can to help people reduce and stop smoking.

To do this, we are relaunching our Breakfree stop smoking programme. In support of the Government's ambition of a Smokefree Aotearoa by 2025, we want to make sure that no one is left behind.

So, we will focus on ensuring the people we support, their whānau and friends that smoke, are all given the opportunity and support and support to quit. We have called our new effort Breakfree 2025.

Everyone connected to Pathways and Real will have the opportunity to talk to staff trained in giving brief stop smoking advice. They will also be able to join quit smoking support groups. Further, we will provide free access to Nicotine Replacement Therapy (NRT), including the effective but non-subsidised NRT like Quickmist nicotine spray and inhalators, which we have secured in bulk.

We are working with Ministry of Health Smokefree advisors, to look at other harm reducing ways to decrease dependency on cigarettes. The best time to quit smoking is now – the best place to get help is from people who believe 100 per cent in your ability to quit.

*Get in touch with us and let's Breakfree!*



## Matariki – our new national public holiday

It's official, the Prime Minister announced the date of New Zealand's first Matariki public holiday will be held on Friday 24 June 2022. While the public holiday will shift from year to year, it will generally land between June and July.

Plus, it's the first new public holiday since the announcement of Waitangi Day as a public holiday 50 years' ago.

Like Waitangi Day, Matariki is a uniquely Kiwi, New Zealand public holiday. As the Prime Minister said "it's a time for reflection and celebration, and our first public holiday that recognises Te Ao Māori. This will be a day to acknowledge our nation's unique, shared identity and the importance of tikanga Māori.

It's going to be something very special, and something uniquely New Zealand. It will also break up the lag between public holidays that currently exists between Queen's Birthday in early June and Labour Day in late October.

The decision to recognise Matariki as a public holiday was part of a number of Labour party pledges. The date was set after a government advisory group, chaired by Dr Rangīānehu Matamua, devised a method to select a date. This choice of date considered the community and lunar timetable.





## Pathways' talent shines in annual Summer Photo Competition

Pathways staff have taken a clean sweep of the first-place spots in the Wise Group Summer Photo Competition, once again proving that Pathways staff are a talented lot!

As an entity in the Wise Group whānau, Pathways staff are encouraged to participate in the annual competition by submitting their entries in four categories. This year's categories were: 'Uniquely Aotearoa', 'Together is better', 'A new perspective' and 'The real me'.

The winning photos were determined by competition judge and accomplished professional photographer, Peter Drury.

Congratulations to the following Wise Group staff on placing in the competition.

Special mention must be made of Stephanie Niederberger, an administrator at Pathways' Pūriri House in Taranaki, who won two of the four categories. Congratulations Steph!

### Uniquely Aotearoa



**Winner:** Stephanie Niederberger, Pathways Taranaki

**Second place:** Waimarama Roa, Le Va Auckland

**Third place:** Lilian Obonyo, Pathways Wellington

**Highly commended:** Anetone Simanu, Pathways Auckland

### A new perspective



**Winner:** Stephanie Niederberger, Pathways Taranaki

**Second place:** Colleen Mantle, Te Pou Auckland

**Third place:** Gaylene Yates, Pathways Hamilton

**Highly commended:** Allwin Shaji, Pathways Hamilton; Rachel Kapeli, Te Pou Auckland; Joanna Wood, Wise Management Services Hamilton

### Together is better



**Winner:** Abbey Jenkins, Pathways Christchurch

**Second place:** Abbie Montgomery, Pathways Christchurch

**Third place:** Emma Williams, Pathways Whanganui

**Highly commended:** Kaylene Tahuu, Pathways Nelson-Marlborough; Wim Hovens, Wise Management Services Hamilton

### The real me



**Winner:** Kate Woodgate-Jackson, Pathways Kapiti

**Second place:** Wim Hovens, Wise Management Services Hamilton

**Third place:** Abbey Jenkins, Pathways Christchurch

**Highly commended:** Waimarama Roa, Le Va Auckland

## Reflecting on Te Tiriti o Waitangi

Te Tiriti o Waitangi (The Treaty of Waitangi) means different things to different people. Here's some reflections from Pathways and Real whānau and some aspirations going forward of how we can learn and grow with Te Tiriti.



### Te Tiriti across Aotearoa

**James Scarlett, Team coach, Real, Auckland**

"181 years on since the signing of Te Tiriti, my hope is that it can move from being acknowledged once a year on Waitangi Day, to being acknowledged and interwoven into everyday aspects of life in Aotearoa, from the top-level policy, right down to doing the supermarket shop.

Going forward my hope is for the objective teaching of Te Tiriti and history in Aotearoa in all schools, to inform our tamariki of the importance of upholding partnership, unity and equality for a better future for all New Zealanders."

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### Looking back to go forward

**Chaz Naera, Kaiwhirimuka, Hamilton**

"My hope is that the Treaty can have new significance in this time. I would like to see the original spirit of Te Tiriti, which was to bring two cultures together, to be brought to life in every aspect; in what we see in the media, what we are taught in schools, how language is celebrated and how social disparities are addressed.

Acknowledgement of the past is important and the way we move forward together will determine the future of Aotearoa. Te Tiriti can guide us on how we relate to one another, ko te mea nui ko te aroha - with the most important thing, with love."

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### My Journey and Te Tiriti

**Helen Eyeington, Team coach, Pathways Waikato**

"The gaps in my schooling and movement around the country meant I wasn't part of the initial move to educate people on The Treaty. However, my journey through life and work in education, youth work and mental health has provided me with some insight to how we uphold and honour the principles of Te Tiriti o Waitangi.

Rather than an academic 'tick-box' exercise, placing value on whānau connections, restoring and protecting whakapapa as a sacred right, fundamentally gives a sense of belonging. Not just here and now, but to the past and future – people matter, it matters that we are here.

Working in partnership with Māori is to me about actively engaging in a tuakana-teina relationship where I listen to what is needed and then act accordingly. This allows people to grow and advocate for themselves both as tāngata whai ora and colleagues. It means I learn new things and bring them into my way of being – it means I see you.

Creating spaces where Māori feel comfortable to participate in decision making for their own lives and to contribute to their workplace, takes a big shift in thinking. This incorporates an open mind to Te Ao Māori, a collective experience which is lived, breathed and tended to. Safe spaces also include where dislocated and disconnected Māori feel safe to explore and experience what belongs to them and also a space where non-Māori feel safe to tautoko their peers, colleagues and those we support. It means there are some spaces and some stories that are not for me – and I am okay with that.

If this happens in the workplace, like it does for me, then it spreads into my personal life and I feel better about my contribution and my obligation to honour the treaty. I'd like to think then we will all have capacity to restore mana."

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### Te Raranga o Te Tiriti

**Takerei Peck, Youth worker, Ben Teinakore-Curtis (RHP), Esther Edmonds, Youth worker, Real lakes Rotorua**

Mauri is the force that interpenetrates all things, it binds and weaves them together as various elements of diversity. Mauri acts as the bonding element, creating unity and equality.

Partnership within our workspace is a team working together to develop strategies and services to support our rangatahi. Involving Māori employees at all levels of decision making, planning and delivery, allows us to protect our equality of outcomes and to safeguard our values and practices.





## New learning developments

2020 was a challenging year in lots of different ways. However, among the challenges came opportunities for growth and development.

One of these opportunities was in how we deliver our training and workforce development. More than ever, we had to rely on technology to reach people and continue to invest in their professional development.

We quickly converted four of our workshops that were delivered face-to-face, to being able to be delivered via virtual ways – this is called Virtual Instructor Lead Training (VILTs). It means that using a technology like Zoom, we are able to dial into virtual classrooms and interact with a trainer and with other staff in a similar manner than if we were together.

It is something that takes a bit of practice and patience and not just for the trainer! Whilst it isn't suitable for all training subjects, or a suitable replacement to in-person training all the time, there are some advantages to VILTs.

We are able to connect with others from across the country. Being a national organisation belonging in local communities, it made a nice change to be able to easily connect with other Pathways and Real people from across Aotearoa. New ideas, new perspectives and new friendships were all present in our VILT's.

We are continuing to offer this approach to training alongside our local in-person workshops.

This year Renae Adams, our Learning and Development Coordinator and the Business Operations Unit will be working with key people (called subject matter experts) to make our eLearning topics and training modules really engaging and exciting.

We are using a new digital platform. It will allow us to develop our eLearning using the very best evidence of how to use eLearning to develop skills and knowledge in our workforce.

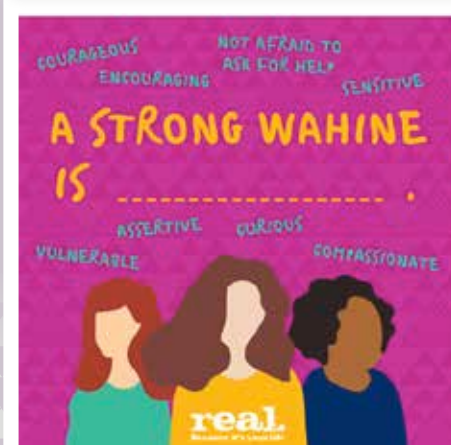
Our goal remains to provide the very best learning experiences for our staff, allowing them to continually grow, stretch and be at their very best. We now have to do that and stay nimble in the face of changing alert levels. Technology helps us so much in that regard.

## Real socials – meeting young people on their own turf

On our Real Facebook and Instagram pages, we continue to focus on providing easily digestible snippets of positive, topical and timely mental health information that taiohi can use in their daily life.

Over the last three months our themes have focused on two of our Real beliefs: *I am cared about* and *I am accepted*.

Head over and like our Facebook or Instagram pages to keep up with our uniquely Real wellbeing boosters.





## Recent leadership changes across Pathways and Real

We've had a few comings and goings in the leadership team recently.

- We farewelled **John Zonneville**, our child and youth director, in February.
- We're delighted that **Miriam Swanson** will be joining us as our new child and youth director in May. Miriam (pictured) is a registered Clinical Psychologist and has been the team leader and consultant psychologist of the Porirua Child and Adolescent Mental Health Service at Capital and Coast DHB since 2011 and worked in the sector for 18 years.
- **Denise Aylward**, general manager for Taranaki, Whanganui and Canterbury, is retiring in May. We are currently recruiting to this role as general manager southern, covering Nelson, Marlborough and Canterbury.
- **Chrystal Hamlin**, service and relationship manager Whanganui, has resigned and leaves us in March. Recruitment is currently underway for her role.
- We recently welcomed to our team two new service and relationship managers - **Pene Te Puni** in Taranaki, and Jenna Jeffcoat in Wairarapa.



Developing our own leaders is something we're really passionate about at Pathways. We have been delighted to move a number of internal staff into leadership roles also.

- **Chaz Naera** has accepted the role of kaiwhirimuka. This is a newly established cultural lead role for Real that will work closely with our kaihautū Anaru Hawkins.
- **Ines Bruins**, service and relationship manager Nelson Marlborough, is on leave for the next few months and Kaylene Tahuu is stepping up to cover this role in her absence.
- **Renee Newton** has been appointed acting service and relationship manager for Real Waikato.

## Farewell to John Zonneville

It was a week of aroha and emotion as we farewelled Pathways and Real's Child and Youth Director John Zonneville in early February.

We were sad, yet incredibly proud, to see John off to his influential new role of Principal Clinical Advisor for Child and Youth Mental Health at the Ministry of Health.

John has been instrumental in the significant growth of our Real youth services in recent years and, while he will be deeply missed, we are looking forward to working with him in his new role.

In true 2021 style, alongside a number of in-person farewell events, we had a moving virtual poroporoake on Zoom, allowing staff

and key stakeholders from all over the country to participate in farewelling John.



## Connecting Well



Our Being Well action strategy is organised under six key areas that can enhance wellbeing. One of these areas is called Connecting Well. This area is all about increasing the number of people in our lives who we connect with and who care for us.

Humans are a social species. This means that we do best when we are well connected and have deep or broad social and community networks and relationships. There is increasing evidence that isolation and loneliness contributes to poorer physical, emotional and mental health outcomes. For these reasons Connecting Well is a key part of our Being Well strategy.

People who use Pathways services tell us they want to increase their participation in social activities. Through the use of our quality of life measure 'Your Wellbeing', we know that more than 70 per cent of the people we asked last year wanted to increase their participation in social activities. This includes connecting with family and whānau. It is why we have a strong focus on increasing contact with family and whānau and also on building strong neighbourly connections.

We will continue to explore opportunities to get people connected to community groups. We will also operate groups in communities that we belong to and we will increasingly look to use technologies that enable connections between people too.

Keep an eye out for social, community based activities that will be advertised within your Pathways region and where you can sign up. Who knows, you may just make a connection that brings more happiness and wellbeing!

## Growing our peer leadership workforce

At Pathways we are committed to growing peer leadership. It is with much excitement that we welcome our newest peer leaders to the Auckland region, Penny Weston and Chris McMullen.



Avril (centre) welcomes Penny (left) and Chris (right)

Penny and Chris both joined Pathways many years ago as support and peer support workers and completed their peer training. Since joining Pathways, they have taken every opportunity to lead with different projects and have now stepped into leadership roles as team coaches.

Avril, our first peer service and relationship manager, is excited about the future for the peer workforce. "We truly believe our staff are our great asset and that lived experience enhances who we are and how we can help. Having leaders with lived experience is a great example of this."

## Sharing the love with whānau on Valentine's Day

What better way to celebrate Valentines than sharing aroha with whānau! The team at Hamlin Road housing and recovery service put together a wonderful feast for the people we support and their whānau - celebrating Valentine's together.



It was a splendid day with beautiful weather, delicious food and lots of love and laughter.

The team's personal Master Chefs Nazia, Natasha and Leilani did a great job, supported by Toni and Roganee. Whai ora and their whānau loved the kai put together by the team and appreciated being invited to the whare to share the wonderful day with loved ones.

## You're gonna be ok!

In February, the team at Te Whare Waimahana found an inspiring and encouraging note left behind in a bedroom by a guest who recently stayed with them. The message in the note is so positive and full of hope and talks to the person's experience with Te Whare Waimahana.

To the person who gets this room next. You're gonna be okay! I came here with a hope and so much darkness and now I'm leaving with so much hope, joy and colour. Be strong! Don't be afraid to ask for help. Good luck.  
XOXO your previous roomie

## Wade's best Christmas ever

Wade has a loving mother, so when he moved to Helvetia, she was relieved that he had somewhere to live where he was safe and cared for.



Staff helped Wade's mum organise a family Christmas. She sent money to buy decorations.

Mum organised the food, and staff and whai ora transformed his garage. It looked great.

Wade was apprehensive. He said he was scared and worried they would not remember him. His support worker let him know that this would be a special time for everyone.

Wade was very pleased as he hadn't seen them since he moved in.

Wade said this was the best Christmas ever, because his family came. It was a special day. They had a nice time at his house and had food and presents.

The team loved seeing Wade so happy and enjoying family. He is looking forward to next year and hopes they will all come again.

When his mother heard this, she was very moved. She had not felt this close to her son for some time and was loving seeing all the beautiful things about him that sometimes got forgotten due to his unwellness.

## Nadia's story\*

I was referred to Pathways from Waimarino in September 2019. I was struggling with depression, anxiety, PTSD, insomnia and socialising with people in general. I had to resign from my job. I had no idea how to control my anxiety and had no resources and knowledge about it. I struggled with pretty much every aspect of life.

My support worker Lisa helped me set small achievable goals to help me conquer these problems. I attended short courses which helped me understand more about myself and my illness, and provided guidance and strategies to help me to manage. Doing short courses in mindfulness, sensory modulation and managing anxiety, boosted my self-confidence as I met other people and understood I am not the only one going through such hard times.

There were bumps along the way which used to throw me off guard in the first couple of months. But I eventually started looking after myself, letting go the things that were not in my control and importantly, allowing my past to remain in the past.

Sometimes it feels like there is no hope, but you keep pushing yourself forward, change your mindset and use the support offered.

My journey with Pathways ended in January 2021 but I will continue to use the tools that I have learnt. I have also enrolled for a Peer Support course. I want to share what I have learned to support others with similar experiences.

\*Name has been changed for privacy.







## Mikes lifetime passion for roses

The whānau at Grey Street feel very lucky to have Mike living with them. Mike was one of the people who was behind setting up all the Rose Gardens in Te Awamutu and is quite possibly one of New Zealand's foremost experts on the art of the rose.

For a man of 85, he is not scared to get stuck into his gardening, which also keeps him moving and well overall.

Recently Mike won some awards at a local rose show to go with the several trophies he won at this year's annual Rose Society Awards.

Mike is always keen to share his rose knowledge with others and enjoys helping other sites within the Pathways whānau to get their roses going.

There isn't much that Mike doesn't know about gardening and he is always a good source of information. He inspires everyone at Grey Street by the way he looks after himself. Mike is a truly loved man.

## Preparing for the Amazing Race

The team at Real Waikato has been busy preparing for their annual Amazing Race. They have got some awesome services involved such as Youth Intact (Drug and alcohol counselling), Destylez (youth music programme), Kirikiriroa marae, Oranga Tamariki and Te Wananga o Aotearoa to name but a few. It will be an awesome day of connection and competition.

There will be 10 clues to different areas of Hamilton city with unique challenges promoting resilience, teamwork, individuality and confidence.

We can't wait to see the smile on the faces of every taiohi and the competitiveness that will no doubt kick in. The team has been able to secure some awesome prizes as well which include Bluetooth speakers, a 32-inch smart TV and escape room tickets.

We look forward to sharing some photos from the event in our next newsletter.

## Creating connections at Tauranga Wairua

A focus this quarter at Tauranga Wairua, the adult respite in Tauranga, has been on connections – to self, others, whānau and the environment – to improve wellbeing.

The team have encouraged peer to peer connections between the people they support.

Music is one of the ways the team has created connections. Supporting people to unwind, promoting fun and dancing in the house and connecting with culture. Through teaching guests to play instruments, they have also helped people connect with themselves and grow self-esteem, with people often surprised at what they can accomplish.

Whenua and natural environments is another great source of connection. The team have utilised lots of the beautiful local natural resources for this. Guests have shared that this connection with nature has helped them manage distress, develop a feeling of calm, as well as have fun. Climbing Mauao is a regular favourite.

*Connecting with whenua at Mauao*



## Butterfly garden

The team and taiohi in Tauranga spent a few days redesigning their 'butterfly garden'.

The plants they used for the garden were chosen by the taiohi specifically to attract butterflies to the garden area.

This has brightened the outdoor area and made it a space the taiohi are using to engage in mindfulness and enjoy nature.

## Let's go geocaching!

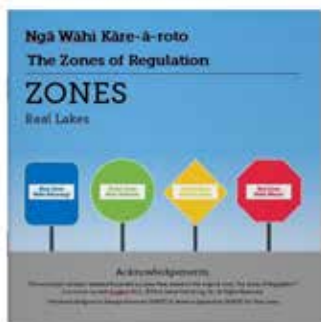
The taiohi who lives at our Oranga Tamariki individualised support service in Tauranga has been thoroughly enjoying geocaching recently. There are many reasons geocaching is beneficial for young people. It can decrease stress, boost their mood, sharpen their skills, keep them present and strengthen their mental skills.

On their geocaching travels, the taiohi and support staff have seen many wonderful things which have brought lots of joy. They even stumbled across a puppy obedience class!

The young person has learnt to take an interest in something he enjoys, overcoming many fears and obstacles and really exercised his brain. The benefits to him have shown themselves both while out geocaching and back at the whare.

## Zones

The Real Lakes team in Taupō run a group called Zones in schools and with young people in the community. Zones aims to teach self-regulation by categorising the ways we feel and our states of alertness, into four coloured zones.



The Zones framework provides strategies for young people to become more aware of, and able to control their emotions and impulses and problem solve conflicts.

While the group format is a real plus for most, recently the team had a young person who the group environment wasn't working for. The facilitator continued to see this young person individually at school, with the support of the school counsellor.

The young person thrived in their individual sessions and started to see that their actions were affecting those around them. They started using the strategies they learned and reaching out to school staff for help regulating when needed. Their recorded school incidents dropped by nearly seventy per cent. A great result!

## Changing focus to meet needs

At a group programme with year seven and eight students on emotional regulation skills, the group quickly identified that alcohol and other drug use by whānau was a major concern for many and having a negative impact on their lives. So, the team adapted the programme in response to the group's needs.

Support around this issue was valued by the group. Several participants commented that they had never spoken to anyone about these issues before, so having the opportunity to share and gain insights was a relief.

## An amazing transformation

One of the Real Rotorua Registered Health Professionals (RHP) was very excited to see an amazing transformation in one of the young people they were supporting recently.

This taiohi was experiencing extreme anxiety, was unable to function productively at school, and her obsessive behaviours were impacting her health.

The RHP successfully used sensory and trauma-informed models of care in her work with this girl. A psychiatrist appointment was arranged after which she started on medication.

This girl sent the team a video of her performing on stage at school, both singing and dancing recently. She is heading off to study at university this year.

The transformation in the level of functioning for this young person has been amazing!

## Making our lifestyle more meaningful

Originally from Fiji, Sub Hag's vision had deteriorated suddenly after a serious eye infection. His wife Prem also had a long-term health condition. So, they came to New Zealand seeking better medical treatment options.



Soon after arriving, the country went into COVID-19 lockdown. They faced several challenges arriving into New Zealand. Firstly, the weather conditions here were not conducive and they were isolated and unable to socialise. Sub Hag also had other medical conditions for which they could not access treatment initially, due to severe financial constraint.

It was in Jan 2020 that the family was introduced to Pathways where Emilie Pacifique and Lilian Obonyo were appointed as their navigators.

As they were new to New Zealand, their support goals included familiarising them with their local surroundings, to build their confidence to go out for walks and be more active. This support has been instrumental in changing the couple's lifestyle.

With the support of their son, they recently moved into a new flat.

Sub Hag shared these words of thanks:

"We have been extremely lucky to have come in contact with Emile and Lily who contributed very significantly to changing our lifestyles and making them so much more meaningful.

We both shall always remain indebted to Pathways for such incredible services for which we do not have enough words to express our sincere gratitude and appreciation. We join hands in wishing them, the management and the staff of Pathways our sincere well wishes and pray to the Almighty that peace and prosperity lay on the path that you all move forward on."

## A lovely surprise

Rosemary, who lives in Kapiti, is very creative and her art is crucial for her wellness.

Rosemary attends a group in Te Ara Korowai, the local wellbeing, peer support and creativity centre. She was really interested when she found out that Te Ara Korowai had an exhibition on at Mahara Arts Gallery in Waikanae.

When Rosemary went there to have a look, finding her own art works displayed was a lovely surprise.

Rosemary has a distinctive artistic style and we are delighted that other people in the community are now able to see it.



## Haere rā Liz

The Pathways whānau were deeply saddened to farewell Elizabeth (Liz) McKenzie, who passed away recently. Liz was a dedicated support worker, who travelled back and forth over the Kopu-Hikuai, through rain, hail, slips or shine to work, then headed home to Whangamata after finishing her shift at 11.30pm, five days a week for almost six years.



Liz had a love and talent for food and cooking and taught many tāngata whai ora how to cook and the value of mixing good kai with good company.

Liz had a big sense of humour which she often used to remove tension from situations. She was a mentor to her colleagues and was never judgemental. She supported staff to be able to take tāngata whai ora to community events in the evening – making meals for them on their return.

Liz's kindness was shown to her community when she won \$20,000 in Lotto and she donated \$10,000 of it to community organisations.

Liz is survived by her mother, her husband Sergei, son Temuera and his wife Laura, and many whānau members.



*E rere e whae. Haere i ngaa hau  
maiangi whakangaro atu raa. Ko  
ngaa rau mahara moou ka tuhi ki  
te rae, ko aa mahi tuku ki te hapori  
ka noho hei tauira ki a tatou katoa.*

*E rere e whae. Nunumi ki te poo e.*



## Tis the season for bowling!

Hauraki's mobile and residential whānau have put together two teams for community bowls at the Thames Bowling Club on Wednesday nights. The eight-week competition kicked off with 150 people – a great opportunity for our Pathways whānau to socialise with their community and have fun at the same time.

## Getting competitive in the garden

The first Wise Group fruit and vege Competition in Taranaki, came to a close at the end of January, with a fun prize giving and vegetarian potluck lunch. There were 10 categories including Tastiest Tomato, Chubbiest Cabbage, Most Amazing Mini Garden and Fabulous Fails!

The competition opened in December for staff and people we support. Several people in the community were gifted garden starter kits.

It was fantastic to see photos of their progress along the way and that people had also gone on to create extra vege garden space at home.

Mariana (pictured), was the winner of the Most Amazing Mini Garden section. Mariana had already replanted her lettuces as the first batch was used in her whānau Christmas kai.



## A gesture of appreciation

A beautiful bunch of home-grown flowers and homemade shortbread was delivered to Pūriri House recently as a thank you from the family of a person supported by the North mobile teams.

The family said they truly appreciated the ongoing support and wanted to wish the team well. What a lovely surprise it was for the team when they came back into the office!



## Welcome Pene

Pathways Taranaki welcomed their new service and relationship manager, Pene Te Puni, in January.

Pene started her career in Mental Health as a support worker at Pathways nearly two decades ago. The team are delighted to welcome her back in a leadership role after gaining much valuable experience in the sector including acute inpatient, early intervention and community mental health, residential and alcohol and drug services. Her most recent role was community manager, mental health and addictions at Taranaki District Health Board.

Pene believes it is a great privilege to work with whai ora who, through sharing their lives with her, enrich hers.



*Pene (left) judging the fruit and vege competition tastiest tomato, with Tui.)*



## Farewell Chrystal

**Ma te upoko ka ora ai te tinana.**

*It is via the head that the body thrives.*

It is with a huge sense of loss that we in Whanganui bid farewell to our service and relationship manager (SRM), Chrystal Hamlin. It is also with a huge sense of gratitude and well-wishing that we bid her the best in her exciting new role with the Laura Fergusson Trust.



Each one of us, from support worker to team coach, person supported to whānau member, would have had our own special experiences with Chrystal over her 23 years working within our kaupapa.

Chrystal leaves so many fond memories. Of being a 'fresh-faced newbie' to working her way up to the role of Whanganui SRM. Of dodgy antics on her scooter that she used to always ride to work on, to standing proud upon the 'kei/stern' of our collective waka and safely navigating us all through the occasional stormy seas.

Chrystal has delivered her role with an unwavering tenacity and humanity that reflects her standing within it. Chrystal has always had a keen eye and a firm belief in a person's potential. She cultivated many leaders, including those who may otherwise have been looked over due to their life experiences. Her support for all – staff, people supported and their whānau, has been equally unwavering.

From gym workouts with staff, to donning gloves and serving kai to people we support and whānau, to listening, crying, consoling, encouraging, invigorating and instilling belief in people when theirs waned. Chrystal has always been the guiding light for us all here in Whanganui.

**Mena, e whangaia te Iwi, koena te mahi Rangatira.**

*If you sustain people, that is the work of Chiefs.*

So, it is with bountiful blessings that we usher our leader, our Rangatira, onwards.

**Kia hora te marino, kia whakapapa pounamu te moana, kia tere te kārohirohi i mua i tō huarahi.**

*May peace be widespread, may the sea glisten like greenstone, and may the shimmer of light guide you on your way.*

## Waitangi Day celebrations

The Whanganui whānau gathered to acknowledge Aotearoa's special day at Nixon Street this year. The sun was shining on a classic New Zealand summer's day, and they listened to music, cooked kai on the BBQ and enjoyed each other's company.

## Getting involved in the community

Elise lives at Kuripuni Street, our Housing and Recovery service. Last year she finished college and is now looking at joining in on other opportunities in the community.

Recently, she joined a sewing group, 'Come sew with me' in the lovely setting



Elise (left) with a bag she made at the sewing group

of Masterton's Elizabeth Park. This has been a new experience for Elise, who had not sewed before, and she is really enjoying it.

Elise has now made a small shoulder bag which fits her new mobile, some oven mitts for her flat and a shopping bag. Her latest creation is an apron which she proudly has on a hook for when she is cooking. She's making one for her mother as a gift next.

It's all done on an old Singer sewing machine that works by turning a handle on the side of the machine.

Elise has also now signed up to volunteer at the local St Johns shop which she is really looking forward to. She is also looking into tramping groups.

## The power of whānau engagement

At Pathways and Real we recognise the strength and importance of working with whānau to support people's goals.

The strength of this approach was demonstrated recently in Wairarapa, when an adult we support through Pathways mental health services, expressed concern about their adult child's substance use. The substance use was not only causing issues with their child's health, but it was impacting the younger siblings in the whānau also.

Given this issue was affecting younger family members (taiohi), the Pathways mental health team teamed up with the Real Alcohol and Other Drugs (AOD) team, to support the whānau to run a hui.

The objective of the hui was to provide a safe space for everyone to communicate their issues and to develop ways to support/put in place boundaries for their whānau member who was misusing substances.

After the hui, a follow up call was made to the mother of the whānau, which helped to gain valuable feedback for the Real team.

Shortly after the hui, the adult Alcohol and Other Drug service received a self-referral from the adult sibling for support around their substance use. This was a fantastic outcome and demonstrated the success of the hui and the power of whānau engagement. It was also a great example of our Pathways and Real teams collaborating to support whānau.

## Fun, work experience and kai

Che, Tame and Kahu from the Waimea residential service had a fun day out stacking hay, supported by staff member Michelle. It was valuable work experience, a great chance to be outside in the sun and they enjoyed a delicious lunch.



## Reaping the rewards of the garden

At the Brightwater aged care residential service, guests and staff have been reaping the rewards of their dedication to the vege plot this summer. Each day there's fresh nutritious produce for the dinner menus, and the great satisfaction that comes from enjoying the fruits of your labour.



Barbara preparing beans from the garden

## Haere ra for a while Ines

Ines Bruins, Nelson and Blenheim's service and relationship manager (SRM) left this week to travel home to the Netherlands, to spend six months with her family. Ines was instrumental in setting up Pathways and Real services in the region. Her positive outlook and support will be greatly missed.



For her last day, the teams came together for a delicious morning tea. Ines was humbled to be presented with a beautiful bone carving made by Kaylene Tahuu, who will be taking over Ines' role in her absence. The carving, in the shape of the Manaia, had many interwoven meanings with the theme of protecting Ines on her journey.

## A flash new letterbox and productive garden

Rod and David, guests at the Lewis Street service in Blenheim, decided to upgrade the service's old letterbox.

Rod really enjoyed making an awesome letterbox at the Men's Shed. David helped by painting the trellis and the poles. It looks great. Thanks both!



Rod has also been busy starting a vege garden with the help of support worker Katrina. He planted corn, carrots, lettuce, beetroot, strawberries and herbs. Rod has learned lots of new skills like preparing the beds, sowing and transplanting seeds and also using animal manure and mulch.

Rod said "I'm looking forward to picking some of my crop and sharing it with my co-guests".

## Waitangi at Te Ao Mārama

Te Ao Mārama recognised and celebrated Waitangi Day with tāngata whai ora and their whānau with a BBQ and various cultural activities.



As part of the peer-led, peer-focus of Te Ao Mārama, staff welcome and acknowledge that part of a guest's recovery from acute unwellness, may be reconnecting with whānau and friends. On this occasion, whānau were invited to share kai, stories and to engage in a few activities that focused on Te Ao Māori.



Guests and staff got involved with poi making and joining in karakia before sitting down to shared kai. The day demonstrated Te Ao Mārama's ongoing aspiration of upholding shared interest and engagement with Te Tiriti o Waitangi through our use of te reo, which on this occasion also meant acknowledging the importance of whanaungatanga.

## Ward Street celebrate Te Tiriti

Ward Street staff and the people who live there decided to celebrate Te Tiriti o Waitangi by having a hui and inviting whānau of tāngata whai ora to come along.



Instead of a traditional hangi, they decided to prepare something different. A fish cooked with fragrant coconut milk, grilled vegetable skewers and a lemon cheesecake were the top contenders for the day! More than 20 people enjoyed the day including whānau of five tāngata whai ora.



Some tāngata whai ora also attended a flax weaving class at the library and learned how to make flowers. Others did some craft in the office and painted a beautiful jade koru which will be on view for all.

## Honouring Te tiriti o Waitangi at Hamilton's individualised support where

Coming together as whānau is super important in the mahi we do and our team at Hamilton's individualised support where had long planned to get together to honour Waitangi Day on Saturday, 6 February.

We recognised the day by celebrating togetherness. We had 'minute to win it' games and a selection of kai from everyone's homelands, both near and far.

There was much laughter, generosity of spirit, a sense of connection, and of being 'in the moment'.

Nothing beats having kids around to raise a sense of fun!

Knowing that around the country others were also commemorating the signing of the treaty added to our sense of connection to our history and reminds us also of the work to be done.

## Healthy and delicious

The taiohi at the Real respite in Tauranga have been working on Smoothie Bowls for their breakfasts.

The smoothie bowls were made with some home-grown fruit from our garden. The taiohi worked together on a recipe and on decorating their own smoothie bowls.

Below is one Taiohi's finished product, which they found to be a great way to start their day—healthy and delicious!



## Pathways waiata in action

We recently had the pleasure of supporting a taiohi named Baillie at our Real Mana Taiohi where in Auckland. She was a perfect example of our Pathways waiata - Maau raa.

### Maau raa te ataahua, whai reo ana koe.

Baillie had this uniqueness about her when she came to our where. She was quiet and shy at first, but we had a sense she was holding something back.

As days went by, she became more comfortable and open. She was singing waiata and being the comedian we now know and love.

She loved to talk in about ten different accents. She was loud and proud and would sing almost every sentence she would speak.

She had found her beauty within her again. She had found her voice.

### Maau raa te honohono e, Whai koa ana koe.

She made strong connections with staff and taiohi with her bubbly personality.

She would lift everyone's wairua in the where. She found joy in brightening someone's day, being kind to others and giving positive affirmation to all.

Baillie was able to reconnect with her whānau. Her mother said our tautoko helped put the colour, music and magic back into Baillie.

### He tāngata e, Tuu mana Motuhake.

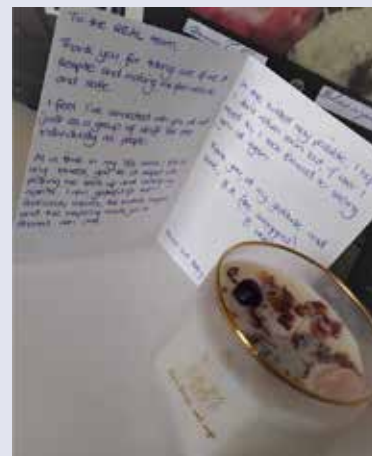
Having Baillie with us brought a spark to our where. Her confident, kind and caring nature shined through.

She is a leader that our taiohi would look up to. She was very grateful for the skills she learned and the break away from home.

This is the perfect example of our waiata living through her. She can now stand up, own who she is and live her best life.

As staff we are truly grateful for the taiohi we tautoko every day.

We were humbled to receive a koha from Baillie and her whānau—a kindness book to share with future taiohi, a sensory candle and two personalised cards handwritten from Baillie and her whānau.





## A bittersweet farewell to one Nelson taiohi

Staff at the Real residential service celebrated Aaliyah moving on from the house and into the community in a shared flatting situation.

Aaliyah had been with us for around eight months and, despite experiencing high anxiety, she made the decision to move on her own and independently set about finding the flat.

Aaliyah was a wonderful guest to have at the house as she always took the time to meet and greet new young people when they were moving in.

She was great at helping them feel comfortable while settling in and always gave them the run down on the staff. We wish Aaliyah well in her future.



## Festive doors

The Real team in Rotorua wanted to create a festive atmosphere during the Christmas season so they decided that each team member would decorate a door in their whare with Christmas decorations.

The competition was on! Once the doors were completed, they called in the young people utilising their service and the Rotorua team from our Youth One Stop to judge the doors and select winners.

The Real team have challenged Rotovegas Youth Health to join in the competition next year and they have accepted this challenge.

The winners are pictured below



## House rules have never looked so good!

The Bay of Plenty individualised support team took it upon themselves to jazz up their house rules by arranging them into a poem and turning it into a design feature in their whare.



Titled, *In our home* we, the poem aims to make their house rules more relatable and accessible for the taiohi they support.

Team coach, Sarah Way, says the poem also serves as a reminder to her staff.

"It reflects our values under Real, who we are and why we do what we do every day."

## Singing hits all the right notes for one taiohi

I could see the passion and aroha one of our youth, Moana\*, has for singing.

I approached an acquaintance and asked her if she had any connections in the music industry as I knew she has lots of influential connections.

I wanted to connect Moana with someone who could mentor her and give her some lessons and guidance.

As a result, Moana has been booked to sing at Women's Refuge's 'Saving Rose Foundation' event singing a song called Walk Away by Tina Cross.

Moana has been practicing at the whare and we are all excited for the big night which will be taking place soon.

\*Name changed for privacy

- Story by Kylie Mclean, youth worker at Real Te whare o Rongo in Hamilton

## Introducing Stephanie Niederberger

Kia Ora, my name is Stephanie Niederberger and I am the administrator for Pathways in Taranaki. I knew when I started with Pathways in 2009 that I had stepped into a very special workplace. There was fun and laughter and I could see the teams had a real passion for the work they were doing. I knew Pathways' "Whatever it Takes" philosophy was the right fit for me, and you can be sure this phrase is playing in my head if you see me about the office wielding a can of CRC, a screw-driver or the glue!

I enjoy working behind the scenes supporting each of our teams, and our local and regional managers. I love the challenge of on-the-spot problem solving and because of this, every day is different.

I am based at Pūriri House in New Plymouth. Sometimes you will find me at the reception desk where it is always lovely to meet and greet visitors to the house. I also 'wear the hat' of Safety and Wellbeing Chairperson in our region. This role has been very interesting with many learnings, especially in 2020 and now, as we strive to keep ahead of Covid-19.

Most Tuesday nights you will find me at a local 'Pub Quiz Night' with my quiz team buddies. This is a great way to stretch the brain and the flow-on effect for me has been to create themed quiz nights and treasure hunts for our Wise Group family in Taranaki. I enjoy running social events for the region where everyone can come together for a laugh, especially if it's at themselves.

Genealogy has been a passion of mine for about 18 years. The 'detective' in me has dug very deep into my ancestry. I have written two books for my family, and just for fun another two books for friends. For me, it is so important to know about the lives of my ancestors and the challenges they faced. It has given me a real sense of belonging and I feel I know what anchors me to my whenua.

On holidays you will most likely find me out and about discovering remote parts of New Zealand, especially if there is a lighthouse in the neighbourhood (this must stem from my lighthouse keeper ancestors). My husband and I are very well-travelled within

New Zealand and yet we can always point to a spot on the map we have not been to, and then off we go, always finding something breath taking.

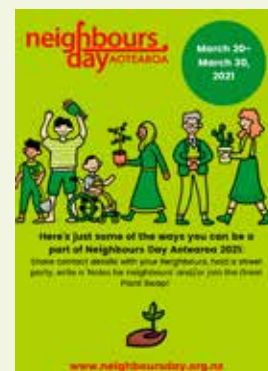
With the children having flown the coop, it's just the two of us at home now, and Louie and Lilly our much loved "rescue" cats, who keep us very entertained every day.



## Notices

### Neighbours Day Aotearoa

20 - 30 March 2021



### World Health Day

7 April 2021



### Earth Day

22 April 2021

**RESTORE  
OUR EARTH**  
2021 THEME

### Pink Shirt Day

21 May 2021



### World Smokefree Day

31 May 2021



### Story ideas?

We'd love to hear from you! Talk to your service's team coach or email [contactus@pathways.co.nz](mailto:contactus@pathways.co.nz)