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Connections

Pathways Family Whānau News » Winter 2021



Our **Connections** newsletter is also available at www.pathways.co.nz on the **Info for family and whānau** page



Welcome!

Tēnā koutou katoa

The past few months have been a time for farewells and welcomes for Pathways. Of significance was the sudden passing of a beloved work colleague, Bron Poad who we acknowledge on page 4.

We have welcomed Nathan Davis, general manager southern and Miriam Swanson, child and youth director to our Executive Team and we also welcomed Kerry Debrah as our service and relationship manager for Whanganui. We recently farewellled Denise Aylward, general manager after 22 years with Pathways and in July we will farewell Marg Boland, SRM Hauraki who is retiring after 25 years with Pathways and the Wise Group.

Of significance this past quarter has been the Covid-19 vaccine roll out which is well underway across Aotearoa. Many of our frontline staff and people we support have now been fully vaccinated. We talk more about the vaccine and what you can do to keep our communities safe on page 4.

Following on from the release of the Health and Disability System Review Report, the Government recently announced several significant changes to our health system including the establishment of a single health organisation (NZ Health) to replace the existing 20 DHBs and a Māori Health Authority. We are still seeking to understand the impact of these changes, but we are cautiously optimistic about the future of health and wellbeing in Aotearoa.

With winter upon us, it's important to take extra care of ourselves. The flu vaccine is now available from your GP or local pharmacy and it's a good time to embrace healthy winter food! Our Wholesome cookbook has some great recipes. Ask us if you would like a copy of this.

Keep warm and take care!

Ngā mihi nui

Sally Pitts-Brown

Chief Executive, Pathways

sally.pitts-brown@pathways.co.nz



Nominate an exceptional staff member...

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

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

If you know a Pathways or Real staff member who you think reflects these qualities and embodies the Pathways spirit of 'whatever it takes', please nominate them for the award.

Talk to the team coach in your service and let them know the name of the staff member and why you think they deserve the award.

You will need to make your nominations by Wednesday 4 August.



Stopping smoking

Stopping smoking can be really hard, but it can be done!

A powerful reason people smoke is because it gives relief from nicotine craving.

Nicotine replacement therapies (NRT) can help

One of the best ways to avoid cravings and successfully stop smoking, is to get a good dose of nicotine in your system for some time *before* you stop. You can do this by using Nicotine Replacement Therapies (NRT) such as patches, gum or lozenges.

Even if you've tried NRTs before, it's worth giving them another shot and making sure you use plenty of NRT. Here's some things you can do to increase your chances of successfully stopping smoking.

- Set a quit date.
- Build up your nicotine levels in your system using NRT before your quit date.
- Announce your quit date to your whānau. Ask them to tautoko your stopping efforts.
- Be aware of things that make you want to smoke (your triggers) and try to avoid these.
- Cravings will pass. When they come, use any of the Four Ds:
 - » Drink water
 - » Deep breaths
 - » Delay
 - » Do something else
- Remind yourself of the health benefits of stopping smoking – you can reverse the damage.
- Reward yourself! Use some of the money you're saving to buy something special.
- Believe you can do it. It doesn't matter how many times you may not have stopped – believe that this time you can.

Vaping

Vaping is not harmless. However, it's less harmful than smoking. At Pathways and Real we believe in a trauma informed and harm-minimisation approach to working with people with addictions, including smoking. So, we support the use of vaping as another way to help people ride out cravings and stop smoking.

We have information available to help you select the right vaping device, strength, and approach to stopping smoking.

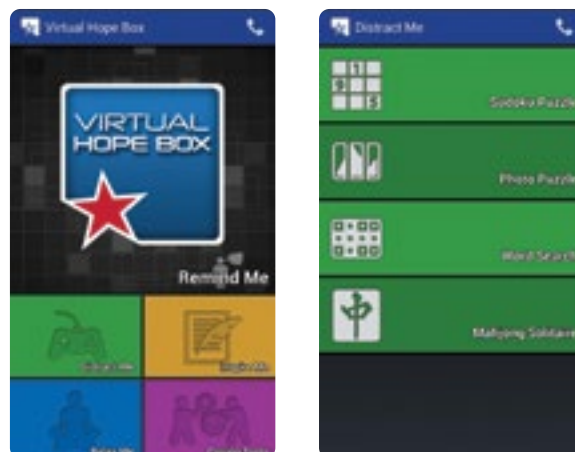
We're here to help you!

If you're thinking about stopping smoking, please get in touch with anyone from Pathways or Real. Our support workers and youth workers can give you information, support and resources to help you quit, including NRT products. Our registered health professionals will support you with further NRT prescriptions. They can also introduce you to Quickmist, a rapid release NRT you spray under your tongue to quickly address withdrawal symptoms.

Using online resources to improve wellbeing

In each newsletter, we've been profiling an online wellbeing app or website. So far we've talked about Wise Group's own 'Just a Thought' and 'Mentemia'.

Virtual Hope Box is a great all-rounder app some of our staff use and recommend to the young people they work with. This app, which is available free via the App Store and Google Play Store, allows you to build your own personalised content based on your needs. So, you have a range of tools in your pocket to get you through a tough moment, help you reach out to supports or keep focused on wellbeing plans.



Virtual Hope Box is organised into six functions:

- **Remind me** – store your special pictures, videos and music.
- **Distract me** – puzzles and easy games to distract you so negative thoughts can pass.
- **Inspire me** – pre-loaded quotes and the ability to add your own.
- **Relax me** – short guided relaxation exercises.
- **Coping tools** – store tools you've found useful and/or schedule activities and connections.
- **Support contacts** – quick access to people or agencies you can call when you need help.

Common reasons for relapse:



Being around
smokers



Having an
argument



Drinking
alcohol



A death



Having a
celebration

**BREAK
FREE
2025**



Out and about



Attending the Mental Health and Wellbeing Commission launch. Left to right: Memo Musa, chief executive of Platform; Sally Pitts-Brown, chief executive Pathways; Karla Bergquist, executive director of MHAIDS (Mental Health, Addictions & Intellectual Disability Service) at CCDHB; Dr Janice Wilson, chief executive of Health Quality & Safety Commission.



Elaine Wogan, Northern region GM at the Covid-19 vaccination station.



Past and present chief executives of Pathways and Real stand together! Left to right: Paul Ingle, Lindsay Fortune, Sally Pitts-Brown and Jacqui Graham.



Pink Shirt Day in Wellington was also an opportunity to gather and support each other after losing friend and colleague Bron Poad.



Staff can choose to wear this badge so you can see they have been vaccinated.



Past chief executive of Pathways and founder of Real Paul Ingle, farewells Denise Aylward.



Outside Parliament for a visit with Minister Little. Left to right: Memo Musa, chief executive of Platform; Naomi Cowan, chair of Platform; Sally Pitts-Brown, chief executive Pathways and co-chair of Platform.



Justine Prince and Sarah Hewitt from Hamlin Road Organic Farm feature in Rural Living magazine April/May 2021.



Members of the executive team come together to welcome Nathan Davis, our new GM in the southern region.



Hamlin Road Organic Farm won 2 Gold & 3 Silver awards in the Outstanding NZ Food Producers Awards.

Contributing to global human rights initiative

On 10 June the World Health Organization launched a global initiative to encourage countries to adopt a human rights approach to the provision of mental health and addiction support. As part of this initiative, they developed a good practice guidance document which presents information on community-based mental health services that promote human rights and a recovery approach.

In May 2019, the WHO Quality Rights team brought together experts from around the world to Seoul, Korea, to help develop this guidance document.



Our Business Operations Manager Ross Phillips represented Pathways and New Zealand at this forum in Korea. Ross presented our peer-led community-based alternative to an inpatient admission, Tupu Ake, as a 'best-practice' example.

Services that adopt rights-based practices include those that:

- operate without coercion
- promote respect for the right to legal capacity
- involve people with lived experience in the framing, delivery and monitoring of the service
- are focused on building experiences of community inclusion.

Haere rā Bron

The past couple of months have been particularly difficult for the Pathways and Wise Group whānau as we mourn the loss of a beloved work colleague, Bron Poad. Bron worked for Pathways and the Wise Group for the last 17 years and prior to that, spent many years working at Capital and Coast DHB.

For Pathways, Bron primarily worked in the Greater Wellington region in a number of senior leadership and management roles. Most recently she has been in a dedicated national role as practice lead and driving our agenda to 'live, breathe and share trauma informed care'.

Bron was well known and highly valued by her Pathways and Wise Group colleagues as well as the people we support, their whānau and our external stakeholders. She had an absolute skill in spotting emerging talent and supported many of our staff to grow into leadership roles and registered health professionals.

Bron was a hugely kind and loving person. She was a staunch advocate for quality and the people we support. She was such an inspirational and passionate leader in all her work, a magnificent woman and we miss her deeply.

▼ A powerful Haka to acknowledge an exceptional wahine



Haere rā Bron;
Farewell Bron

He wahine ataahua;
You noble lady

He wahine maia;
You courageous woman

He raukura;
You special special treasure

E moe me te aroha mutunga kore;
You rest now with our endless love

Covid vaccinations are available now for people using services

Many of the people we support and our Pathways staff are vulnerable to becoming very sick or even dying if they catch Covid-19. This is why we are encouraging all of our staff, the people we support and their whānau to get vaccinated against Covid-19.

At Pathways, we're all about fostering strong, compassionate, self-supporting communities. Getting the vaccine will help protect you, your whānau and everyone in Aotearoa from Covid-19.

The more people vaccinated against Covid-19, the stronger and safer our entire community will be. The Pfizer vaccine is free and available to everyone aged 16 and over.

The Government is rolling out the Covid-19 vaccine across New Zealand in stages.

- **Group 1:** Border/managed isolation/ quarantine workers
- **Group 2:** High-risk frontline workers and people living in high-risk places
- **Group 3:** People who are at risk of getting very sick from Covid-19
- **Group 4:** Everyone.

Adults currently accessing mental health and addiction services or who have been diagnosed with a severe mental illness (which includes schizophrenia, major depressive disorder, bipolar disorder or schizoaffective disorder) are in Group 3. People in this group are more vulnerable to becoming very sick or even dying if they catch Covid-19, compared to the general population.

The Pfizer vaccine is available now to people in Groups 1-3

Many of our frontline workers at Pathways and Real have now received both doses of the vaccine. Some of them are choosing to wear a badge so you can see they have been vaccinated.

We are here to help

Please talk to your Pathways or Real worker if you would like support with getting your vaccination. Find more information about the Covid-19 vaccination at www.covid19.govt.nz or covid.immune.org.nz



Sally Pitts-Brown, Pathways and Real chief executive gets her first vaccination.

**Unite
against
COVID-19**

A powerful Poroporoaki for Denise

In May we said goodbye to a longstanding General Manager, Denise Aylward. This was held at Kākāriki House, Kirikiriroa, Waikato.

To honour this event, local members of the Pathways Takiwa and Māori staff came to support this kaupapa. The event was an extra special occasion as Paul Ingle, who first envisaged and developed our Real youth services, was also attending from Australia to farewell Denise.

Māori support workers, youth workers and leadership came together to waiata, haka and mihimihi Denise, in an authentic acknowledgement of te ao Māori within Pathways and Real.



I'm proud to be Māori

Our Kākāriki House office in Hamilton had a 'sing off' recently. Naturally, Pathways and Real entered teams. The Pathways team proudly sung our Pathways waiata Maau raa, along with other waiata.

The predominantly Māori Real Te Hononga team blew the roof off with their waiata 'I'm proud to be Māori', passionately affirming their pride in their identity, and taking out the top prize.

Pathways and Real actively support our Te Ao Māori journey and celebrate Māori kaimahi (staff). This example of portraying a sense of pride for who we are, is a reflection of where things are going across all of our services.

Ka mau te wehi!!





Matariki

This time of year, we celebrate the rising of the star constellation Matariki. Over recent years there has been a deeper understanding of Matariki from Dr Rangi Mataamua, whose tupuna were tohunga (experts) of the reading of stars.

Ngā mata o te Ariki Tāwhirimātea “Matariki” talks about the story of Māori atua (gods), particularly Tāwhirimātea (the god of the wind) who was devastated when his father Ranginui and mother Papatūānuku were separated by his brother Tane. In his grief and aroha for his father, Tāwhirimātea threw his eyes to the sky to be with his father. These are the stars of Matariki and the name is Ngā Mata (the eyes) o te Ariki (of the god) Tāwhirimātea.

Matariki today, is seen as a time of reflection and celebration of the year that has been, looking forward and aspiring to what is to come, and acknowledging those who have passed away.

We look forward to spending this time with our whai ora, whānau and communities.

Changing the way we welcome people into our spaces

The Helvetia Road team welcomed Robert to our residential service recently. This occasion had been weeks in the planning – there was clinical meetings, whānau engagement, provider visits and numerous hui.

When we met Robert’s whānau at our first hui, they were very proactive around Robert’s health, wellbeing and care. They shared their concerns and desired outcomes for their brother.

It was clear Robert’s family wanted to be involved in his supports and we would be working closely with them in our support of Robert. So, we decided a whakatau to welcome Robert and his whānau into our service would be fitting.

With some guidance and advice, and lots of support from Pathways staff and leaders, we followed the appropriate tikanga – karakia, waiata (including our own Pathways waiata Maau Raa) and mihi. Kai was shared and we sat and celebrated this new joining of whānau. The sharing of pepeha was invaluable in creating recognition and connection.

This was a first for us and a step into our future as we begin to embody the process of Te Ao Māori, tikanga and whanaungatanga, and embrace new kawa.

A valuable new role – Kaiwhirimuka

We have created a new role within Pathways and Real of Kaiwhirimuka, a cultural lead role for Real. We are delighted to have appointed Chaz Naera to this valuable role.

The term Kaiwhirimuka was gifted to Pathways and Real by Keri Opai, former Tātāriki for the Wise Group. Muka are the fibres of the Harakeke, and Kaiwhirimuka talks to the weaving and twisting of the fibres. Often this work is done behind the scenes where people do not see.

*Ko Ngatokimatawhaorua
tōku waka*

Ko Kai ā te whetu tōku maunga

Ko Ngapuhi tōku iwi

Ko ngati korokoro tōku hapu

*Ko Te Whakamaharatanga
tōku marae*

Ko Chaz Naera taōku ingoa



Waikato is my home and where I was born. But, I whakapapa back to Hastings and Hokianga on my father’s side. I had a very blessed upbringing. My memories are of warm, happy times with our small whānau in Te Awamutu.

I joined the Real Waikato whānau a number of years ago. It has been a privilege working with taiohi and whānau, doing my part in them feeling great about who they are, and seeing Real’s incredible growth.

I have also been very fortunate to get around the motu and meet incredible people from Pathways and Real as we have grown our Te Ao Māori. I’ve been inspired by how many people have been keen and willing to lean into this space together. Most importantly, I’m grateful for brilliant people I have worked alongside who have fuelled my ‘why’ for what I do.

When I first began in the Youth Sector, I saw some of the immense trauma our taiohi and whānau face, especially Māori and Pacifica whānau. This was difficult for me to understand, with my own story having a more positive tone. So, I have been committed to making Aotearoa a safer place for taiohi and whānau to live and thrive.

Being able to serve in the capacity of cultural lead for Real is ‘Really’ exciting (see what I did there). We are in an era where youth wellbeing and mental wellness are in the spotlight. This gives us great opportunity to invest in future generations, learning from walking alongside taiohi and their whānau.

We have a way to go, so I’m strapping in for the ride and I look forward to this next chapter.



Innovative and creative gardens

Over summer, our Northern services harnessed their competitive spirit in our 'How does your garden grow?' competition.

Equipped with gardening starter packs, the teams were tasked with developing an innovative and creative garden.

Elaine Wogan, competition judge and Northern region GM, awarded Mel and the team at Te Whare Waimahana first place and a beautiful garden statue. Elaine said, "Mel and the team put a lot of thought into how they could use the garden as a therapeutic tool to benefit guests."

Highly commended entries from Mangere Bridge, Te Whare Toi Aroha Day Programme and Mana Taiohi youth service, were presented with worm farms.



First place! Te Whare Waimahana proudly show off their new garden statue and worm farm.



The beautiful garden statue awarded to the winning garden.



Highly commended Te Whare Toi Aroha were awarded a worm farm.



Mana Taiohi, who were highly commended, were awarded a worm farm.

Exciting times at Hamlin Road Farm

It has been a busy time at Hamlin Road Organic Farm, Pathways' transitional employment service.

Their presence and sales at the local farmers' market is growing, thanks to the awesome newest team member, Arielle.

Jess, one of the 18 trainees, has completed her WRAP and peer employment training with three other trainees starting soon. Four trainees are nearing completion of the NZQA Level 2 horticulture qualification, and another four have recently enrolled.

The farm recently featured in Rural Life magazine and will also feature in the next edition of NZ Horticulture.

Mark, lead farm hand and Clint, are working on shade house repairs and planting red, purple, agria and organic māori potatoes.

The team are exceptionally proud of their achievements at the 2021 Outstanding NZ Food Producer Awards. All five organic products they entered received awards! Their organic butternut and beetroot both received Gold awards, with Silver awards for their spinach, salad mix and coriander.

They are still in the running for further awards too!



The road to becoming smokefree

The team at Kelvin Road work hard to promote healthy, smokefree lifestyles. They are proud to have a few of the men they support actively reducing their smoking.



With the help of DHB Smokefree Champion, Farah Jafar, and Northern Health and Wellbeing team member, Vaughan, the men have been supplied with Breakfree Nicotine Replacement Therapy packs including gum, spray and lozenges.

While enjoying a morning cuppa, they took carbon monoxide tests to measure their progress in reducing their toxicity intake. It was great to see that they all rated in the "reasonably good" category.

Pampered like princesses

The ladies living at Hamlin Road residential service were pampered with a spa session, which included a manicure, pedicure, hair trim, facial and nails. The day out was organised by staff member Charlet Herholdt. Her family member works in the industry and kindly delivered the service free of charge. Following their treatments, the ladies said they "felt and looked like princesses and slept like queens that night!"



Small change has life-changing result

When Janet* was introduced to Pathways Awhi Ora service she had high blood pressure, diabetes and depression, as well as speech issues following a stroke.

The team helped Janet to heal her gut and improve her health by supporting her to switch to a plant-based diet rich in probiotics and good fats. At the end of the three months Janet was supported, her GP reported she no longer had high blood pressure and her insulin levels were down.

Janet has since reported she no longer has low mood, her speech has improved, she's thinking more clearly and has stopped spending her weekends in bed eating chocolates! She has started walking regularly with a buddy and is now enjoying the support of a local church.

**Name changed for privacy.*

A beautiful letter of thanks

This beautiful letter of thanks has recently joined the others on the aroha wall in our Mana Taiohi office. It certainly lifts the wairua of all that read it!

"On my first day/night I was greeted by staff. I didn't think much of it at the start, but when you explained it to me, I quite liked it. The first morning was cool, I got to meet the other youth and do my morning routine. As days went by I slowly started leaving my comfort zone and got to know myself/got taught many things/etc. As I'm writing this, I'm holding in my tears. Thank you to all the team at respite. – Love to you all."



A walk for mental health

Hamilton Pathways staff and tāngata whai ora participated in a 6.5km walk around Braithwaite Park in May. The event was organised by Generation Homes in support of the Mental Health Foundation. This event connected beautifully with Pathways' Physically Well and Connecting Well strategies.

Walking can do wonders for mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress and anxiety.

The team are thankful to everyone who took time out of their day to support and walk with our tāngata whai ora.



Journeying to a smokefree life

Jacinta used to smoke two and a half packets of cigarettes a day before she joined in our smoking cessation course in March.

Now, with the support of Pathways, she has a firm commitment to nicotine replacement therapy, an activity plan and she's set a 'quit date'. Jacinta believes that, if someone is fully committed to quitting, they can do it. Just like she will!

She already has plans to share her story when she is smokefree, to encourage others.



Autumn clean ups

A number of our sites across Hamilton have taken the opportunity to spruce up their whares before winter.

The Grey Street whare has been getting a facelift over the last two months. The gardens have been tidied up, trees have been removed or trimmed, gutters have been water-blasted and the uneven footpath has been replaced with a new concrete pathway. The team say the place looks even more beautiful and is much appreciated by whai ora.

Meanwhile, the whānau mahi at Real's Oranga Tamariki Individualised Support (OTIS) whare took on some landscaping projects. The team planted harakeke and kowhai trees to attract the bees and provide sustenance for the birds. They also planted fragrant herbs and star jasmine as well as fruit trees to eventually harvest and share with taiohi and visitors.

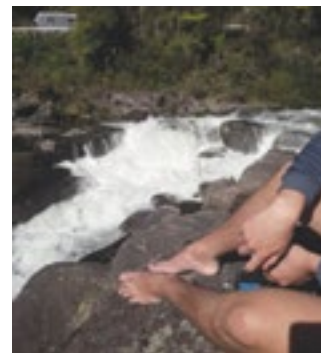


Connecting with nature

Pathways staff in Tauranga have been focusing on connecting with nature. They were lucky enough to be able to purchase some bicycles, kayaks and outdoor equipment recently, which has really helped create even more opportunities to experience and connect with nature.

The team at the region's Real youth respite spent the day at McLaren Falls utilising some of the new gear and embracing the ambience of the area. The day was lovely and everyone thoroughly enjoyed themselves.

Everyone has been loving the new bikes. One of the guests recently rode one of them to Mount Maunganui and back, clocking up an impressive 30km bike ride all up. The physical exercise is helping with his recovery journey.



Creativity and achievement

The taiohi living at the Tauranga Oranga Tamariki Individualised Support whare has been working on a creative project.

Spray painting and engaging in a project for his bedroom has given him a sense of achievement and happiness, as well as an outlet for his creativity and emotions.

It has also allowed him to personalise the whare and create a sense of belonging and wellbeing.

The taiohi's perseverance with this project has been impressive. Everyone is looking forward to seeing the final product.

The team feel privileged to be journeying with this taiohi and are enjoying sharing in his successes.



Allowing time and space for expression

One of the taiohi supported by Real Rotorua was struggling with routines, fearful around social interaction and had difficulty engaging when schedules changed.

When he felt nervous, he would fidget and found it difficult to concentrate, which only increased his fear of being judged by his peers. All these factors were beginning to add up and impair his social and academic engagement.

His therapist acknowledged that he would need time to build rapport with the Real team, so they allowed him the space and time needed to express his thoughts and feelings openly.

Together they explored mindfulness practice to help him to feel more grounded, specifically breathing, visualisation and sensory modulation. Throughout the sessions at Real, this young person has grown to become an active participant in his sessions.

He is working on expressing how he is feeling at home before he becomes overwhelmed.

He started the new year with a goal to become a young leader at school so he can help other students who feel like him.

A boost in confidence

By Kaylene Collins, registered health professional

I am currently working with a young man who has physical issues which have led to him experiencing bullying, social isolation and low mood.

Between himself, his parents and the school we came up with a plan to manage this discretely and with dignity.

As a result, his mood and confidence have increased dramatically. We are so proud of the progress he has made!

A success story from Real groups

We were so pleased to hear this feedback from a taiohi who attended one of our groups in the Lakes region:

"I loved going to the groups that Real provide for me. It has definitely helped me with my anxiety and stress at school.

It taught me new skills that can help me with my anxiety and prevent panic attacks.

I felt that I could speak freely within the group and didn't feel judged by the other people in the group."

Ray's story

Ray has been receiving support from the nurse and dietitian on Pathways' Health and Wellbeing team since the end of last year. Due to several physical health concerns, Ray was unable to make his own dinner, slept a lot and was having balance issues.

Ray's most concerning problem, which was affecting his confidence, was his digestive condition, which was made worse by his medication.



Ray said, "Pathways helped me learn how to use a CPAP machine, created a chart I fill out for my bowel movement and my Pathways dietitian is currently supporting me with meal planning to lose weight and to reduce the risk of sleep apnoea. After four months, my medication was reduced, and everything got better."

"I have changed my diet and now I eat healthy food. I go to Wellington by myself and do window shopping, visit my brother in Newtown, go to the library to get DVDs, go to restaurants, and walk on the waterfront. I can confidently cook my own meals and I can shower by myself with only a little bit of help."

Sharon's new home

Sharon, who is supported by the Pathways Porirua mobile team, had the opportunity to move into a brand new Kainga Ora apartment.

Sharon had lived in her previous house for a long time. It was cold, uninsulated, rundown and difficult for her to manage. But to Sharon, it was her home and safehaven.

Initially Sharon felt anxious and over-whelmed about moving. Sharon's keyworker, Steph, suggested they go and look at the apartment building site. Sharon really liked this idea. One of the builders kindly showed them around the property.

This helped Sharon feel much more at ease. Her anxiety changed to excitement, and she began to make plans around decor and furniture location.

After six weeks in her new home, Sharon feels more at home now. She has been doing an amazing job of managing her housework, something which has been an ongoing goal since she's been with Pathways.

Sharon said, "When I come home it's warm, the new kitchen makes me want to focus on cooking proper meals and I can even watch TV while I cook!"

Sharon has worked hard to achieve this goal. It's wonderful to see how happy she is!



Fond memories of David

Everyone at Pathways in Waihi will miss David Mehrtens. David moved into his flat five years ago where the team had the pleasure of supporting him on his journey of recovery.

During his first year with Pathways, David made several lifestyle changes including committing to a healthy diet and receiving smoking cessation support.

David had not had any contact with his siblings for many years and we supported him to re-establish contact. His family were thrilled to hear news of him. It was lovely to hear he sent them a Christmas card in 2020.

During his time with Pathways David achieved a number of personal goals. These include getting his licence back after it was put on hold when he became unwell. It was a great celebration when he achieved this goal.

Covid was an opportunity for David to achieve two more of his long-term goals – give up smoking and buy a car. He achieved both and we were so proud to see the renewed health and freedom it gave him.

Last year, shortly after his 65th birthday, David put his name down for a council flat and, early this year, he moved into his new home. For the first few weeks Pathways residential and mobile teams worked together to support him in his new flat.

On one of these visits, staff found him very unwell. They took him to get medical attention. Sadly, David passed away the following day.

David will be missed by all of us. We will especially miss his music. David's family thanked us for being there for him in his last years.



Farewell David.

Fantail Garden gets a birthday present!

The Pathways team in Waihi recently received a mower, weed eater and rotary hoe to help them maintain their Fantail Garden.



The people who look after the garden do a fabulous job of keeping up with the growth of the weeds using organic methods and these new tools will be a great help.

There has been a large area cleared, ready to hoe and plant lupin cover crops for the winter.

The garden is a great way for everyone to get outside and get involved with growing food. We are all excited about the new equipment and can't wait to see the garden take on a new look.

Back on the water

By Linda Austin, Pathways Taranaki support worker

Geoff and I have been working together for the past three years and he has always expressed his love of the sea and being on the water.

He loves to share stories from his past – from his boyhood adventures sailing with his father to his travels around the world on big ships and eventually coming to own his own yacht with his wife.

Robyn Meichtry, who also works with Geoff, and I arranged an outing on Chaddy's Charters, a repurposed 1950s wooden lifeboat from the United Kingdom.

We enjoyed a fun guided tour around Port Taranaki and the Sugarloaf Islands and were lucky enough to spot seals and local birdlife.

We were also given the opportunity to experience cray potting. Geoff enjoyed this immensely and recognised that this is something he can do independently in the future.

Geoff said, "It was really nice to get back on the water again".



A farewell to Denise

We recently farewellled Taranaki general manager Denise Aylward after 22 years at Pathways.

During those years, Denise grew Pathways and Real services in Taranaki, Whanganui and across the country.

She always had the people we supported at the very heart of everything she did and will be missed by our tānagata whai ora and all the teams she supported.

Denise's Pathways Taranaki and Whanganui whānau, Puriri House Wise Group teams and invited guests all gathered for a local farewell event in May.

We wish Denise all the very best for her new adventures and hope she enjoys special time with her mokopuna.



Denise was presented with a stunning Korowai "Te Aroha", and Manaia "New Beginnings".

Inspired by street art

Recently Whanganui City held a festival called 'Whanganui Walls'. The annual festival sees local and international artists gather to create large murals on buildings around the city.

On Friday, 25 April a group of Pathways staff and tāngata whai ora went for a walk around the town to check out some of these walls. They got to admire some of the recently painted murals and posed for pictures in front of the artworks. Not only did they get to admire art, but they also had a healthy walk, soaked up some sun and came back inspired to have a turn at painting their own wall.



Support worker Craig Gordon, team coach Jeremy Brockman and tangata whai ora Julius Allen (a former graffiti artist) built a blank wall from wood gathered from timberyard scrap bins. And an aerosol artist kindly supplied the team with paint.

After a healthy afternoon tea, the painting began! For some it was their first time using spray paint and mentioned how therapeutic it was express yourself with a spray can.

Introducing our new team members

The second quarter saw Whanganui farewell much loved and respected service and relationship manager, Chrystal Hamlin, and regional general manager, Denise Aylward. It also meant a new chapter beginning with a mihi whakatau to officially welcome Kerry Debrah as the service and relationship manager and Adel Stephenson as the general manager for Whanganui.

Kerry brings with her extensive experience in the NGO sector as well as a background in corporate marketing. She is a registered social worker who has held senior management roles in Emerge Aotearoa as well as Walsh Trust, prior to relocating to Whanganui to take up the service and relationship role.

Adel, an occupational therapist, has been the general manager for Wellington and the Wairarapa services for the last 18 months. She now adds Whanganui to her portfolio in the Central region.

The Whanganui team are excited about the next chapter for their region.



Left to right Adel Stephenson, Denise Aylward, Kerry Debrah and Sally Pitts-Brown.

Vege garden entrepreneurs

Not everyone loves to garden. However, Claymond and Nuku have proudly taken on the challenge to develop and maintain the local guests' vegetable garden at Kuripuni Street.

Claymond gets alongside staff to weed and harvest the vegetables while Nuku ensures the garden is well watered and ready to flourish.

The garden gives Claymond and Nuku a great sense of achievement and responsibility, knowing they grow their own food for themselves and their flatmates.



Celebrating 10 years of being smokefree

By support worker, Karen Brough

Wairarapa trendsetter Sharee likes to stay ahead of the pack as she celebrates almost 10 years since she gave up smoking cigarettes in 2011 supported by Pathways.

One of her first goals when she arrived at Pathways was to quit smoking as it made her feel awful. It was an expensive habit and people would get annoyed with her asking for cigarettes every day.

Sharee used NRT gum and lozenges to help manage cravings and she had plenty of encouragement from her family and people around her.

She also stopped drinking coffee, which was a trigger to smoke, and instead drank heaps of tea and water. She never lit up again.

Once she quit smoking, she kept herself busy by doing bible studies and passing the road code test several times. She has also done computer courses and volunteer work.

Sharee is an inspiration as she laughs about some of the more frenzied moments and unglamorous aspects of her journey.

Since quitting cigarettes, Sharee has saved enough money to take regular bus trips to Hawkes Bay to visit her aunty, daughter and three grandchildren.



This February, she had a white wedding themed birthday celebration with her family in a Napier park. Her unstoppable self-determination was shining through with not a groom in sight.

Her family supported her to celebrate her birthday in her own special way. Sharee's humour, love and dedication to herself will always be celebrated by her family and all who know her at Pathways Wairarapa.

Finding peace with sketching

Max, a person we support at Pathways in Nelson/Marborough, has turned to his long-standing passion for drawing to help when he feels stressed and overwhelmed.

Max's latest sketch reflects his own wellness journey while taking inspiration from nature.



The centre of his sketch reflects the disorganised and chaotic thoughts he often experiences. As the drawing expands, his thought patterns change accordingly, becoming more focused, settled and calm.

Max continues to use his love of drawing as a useful tool to help him manage times of distress.

From shabby to chic

Christie, who recently came to Pathways for support managing her anxiety, has a knack for upcycling furniture – a hobby that has become an important form of therapy for her.

She spends her spare time exploring garage sales and car-boot markets in the area and imagines the potential in old furniture she finds.

"I do my upcycling because it makes me stop thinking and it gives me space to let go of the anxiety and step into a more positive state of mind", she says.

Christie's goal is to attend a course in upholstery – something she is particularly passionate about – and upholster a day bed.

Christie's Pathways support worker, Corinne, is very proud of Christie's progress and says, "I am looking forward to supporting her in continuing her journey of upcycling!"



The gifts that keep giving

Real services in Nelson and Motueka recently received funding to purchase four new mountain bikes.

The young people have really enjoyed having access to the bikes. With the support of staff, they have used these on the local mountain bike trails in the Nelson district and at the beautiful Kaiteriteri Mountain bike park.



Some Real staff are experienced mountain bikers and have provided introductory training prior to setting off on the rides to ensure the young people have a wonderful and safe time.

Several of our young people have set personal goals to complete the more difficult tracks, some at elevations of up to 345 metres above sea level.

Marking a decade since the quake

In February, the Greater Christchurch Claims Resolution Service (GCCRS) held an event for whai ora in the service, and their whānau, to mark the 10-year anniversary of the Christchurch earthquake.

GCCRS supports tangata whai ora who are still in the process of sorting out their insurance claims from the earthquake.

This anniversary was significant for many of the people we support. It brought back emotions and feelings. Many have experienced feelings of isolation, so connecting with others facing similar circumstances can be beneficial.

There were some special moments as people naturally came together and sat in a circle, ate kai, shared their stories and connected. Some were reluctant to wrap up their conversations at the end. A coffee group was suggested for the future so people could continue to connect.



Whakarākeianga rakau in Ōtautahi

Pathways in Ōtautahi, Christchurch recently acquired some rakau sticks for their whai ora and kaimahi. The team felt the plain rakau needed some brightening up, so they decided it was time for a competition!

Each service was given some rakau and paint to make their creations. They would compete in three categories.

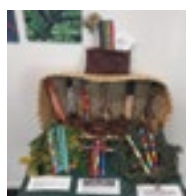
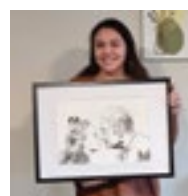
The entries were phenomenal! The time and effort that went into making the rakau was inspiring.

Some teams added narratives about their rakau design, including stories on Te Tiriti o Waitangi and the personal significance of their iwi.

Anaru our Kaihautū and Chaz our Kaiwhirimuka came down to Ōtautahi to be our judges. The winners were:

- **Maiah** from Hillier Place won best cultural representation with a rakau that depicted her Iwi.
- **Ben** from Selwyn Street won best representation of Pathways/Real.
- **Karen** from Ward Street won the most colourful.

Next stop, poi making!



Kia ora Miriam!

In early May we welcomed Miriam Swanson to the Pathways and Real whānau as our new child and youth director.

In this role, Miriam will lead the ever-growing Real teams across Aotearoa!

Miriam has 18-years' experience as a registered clinical psychologist and a keen interest in emotion dysregulation in adolescents, gender affirming health care and principles of mindful leadership.

We asked her some very important and hard-hitting questions to help us get to know her...

What is your favourite feel-good song?

Generally anything that can be sung loudly in the car with my children. We currently do a pretty awesome car version of the classic hit, 'I Think We're Alone Now' by Tiffany.



What makes you laugh the most?

I am open to laughing at most things. I have a pretty dry sense of humour but find myself laughing out loud at physical comedy as well. I enjoy a good podcast and 'No Such Thing As A Fish' has me laughing on a regular basis.



What is your proudest accomplishment?

Creating and growing my two children who are currently 9 and 6-years-old. I am not sure I am always on my parenting 'A-game', but they make me proud every day.

What did you want to be when you were young?

I decided at intermediate that I wanted to be a psychologist and that is what I did! My jobs along the way included pamphlet delivery, cleaner, car groomer, hair washer and leek grower.



Do you have any favourite words that inspire you?

In the spirit of balance, I do my best to hold both ends of the dialectic:

"If we hope to live not just from moment to moment, but in true consciousness

of our existence, then our greatest need and most difficult achievement is to find meaning in our lives" — Bruno Bettelheim (Austrian psychologist).

"The best thing that you've ever done for me, is to help me take my life less seriously. It's only life after all" — from the song 'Closer to Fine' by Indigo Girls.

Are you an introvert or extrovert?

I'm most definitely an introvert. I love people but need to recharge my batteries with a walk in the bush with the dog or getting stuck into the garden.

As someone who married an extrovert, I have to explicitly ban more than two social occasions on any given weekend day!

If you could choose to do anything for a day, what would it be?

Right now, it would be to teleport my partner and children to London to visit my in-laws. I think the hugs might last the whole day and we might not have time for anything else.

What are you most excited about in your new role at Pathways and Real?

I moved to Pathways and Real for the opportunity to contribute to growing great, responsive and relevant services for young people. In joining the team, what has excited me most in my role so far is meeting the awesome people who work in this organisation.

What a privilege to be surrounded by people who care so passionately about supporting people well.



Being Real, Being Well

Te Whare Tapa Whā is a model that underpins the Real programme in Canterbury. Each week the team and their taiohi reflect on things they did to hit each of their tahas (pillars).

"We love the chance to create real life examples of how to achieve this holistic wellbeing at our Real space", said one taiohi.

◀ Group facilitators - Michelle Boyd, social worker (left) and Alesha McCarthy, youth worker (right).

A new service to support taiohi in the community

Real's exciting new youth service, Whetū Marewa, launched in the Bay of Plenty and Waikato regions in April and there are already hopes to expand it further across Aotearoa in the future.

The service aims to build confidence, resilience and wellbeing in taiohi (young people), aged 12 to 24-years-old, who are living with mild to moderate mental health and addiction-related issues and social stressors.

Whetū Marewa, which means 'rising stars' in te reo, is a reference to the taiohi the service will support and the potential they have to lead healthy and happy lives. The mobile service has an outreach approach, providing support from registered health professionals and youth workers in schools and community clinics. It offers access to a range of supported interventions when needed.



The Real Whetū Marewa team in Tauranga (left to right): Rachel Church, Caroline Henry and Danica Thompson.

Follow us on social media! @RealNZyouth on Facebook and Instagram.



An amazing race in the Waikato

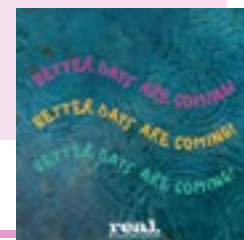
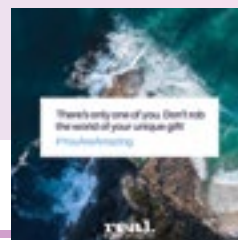
Te Hononga held an Amazing Race during Youth Week which excited and challenged the 54 taiohi who attended.

There were 12 challenges located all over Hamilton which were created with the support of other youth services including alternative education provider Te Kura o Matauranga, Youth Intact, Police Youth Aid and Destylez music studio.

Prizes up for grabs included a 32-inch television, Bluetooth speakers and vouchers to the movies, Leap, Fun Zone and Mini Putt.

The taiohi crossed the finish line at Waterworld swimming pools with big smiles and a sense of competition and teamwork. Then they celebrated with a swim, hydro slides and a barbeque.

The Te Hononga team were so happy to watch the success of each taiohi and the involvement of every team. The first team over the line were team Destylez, followed by Te Whare o Rongo in second place and Te Kura o Matauranga in third.



On a recent beach visit with a group of 16-18 year-olds, the team demonstrated how simple it can be for taiohi to achieve:

Tinana They walked on the beach, felt the sand on their feet and ate kai.

Hinengaro They reflected on how the beach made them feel and group reflections on doing this spontaneous activity.

Whānau They talked about coming to the beach together, the dividing up of cars into boys and girls and the conversations that were had.

Wairua They listened to the waves and the wind and talked about how the beach connects them and grounds them to what is around them and what they experience in this space.

This 'Being Well' outing was a great reminder for staff and taiohi to check in with their surroundings and to be intentional in their wellbeing.

Introducing Nathan Davis

Hi, my name is Nathan Davis and I'm the General Manager for Pathways Southern region, supporting our Pathways and Real services across Nelson, Marlborough and Canterbury.

I'm a husband and a dad to three beautiful young people and I love living in the centre of New Zealand in Nelson! From here I am a stones-throw away from the stunning Marlborough sounds, where I thoroughly enjoy kayaking, fishing and holidaying with my extended family.



Nathan enjoying holidaying in the Sounds.

I'm delighted to have just joined Pathways from my previous role managing The Wood, a retirement village in Nelson. I bring a passion for wellness and supporting people to achieve successes and be their best selves, across the whole age range.

As a registered nurse, I have worked across a range of paediatric and mental health clinical jobs. Most of my mental health roles were based at Wahi Oranga, the acute admission unit at Nelson Hospital. I've also worked in Levin with an NGO Counselling service (LCCC) and with the Palmerston North DHB AOD service.

Alongside these roles I've also been involved with professional standards in nursing through the HPDT for the Nursing Council and I'm Chair of the Waimea College Board of trustees, the School my children have attended.

I am really looking forward to meeting our Pathways' whānau in the Southern region and across the rest of New Zealand.



Life changing careers

At Pathways and Real, we know our staff are our greatest asset. Our support worker whānau change lives every day, all across Aotearoa.

There are so many people out there working in other industries, who could be exceptional support workers. However, many of them have never considered a career in mental health support work.

Life Changing Careers is a fantastic campaign developed by Careerforce, with the support of Ministry of Health, Ministry of Social Development and the Tertiary Education Commission.

The Life Changing Careers website aims to show people the incredible benefits of working as a support worker. It uses video stories from people working in the sector, to show how being a part of this life-changing mahi can be life-changing for staff themselves.

We are proud of Pathways support worker Alex Lyde and Chris, who Alex has been supporting at Pathways. They feature in one of the Life Changing Careers videos.

Alex, a former high-performing sales representative, now looks forward to coming to work every day. "On a big day as a sales rep I could change a ledger. Now even on a small day I can change a life", he says.

Chris says, "It's great having Alex to connect with and bounce ideas off. Having someone you can go to when you need help in any way."



If you're considering a career in support work or know someone that could be a great support worker, check out the Life Changing Careers website. For more information and resources visit: www.lifechangingcareers.org.nz



Story ideas?

We'd love to hear from you! Talk to your service's team coach or email contactus@pathways.co.nz