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Connections

Pathways Family Whānau News » Spring 2021



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



Welcome!

Tēnā koutou katoa

Happy springtime everyone. When this newsletter gets to you, I'm not sure what kind of COVID response levels we will be in. But at the time of writing this, we are into day 9 of lockdown level 4 across Aotearoa.

After so many months of being in level 1, it has been a stark reminder that COVID is still very much present. I want to thank all of our frontline staff and leadership team who have continued to provide support to our tāngata whai ora, taiohi and whānau. We had anticipated and been planning for another lockdown and so transitioned very quickly and actioned our plans. What we continuously need to adapt is our responses to meet people's needs and the challenges that local communities experience. We always need to do this in partnership with others and for that we thank you.

The recent lockdown has also highlighted the importance of getting vaccinated. This is now available widely and can be booked online via www.bookmyvaccine.covid19.health.nz or keep an eye on your community sites for local options.

I am very grateful that at the end of July, Pathways and Real held its first national hui for all Māori and Pasifika staff where we came together for two nights at Horahora marae to discuss our Te Ao Māori strategy, what it means to be a tāngata tiriti organisation and how we ensure better outcomes for the people we support and our kaimahi. I want to acknowledge Anaru Hawkins (Kaihautū),

Chaz Naera (Kaiwhirimuka), Leah Carter (Administrator), our regional kaitiaki and takiwa teams for all their work to make this wonderful event happen. We are now working through all the ideas and feedback which will then influence our future— watch this space! We have also become fanatical fans of Te Raki ō Pukekohe Kapa Haka roopu from Pukekohe North School, and hope the national kapa haka competitions still go ahead. We will be cheering.

In July I attended the launch of the The Zero Suicide Aotearoa report which was commissioned by the cross-party Mental Health and Addiction Wellbeing group and was preceded by a two-hour debate in Parliament. The report can be accessed on Platform's website www.platform.org.nz and aims to stimulate debate among politicians about the complex issues of suicide. There are many great resources at www.leva.co.nz if you or anyone you know needs support.

We are in the final stages of our brand refresh for both Pathways and Real which we will showcase in our next newsletter. It's important that our brand reflects who we are and what's important to us, and we have not only grown since our last brand review in 2015 but the world of technology and how you optimise that as a business needs to be paramount. We are excited to share this with you soon.

Take care everyone, look after yourselves and your whānau and please get in contact if we can support you in any way.

Ngā mihi nui

Sally Pitts-Brown

Chief Executive, Pathways

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Covid update

With the Delta variant, it is more important than ever that we all play our part to keep our whānau safe.

Protect. Test. Vaccinate. Scan.



Unite
against
COVID-19

Find out more at
[Covid19.govt.nz](https://www.covid19.govt.nz)

take a deep breath

Using online resources to improve wellbeing

Over recent newsletters we have featured a range of different wellbeing apps including *Just a thought*, *Virtual hope Box*, *Mentemia* and *Aunty Dee*.



Here's a few more apps you could try out.

Calm

Calm is an online app for guided meditation and sleep that you can download to your smartphone.

Calm is designed to help people lower stress levels, decrease anxiety and have more restful sleeps. It does this through guided meditations, sleep stories, techniques to improve sleep quality, breathing exercises and mindfulness programs.

There are hundreds of guided sessions available on a variety of wellbeing topics and in different lengths.

Although Calm is free to download and use, the amount of free content is limited. So, in-app purchases or a subscription are required to access more comprehensive content.



My Record – be the author of your own notes!

At Pathways and Real we use a health information management system called Recordbase. This is a technology that has been developed by fellow Wise Group organisation, Wild Bamboo.

My Record is the tool within Recordbase that allows people whose health record it is, to see their health information, add their own notes and views, and comment on what has been documented.

Once the person we support has signed up to My Record, they are able to sign in from any device and any location and interact with their own health record. It is a great way to encourage the people we support to be involved and speak up on their experiences.

If you are interested in using My Record, please ask your support staff for more information about it.

Loving our new online connectivity

By Eleasha Coombe, team coach, Taranaki Mobile.

When we first went into level 4 lockdown last year, it was a big shock to the system. Life as we knew it changed drastically overnight – literally!

However, something started to happen – there was a growing movement of wellbeing apps emerging, many of which were free. Apps that promoted mindfulness, active intentional breathing, and innovative calming strategies. Apps that helped us initiate more physical activity or helped stimulate our brains. Apps for connecting with friends and family, or people with similar interests or issues. Apps for simple and fun social connection.

There seemed to be an overwhelming emphasis on people recognising the importance of holistic wellbeing and using technology to enhance the wellbeing of not only themselves, but of their immediate and extended whānau and wider social circles also.

With Jacinda's message to all of us to "be kind", and "look out for the vulnerable" in our communities – we got better at checking in on each other – whether via video call, Skype or Zoom, a simple phone call, or even a challenging game of virtual chess or 'Words with Friends'.

Even though, for those of us who end up in several Zoom or Teams meetings a week (or day!), we can find this new reliance on technology an annoyance, I personally would not go back. It has helped us all stay connected at a time we would otherwise be extremely isolated, and perhaps highlighted some areas in which we could improve our self-care and overall wellbeing.

One extra benefit I have found is that it has enhanced my pleasure and sense of connection when I do get the rare chance to meet with someone face-to-face.

Out and about



Visit to Tuapu Ake, our peer led acute alternative service in Auckland, by Mental Health and Wellbeing commission's Karen Osbourn and Tanya Miller.



Linda making a new friend at Shaws Bird Park in Hamilton.



Attendees at the Māori and Pasifika hui got to enjoy some fun and boogying at the evening event.



Jasmine, Michelle and Kohine from the Real Southern Lakes team, at midnight all ready for the start of a secondary school student after ball event recently where Real provided a wellbeing space.



Sally Pitts-Brown, Pathways chief executive, enjoying lunch with the Te Hononga team in Hamilton.



Kaylene, Renee, Anaru and Chaz attending the Trauma Informed Care Māori conference.



Above: Staff and whai ora enjoying a Zoom hip hop session run by Jess, our chief executive Sally Pitts-Brown's daughter.



Left: Sarah, team coach at Hamlin Road Organic Farm, talks with Seven Sharp reporter Lucas De Jong about the incredible aroha that goes into both produce and people. Sarah is a finalist for the Organic Week NZ's Leader of the year and Farmer of the year awards!

He pānui aituā

It was with great sadness that we learned that former Pathways board member Cassandra Laskey passed away suddenly in July in Australia.

Cassandra joined the Pathways board in September 2013 and was a much-loved board member until she left in November 2020 to pursue a new life and adventure in Australia.

Alongside her role as a Pathways board member Cassandra was a highly valued consumer leader with Counties Manukau Health. Starting out as a peer support specialist in 2006 she moved on to become Professional Leader Peer Support Specialists and later brought together the Consumer and Family Whānau roles to further strengthen the collective impact by working together.

During her time with Counties Manukau Health, peer support services in the region were innovative and grew exponentially across provider arm and NGO services with her leadership guidance and encouragement.

Cassandra was also a highly respected and recognised leader for peer support nationally and regionally with several advisory roles with Te Pou, the Ministry of Health and Health Quality Safety Commission.

We send much aroha to Cassandra's partner Don, her son and her whānau.



*E te mareikura,
Nei rā tou mātou moteatea aroha ki a koe,
He mea ohore, e hohonu rawa te mamae,
I waihoa koe tetahi ohāki mo ake tonu atu,
Nahau tērā i whakamana te ao o rātou,
Haere i runga i tou tātou aroha, maioha,
mai Aotearoa, E mōe*



Being Well strategy – Actively Well

An important part of our Being Well strategy is 'Actively Well'. This is all about increasing the amount we are active, moving and increasing our fitness through a variety of activities. It's all about engaging in opportunities to have play, exercise, fitness and fun.

Throughout the year we engage with community activities and organisations that promote activeness. We try to increase the fitness of our staff, whānau and the people we support in many ways. These can include getting outside, joining in organised sport days, setting goals for running and walking events, and connecting with each other through activities that involve movement.

It can be harder to be 'actively well' when the days are colder, shorter and darker. However, there are some things that you can do to keep motivated and moving. These include:

- Seek out a partner to walk or exercise with or join a sports club (when we're not in lockdown). Getting active with others provides social support, camaraderie and motivation.
- Consider doing exercise at home in front of the telly by following a class on YouTube or Zooming a live class.
- If you're at work – try and make your meetings 'walking meetings' when the weather allows.
- Get changed into exercise gear as soon as you get home – making the effort will motivate you not to waste it!
- Dress warmly when you head out. It is easier to strip off if you're too warm than to get active and enjoy it if you're cold.

Hamlin Road Organic Farm features on Seven Sharp



Hamlin Road Organic Farm is a very special Pathways service in the heart of south Auckland, funded by Counties Manukau Health.

Although it has won multiple awards for its exceptional organic produce, the farm's main reason for existence is to support people with mental health and addiction challenges. And they do this to an award-worthy level too, with Sarah Hewitt the farm's team coach currently one of the finalists for Organic Week NZ's Leader of the Year and Farmer of the Year awards, which we will hear the results of in September.

'Trainees' come to the farm to gain valuable paid work experience and earn qualifications, while being actively supported in their mental health. This allows them to grow skills, experience and confidence and builds them up to work successfully elsewhere.

It was an exciting day for the Hamlin Road Organic Farm team recently. They got to host Lucas De Jong from Seven Sharp who was filming a story about the farm. The heartfelt story, focusing on the aroha that goes into both the produce and the people at the farm, was aired on Seven Sharp on 21 July. You can see it on our Facebook page www.facebook.com/hamlinroadfarm.

And you can order click and collect online through all the Covid alert levels too at www.hamlinroadfarm.co.nz



Left: Justine, farm coordinator, being filmed for the Seven Sharp Story.



Below: Reporter Lucas De Jong talks to Frederick, farm worker.

Pathways' inaugural Māori and Pasifika hui

Taonga tuku iho

He hono tangata e kore e motu; ka pa he taura
waka e motu

Unlike a canoe rope, a human bond cannot be severed.

Along the Waikato River, across from the historical site Rangiriri, Māori and Pasifika Pathways/Real staff were hosted by Ngati Ngaho at Horahora Marae for three days.

It was a first of its kind hui, with the purpose of exploring more ways we can provide better outcomes for Māori and Pasifika in our services.

To start the hui, we raised the Kingitanga Poukai flag and then we were straight into wānanga and kōrero. This resulted in some brilliant kaupapa that we were able to present back to those on the Executive Team that joined us on the second day.

We were very fortunate to have Sally Pitts-Brown (chief executive), Ross Phillips (business operations manager), Nathan Davis (general manager southern) and Miriam Swanson (child and youth director) join us to hear our whakaaro and mull over ways we can serve tāngata whai ora and taiohi better. We were especially pleased to have Sally join us on the marae and be a part of what we were doing. It was enlightening to hear the commitment to Māori and Pasifika, but also to see some interesting dancing and singing over the couple of days (if you know, you know)!

We were also grateful to be joined by Keri Opai (Nō Taranaki), former Wise Group Tātāriki (cultural lead) and current Pathways/Real board member. Keri took us on a journey of his growing up in Te Ao Māori and his views on te reo me ona tikanga Māori in Aotearoa and in the workplace.

Curative, a creative agency focused on social good that we have worked with on other projects, also presented their findings of some research done with Pathways and Real staff. They accurately described where we are in our Te Ao Māori journey and as always, this was done with humility, humour and in style!

One of the major highlights for all who attended was a guest performance from Te Raki ō Pukekohe Kapa Haka roopu from Pukekohe North School. It was truly beyond words how much we appreciated them spending time with us. While we gave a koha for the kura to attend the National Kapa Haka event in Nelson later this year, they definitely left us with more we could give back. A huge thank you to Tori Simon from Mana Taiohi based in Tāmaki Makaurau for hooking this up for us!

True to form, there was also plenty of guitars, singing, laughing, crying and some 'out there' karaoke stars who found their time to shine! Ka mau te wehi!

Needless to say, this was a milestone event and we are very excited for the future ahead.





Some of the attendees shared their reflections after the hui:

“ I am grateful to express my gratitude at having attended the hui. The knowledge and information I have gained is from the hard work put together... to enhance Te Ao Māori and Pasifika learning. The waiata and easy flow of the hui was absolutely amazing.

It was a full-on hui, one I would recommend for anyone to attend. We need more of this kind of training - it makes me proud to be who I am Tangata Pacifika.” Kia Manuia Korua.

– *Moirā Tei*

“ The time I spent at Horahora Marae was a truly humbling experience for me. It added value to the commitment that Pathways and Real have given to the whānau we support and our fellow kaimahi by recognising each and everyone's unique individuality and journey in life, through a Te Ao Maori lens. Our Exec and Leadership team were honestly amazing, leading by example in every aspect of our kaupapa, not just talking the talk, but also walking the walk.” #honoured #inspired #theysnoretoo #Mauriora – *Hoki Henry*

“ It was the little things that meant the most for me, us all sitting together in the whare, kai, playing the guitar, laughing and singing. We as a whaanau created that space where we could truly be ourselves.” #GratefulForTheMemories – *Tori Simon*

“ I was very grateful to be invited to our mahi at Horahora marae and found the entire experience to be transformational. To participate and learn of the vision for next approaches for Te Ao Māori for Pathways and Real, all while immersed in Māori tikanga was a privilege. I am looking forward to the mahi to follow.” – *Glenda Prendergast*

“ The hui for me was both professionally and personally challenging. However, I felt safe, able to be vulnerable and sit with some discomfort at times... Another highlight from a leadership perspective was observing Sally Pitts-Brown leading the organisation with curiosity, passion and with her heart in this space”. – *Sally Whitelaw*

“ The hui was inspiring, informative, future focused and heartfelt. We truly did Māori proud.

I cannot put an amazing hui into a sentence!! It was so much more than that. Can we have another soon?”. – *Esther Edmonds*



Some of our whai ora at Mangere Bridge showing off their winter wellness packs.

Winter wellness packs

Coming into the cooler weather, the Health and Wellbeing team put together some 'Winter Wellness' packs for the tāngata whai ora we support in our housing and recovery services.

Elaine and Clare enjoyed hand delivering these packs which included some warm winter essentials like blankets, socks and slippers as well as some self-care goodies like wheat bags.

One whai ora said, "The blankets were beautiful. No one has ever done this for me before, and it was nice to know Pathways cares about us." Another said, "I loved my winter gift. It helps me to keep warm at night".

Getting active

Having fun while staying active has been a real focus at Hamlin Road recently. The staff, with support from our Health and Wellbeing team, have been supporting whai ora with inhouse activities as well as cycling and walks.

The latest activity was yoga and musical dancing. It was amazing to hear the fun and laughter carry through the house!



Young at art

Krystal Reyland, support worker, has found that many of the younger adults she supports in the community are very creative but cannot find the motivation to be creative in their own time.

After looking into different art and craft groups in the area, which mostly focused on older people, she decided to create a group in the community just for young people.

Based at the Whangaparāoa library, Krystal created a safe space for young people to make connections, listen to music, eat snacks and explore different creative mediums without any pressure of doing it perfectly.



Matariki celebrations at the Day Programme

During Matariki our Day Programme team decided to have a lunch celebration. This celebration included an invitation to all tāngata whai ora, whānau and clinical teams and was really well attended.

The staff worked hard to prepare a Matariki feast which included karakia, and an education session about Matariki. Pictured is our staff member Tina Fakalata, proudly displaying the kai and decorations for the celebration.

Feeling good in Devonport

Sometimes the Auckland weather can be so unpredictable. However whai ora and staff eagerly wait for a ray of sunshine so that they can pursue their outings. What better way than to drive over the harbour bridge to Devonport to catch the beautiful view of the City of Sails.

Everyone enjoyed sight-seeing, a walk on the beach and around the wharf, a packed healthy lunch and an ice cream treat. It's all about having fun and feeling good.



Family whānau get together

The Northern region held a 'Family whānau get together' evening at Harakeke House recently.

Whānau and friends of people we support were invited to join local staff to find out more about our services in the region. It was a great opportunity to connect, share information, knowledge and feedback, and of course, share kai together.

A guest speaker also presented about 'Yellow Brick Road', a support service specifically for families and whānau.

Those who attended talked about how much they enjoyed the opportunity to learn more and connect with other people who were supporting family members with mental health challenges. So, we'll be making sure we have more opportunities like this in the future!





Matariki celebration at Albert Street

Tāngata whai ora and staff of Albert Street all met in the office lounge

to celebrate Matariki with a special cake. A big thank you to support worker Grace who made and decorated the cake and a big thank you to support workers Marie and Santana who explained (to the gathering) the significance of Matariki in the Māori calendar.

Everyone was happy to be included in a round of photos, then coffee and cake was enjoyed by all who attended. Another big thank you to MK who closed with a prayer.

Hamilton whānau celebrate Matariki in style

The Hamilton whānau celebrated Matariki in style this year.

Everyone gathered at the Wesley Methodist church hall, where they enjoyed an opening karakia by Paki then a lovely Matariki presentation. This was followed by waiata and morning tea. Then some tāngata whai ora joined Paki in some karaoke, while others enjoyed dancing and games.

There was a delicious Matariki lunch of roast pork, ham, sausages and a range of salads with lots of homemade desserts by our wonderful team. Our Kaiwhirimuka Chaz did a korero about the meaning of Matariki and the stars. Then everyone discussed the meaning of Matariki and simply enjoyed being together as Hamilton Pathways whānau.

All of this could not have been possible without amazing Pathways Hamilton team.



Celebrating 21 years with Pathways

Sandy from the Hamilton Mobile team recently celebrated working for Pathways for 21 years. *Happy 21st Sandy!*



Getting creative with leather

The team in Hamilton have been holding leather craft classes recently.

These classes are a great chance for everyone to get out and about and meet with people while getting creative.

What an amazing range of leather goods they created!



Using kai to connect

Rehu spent some time at the Tauranga Wairua whare recently, to rest and recuperate and build up her coping skills. She really enjoyed the kai provided and it was in the kitchen that she opened up the most while making kai.

On Rehu's last day, her niece was coming to visit. So Rehu and our social work student Madi got working in the kitchen to make some delicious scrolls. Rehu enjoyed it with her niece before she left.

Madi kindly shared the recipe with Rehu who took it with her to make for her mokos when she gets home.

Supporting aspirations to be a chef

The respite team in BOP recently supported a taiohi through transition to independence.

One of the taiohi's main goals was around support with cooking meals and kitchen prep work, which aligned with his career goals of being a chef. The staff supported him to complete a budget, and with shopping for ingredients and making some fantastic meals during his stay.

All his own ideas and creations were highly commended by the other taiohi in the house, with no leftovers!



Cat palace for Chloe

Bay of Plenty's occupational therapist worked alongside a taiohi who planned and created a "cat palace" for their resident puss Chloe.

Part of the taiohi's goals during their stay in respite was to engage with her and come up with strategies to support the taiohi to keep busy.

The palace was awesome. The draw bridge was even functional! The taiohi was very proud of their palace and was stoked to see Chloe enjoying her new home.



Lakes team-building fun

Turning their Takahe Room at the Lakes where into Cinema One, the team had an amazing team-building session.

Tickets in hand and popcorn ready they sat down and watched Matariki Te Whetū O Te Tau, presented by Professor Rangī Matamua. They were mesmerised by the presentation and learned so much.

This was followed by a 'painting and (pretend!) wine' event. Sally Pitts-Brown, Pathways chief executive; Amanda Bradley, general manager and Hester Hattingh, service and relationship manager popped in to join this fun event. They chose the moon and stars to honour Matariki. The photo says it all – everyone had a blast!



Supporting courageous conversations in a trauma informed way

A rangatahi in one of our Real services disclosed a significant risk but were adamant that they did not want their whānau to know about it.

The Lakes team engaged and did some work with the rangatahi as to what their fears were and how they could mitigate this risk, given they had to share this important information with whānau and develop a safety plan.

Several sessions later, the rangatahi agreed to include the whānau in a hui. This was arranged and when the whānau arrived, everyone had an informal conversation over hot chocolates. During the hui the team discovered the whānau were very supportive and knew what event was traumatising the rangatahi. They were unaware of the risks and impact that this has had on the rangatahi.

Together with the whānau and rangatahi a safety plan was developed, then the whānau had a great family discussion about how they can each support one another. When they left, the young person (who couldn't sleep the night before the hui because of their anxiety), thanked the team for working with them on the best possible way to have these courageous conversations.

The whānau left, all feeling supported and having had a transparent, caring conversation that helped them to move forward. And the team were able to share important information in a trauma-informed way that engaged the rangatahi and whānau.



Left to right: Michelle, Kseniya, George and Anilyn

Celebrating success stopping smoking

Michelle decided to stop smoking at the end of 2020. With the help of nicotine replacement patches and lozenges, she has now been smokefree for five and a half months. George, Michelle's partner decided to follow suit and has now been smokefree for two months too.

Kseniya and Anilyn, registered health professionals from the health and wellbeing team, had been supporting Michelle and George on their smokefree journeys. They were delighted to take Michelle and George out for a lovely lunch at Mama Brown Diner to celebrate their success.

Michelle shared how empowering it has been to overcome her smoking addiction and how valuable all the support has been. George said, "It was overwhelming to be acknowledged."

Training myself to look at things differently

Eight years ago, Jeremy had what he called a 'spiritual crisis' which he believes came from an accumulation of turmoil from the past. "Something inside me switched off".

After spending six years in psychiatric care, Jeremy was struggling to understand this new depersonalised state of mind and body. However, he moved to a LinkPeople supported landlord situation where he started setting his sights on his future and working towards his independence.

While spending time in Pathways respite care, he started writing some new music, something he hadn't done for a long time. He had thought he had lost his gift, but his creative force slowly re-emerged.

During the first Covid lockdown he reconnected with people he previously knew in the music industry. Reforming these creative partnerships helped Jeremy write enough new work for an album. He also performed at the Palmerston North Arts Festival in February 2021.

Some of his creative ideas were formed from his feelings of being "like a soldier that has come back from war. Caught between two worlds – the living and the dead."

"I've had to train myself to look at things differently. I stopped denying my illness and have learnt to work with it."

Jeremy is grateful for both the practical support he has received and for support carrying his hope when he had lost it.



Barbara's fabulous creations

Barbara has been attending the Art Connection group run by Chrissy on Fridays in Waihi. Each person works on art projects of their choice at their own pace. Check out Barbara's fabulous creations – two stunning fairy houses made from recycled plastic bottles and paper-mache!



Barbara says, "I'm proud to say that I am a person supported by Pathways. They're good people that go the extra mile for the people that they care for. Special thanks to Chrissy for teasing out my creative inertia. Her classes give me something to look forward to and now I've even promised to do a painting for my psychiatrist. I appreciate the visits and companionship that the girls and guys of Pathways bring with them. I recommend their service as a positive influence in my life. Thanks Pathways, for the consistent support I have received over a long period of time."

Barbara is a much-loved member of the class with her bubbly personality and ability to show kindness and empathy to everyone. We really appreciate the big effort she makes to be there each week, as it's a half hour drive from where she lives on a windy country road.

Whakamaumaharatanga at Pōhutukawa House

The team at Pōhutukawa house held a whakamaumaharatanga (memorial) for some staff and people they support who had passed away. Whānau were invited and together the group connected through karakia, korero and kai. They planted a Pōhutukawa tree which can now be a place of remembrance and celebration of Matariki.



Maxine's furry friends

Maxine loves animals and has been working hard lately completing her poem about her two favourite little friends, Ecoya and Paws.



PETS by Maxine Doran

I love pets especially cats and dogs.

Paws - the cat has loving smiles that stretch for miles and miles.

His tummy rumbles with all his tumbles.



Ecoya - the dog is about to unlog the many holes she makes, it's probably where she's hidden a piece of steak.

They both love playing with toys. With both girls and boys.

Growing water confidence

Joanne always lives an active life and enjoys physical activity. Last year Joanne was given news that she needed to look for lower impact exercises due to spinal issues.



When Joanne was a child, she had a traumatic near drowning incident which took away her confidence in the water. Kandice, Joanne's support worker, started joining Joanne at the Stratford Aquatic Centre weekly, where they got in the pool together.

At their first few visits, Joanne was very fearful of the water. They practiced kicking from the side of the pool and letting their bodies float. Joanne's confidence in the water grew and she was soon able to go to the pools independently, enjoying lengths and learning back stroke.

Kandice says, "As Joanne's support worker I could not be prouder. Watching Joanne's confidence grow with every visit has been amazing and I wish her continued success with swimming. Something we still need to master though, is the art of putting on our swimming caps!"

Our caring local communities

Annie, team coach in New Plymouth, supported Wayne to the local barber shop in Fitzroy for a haircut and shave. When Wayne went to pay, the young barber said "No mate, paying it forward today. Enjoy our day."



Wayne got such a surprise and felt truly overwhelmed with this wonderful act of kindness. A lovely reminder that our local people really care about the people in their community.

Celebrating Matariki/Puanga in Taranaki

The Taranaki Wise Group whānau and tāngata whai ora came together for a celebration of Puanga/Matariki at Puriri House.



Starting with an ahi (fire), they acknowledged whānau and friends who had passed, and took the opportunity of "letting go" things they did not want to carry forward in their lives, making space to celebrate new beginnings and plan for the future.



This was followed by a whakatau (welcome) for some of their new Pathways team members, Kath, Jessica, Jemma and Dee. There was a delicious hot lunch of homemade soup and rolls which was perfect for this winter celebration.



Matariki at Nixon Street

Nixon Street hosted Matariki for the Whanganui region. Staff, together with whai ora made beautiful decorations like flax stars and fish, and baked yummy shortbread stars.

In keeping with the whānau theme, they were thrilled to be joined by not just people they currently support from residential and community, but also some whānau who they no longer support and some of their neighbours.

Egan, their kaitiaki opened the event and reflected on the meaning of Matariki. Then, everyone enjoyed a wonderful hangi and some beautiful homemade soup.

Fun on wheels!

The Whanganui team wanted to create an event that brought their local whānau together to have fun while exercising and enjoying some healthy kai. What better way to do that than hiring the Hattrick Roller Skating Rink for an afternoon!

Joining the fun were people they support from in the community and from their Housing and Recovery service, as well as staff from their Enhanced Mobile support team.

Prior to the event, the team got everyone to choose a song for the event. Then Craig, one of the team's support workers, enlisted his tech-savvy daughters to compile a playlist of everyone's choices. It had everything from Elvis Presley to Moon Walker which they blasted out from the rink's large sound system.

For some, it was the first-time roller skating in years, and for others it was the first time ever! Not everyone wanted to skate, but everyone enjoyed the healthy afternoon tea and the music. Some of the roller skating on display probably provided some comedic value for onlookers!

Everyone had a great afternoon with lots of laughter and awahi shown to each other.

The team are happy to report there was only one minor 'incident' and that was Sam their registered health professional (who is a bit of a whiz on the skates). Sam didn't require any medical attention though and he made it to work the next day!



Lights on for Matariki

Our Wairarapa services had great pleasure in celebrating Matariki at Queen Elizabeth Park on the island in Masterton, which had an amazing light show.

Two groups of people from the residential service were supported to the Matariki event. All enjoyed walking around the island checking out the spectacular lights. There was great commentary over the loudspeaker sharing the reason and story about why we celebrate Matariki.

One of the people we support had great pleasure in sharing the story from the commentary with the others. He talked about the 'eyes of the god Tawhirimatea, which is the last cluster of stars. Tawhirimatea was angry with his siblings when they separated the parents, Ranginui the sky father and Papatuanuku the earth mother, and then Tawhirimatea tore out his eyes and threw them to the heavens'.

It was a great evening out and opportunity to learn more about Matariki and Te Reo Māori.

Sharee our patchworking star

As Matariki is a time of new intentions and contemplating new goals, Sharee has been supported to attend sewing classes at "Come Sew with Me". This is a locally funded creative venture. Sharee's first project was a pillow, then a quilt cover which she decorated with safety pins. This was followed by a Disney themed wall hanging, cleverly integrated into the most beautiful heirloom pieces.



Sharee shows off her first patchwork project

Sharee has revealed an evolving talent for sewing.

Sharee plans to keep quilting and patch craft as a hobby. Yet again, the team are humbled and proud of Sharee's ever shining inner light and her enthusiasm for trying out new hobbies.



Building friendships and community through exercise

Getting up a sweat at the gym means much more than just physical health. City Fitness Tahuna has provided the space for our group of tāngata whai ora to build friendships and be part of a community. Our growing group of keen exercisers are reaping the rewards of regular activity.

Sometimes a lack of motivation and anxiety are the biggest hurdles to overcome, but this awesome group are demonstrating that they have perseverance and courage. The group are great at encouraging and supporting each other, and the team spirit is clear to see.

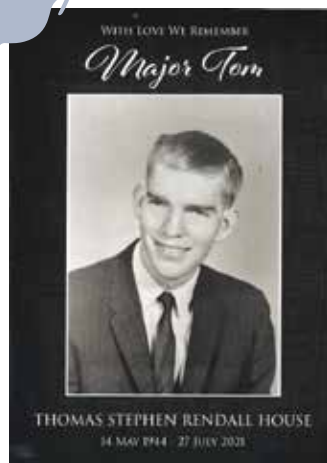
A privilege to honour Major Tom

It was with great honour that we as a team at Brightwater had the opportunity to share the final journey with Major Tom.

We were privileged enough to provide a service for him held at Brightwater on Tuesday the 3rd of August surrounded by Pathways tāngata whai ora, Staff, DHB and with the assistance of technology, Major Tom's sister Jane from the USA.

The service was organised by Lisa (team coach) and Sarah (support worker), with input from Kaylene (service relationship manager). Sarah, as a celebrant, fronted the service and what an amazing job she did.

Thank you all for honouring a part of our Pathways whānau and celebrating his life the way he deserved. *Ngā mihi.*



Being Well week

Pathways has a Being Well strategy, which covers the six focus areas of Eating Well, Physically Well, Connecting Well, Spiritually Well, Working Well and Actively Well.

The Canterbury team has a collective of people from each service called the 'Being Well Promoters', who actively work to share information and resources about the Being Well strategy.

Their first event was Being Well week. The team put together a great range of activities that staff and the people they support could access, to give them an opportunity to try something new and connect with people that they may not usually have connections with.

Some of the activities people enjoyed trying included massage, beach walks, platter making, bliss ball making, card making, meditation and yoga.

Te Ao Mārama celebrates Matariki

Te Ao Mārama celebrated Matariki with their six guests who were staying at the whare and their whānau and friends.

Al Sutton, one of their peer staff members, gave a presentation about the Matariki star cluster along with the relationship of those stars to everyday living. Then everyone paused to remember those who had passed.

Liz Maclure, the service's wonderful chef, then spoke of the legend of Matariki, after which everyone enjoyed a shared hākari (Feast).



The freedom and confidence of having a phone

Alesha, a youth worker in Christchurch, was supporting a taiohi who had set a goal to start studying.

However, the taiohi lives out of town and, due to lack of funds, was sharing her mother's phone. She felt she would never be able to study due to the anxiety of missing buses and not being able to contact people for help.

So, Alesha accessed Pathways' flexi-fund and purchased the taiohi a phone, removing this barrier. She now buses independently to her course and regularly texts Alesha about how she's going with her assessments.

The freedom and confidence that having a phone has given her, has made such a difference to her wellbeing.



*Pictured left to right:
Naomi, Tare, Kaea,
Wiki, Amalii, Tania,
Spike and Yovanh.*

Te Hononga get competitive

The Hamilton-based team at Real Te Hononga embraced their competitive sides at a recent team building day in Auckland which included dress ups and mini-golf.

The costume competition (the theme of which was 'dynamic duos') was judged by Real Kaiwhirimuka Chaz Naera.

Despite tough competition, 'escaped prisoners' Kaea and Wiki won a week off cooking and cleaning at the whare.

But the banter really began when the team reached their destination – the popular mini-golf course, Holey Moley.

"We're a competitive team so the back-and-forth digs at each other ensued throughout the whole 18 holes", said youth worker Yovanh Upoko Radovanovich.

It was a close game, but Yovanh and Spike (as Mario and Luigi) took it out with only "a few protests from others to no avail".

"Although it did get quite competitive, what mattered most is that we bonded as a team and had lots of fun!"

Making connections at Involve 2021

A number of Real staff recently attended Involve 2021 – a multi-day conference run by youth development body Ara Taiohi.

The conference, which is held once every two years, provides a place for people who work with young people to gather, share and learn.

For Real team coach Naomi Paekau, the event reinforced the value of continuously sharing stories.

"We can learn so much from the past and each other. Since attending Involve, we have decided have decided to put a story of each team member on our whare wall to share and encourage taiohi to do the same."

The team also promoted Real as a great place to work at their stall, which included a photo booth complete with Instagram frame.

Naomi says, "It was a great opportunity to get Real's name out there as an awesome youth provider."



The importance of inclusivity at Pathways and Real

By Miriam Swanson, child and youth director
Young people feel great about their futures and help shape their communities' – Real's inspirational dream.

This dream speaks to the importance of inclusion for all young people. We aspire to create an environment where taiohi see themselves and their experiences, reflected and acknowledged in the world around them. We want young people to feel validated in their identities and know that their voice is heard and valued.

At Real and Pathways, we strive to provide taiohi with the space, support and experiences to feel recognised and valued for who they are and to break down potential barriers to accessing support.

True inclusion takes active work. So, the onus is on us to ensure that the people we support know they are welcome and accepted.

I am conscious that in many cases the signals we send to young people need to actively counteract previous experiences.

'Youth19' is a large-scale health and wellbeing survey of youth in Aotearoa and has involved a total of over 36,000 students since 2001.

The survey results from 2020 highlighted the ways in which people can be excluded from accessing the supports they need and detailed how this exclusion can be

compounded for people who belong to multiple groups.

For example, Rainbow young people with disabilities or chronic conditions reported not being able to access healthcare at a far greater rate than others.

They reported feeling less safe at school than those without disabilities or chronic conditions. They reported significantly higher food and housing insecurity and poorer healthcare access than non-Rainbow young people without disabilities or chronic conditions.

There is a lot of awesome work underway at Pathways and Real to build on our commitment to true inclusion:

- » We are working to gain the Rainbow Tick and to ensure that people using our services feel safe to let us know how they would like to be known.
- » We have taken the small but important step of normalising pronouns within our e-signatures as a constant reminder to give space for people to be validated in their identities.
- » Under the banner of Taumata Taiohi, work is underway to establish ways for Real to actively consult with taiohi regarding our services. I have been excited by the emphasis within this planning to-date,



Miriam Swanson (She/Her)

Child and Youth Director

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on ensuring that consultation is genuine, purposeful and fun!

These are just a couple of examples of the organisational work which is underway. However, a commitment to inclusion is a lived value – and one that each of us can make every day.

In my household with young children, it sits in the principal of "don't yuck someone else's yum".

In the context of adolescence, the practice of inclusion may occur in what we post on social media – or how we choose to respond to someone else's post.

Inclusion is an invitation for all to have what we need and to know that we are seen and valued.



Adapting to support taiohi in level 4

When Aotearoa went into the latest alert level 4 lockdown, Real teams across the country adapted to continue connecting with the taiohi they support.

Georgia Brownlee, a registered health professional at Real Lakes in Rotorua, started a YouTube channel especially for the young people in her Real Zones Group.

The videos, which can only be accessed by those in the group, provide young people with techniques to manage emotions and self-soothe (and sometimes feature a guest appearance from her cat, Tiki).

Meanwhile youth worker Alesha

McCarthy and social worker Michelle Boyd from Real Ōtautahi in Canterbury, came up with a unique way to ease taiohi's nerves while on Zoom – everyone wears an interesting hat!

Alesha says, "It has been a fun and great way to start some of our conversations and bring everyone in".

The taiohi at the Real youth house in Nelson took lockdown as an opportunity to connect with the surrounding nature in the nearby Maitai Valley.

Youth worker Bruno Saia says the walks "help taiohi to stay grounded while taking in some exercise, fresh air and beautiful views".

Finding confidence on the ice

For the weekly Friday outing at Real Mana Taiohi in Auckland, the youth decided they would like to go ice skating.



Pictured left to right: Jen, Olivia, Nic (staff), Renee (staff)

The team did a morning check-in, had breakfast, got ready and off they went.

Real staff member, Jen, was new to ice skating and found it difficult. Taiohi and staff encouraged and supported her by showing her techniques and cheering her on.

It worked! By the end of the session Jen was able to keep up with everyone and was ecstatic upon completing her final lap.

Everyone had an amazing day, filled with laughs and smiles, and showed their appreciation for the outing.

Introducing Kaea Hongara

Ko Hikurangi toku Maunga

*Ko Waiapu
toku Awa*

*Ko Horouta
toku Waka*

*Ko Ngati Porou
toku Iwi*

*Ko Te Aowera
toku Marae*

*Ko Kaea Hongara
toku ingoa*



I have been a part of the Te Hononga whānau here at Real Waikato since the beginning of March. I have since been discovering myself as a Māori occupational therapist in a mental health space. Being surrounded by nurturing kaimahi who work from a te ao Māori perspective has been a massive part of my growth personally, culturally and therapeutically.

Inspiring young people to reach their potential and find their mana is what fills my cup. My heart belongs to the people in this mahi and they are very special to me. Whether it be the young whānau who gift me with their knowledge or my kaimahi who are now a part of my whakapapa, 'He tāngata he tāngata he tāngata' is what keeps my fire ignited.

Outside of mahi I carry the same values of whānau and work ethic. I love to better myself physically, currently coaching and competing in CrossFit competitions, playing rugby, and have found a new obsession in aerobic endurance events.

I believe being a young Māori male who values Tikanga Māori practices as well as the power of adventure, allows me to work with our young Māori whānau in a way that is different and more engaging. Simply being 'all in' to tautoko our youth, is sometimes what they want most.

Creamy broccoli soup

GF Serves 4

Broccoli was the most popular vegetable people bought before we all went in to level 4 lockdown this time. Here's a delicious broccoli soup to try while there's still a bit of a chill in the air.

Equipment

Large pot
Blender

Ingredients

2 tbsp olive oil
1 onion, chopped
3 cloves garlic, chopped
4 sticks of celery, chopped
1 tbsp ground cumin
4 cups vegetable or chicken stock
1 can cannellini or butter beans, drained and rinsed
1 potato, peeled and diced (use floury or all purpose potatoes)
1 broccoli, cut into florets and stalks sliced
2 handfuls spinach, roughly chopped
Juice of one lemon
Salt and pepper

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion, garlic, celery and ground cumin. Cook, stirring often, for about 5 minutes or until soft and fragrant.
3. Add the stock, beans and potato, bring to a simmer and cook for 10 minutes.
4. Add the broccoli florets and stalks to the pot and cook for another 5 minutes, or until the potato and broccoli is tender.
5. Add spinach to the pot and stir until it has wilted down. Squeeze in the lemon juice and stir through.
6. If using an upright blender, carefully transfer the cooked vegetables and liquid to the blender jug and blend until smooth. You may need to do this in batches. Alternatively, you can use a stick blender and blend the soup in the pot. Take care if you're blending the soup while its hot.
7. Once blended, taste and adjust the seasoning with salt and pepper to suit your taste.
8. Serve with your favourite bread or toast on the side.



From our
Wholesome
cookbook

Te Wiki o Te Reo Māori
13 - 19 Mahuru (September) 2021



Mental Health Awareness Week
27 September - 3 October 2021



Story ideas?

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