

Connections



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



Pathways News

Welcome! Tēnā koutou katoa

It's hard to believe we are almost at the end of 2021 and what a year it has been! COVID-19 has dominated much of our thinking and planning. Our Auckland whānau in particular have been incredibly resilient and have truly lived our values, continuing to provide support to our whai ora and taiohi through the 13 weeks of lockdown so far. I can't thank you enough for all the work that you do.

As an essential health service, the Wise Group were included in the Government's COVID-19 Public Health Response (Vaccinations) Order 2021. This means that from 16 November 2021, all staff are legally required to have had at least their first vaccine dose, with the second vaccine dose required by 1 January 2022. The health, safety and wellbeing of our staff, tāngata whai ora, vulnerable communities and whānau is paramount. By being vaccinated, we know we can continue to provide support in the safest way possible.

COVID-19 hasn't stopped us and this year we celebrated several new services opening, more people working in partnership with primary health as part of the Government's response to He Ara Oranga and many more of our workshops delivered virtually.

Finally, I want to pay special tribute to several Wise Group staff members who have passed away this year, Bron Poad (practice lead, Pathways), Cassandra Laskey (Pathways board member), Johan Bruwer (team coach, Pathways) and Symphorosa Yee (facility lead, Wise Group). Each of these people were truly special to us and we continue to celebrate their lives and what they gave us.

Kia maumahara tonutia tātou ki a koutou, ao pō pō ao, e moe - We will always remember you all, every day we will remember you, rest well.

I hope you all stay safe over the Christmas period and enjoy time with your whānau and friends. Wishing you a wonderful holiday season.

Noho ora mai
Sally



Sally Pitts-Brown
Chief executive, Pathways
sally.pitts-brown@pathways.co.nz

Introducing our new look!

You may notice something a little different about this issue of *Connections*. We are so excited to introduce our new look for Pathways and Real.

Our tūmanako, or our aspiration, hope, ambition, and desire, for Pathways and Real has been woven through all elements of our new brand design.

A theme of connection

The earthy colour tones of our new look speak to the connection between all things in te taiao, our nature. The dark and light versions of each colour represent the journeys taken by tāngata whai ora.

Pathways and Real have their own unique patterns, made up of elements that work together to create one connected piece.

The Pathways spirit, ahakoa te aha, meaning whatever it takes, now sits under both logos as the guiding principle that drives our mahi within Pathways and Real.

Our new look also better reflects the connection between Pathways and Real as two individual brands, with shared tūmanako, that are part of one whānau.

Below: The new logos for Pathways and Real





Pathways

Our staff are passionate about supporting people in their journey to being well. We walk alongside tāngata whai ora, supporting them to live their best life and creating connections with their whānau and communities along the way.

We do not leave a connection open or alone. All journeys are unique and our journeys are many: from those we have helped in the past and those we help now, to those whose journeys we are yet to join.



Top: Pathways tūmanako in colour

*Above: The **light green circles** reflect the space between each element, while connecting. The **yellow circles** highlight the connection between two elements. The **pink circle** highlights a pākati, a carving pattern running between parallel grooves, reflecting that our journeys are not always perfect.*

The new logo can change colour



Real

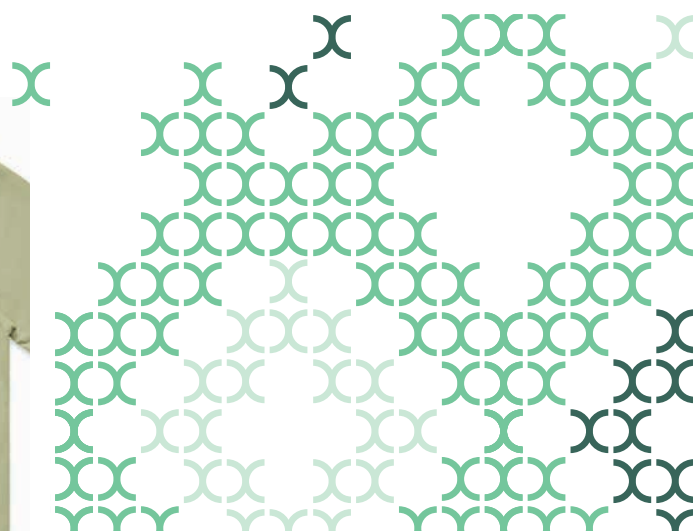
The building blocks for Real's pattern are derived from the binding space between the 'e' and 'a' in its name. Each 'x' represents our taiohi, whose journeys are still forming.

Our taiohi are still growing. They are connecting with their whanaungatanga, discovering who they are and who they will become. Their connection with whānau and their community is taking shape.



Left: Real's 'x' shape is lifted out of the space between the 'a' and 'e' in the logo

Below: Real vaxxed up for whānau' t-shirt sample and showing how the 'x' connects to form a new pattern



Using online resources to improve wellbeing

My Covid Record

Aotearoa's COVID-19 response has now moved from an alert level system to a traffic light system. It is important to ensure that you are ready when vaccination certificates become required for participation in community activities.

The first step to getting your certificate is to make sure that you have signed up to the My Covid Record website. You can do this online by going to mycovidrecord.health.nz

It is a quick and easy process and once you've signed up you can complete a range of tasks – these are being updated all the time.

Currently you can view your vaccination records, test results, book in for booster vaccinations and, if you're eligible, you are able to request your vaccination certificate.

If you need any assistance to log in and get set up, please don't hesitate to get in touch with any Pathways or Real support staff.

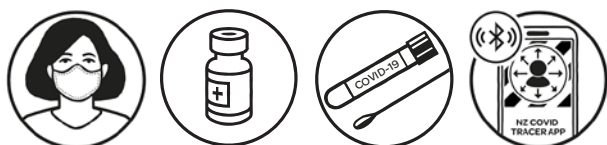
Sign up at mycovidrecord.health.nz



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.



Find out more at
Covid19.govt.nz

Unite
against
COVID-19



How we use data and information during COVID

Once again it has been a busy time responding to the various lockdown levels that we have had in Aotearoa New Zealand since our last *Connections*.

Our responsibility to keep people safe is one that we take very seriously. We work hard to make sure that our practices and services look after staff, people supported and whānau. One way we do this is by using data to understand where we need to focus our attention and resources.

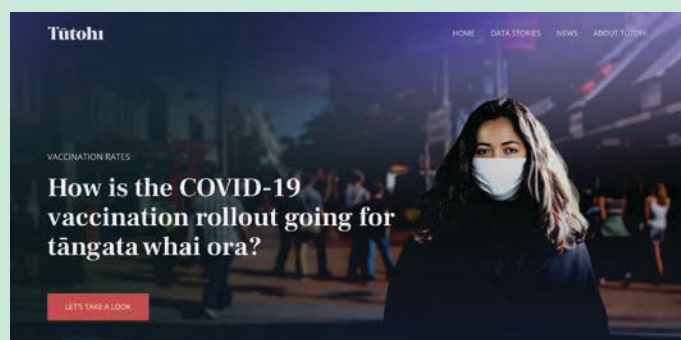
During the various lockdowns we employed the use of specialised business intelligence tool to help us understand the needs and risks faced by the 4,700 people we were supporting during this time.

This business intelligence tool shows us people's COVID-19 risk status, their immunisation status and the degree to which they and their whānau have been receiving support.

We have been using a data storytelling tool developed by Wild Bamboo called 'Tūtohi - data for change' (tutohi.nz) to understand where vaccination inequities are for people who use mental health and addiction services. This also helps us know where we need to focus our efforts to remove barriers to vaccinations.

In our attempts to keep people safe from COVID-19, data and information analysis remains an important tool.

Tutohi.nz is a data storytelling tool created by Wild Bamboo



COVID-19 vaccination rates for Auckland General population vs tāngata whai ora

How we're tracking in the general population

Of 412,040 people in Auckland aged 12 years and older:



How we're tracking among tāngata whai ora

11,834 people 12 years and older received support from a mental health or addiction service in Auckland between November 2020 and April 2021. Of these tāngata whai ora:





Northern
and Taranaki
region

Tori Simon,
youth worker in
Counties Manukau



Midland
region

Marie Turner,
support worker in
Hamilton



Central
region

Leah McIvor,
support worker in
Whanganui



Southern
region

Carley Tremain,
health coach in
Christchurch



Congratulations to our Trish Glen award winners!

The 2021 winners of the Trish Glen Awards have been announced, in recognition of the outstanding contribution they have made to Pathways.

The Trish Glen Award is made in honour of the late Trish Glen, a dedicated and passionate Pathways support worker who passed away in 2005. Those who knew Trish speak of her unique contribution, her commitment, her sense of team, her encouragement of others and her personal courage.

We are delighted to present this year's four regional winners. They truly embody Pathways' values and the spirit of Trish Glen.

Congratulations to Tori, Marie, Leah and Carley.

Congratulations also to the other nominees for the Trish Glen Award

Northern and Taranaki region

- Elmer Galang, support worker in Auckland
- Peter Law, support worker in Pukekohe
- David Hydes, support worker in Auckland
- Kate Strawbridge, support worker in New Plymouth

Midland region

- Esther Edmonds, youth worker in Rotorua
- Verna Orr, support worker in Hamilton

Central region

- Kate Woodgate-Jackson, team coach in Paraparaumu
- Jacqui Payne, peer support specialist in Wellington
- Karen Brough, support worker in Masterton

Southern region

- Sam Bogitini, support worker in Nelson



An individualised approach to vaccine kōrero

By Egan Bidios, team coach in Whanganui

Pathways and Real are committed to ensuring the safety of the people we support.

Within these ever-moving and morphing times, we too must remain ever-moving and morphing. We are conscious that the people we support are statistically most vulnerable to COVID-19. They experience poorer health and higher socio-economic inequities that increase their potential vulnerability. Even more so for those who are Māori or Pasifika.

Vaccination is currently the most effective and least disruptive option we have to keep people as safe as possible. Pathways and Real are invested in encouraging and supporting the people we serve to be vaccinated.

As with all our services, this goal also needs to be customised and individualised to each person. Remaining true to our Pathways and Real mantra, ahakoa te aha, we must do whatever it takes to support that person according to their needs.

The most positive outcomes for vaccine reluctant tāngata whai ora have been obtained through individualised kōrero alongside collaboration with whānau and other support networks.

There have been numerous examples of individualised positive approaches in our services.

Recently a support worker was assisting someone (unvaccinated) with a regular GP appointment. Across the road, a local community service was selling hangi. The support worker semi-jokingly said, “Dude, if you get your jab, I’ll shout you a hangi for lunch”. Their immediate response was, “Yup, I’m keen!”

Another person being supported loved unicorns. They represented the freedom and self-belief she aspired to have. She was hesitant about getting vaccinated and had recently said: “If I was a unicorn, I’d be more confident to get vaccinated.” Soon after, her support worker showed up wearing a unicorn onesie, with another unicorn onesie for her. The person got her vaccination dressed as a unicorn.

Our services have been making great efforts to have kōrero around the importance of vaccination to not only protect immediate whānau but also protect whakapapa and those who are still to come.

We know it takes time to build trust and be trusted by whānau who, historically, have been dis-trusting of anyone outside of their own whakapapa (for good reason).

Going forward it is important that we continue to be kind, compassionate, take time, kōrero more, find out what the barriers may be and work together to find a way to overcome those barriers.

Mauri ora tātou!

Te Whare Huapai opening

By Wikitoria Takiari, youth worker at Te Hononga in Hamilton

It was a beautiful day in the Waikato when we opened Te Whare Huapai, our new whare for taiohi to live in and receive personalised support while working towards independence.

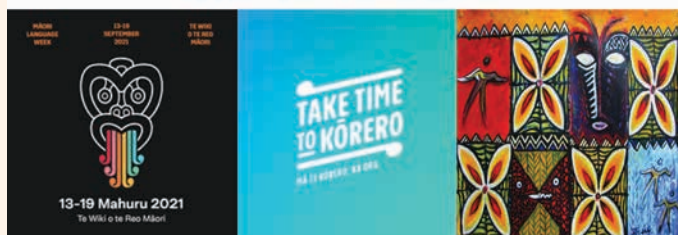
The opening, which took place on Monday, 8 November, was a long time coming. The journey involved great partnerships, numerous hui and discussions.

Two taiohi from Te Hononga were welcomed into the whare. It is said that words can never express what the heart and face are trying to say. For all involved, being able to witness the first day it was truly memorable.

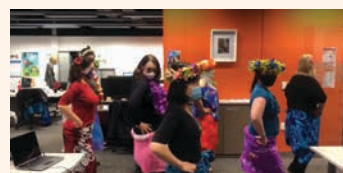
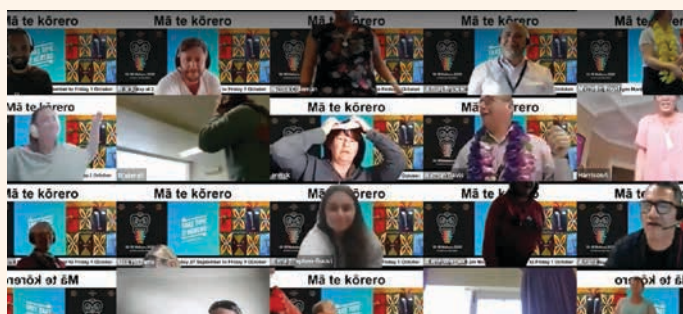
One taiohi expressed their gratitude saying, “I’ve never had this before”. It was a reminder of how rewarding our mahi is.

Te Whare Huapai is a space for taiohi to create a future for themselves. Where dreams have no boundaries. A place where they will harvest ideas and fruit for their future.

Mā te kōrero



Every day at 2.30 pm Monday 27 September to Friday 1 October



Mā te Kōrero

A week of fun, laughter and meaningful kōrero

By Chaz Naera, Kaiwhirimuka

Mā te Kōrero was Pathways' and Real's combined celebration of Te Wiki o te Reo Māori, Mental Health Awareness Week and Pasifika reo and culture, held from 27 September - 1 October 2021.

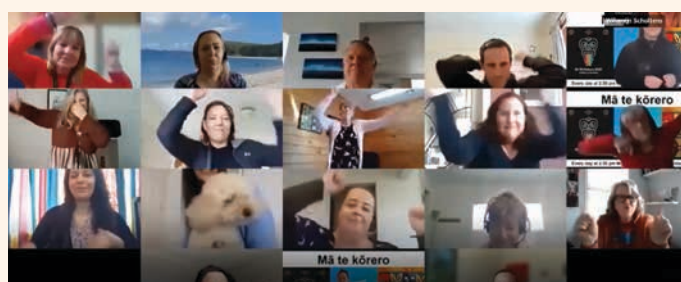
Approximately 150 people joined each day via Zoom to wānanga, kōrero and gather together virtually.

We had amazing speakers, including Manase Lua from Le Va, who spoke about Pasifika peoples in the workplace; Wiremu Niania, who talked about wairuatanga; Allan Bunting, former NZ Black Ferns sevens coach; Dan Crozier from Pathways Awhi Ora; and Eru Kapa-Kingi, an experienced te reo tutor.

We spoke with tāngata whai ora and taiohi in our services about what wellness meant to them and how Pathways and Real have helped people on their wellness journey. The voice of the people we support is always encouraging and speaks to the heart of what we do.

There was also the fun and laughter that comes with getting together. Everyone's lockdown favourite, Kahoot, was rolled out along with competitions like 'the Harlem Shake', 'Tamariki got Talent' and 'COVID Cook-off' to bring koa (joy) into people's lives.

The last day of Mā te Kōrero had a whopping 200 people log in to participate. It was a culmination of an amazing week centered around the 2021 Mental Health Awareness Week theme, *Mā te kōrero, ka ora – take time to kōrero*.



Mā te Kōrero

from a Pasifika perspective

Elena Stephen-Rouvi, support worker in Hamilton

Mā te Kōrero was a big week for many of us in Pathways and Real across Aotearoa, as we celebrated Mental Health Awareness Week, Te wiki o te reo Māori and our Pasifika whānau.

This was the first time within Pathways and Real that our Pasifika staff were actively included in a kaupapa this big. It was awesome having Pasifika staff all over the country sharing parts of who they are and where they come from - whether it was hearing a traditional waiata or learning some simple reo.

We were privileged to hear from Manase Lua, who is the Kanorau Pasifika (Pasifika lead) at Te Pou and a prominent leader within the Pacific Island community. We approached Manase to speak to staff about what it means to be Pasifika in our workplace.

One of the key takeaways was around the language of Pasifika people. Manase used the term "tangata moana" or "moana people" when talking about Pacific Islanders. This was his way of honouring where we come from and demonstrating our connection to one another.

He also talked about the relationship that tangata moana have with tangata whenua in Aotearoa. When we are on the moana, tangata moana are tuākana (older brother) and tangata whenua are teina (younger brother). But in Aotearoa, tangata whenua are the tuākana and we as tangata moana are teina.

I loved the way he presented this idea because it honours both tangata whenua and tangata moana and acknowledges the close-knit relationship we have.

This year's theme for Cook Islands Language Week was *Ātuitui'ia au ki te Oneone o tōku 'Ui Tupuna* which means *connect me to the soil of my ancestors*.

For me, Mā te Kōrero was about bringing together Māori and Pasifika peoples during the kaupapa of mental health awareness. It was about connecting with one another in the present and allowing each of us to connect with those who have gone before us, because we carry them wherever we go.

Speedy work delivers Mary* a stable home

Mary was introduced to us through Awhi Ora, needing some extra support. She was feeling unsafe in her place of residence, so moved to a place in Central Auckland.

In less than a month Mary started experiencing the same intense feelings of being under surveillance in her home. She wanted to move again but feared the possibility of living on the street.



We worked collaboratively and quickly with our team coach and Mary's wellness advisor to prevent possible admission to a facility, which became imminent as another lockdown grew likely.

We informed the clinical team and Mary was assessed and supported for two weeks until they were sure she was well enough to continue on her own.

We supported Mary to carry on with her daily activities and encouraged her to continue taking her medication.

Mary is now living in stable accommodation and doing well, with the support of her general practitioner.

** Name changed for privacy.*

A mind for maths

Robert is a highly intelligent person who is passionate about maths. He loves numbers and problems and can solve quite difficult equations quickly and accurately.

In the past we printed off university worksheets and tests for him. He would spend hours solving these problems and attempting to explain his reasoning to our (often confused) kaimahi.

Robert was keen to enrol at a university but needed a computer and phone first. Fortunately, one of our staff's whānau was selling their computer and offered it for a very reasonable price.

We helped Robert set up his new device and taught him how to use the internet to find more maths problems.



Robert loves solving maths problems on his new computer.

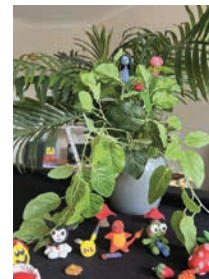
Soon enough, Robert was spending hours researching educational sites, downloading activity sheets, and watching videos on YouTube about his favourite equations.

For Robert, having the computer has been uplifting and given him hope for the future. He is rediscovering his passion and joy, and this has given him purpose again.

Keeping the good vibes going at Mana Taiohi

The struggle has been Real during the latest lockdown, but the taiohi at Mana Taiohi in Counties Manukau have found creative ways to keep the good vibes going.

Taiohi have been getting arty with Kookie Clay. Each taiohi has created something that is meaningful to them in their own unique way, from Pokémon's Charmander designed by Jude, to some funky mushrooms designed by Sophia.



The finished clay creations.

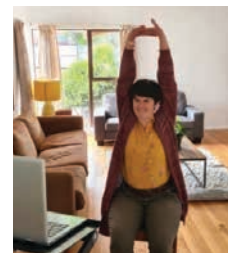
While we have not been able to venture into the world outside our whare, we have managed to create our own little world inside.

Supporting staff and whai ora in lockdown

The health and wellbeing team got creative to support the wellbeing of both staff and whai ora throughout Auckland's longest lockdown. Regular activities and communications were provided to encourage and inspire people to maintain their wellbeing through these challenging times.

Short and sweet wellbeing messages included reminders and tips aligned with our Being Well strategy.

We hosted regular Zoom sessions that included a social coffee group, educational wellbeing sessions and chair yoga. We also held painting, cooking and desk decorating competitions.



Left: The team were challenged to recreate famous paintings. Top right: Chair yoga. Bottom right: Cooking competition

Diwali at Hamlin Road Farm

The team at Hamlin Road love coming together to mark Diwali – an auspicious day of joy. This November staff came together and prepared such wonderful kai. Everyone dressed traditionally to add to the festive vibes. Our whai ora loved learning about and eating the delicious food that was prepared.



Diwali celebration

Remembering Bev

Bev was an incredibly independent, head strong woman who had been with our Grey Street whānau since 2018, having spent time in other Pathways services since 2002.

She enjoyed going on drives with staff, walking around our gardens, chats about her days in the army, a good cup of tea and had a passion for writing. Bev will be missed by whai ora and staff.



Supporting tāngata whai ora to get vaccinated



The teams in Hamilton held an initiative to support tāngata whai ora to get vaccinated. The people at Grey Street were very excited to receive their certificate and chocolate following their second shot.

Getting arty for good causes



For Blue September, a month dedicated to raising awareness about men's health, Pathways tāngata whai ora across Hamilton were challenged to create an art piece using only blue shades of paint. The following month, for Breast Cancer Awareness Month, tāngata whai ora were encouraged to create a pink painting while socially distanced.

There's a multitude of clinical evidence that supports the use of art therapy to improve mental health. You do not need to be artistic, it's all about the doing.

Johan Bruwer, a man with mana

We recently farewelled a caring, compassionate and loved friend and colleague, Johan Bruwer.

Johan started working for us in September 2018 as a casual support worker in Hamilton, and joined our Hamilton Leadership Team in June this year as team coach at our Albert Street service.

Because of the mahi he did in the Te Ao Māori space we at Pathways and Real regard Johan as a rangatira. He is a chief.

Johan leaves behind his partner Ian, their dog Bob, his goat 'Goaty', his father and sisters.



Haere atu rā e te hoa, e te rangatira. Kei roto koe i ngā mahara o te nui o te rahi. I roto i te ngau o te ngākau, ka waiata mou, ka whakanuia mou, ka whakamana mou e hoa. E moe Johan. Hoake tātou i a koe.

Farewell our dear friend, our esteemed loved one. You will be in the thoughts of many people. In our grief, we will sing for you, we will celebrate you, we will recognise your mana our dear friend. Now you rest Johan. We've got you.



A safe, happy and comfortable space

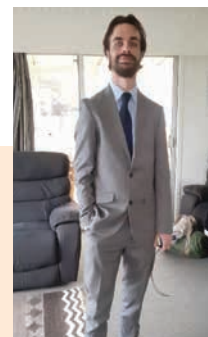
On Monday, 1 November the Tauranga team came together to bless their new space in Grey Street, Tauranga.

Team coach, Danica held a very warm welcome for everyone before we all got a chance to share our hopes and dreams. A common theme was for a "warm, happy and comfortable space for our young people".

Many thanks to the team at Wise Property Solutions who completed a very cool space for us all. This is going to be a wonderful oasis in the heart of Tauranga for our young people and our Pathways regional office.

A message of gratitude

The team at Tauranga Wairua were delighted to receive this message from a recent guest:



To the best people

Thank you for everything you have done, I understand it is your job, but your team's kindness and care has helped me heal in ways I thought were no longer possible.

You have done something I had given up on, you gave me back the belief that I have a real future. I believe in myself for the first time in my life, it is because you all opened my eyes to what I am capable of.

I go into the next chapter with my heart open and my spirit stronger than I thought possible. Not only do I feel confident but I am also prepared.

I am so blessed to have met everyone here and I feel like a new man. I know it is about to become even more challenging, but I go into the challenge with my head held high and in my darkest times it will be the thought of how you all made me feel that reminds me that the darkness passes.

I can never repay the changes you made possible in my head and heart so I will make everyday a testament to what I gained from here. When next you see me, I promise to be the man, father and husband you have seen in me.

Thank you for believing in me!

All my love, Vince



A safe space for Rainbow Youth

Real Lakes in Rotorua has a 'Diversi-tea' group to support Rainbow Youth. This is a place where Rainbow Youth feel supported and can relax and socialise with like-minded peers.

This is the first support programme of its kind for Real in Rotorua. Abbey Appleby, who supports the peer-led group, says it is amazing to see the taiohi becoming more comfortable and relaxed around their peers. "It's wonderful to hear them becoming more confident, especially when gender-diverse youth feel comfortable expressing their gender identities."

"Taiohi now feel comfortable enough to bring their friends along, which is the best compliment!"

Going the extra mile to support local students

Last term the guidance counsellor at one of our partner schools in Taupō unexpectedly needed to take extended leave.

We have staff working in the school every day but recognised that the absence of the guidance counsellor at a time of uncertainty around COVID-19 and pressure to gain credits would create more stress for students.

We were able to step in and support her, the school, and the students by providing a team member to respond and triage all students who presented at the guidance counsellor's office during that period.

It was lovely to receive a gift basket as a sign of their appreciation.



A journey towards independence

By a person supported by Pathways in Wellington

Kia ora. I'm a 20-year-old college student studying art. At the start of the year, I had debilitating anxiety to the point where I could not shop or even catch a bus by myself.

Throughout my work with Apatha Jain (support worker and navigator), I have been able to grow as a person and find ways to overcome my anxiety.



Apatha transported me to the supermarket and made shopping more enjoyable and fun. We even got to go clothes shopping together!

My confidence has skyrocketed and I'm able to travel and shop independently now. This has helped with my social anxiety and social life.

At the start of the year I had little social interaction, however, through my work with Apatha and having the space and support to grow, I have been able to develop into my own person. I am now forming meaningful relationships at college.

My next goal is to find a stable job to further support myself. In the meantime, I've been looking into starting volunteer work to give back to the community like many have done for me.

Currently I'm at the best spot I have been in my entire life and see it continuing. I feel incredibly grateful and lucky to have this support as it has helped me in ways I cannot describe.

Finding the right fit to quit

Tim had been smoking an average of four to five cigarettes a day since the age of 18. With support, Tim tried a range of nicotine replacement therapies but found Champix, prescribed by his doctor, to be most helpful in supporting him to quit.

Tim also found the use of quick mist spray to be most effective in reducing his cravings. Since reducing his habit, Tim has been able to save more money. He is now working towards reducing his use of his vape and quick mist spray.

Shaun's plans for a smoke-less future

In April 2021 Sean sought smoking cessation support from the the Pathways health and wellbeing team.

"My decision to get support to quit smoking was important as I wanted to look after my health and save money. It was hard for me to cut down the habit, but I am trying my best every day," says Shaun.



Shaun plans to quit smoking

Boosted by his success so far, Shaun now has long-term plans to sustain his efforts.

"My smoking has decreased to about six sticks per day. I am now looking for a job to help me. I feel that being busy will help me to think less about smoking."

"I will continue to use less cigarettes, find a job and work on my long-term goal to live independently in the community."

See you later Deb

Deb Purves has been a registered health professional in Hauraki for the last 5 years and we have been extremely lucky to have her share her knowledge and experience with us.

Deb has taken on a part-time role with the DHB as a community mental health nurse. We wish her luck in her new role and we are lucky that we'll still be seeing her around. Farewell Deb.



Deb Purves

Doing whatever it takes in Level 2

By Toni Kowalski, administrator at Pōhutukawa House in Thames

Alert Level 2 hasn't slowed down our mahi in Thames. Sure, it has been a little awkward and annoying at times, but it certainly hasn't slowed us down!

With cooking classes full steam ahead on Thursdays, there is often a wonderful aroma floating through Pōhutukawa House and I find myself wondering what awesome recipe they are making this week (not to mention it makes me very hungry!)



Tāngata whai ora at Pōhutukawa House have been cooking up some delicious dishes.



We have sewing on Tuesday afternoons. I love hearing the stories about what people are making next and how particular pieces are coming along.

We also have our gym sessions on Mondays. I often pop in and encourage those doing the hard yards. The support workers in the Hauraki region are doing an amazing job arranging the classes and getting people to and from sessions.

Mere, our Being Well coordinator, always has the coolest stories about staff doing whatever it takes for the people we support. To all the Hauraki team that make these things possible for our people – I love your work! Keep it up!



Left: Whisper the cat supervises while Ashley and Sue dig in

Right: Russell and Sue start the planting

Māra huawhenua hou a mātou – Our new vegetable garden

By Paula Pepper and Jack Cassidy from Pathways Mill Road

At Mill Road Housing Recovery and Support we have a fantastic new raised garden for our tāngata whai ora.

Following kōrero with staff and tāngata whai ora, decisions were made around the type of garden we wanted and what crops to grow.

A proposal was formulated and presented to local construction expert Andrew Pepper who supported our vision by kindly donating the materials and labour.

There has been a groundswell of positive energy in anticipation of growing lots of fresh vegetables to supplement tāngata whai ora meals over the coming months.

Any excuse for a celebration at Barriball Street

It was time to don the fascinators and top up the lemonade at Barriball Street for the annual Melbourne Cup celebrations.

Everyone dressed up for the occasion and enjoyed a delicious afternoon tea before the big race.

The Barriball Street whānau also recently enjoyed a pyjama party. Decked out in cosy pyjamas, dressing gowns and slippers, this was the perfect way to spend a chilly afternoon together.

Everyone had a relaxing time making popcorn and sharing in the laughter.



Left: Anne, Maxine and Wendy looking amazing in their race day attire
Right: Barriball team members Samantha and Katherine ready for the pyjama party

Being Well in action at Mill Road

The Being Well programme has been steaming ahead at Mill Road with each resident having the opportunity to lead a Being Well activity, including Tai Chi and Zumba. Hip hop might be next!

The Mill Road whānau are also using the restful space around the new 'pepper patch' veggie garden for morning meditation.



Left: Ngawai leads Zumba at Mill Road

Right: Russell joins in with great Zumba moves

Nixon Street Ladies' Night a roaring success

As part of our commitment to our Being Well strategy and supporting our whai ora to live well, community support worker Leah has introduced Ladies' Night at our Whanganui Nixon Street residential housing and recovery service.

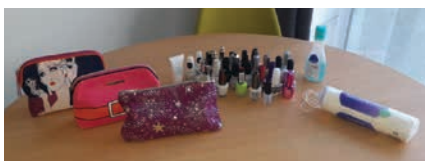
The objective behind Ladies' Night is to support our wahine to further recognise their worth and strengthen their mana.

We held our first Ladies' Night on Friday, 15 October. Pathways provided delicious kai and, once everyone had full tummies, our ladies each received a beautiful gift bag. There were full of special skin care products and makeup which had been kindly donated. These were received with much excitement.

Our night was full of music, laughter and nail painting. There was a great deal of skin cream and makeup being applied throughout the evening!

By the end of the night everyone was happily pampered, in good spirits and looking forward to the next Ladies' Night to celebrate being strong and beautiful wahine.

We are also looking forward to holding similar wellbeing sessions for our tāne at Nixon Street.



The ladies at Nixon Street had a great time experimenting with makeup and skin care.

Walking to wellbeing

On Tuesday, 2 November the Pathways Whanganui EMS team restarted the tāngata whai ora 'Walking for Wellbeing' group, supporting access to Rotokawau Virginia Lake.

This outstanding little reserve has level paths around the lake, an enclosed winter garden, and is teeming with waterfowl. There are plenty of ducklings at this time of year too. It makes a great place to visit for any age group, but being situated at the very outskirts of town, accessibility is dependent on access to transport.

All of this was enjoyed by a group of whai ora who appreciated the opportunity to connect and pause in beautiful surroundings.

The staff noticed whai ora demonstrating acts of kindness to each other and the lush greenery boosted energy levels and mood. The exercise was almost incidental!

The venue for each week will be selected by our tāngata whai ora, with staff supporting their wellbeing choices.



The 'Walking for Wellbeing' group on their latest adventure.



David and Claymond stand proudly with Chrissy and Bev to celebrate a decade of Pathways service in the Wairarapa.

Celebrating a decade of service delivery in Wairarapa

Monday, 1 November Pathways celebrated a decade of service delivery in the Wairarapa. What an absolute milestone!

Despite grand plans of a picnic in the park to celebrate, the weather took a turn for the worse and we were inside bound.

This didn't stop the celebrations and fun being had. Instead, Pathways teams came together virtually to participate in a '15 facts about Pathways quiz'.

We enjoyed morning tea, had some great laughs and shared stories about the past decade of Pathway's adventures that left many of us thinking "where has the time gone?"

Two people we support, David and Claymond, stood proudly with Chrissy and Bev, our awesome dedicated staff who have supported these two for the last 10 years of their journey within Pathways, in both the Community Mobile Service and Housing and Recovery.

GREAT team building

Team coaches and service and relationship managers in the Central region have been having lots of fun during their online team building sessions.

The sessions, which aim to enable staff to connect regularly and set 'rhythmic' timeframes, were dubbed the GREAT (Greatest Rhythmic Event of All Time) sessions by the administrators, who have meticulously planned the activities.

The sessions include a lot of fun and laughter. Administrators have carefully selected a range of challenges to tap into leaders' competitive spirit which has led to hilarious moments.

One of the activities was a Kahoot quiz, which included questions about team members to help everyone get to know each other.

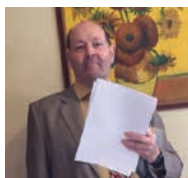
The second event will be held soon and each person has already been sent a pack in preparation.



Packs are sent to participants ahead of each event.

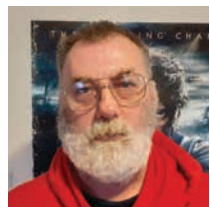
Dressed to the nines for virtual church

Terry dressed up for church after nearly a year of virtual services due to COVID-19 lockdown. He can't wait to talk to his church friends again in person!



Terry ready for church

A role model for independence



Trevor Thorn

Trevor Thorn has been working hard to become fully independent.

He has taken the role of leader in his flat, which includes monitoring the flat account, ensuring the flat is tidy and reminding his flatmates about their housekeeping tasks.

Trevor also works part-time at New World and is taking courses to improve his skills in communication and technology.

Saying farewell to Richard

Richard, who lived at our service on Halifax Street, has been well known by support staff working in Nelson for the last decade. So, it was a significant moment for everyone when it came time for him to move to a rest home.



Richard's farewell lunch

Richard was supported in this transition by his brother Murray who helped him feel comfortable about the move.

Rota, one of our support workers who has known Richard for a long time, organised a farewell lunch for him at Halifax Street.

In a special moment, Rota thanked Richard for being a part of everyone's lives and wished him well with a prayer for his next steps living at the rest home.

A life lived to the fullest

Jacob Toulis, known as Jim, died on Saturday, 13 November at the great age of 80.

Jim was extremely proud of his achievements as a successful fisherman and dairy owner in Lambton Quay. He was famous for his wide range of milkshake flavours, which he said were "the best value for money in Wellington".

He became a real-life hero when the Wahine Ferry sunk in Wellington Harbour. Jim was on one of the first boats to the scene and saved many lives.

Jim is survived by his wife Sue, his son Nick and his two grandchildren. We believe Jim is now in heaven with his daughter Margaret.

Jim will always be remembered for his kind ways and we plan on creating a space in our garden for him.



Jim Toulis, a kind man with a huge heart.

A wall of happiness

Staff and guests at Crisis Respite in Ōtautahi have provided photos for our wall around the theme of 'what makes you happy'. This has sparked some beautiful conversations and sharing of memories.



A big step in Jason's journey

At Pathways Ōtautahi we have been supporting Jason for many years, within both residential and community services.



Jason spent many years with specialist mental health services prior to being referred to Pathways. He struggled with anxious and negative thoughts that prevented him from doing everyday things like going into shops and purchasing groceries.

With some gentle guidance, support and encouragement he recently celebrated the fact that he went into a shop on his own and bought his own food. This was a proud moment for Jason.

Jason's support worker, Grant, was able to reflect this back to Jason. This significant step gives Jason hope for the rest of his journey in life.

Next step... who knows? But it is a privilege to be a part of Jason's recovery.

Bringing Real support to Rangiora High School

The Real Ōtautahi team have had the privilege of expanding our service into Rangiora High School.

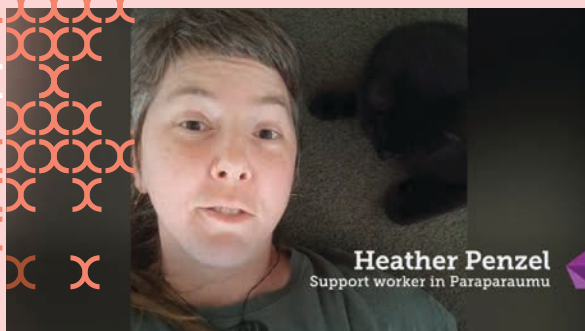
North Canterbury is an area where many struggle to access mental health support. Many taiohi from the area have been referred to Real's Christchurch-based group but transport and support from whānau has always been a barrier.

Over the past year we have worked with Rangiora High School to get a group operating on-site for their Year 9 and 10 students. We now have ten taiohi attending a weekly group!

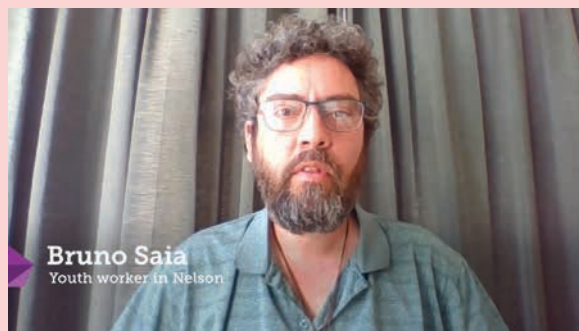
We are also running a shorter, activity-based group focusing on sensory modulation strategies, Te Whare Tapa Whā and working towards cognitive behavioural therapy (CBT) and goal-focused wellbeing approaches.

The school has been on the journey alongside us and we are looking forward to growing this relationship.





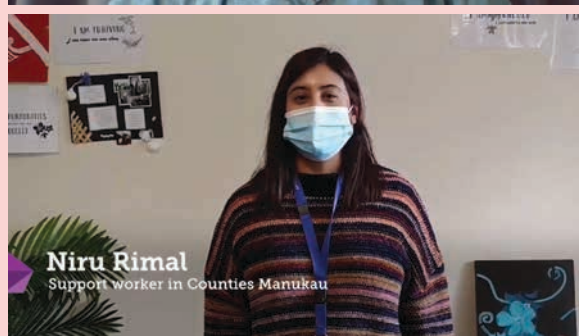
Heather Penzel
Support worker in Paraparaumu



Bruno Saia
Youth worker in Nelson



James Scarlett
Team coach in Counties Manukau



Niru Rimal
Support worker in Counties Manukau

Caption: Real staff get in front of the camera to share their reasons for getting vaccinated.

The Real why: Real staff share their reasons for vaccination

Staff across all Real sites and services were encouraged to get in front of the camera and share their reasons for getting vaccinated – The Real why.

We know that taiohi are very susceptible to misinformation on social media, more transient, and therefore less likely to be vaccinated. Taiohi Māori are also likely to spend lots of time with extended whānau, which increases the risk to others as well.

Taiohi often listen to those they trust. We hope that, in hearing stories from our trusted staff members, taiohi will feel comfortable having a kōrero about this important kaupapa.

Check out the video on our YouTube channel: youtube.com/realNZyouth



Discovering a life with purpose

By Olivia Armstrong, youth worker in Nelson

For the past six months I've been supporting a 20-year-old young woman who was referred to Pathways and Real following a suicide attempt.

When we first met, she expressed that she didn't have any hopes or dreams for the future and didn't feel she had a reason to keep living.

Following some time getting to know each other and building trust, she revealed that she had a traumatic childhood and suffers from seizures.

Through conversations, looking at her strengths and goal planning, she eventually decided she would like to become a counsellor so that she could help people, particularly young Māori women, like her.

She had a lot of fear about leaving her house due to having frequent absent seizures. I spent a lot of time encouraging her to overcome this by getting out and about and living her life.

She has now enrolled in a counselling course at Nelson Marlborough Institute of Technology and will be starting in the new year. She is very excited about this and expressed that it has given her life meaning.



real

Stay safe this summer!

It's summer again! After what feels like endless months of grey weather, taiohi across Aotearoa will be looking forward to having some fun in sun.

Here are some top summer tips to ensure everyone has a good time while staying safe this season.



Stay safe in the sun

- **Stay hydrated.** Avoid dehydration by drinking lots of water, especially if you're consuming alcohol. Carry a drink bottle with you and make an effort to keep it filled.
- **Chill out in the shade.** Heatstroke can happen easily. The summer sun in Aotearoa is at its hottest between 11am and 4pm. If you feel like you're overheating, find a shady spot under an umbrella or a tree to drink some water and cool down.
- **Don't forget your SPF.** The harsh kiwi sun can burn your skin super quick. Use a broad-spectrum, water-resistant sunscreen of at least SPF-30. Use about a teaspoon for each arm and leg, as well as your body and face. Apply 20 minutes before going into the sun and re-apply every two hours.

Stay safe in the water

- **Swim with friends.** Always swim with other people. Things are more fun with friends anyway!
- **Stick to patrolled beaches.** It's way less risky to swim at beaches that are patrolled by surf lifesavers. Remember to always swim between the red and yellow flags and, if you get into trouble, raise your hand in the air so lifeguards can spot you.
- **Look out for others.** If you see someone in trouble, find the nearest lifeguard. If you're at an unpatrolled beach or swimming spot, ring 111 and ask for the police.

Stay safe at festivals

- **Stick with your buddies.** Going to a festival with trusted friends means you will have people looking out for you if anything goes wrong. It also means you have someone to share the good times with! Make sure you organise a meeting spot in case you get split up.
- **Keep your phone charged** - AND on full volume AND on vibrate. Make sure you can reach your friends and they can reach you.

Follow us on social media!

Are you following us yet?

Check us out! @RealNZyouth on Facebook and Instagram.





Dark chocolate pots

This simple but decadent three ingredient dessert takes about five minutes to make, plus a little chilling time. Dark chocolate is a good source of antioxidants and minerals, and eating it releases neurotransmitters that make us feel good, so treat yourself every now and then. Be creative with flavourings and toppings.

GF VG Serves 4

Ingredients

For the chocolate pots

400ml can of coconut cream

½ tsp natural vanilla extract

Pinch of salt

200g dark chocolate, roughly chopped

Topping ideas

Chopped nuts

Grated chocolate

Coconut flakes

Freeze dried fruit

Equipment

Small pot

4 ramekins or tea cups

Instructions

1. Heat coconut cream, vanilla and a pinch of salt in a small pot until it just begins to simmer.
2. Turn the heat down to low, add the dark chocolate to the pot and let it sit undisturbed for a minute to melt.
3. Over the heat, whisk the chocolate and coconut cream mixture together for a few minutes, until the chocolate is completely melted and the mixture is dark, glossy and evenly combined.
4. Tip into 4 ramekins or teacups and refrigerate for at least 6 hours, or overnight, to set.
5. Sprinkle with your choice of toppings and enjoy!



Recipe from the Pathways cookbook, *Wholesome: Recipes and inspiration to nourish body and mind*, by Amber Bremner.

Introducing Dr Lyndy Matthews

Pathways' new clinical director

Kia ora koutou katoa

I have spent more than half my life in New Zealand and am a proud New Zealander. While my medical degree is from London, all my specialist training took place in Auckland. Somewhat unusually, I have worked across a variety of community settings including DHB services, NGOs and primary care. I also currently have a role with New Zealand's National Telehealth service (Whakarongorau Aotearoa).

The things that are important to me are working as a team and leaving the people I work with and the places I work in in a better place. Many of my career decisions have been driven by the aim of achieving equity of access to good (integrated) care across communities.

I find that developing relationships is key to anything I have been able to do, as is gaining trust and being approachable and open. Included in this is knowing when and where to go for expertise I don't possess. My work has allowed me to indulge a lifelong enjoyment of human diversity and respect for humanity.

In the years since my first psychiatrist job in South Auckland – where I first met Pathways – I have learned that a well-designed service needs the right workforce and a commitment to quality improvement. For those we serve, understanding how people come to be where they are, and what they may need, means seeing through multiple lenses.

Mental illness and addiction journeys are intimately linked with people's community and social background, their culture, and their history, including trauma. Each of these domains offers an opportunity for more personalised, thus more effective, care and support for that person and their whānau.

The positioning of the clinical director role within Pathways will allow me to contribute at my 'top of scope' and keep learning. I relish the opportunity to work with the Pathways team and look forward to meeting people, teams and services!

Ngā mihi

Lyndy

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