

Connections



In this Pathways family whānau newsletter:

- The Great Wise Group Photo Competition – pages 3-4
- Hauraki art exhibition showcases talent and support – page 1
- Kiwi artist creates bespoke illustration for Pathways – pages 1-2
- Lessons from my whānau – pages 5-6
- Riding the COVID-19 rollercoaster – page 13

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

Pathways News



Sally Pitts-Brown

Chief executive, Pathways

sally.pitts-brown@pathways.co.nz

Welcome! Tēnā koutou katoa

Welcome to the first Connections newsletter for 2022!

Firstly, I hope you all got to enjoy a wonderful summer in our beautiful New Zealand scenery. For me it was a time of connecting with whānau, resting and relaxing. I'm very grateful we have had such a glorious summer as it makes the year ahead seem easier to navigate.

Although last year was a year dominated by the COVID-19 pandemic with much uncertainty, and Pathways and Real continued to provide support to more people than ever, we also established several new services especially through our youth brand, Real.

I want to acknowledge our kaimahi (staff) for all their work and flexibility as we change what and how we do things to maintain supports and our connection with you all.

The current environment continues to be uncertain as we navigate the impact of the COVID-19 Omicron variant on ourselves, our whānau and our communities. Please reach out to us if you need any support or guidance.

Some priorities for us this year are working alongside Platform and other health and disability sectors to achieve an ongoing commitment to pay rates that value our workforce. We will also be seeking to understand the impact of the Government reforms and the establishment of Health NZ and the Māori Health Authority. We will keep you updated as the year progresses.

Our inspirational dream at Pathways is to 'transform mental health and addictions for whānau and communities through our everyday work'. This alongside our spirit of Ahakoa te aha (Whatever it takes) is what guides and drives us.

Please stay safe, stay connected and as we head into autumn and the 'flu' season, it is the perfect time to start making and freezing soup and other nutritious meals. The flu vaccine will also become available in the next few weeks.

Noho ora mai
Sally



Hauraki art exhibition showcases talent and support

On Monday, 7 March 2022 the doors opened on the inaugural Pathways Hauraki Multimedia Art Exhibition.

The event was a celebration of the amazing creative talent of Pathways whai ora and staff in the Hauraki region, showcasing the results of their work for all to see. The exhibition included a range of artwork using different media, including paintings, drawings, illustrations and carvings.

Sally Whitelaw, Pathways service and relationship manager, Hauraki, says the opening night came together beautifully. "It's a fantastic event, the result of a lot of hard work behind the scenes. It was a great success."

"Special mention needs to be made of our healthy lifestyle coordinator, Mere Ngapo, for all the planning, coordinating and heavy lifting she did to make it all happen. Mere had a wonderful vision for the exhibition and this came alive on opening night," says Sally.

"Thanks also go to Naomi Fourie, for all the support and confidence she gave to our whai ora to allow their creativity to bloom, and the whole Pathways Hauraki team.

"This is something we're so proud of."

Kiwi artist creates bespoke illustration for Pathways



This stunning illustration by kiwi artist Hope McConnell was commissioned by Pathways as part of our new look brand.

The diverse characters featured in the illustration represent tāngata whai ora that are supported by our services across Aotearoa.

Keep an eye out for elements from this illustration in future Pathways promotional material.

You can view more of Hope's work at hopemcconnell.com

Using online resources to improve wellbeing

1737

In every Connections we highlight different online or helpline resources that people can use to enhance their wellbeing. This edition looks at the free national helpline called 1737 – which helpfully is also the number to call or text!

Making contact with 1737 will mean that you get to talk or text with a trained counsellor or peer support worker. The service is useful for people feeling stressed, overwhelmed, down, or just needing someone to talk something through with.

The service is staffed by a culturally diverse team and will try and connect callers with a speaker of their same language where possible. People can access brief one-on-one counselling and sometimes a warm referral to other health and wellbeing providers, should this be required.

Free online support for parents and caregivers

Parents and caregivers across New Zealand now have free access to online parenting support programmes, funded by the Ministry of Health with support from Whāraurau. The three Triple P Online (TPOL) programmes are available at triplep-parenting.net.nz, and include:

- TPOL: For parents and caregivers of tamariki aged up to approximately 12 years old.
- Teen TPOL: For parents and caregivers of taiohi, aged approximately 10 to 16 years old.
- Fear-Less TPOL: For parents and caregivers wanting to help children and/or teenagers get on top of anxious feelings, now and in the future.

NEED TO TALK?

1737

free call or text
any time for
support



The Great Wise Group Photo Competition

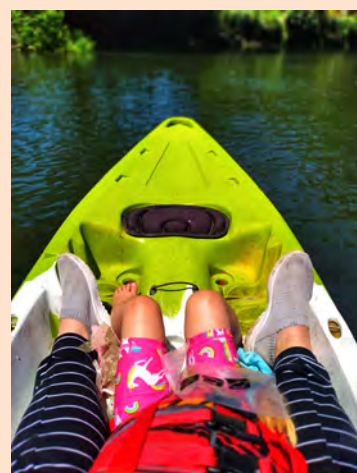
As an entity in the Wise Group whānau, Pathways staff are encouraged to participate in the annual Summer Photo Competition. This year, entries were submitted in four categories: 'Uniquely Aotearoa', 'Reflections', 'My happiness' and 'Everyday active'.

This year, two of our staff members won in their category, and two were highly commended.

Congratulations to Alex Mahrla (winner – 'My happiness') and Brooke Bennett (winner – 'Everyday active'), Dawn Everitt (highly commended – 'My happiness') and Sally Pitts-Brown (highly commended – 'Uniquely Aotearoa').

Check out their photographs along with other stunning entries from our staff this year...

Other amazing staff entries



Abbie Montgomery - 'Everyday Active'

COVID update

Vaccination rates of whai ora

At Pathways and Real we have been helping people gain access to COVID-19 vaccinations.

Information from the Ministry of Health indicates that people with experience of mental health and addiction issues have lower rates of vaccination, and are subsequently at higher risk of serious illness resulting from COVID-19.

By using vaccination status information, we have been able to benchmark vaccination rates for people we support and see where we need to place extra effort to remove barriers. While these vaccination rates are still below the general population, we have seen the disparity reduce significantly.

If you need any assistance or support to get vaccinated, or to receive your booster, please contact your Pathways or Real worker and let's see what we can do to help.

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

Winners



Winner: Alex Mahrla – ‘My happiness’

Winner:
Brooke Bennett – ‘Everyday active’



Highly commended



Highly commended:
Sally Pitts-Brown – ‘Uniquely Aotearoa’



Highly commended: Dawn Everitt – ‘My happiness’



Bruno Saia - 'Reflections'



Micheal Hutchinson - 'My happiness'



Nicole McGill - 'Uniquely Aotearoa'

Lessons from my whānau

Whānau is a kupu (word) that most of us are familiar with. It is largely used in the workspace and often heard in everyday life. In this issue, each of our Pathways kaitiaki have shared taonga about the people and whānau in their lives who have influenced who they are.

Kia whakatōmuri te haere whakamua. I go forward while looking behind me.

We acknowledge those that have come before us and laid the foundations on which we live now. I am the legacy of my tupuna that guide me, and I lay the path for future generations to come.



By Frank Perrott, service and relationship manager and kaitiaki in Auckland

My grandma has always been strong in her generosity, love, and support of me. She has taught her children and grandchildren how to stand as good people in this world. Growing up, my grandma taught me to freely give and receive love, and above all else, treat others as I wanted to be treated. I vividly remember her intentionally teaching me this from a young age and it is who I have become, because of her.



By Egan Bidois, team coach and kaitiaki in Whanganui

My dad was a gardener. He grew all manner of vegetables and fruits in the huge extensive gardens at our whānau home in Turangi. He would tend to them any spare minute he had.

He gardened in a pristine, starched and ironed white short-sleeved shirt, pressed shorts, socks, and sandals. Even working in mounds of dirt he somehow managed to maintain a reasonably tidy appearance.

I remember once, exhausted after a full day of helping dad in the garden under the hot sun, I dared to ask, "Why do we grow so much? We don't need all of this!"

He shot me the most chilling look of sheer disappointment before his face softened and his head bowed. "Son. We don't grow these maara for us alone. If we did, we'd only grow the patch up by the woodshed. That's our patch. That's all we need."

"All of this is everyone else's. All of this is for others who have nothing or are unable to grow maara. Our kaumatua who are no longer able to tend and grow their own maara as they once did when they were younger. The many other whānau here in this town who can't afford fresh veges and fruit."

"Your role is not to sustain just you and yours, but as many other people as possible."

To this day, I measure my success by the impact of my mahi on others.



By Kaylene Tahuhu, team coach and kaitiaki in Nelson

When I reflect on learnings from my whānau I think about the unspoken ones. I knew by watching my mother that we care for the generations that have come before us. She would do a lot for my nana, and others in her life. It was part of her day-to-day life.

She did this without complaining or resenting any of the things that she might have needed to do at the time. My mother often involved me in her caring tasks so I could learn the importance of helping others and practice giving back to those who had already given so much. She showed me that respecting and caring for others was an important part of who we are as people.

Today, I pass my mother's teachings down to my son and often involve him when I am doing for others.

As the quote from Benjamin Franklin goes, *"Tell me and I forget, teach me and I may remember, involve me and I learn."*

I would like to acknowledge my mum, Mercia Hand (1967-2015) and my nana, Mercia Duncan (ne. Flanagan, 1935-2010) for all the life lessons they involved me in, and the care, respect, honesty, and loyalty that they taught me over the years. Life is too short not to do for others.



By Renee Newton, service and relationship manager and kaitiaki in Hamilton

Introducing you to my whānau! My parents are in the centre back, and surrounding them are my sisters, brothers, nephews, nieces, my sons, daughters and my moko girl, my husband and me.

I love my whānau, we are tight but not living in each other's pockets. We would be there for one another in the blink of an eye, and we have my dad to thank for that.

When I think about why we are wired the way we are, to be there for each other unconditionally, I can now tell you that this is whanaungatanga.

It is a tikanga that was instilled in all of us from birth through my dad. Dad would give you the shirt off his back, he would give you his last dollar, drive the end of the country to pick you up and to make sure you were ok and then he would give you all the time in the world to make you feel better (even if it was you that mucked up) and then tell us "no matter what, you are part of me and I love you", quickly followed by some loving name-calling!



Singing our group song to celebrate Christmas

Christmas spirit, fun and laughter

Coles Crescent whānau celebrated this wonderful Christmas season with the *Whatever It Takes Coles Got Talent* show.

Seven whai ora participated in the event, and the only way to describe it was mind blowing.

Some whai ora sang, some danced, and others independently wrote songs to express their emotions. They were able to comprehend their inner self through their talents. Those with speech difficulties sang from the heart and you really could understand what it meant for them.

It was such a beautiful celebration to see, with people not worrying about the challenges they face every day, but just enjoying and having so much fun on that stage. "That was so much fun!" "I can't believe I just did that!" "Can I do one more song?"

As a group we sang our Christmas song to wish all staff a happy Christmas and New Year, and our farewell anthem to staff member Doris, who did an amazing job with our whai ora for the past 12 years.

Whai ora can share this celebration with family and whānau, helping to rebuild their relationships, celebrate life and just have so much fun and laughter. That connection is the foundation towards their recovery journey. It was a wonderful experience for all.

Appreciating Anne's garden help

Anne has for some years volunteered to keep the gardens at the Anne Rd complex on the North Shore in immaculate condition. She goes above and beyond in her dedication to the gardens and other whai ora.

Anne has saved a large tree that was being strangled by vines, removed agapanthus and other noxious weeds from the property, and grown vegetables that she offers to others at the complex. She consistently keeps all the carports swept and clean.

We are proud of you Anne and we really appreciate your hard work, even when maintaining this commitment was difficult for you at times. You are the best!



Anne's help is really appreciated

Nursing students at Helvetia Road

The staff at Helvetia Road housing and recovery in Pukekohe are privileged to to have supported BN4 nursing students on a placement basis during the year.

We offer them an environment to experience the hands-on aspect of their training requirements.

They work with our tāngata whai ora and learn how we support people on their recovery journey.

The student nurses experience valuable learnings from a non-clinical perspective, including recording and presenting information in a recovery-focused manner, and developing interactive skills for collaborating with clinical teams. Time at Helvetia Road exposes them to the daily support requirements for housing and recovery services. It's an experience away from a hospital setting where they can learn another skill-set related to their nursing journey.

We sometimes gain wonderful casual staff, or new employees in a full-time role following their graduation, as well as building relationships with future clinical staff.

At the end of their placement, the team at Helvetia presents students with a certificate of appreciation for the work they have involved themselves in. It is our way of saying thank you, the team appreciates all you have done, and the sharing of knowledge.



Allen presents a certificate of appreciation to nursing student, Evanya

Mana Taiohi – going fishing

When Tamaki Mākaurau entered the orange traffic light setting and restrictions eased, our taiohi were excited to finally go for an outing again.

One of our taiohi, Jennifer, had never been fishing before and was looking forward to our outing to the beach. The Mana Taiohi crew taught Jennifer how to hook on the bait and cast the rod.

After some moments of enjoying the wind and waves from the wharf, Jennifer finally caught her first fish. She was very excited and proud of her catch.

We ended the outing with some burgers and chips, and the next day Jennifer took the fish home with her, for her family.



Jennifer catches her first fish!



Delicious meals made by Jackie

Home-cooked meals

"I have a lot of love in my heart that went into doing meals for our tāngata whai ora."

As most of us spent time with whānau or had a big sleep in early one Saturday morning, Jackie Knapp, a youth worker from Te Whare o Rongo, went shopping. She then spent the entire weekend in her kitchen preparing, cooking and packing 100 home-cooked meals.

Jackie offered her support to provide frozen meals for our whai ora who test positive for COVID and need to isolate.

On the menu we have curry sausages and mashed potatoes, mince stew and mashed potatoes, curry chicken and rice, chicken teriyaki and rice, as well as mac and cheese with bacon.

You are amazing Jackie! From us all, we thank you and appreciate you.

Holiday program fun

Here at Te Whare O Rongo we have a fantastic holiday program organised by dedicated staff, along with support from Real.

This is usually our taiohi's favorite part of the year because we always have activities that appeal to our young people and keep them busy throughout the Christmas holidays. These holidays included a tour of the Hobbiton set, getting a taste of movie magic, and swinging sky high at the rock and ropes in Taupō.

An activity that seemed to be an all-round favourite with staff and taiohi was releasing some creative juices at the Splashy art and crafts house in Horotiu. During this activity, everyone got to choose their own canvases and decorated the clay pieces to their heart's content. These pieces hopefully are something tangible our taiohi can take away from our holiday program and be proud of what they've created, some even gifted their sculptures to whānau.

The purpose of our holiday program is to strengthen the bond between taiohi and Real staff, creating a sense of whakawhanaungatanga. Being able to enjoy an experience together creates a bond and trust, which builds positive relationships. Taiohi see staff in a different light, instead of just an authority figure.

Overall, our goal is to choose activities that are enriching for the minds and body of our taiohi, which results in enhancing their mana.



One of the beautiful creations made at Splashy

Mihi whakatau – Caleb Putt

Caleb, our new team coach who started with Real in November 2021, is no stranger to Pathways. He was instrumental in the development of several youth initiatives in the Bay of Plenty and has been involved in referring young people to, and later funding, our youth respite service.

One thing that stands out about Caleb is that he is a whānau man. His whānau is most important to him. Caleb is married to Jo and together they have three beautiful children between the ages of 5 and 10 years old.



Caleb Putt, BOP Real team coach

Caleb brings a range of skills, experiences and knowledge specifically in the youth space to his new team coach role. We welcome Caleb to our whānau and look forward to the journey with him.



Transitional support service opening soon

Real BOP is excited about the upcoming launch of a new Tauranga transitional support service, in partnership with Oranga Tamariki.

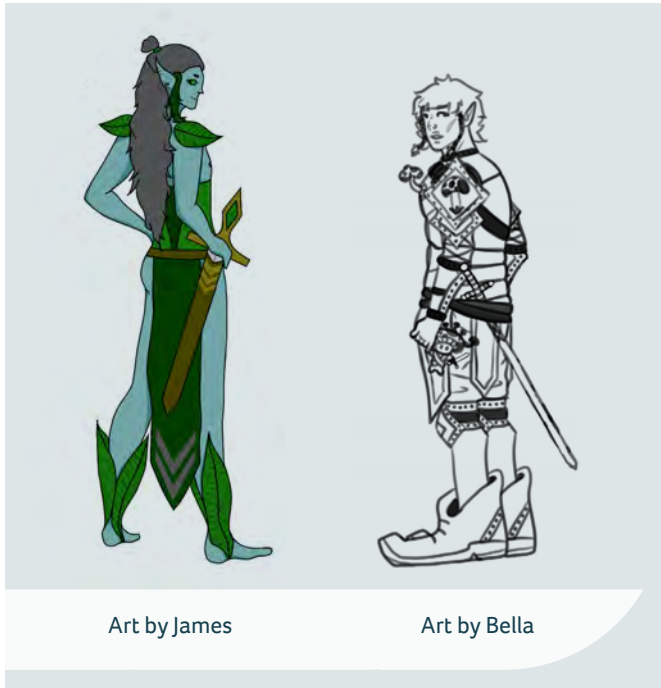
The new service, which is based in the same whare as our previous OTIS service, will work with up to two taiohi who are in Oranga Tamariki care. They will be placed with the transitional support service for 3-6 months, with the goal to provide a stable, safe and meaningful stay before transitioning on to a more permanent placement.

Caleb Putt, Real team coach for the new 24/7, double-staffed service, has been recruiting a team of youth workers and says it's exciting to see the team come together.

"Despite some challenges due to COVID-19, our new staff are getting really good experience across our residential and respite services in Tauranga," says Caleb.

Service and relationship manager BOP & Lakes, Hester Hattingh, agrees and says the way the team has been coming together is a testament to the hard work of team coaches and all staff in Tauranga.

"We welcome the new transitional support staff and are actively supporting them before going live in April."



Art by James

Art by Bella

Dungeons and Dragons group

Real Lakes (Rotorua) have partnered with Te Arawa Whānau Ora health coach, Matt Leef, who is running a Dungeons and Dragons group.

Many of our young people are highly creative and interested in engaging in narrative games, something that particularly suits young people with neurodiversity, or those who are continuing to develop their sense of identity and self.

Rangatahi in our service have joined with rangatahi in Matt's service to participate in Dungeons and Dragons. Matt has also arranged art lessons with a local artist to help our rangatahi develop their drawings and bring their characters to life.

The rangatahi have been really enjoying this group, which expands their social circle and helps develop new interests with like-minded peers. It's a great way to improve their well-being!

Gender affirmation care



A youth worker with Real Lakes (Rotorua) who is working with a transgender young person supported them to send in the paperwork necessary to change their legal name.

The document and supporting evidence require signatures in the presence of a Justice of the Peace (JP). The youth worker met with the young person and transported them to a local JP to complete this step.

It was a very awesome and surreal experience to bear witness to this meaningful step in gender affirming care.



Crisis respite works with LinkPeople to provide a new start for whai ora

In January the team at Taumata Atawhai supported a guest who was referred by Crisis Resolution Services for short-term respite, while she was managing numerous stressors.

This young lady had never been to respite before and benefitted from the time to rest and recuperate. While she was with us, we discovered she was in the process of trying to find new accommodation, in the same week as starting a new job.

Our team worked alongside LinkPeople to support her to secure a new tenancy during a time where she was struggling financially. This meant a lot to her and enabled her to leave respite in a more hopeful situation than when she arrived.

Meet my amazing mum

By CW, Wellington



CW and supermum Lyn

Where to start talking about the person you call number one in your life?

Nothing can compare to my mother, Dianne (Lyn) Williams. Caring, loving, a good communicator, you name it, she ticks all the boxes of a super mother.

I see a brave woman who, after introducing me to this planet, spares no effort in caring for me and teaching me the basic life skills to live on it safely. To keep me safe she sets safety guidelines, which I sometimes overstep (and reap the consequences). My apologies for that, Mum!

Mum keeps an active lifestyle. She always has something to do in the house or outside. She likes knitting, crocheting, sewing, baking, hairdressing and getting out and about on a push bike. She likes music, and subscribes to many country music clubs. She plays accordion, piano, guitar, the organ and keyboard. She fans Elvis where I love Cliff Richard.

A former local radio announcer for 20 years, my mum has met and interviewed people from all walks of life. Now retired and in her 70's, she uses the skills she learned in her job to keep our family connected.

When I got my first second-hand laptop, thank you Pathways for the donation, my mother's first task became teaching me how to use Skype and since then we Skype each other weekly. I value that contact because it allows me to access Mum's words of wisdom when I need them, as well as keeping me informed about my siblings and their families, and we discuss family holiday opportunities.

Love you Mum, you are special.



An early start for our fishing adventure

Living life in the Coromandel

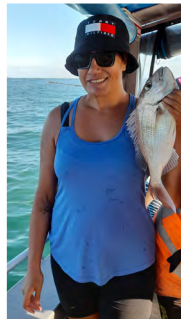
One of the advantages of living in the Coromandel is that the Firth of Thames is at our doorstep.

The water was flat, the sun was rising and there wasn't a cloud in the sky. It was the perfect setting for a fabulous day out on the water FISHING!

For some of us it was a great chance to do something we love, while for others it was an extremely exciting adventure to try something they've never done before.

Our charter skipper Bob was raring to go, and we were all loaded up and in the water while the sun was still rising over the Coromandel hills – before 7am! By 7:30am Bob had found us a great spot and we already had fish in the bin for dinner.

It was a wonderful morning where everyone got to catch a fish. Watching someone haul in their first fish ever is very exciting, and we even got to see a mussel barge working on our trip home.



Fish for dinner!

Clean, tidy and even a bit cooler for these hot summer days

How lucky are we that Nigel from Workwise is also a barber?

On a Friday afternoon in Thames Nigel sets up his chair and gets the clippers going. I think Nigel must be part magician, as some days I'm not sure who is who – people go in looking like one person and coming out looking like another.



Nigel the magician

Thanks heaps Nigel, this has been awesome for the guys!

COVID, COVID, COVID, meals, meals, meals

Along with the rest of the country we here in Thames are preparing for any isolation periods we may need to navigate around. We had a discussion around what we would need when the time comes, and meals were at the top of the list.

Our administrator, Toni, volunteered to cook meals for us. Toni being Toni, she got right into it – it helps that she happens to like cooking and used to do it for a job.

Before we knew it our freezers were full with some lovely meals, from devilled sausages, mac'n'cheese and cottage pies to butter chicken – just a few of the amazing choices now available when we need them. Thanks Toni! This is awesome!



Meals made by Toni – yum!



Pene, Victor, Skylar, Renee and Jodi on the Real team.

Real respite in Taranaki

Our Real service in Taranaki has refreshed and relaunched as a seven day a week service including a Day Programme with both Crisis and Planned stays. We have welcomed Annaliese, Skylar, Renee and Jodi into the team.

Making Christmas special for people on their own

Using donations of confectionary, toiletries, and stationery, the mobile teams in North Taranaki created little gifts for the people they support who were going to be on their own on Christmas day.

With the local community Christmas lunch being cancelled due to COVID-19 concerns, delivering the gifts was a lovely way for us to connect with our people on this special day.



Gifts ready to go in North Taranaki.

Gingerbread houses

Some of our Mill Road whānau joined in on a Being Well activity to make and decorate gingerbread houses. With lots of care and design flair the houses were beautifully decorated and assembled, and of course they were delicious!



Building our delicious gingerbread houses

Celebrating the festive season in Taranaki

All of the Pathways services in Taranaki celebrated Christmas and the end of 2021 with local events.

Our people in South Taranaki enjoyed an early Christmas lunch hosted by the south mobile team in Hawera. It was the perfect opportunity to celebrate with friends and enjoy a festive lunch. Everyone left with a small gift bag that contained a fruit mince pie, a candy cane, and a Christmas tree decoration.

In North Taranaki, our people supported by the mobile teams met at Puriri House for a delicious hāngī that was prepared by the team, and cooked to perfection by the Haddon whānau.

Barriball St, Mill Rd, and Adult Respite all made Christmas Day special for guests with a beautiful home-cooked lunch.



A special Christmas meal at Nixon Street

Christmas at Nixon Street

By Faye Palmer, team coach, Nixon Street residential

Due to the COVID-19 red traffic light framework restrictions, the Whanganui City Mission lunch was cancelled. This lunch is very popular with the people we support, and many rely on it. Nixon Street staff were determined that Christmas lunch would proceed and be special for the people we support.

Staff put on a wonderful and yummy afternoon Christmas feast in Unit 1. Tess baked a beautiful pavlova and her famous shortbread biscuits to make the day even more special.

Our people enjoyed the meal, each receiving a special Christmas gift and spending quality time together.

Ahakoia te aha – Whatever it takes

By Egan Bidois, team coach, Whanganui mobile service

The Pathways mantra reminds us that our role in supporting those we serve is to do whatever it takes to assist them towards greater wellbeing and independence. Ultimately, we aim to assist them beyond our services and back into their own communities, living flourishing lives once more.

Recently we celebrated several people we support achieving some fantastic gains in taking ownership of their own lives.

One person, who was previously receiving daily medication visits and supports, has moved on to full independence with their medications.

Another person we initially began supporting for quite severe and debilitating social anxiety has – with time, patience and a personalised support plan – grown such confidence that they have now exited our services and are wholly independent and active in their community.

Other achievements may on the surface not seem so grand – but for the people themselves, they are. Things like finally being able to find the energy to put their rubbish bag out every week. For many of the people we support it is often through these seemingly small things that progress is sown and shown.

We believe we are so very privileged to be a part of people's growth and regaining of their wellbeing, by doing whatever it takes.



Sunflower Christmas gifts grown by the residents and staff at Kuripuni

Sunflower surprise for Christmas

The residents and staff at Kuripuni have been busy trying out their green thumbs, growing sunflowers over three months at the end of last year.

The flowering occurred at just the right time for staff and our people to go off and gift the flowers for Christmas, to neighbours, case managers, and our Mental Health Services doctor. A beautiful sunflower was also gifted to Sandy at the local Salvation Army, where some of our people do voluntary work.

The Kuripuni team are planning to make growing and sharing the beauty of sunflowers into a yearly tradition each Christmas.

Introducing Tom Morris, our latest Access and Choice superstar

Tom joined the team Wairarapa Access and Choice team in late 2021 and brings a wonderful balance that offers our tāngata whai ora a wider choice of support worker. His youth and practical approach to life is a welcome addition to our team.

He has a natural ability to connect with people he supports. Lately he has been on a mission to support our tāngata whai ora to get their boosters vaccinations. He has communicated with all concerned, made appointments, transported, and supported those in need to their local vaccination centres – all within his already busy schedule.

Thank you, Tom! We are so appreciative of your hard work and dedication to going the extra mile to ensure everyone stays safe.



Tom Morris, Wairarapa Access and Choice support worker

Our big family whānau Christmas

By Willemijn Scholtens, administrator, Nelson Marlborough

At Pathways Nelson Marlborough we enjoy celebrating Christmas with everyone together. At the end of 2021 we held big family whānau Christmas events in both Nelson and Blenheim. Our staff, the people we support, their family and whānau, and other community services were all invited.



A perfect day for a Christmas BBQ – check out our new t-shirts!

The Nelson Christmas party was on Friday, 10 December, a stunning day with perfect weather for a BBQ. We had a great turn-out and everyone enjoyed the food, music, and raffle.

The following week was our Blenheim Christmas party, but unfortunately the weather was not playing ball. This did not stop our team at Lewis Street from hosting a fabulous party. Everyone got to sit down and enjoy the company, while the staff served up a beautiful traditional Christmas meal.

A wonderful way to end a busy and eventful year.

Lana's passion for animals

By Wendy Davies, support worker, Nelson Mobile team

Lana's passion for penguins was the starting point for engaging in her local community.

Having never seen a little blue penguin, Lana got to work building some nesting boxes. With help from Linda and Sue at Tasman Bay's Penguin Trust, she put them in a local bay.



Lana out on the water, helping care for our local wildlife

Afterwards, Linda invited us to meet wildlife vet, Mana, who was caring for a sick penguin chick: 'Flax'. Lana hand fed Flax and gave him plenty of cuddles – a dream come true!

Mana also invited Lana to join her on a boat trip to Able Tasman National Park, to release a healthy seal pup back into the wild. We spent a special morning out on the water learning lots, and Lana has continued to spend time with Mana and her animals.

Nice one Lana, for caring for our environment and stretching yourself to pursue your passions. I can't wait to see if we will find some penguin chicks in your nest boxes!

Correction: In the last issue of Connections we incorrectly stated that tāngata whai ora Trevor Thorn lives in a Pathways residence. Trevor actually lives independently.

Nelson Whakatū

Ōtautahi community garden working bee

Within Ōtautahi, a representative group of each service has organised a gardening plot in one of the many community gardens in the local region.

The Smith Street garden plot was chosen to support all six quadrants of the Pathways/Real Being Well framework. It provides our tāngata whai ora with a community space to use, while being supported.

At a recently organised event to bring our staff and tāngata whai ora together, the Ōtautahi crew had a productive afternoon filled with weeding, mulching and planting out the garden. It was great to see people building relationships, learning about each other's gardening hacks, and enjoying some kai together.

This was a Being Well initiative that had a focus on eating well, actively well and connecting well. A great day was had by all.



Hard at work in the garden



Minister of Health, Andrew Little (centre), with Pathways health coaches, Melissa McCabe (far left) and Carley Tremain (third from left)

Andrew Little meets the Te Tumu Waiora Access and Choice team

Minister of Health, Andrew Little, visited Ōtautahi Christchurch on Thursday, 24 February. Part of his visit included a hui with the Te Tumu Wai Ora Access and Choice team. Two of our health coaches from Pathways talked with the minister about their roles, and the benefits and challenges of introducing a new model. Such an amazing opportunity for the team!

Andrew gets his driver's licence

Congratulations Andrew! He has achieved his goal of getting his learner driver's licence.



Andrew and his new learner licence!

Real team mentoring

Over the summer, our Real team had the privilege of mentoring some of our taiohi. There were some cool opportunities to further explore concepts of hauora.

One taiohi had never eaten or known the names of a large variety of vegetables and fruit. Our youth worker had conversations with them about the positive impact eating fresh can have on our mood and mental health, as well as the importance of nourishing our body with the right things.

As the mentoring wrapped up, this taiohi was connected with another service to continue their learning about food, working towards trying some of the food they never have before.

Canterbury Waitaha

real

Ready for 2022 events!

We're absolutely stoked with our brand-new event kits, complete with blow up tent, bean bags and couches.

While COVID-19 has (yet again) hampered this year's event season, we're looking forward to connecting with and providing a safe space for taiohi at future events across Aotearoa.



Riding the COVID-19 rollercoaster

By Chaz Naera, Kaiwhirimuka

Here we are again, aue! COVID-19 has, yet again, taken a turn and changed the game. This can be confusing, especially for tamariki and taiohi.

We want to share a couple of ways for young people and whānau to look after their wellbeing as we continue to work our way through this latest outbreak.

Acknowledge that things have been hard

Taiohi have shown incredible resilience during these times. It has taken so much strength to go through the final years of school online while missing out on social events like socials, sports, end of year balls, and prizegivings.

Whānau have also been strong and flexible. It's been particularly tough to farewell loved ones that have passed on while adhering to social distancing and limits on attendance. Marae have kicked into gear, adjusting kawa to help keep everybody safe and things like virtual tangihanga have become commonplace.

Show aroha for others

Ka mutu o te rā, the tikanga of your whānau is important. We don't all see eye-to-eye when it comes to jabs and masks, so looking after each other is a priority.

Often, taiohi are in contact with lots of people and visit our older whānau. With the case numbers remaining high across the motu, consider the safety of everyone and the places you go for the next while.

Kōrero, kōrero, kōrero

Keep asking questions, talk to people you can rely on and only make decisions when you feel you are informed. Social media is full of clickbait so be cautious when scrolling your feed.

If you have a different whakaaro to your whānau, kei te pai, it's important to be able to discuss what your choices are. What you choose to do affects your whānau and others around you. As always, Real kaimahi are available to talk more with you.

You can find more information and resources to help you reduce the risk of COVID19 to your whānau at: uruta.maori.nz/staying-safe.

Read about some of our most recent success stories from Real services across Aotearoa:



Support to thrive

By Joanne Robinson, support worker, Nelson mobile team

With the support of his family, care manager, support worker, Workbridge, and through consistency and perseverance, Max* is now thriving!

Max has been with Real at our Nelson Pathways service. He now has his restricted car licence and is in fulltime work. Max has saved money and bought a brand-new mountain bike, and he's getting on with his sister better. Next, he plans to get his full licence and to get back into running.

"Encouraging Max to take steps to do it himself is a good self-esteem exercise," says Max's father. "It gives good satisfaction to oneself."

**Name has been changed*



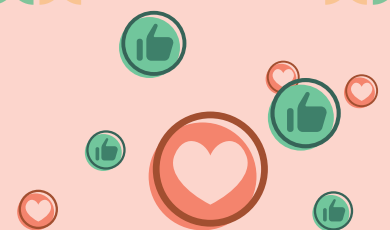
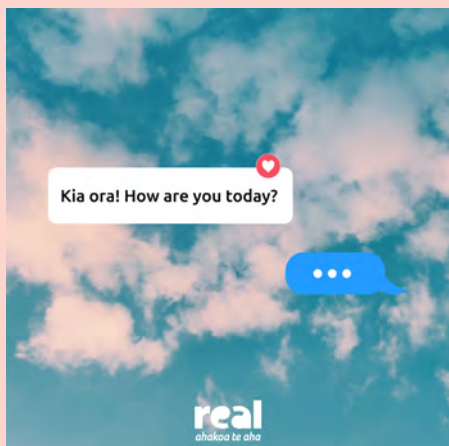
Finding confidence at Outward Bound

A young taiohi who has been involved with Real's Whetū Marewa community-based youth service in Bay of Plenty has just returned from his adventure at Outward Bound.

This young man has been troubled by anxiety, self-doubt, and grief over the past year. Despite his struggles, he set himself a seemingly impossible task of finishing Outward Bound and began training immediately.

He has been running every day and tracking his progress whilst balancing his commitments to his rock band and part-time job.

During his time training, he has significantly improved his physical health and his band has produced two new singles. Life appears to be going well for this young man. We are so proud of how much he has accomplished over the past six months.



Follow us on social media!

Are you following us yet?
Check us out! @RealNZyouth on Facebook, Instagram and YouTube.

f i y @realNZyouth



Vegetable fritters

Inspired by the pakora, or vegetable fritters you get at Indian restaurants, these vegetable fritters are really tasty and make a great casual dinner with a nice salad or some steamed vegetables.

GF Serves 4

Ingredients

4 cups grated or finely chopped vegetables

1 ½ cups chickpea flour

1 tsp ground cumin

1 tsp ground coriander

½ tsp ground turmeric

Pinch of chilli powder or cayenne pepper (optional)

1 tsp baking powder (gluten free if required)

½ tsp salt

1 cup water
cooking oil

Equipment

Mixing bowl

Frypan

Fish slice

Instructions

1. Put all ingredients except for the cooking oil in a large mixing bowl and stir to combine. Add a little more water if the mixture is too thick. You want it to be wet but not runny.
2. Heat a frypan over medium heat and add a thin coating of cooking oil. Once the oil is hot, drop heaped tablespoonfuls of fritter batter into the frypan, leaving some space between each one. Flip fritters once golden brown on the bottom and cook for another few minutes on the other side. Remove cooked fritters from the pan and repeat the process until you've used up all the mixture, adding a little more oil between batches if necessary.
3. Serve fritters with a nice salad or some steamed vegetables, and a dollop of your favourite chutney or sauce on the side.



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



Introducing Elena Stephen-Rouvi

Support worker in Hamilton

Kia orāna tātou katoatoa,

Ko Elena tōku ingoa

E va'ine Kūki 'Āirani au, no Mangaia mai au

For those that don't know me already, I whakapapa to the small island of Mangaia, which is one of fifteen motu in the Cook Islands. My whānau and my culture are deeply important to me and one of the many reasons I was drawn to working for Pathways. I currently work as a support worker with Women's Wellness in Kirikiriroa, Hamilton. I'm also involved with the national kaitiaki, supporting our Pasifika staff.

I first discovered my passion for women's health through my degree in sport and exercise science, working as a personal trainer and fitness instructor. It is humbling and an honour to use that background in my role with the Women's Wellness team, working with wāhine through their journey to achieve mental and emotional hauora.

Creating and maintaining meaningful connections with people is at the core of who I am. I truly believe that meaningful relationships change people's lives, that when you know you are loved, and that you have a place to belong, you begin to believe that anything could be possible for you, especially healing through a life of traumatic experiences.

This is why I do what I do. My heart is totally for uplifting the mana of wāhine Māori and Pasifika receiving our support. I care deeply about justice and diminishing inequity, particularly for our Māori and Pasifika people here in Aotearoa. I am grateful to be able to work on the frontline with wāhine Māori and Pasifika, and I also get the honour of being involved in the kaitiaki space, where we not only work towards improving systems for tangata whenua, but also for my people, our tangata moana, our Pasifika whānau.

Meitaki ma'ata,

Elena

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