

# Connections



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Our *Connections* newsletter is also available at [www.pathways.co.nz](http://www.pathways.co.nz) on the 'Info for family and whānau' page



# Pathways News

**Sally Pitts-Brown (She/Her)**

Chief Executive, Pathways

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

## Tēnā koutou katoa

Welcome to the latest edition of *Connections*, our newsletter for family and whānau.

Kōanga (spring) is here, and we are looking forward to the energy boost that comes with longer daylight hours, warmer temperatures, and the ability to get out in the fresh air.

While enjoying the change of season, it is important to remember that COVID-19 and other respiratory illnesses have not ended with winter. It is possible to get COVID-19 more than once.

However, we now have the advantage of having lived with COVID-19 in the community for the past two and half years. We have the tools and knowledge to manage risks and keep ourselves, our whānau, and our communities safe.

### Health system changes

The last quarter has seen many changes in our health system. The Pae Ora (Healthy Futures) Act took effect on 1 July 2022 establishing the following entities:

- Te Whatu Ora (Health New Zealand)
- Te Aka Whai Ora (Māori Health Authority)
- Whaikaha (Ministry of Disabled People).

The 20 district health boards were disestablished, and Te Whatu Ora now operates hospitals and health services.

The Act also recognises the role of iwi-Māori Partnership Boards to act as vehicle for Māori to exercise tino rangatiratanga and mana motuhake with respect to

decision making for health services at a local level.

There is a focus on localities, which will be established in communities across the country to provide advice on health services as needed.

Pathways' inspirational dream is to transform mental health and addictions for whānau and communities through our everyday work. Therefore, we are looking forward to working alongside our board over the coming months to assess our strategic plan, set our vision for the next few years and focus on the communities that we are part of.

Alongside our future planning we are also looking forward to celebrating our great kaimahi through the annual Trish Glen Awards. Thank you to our whānau and the people we support who assist us with this process.

In October and November we will hold our graduation ceremonies for staff who have studied while working for us and have achieved their Certificate in Health and Wellbeing. We will share these highlights in our next newsletter.

Finally, like many healthcare providers across the motu, we are currently facing significant recruitment challenges. Our staff embody our spirit of ahakoa te aha (whatever it takes). If you, or anyone you know, shares this spirit and wants to work for a great organisation that makes a real difference in people's lives, please get in touch.

**Noho ora mai**  
**Sally**

Let's do this together

## Stay well in spring:

- Wear a mask if you can't physically distance.
- Physical distancing, stay 1-2 metres apart.
- Be vigilant with hand washing.
- Stay home if you are unwell.
- Fresh air as much as possible.

**Connect with  
us online!**

[www.pathways.co.nz](http://www.pathways.co.nz)

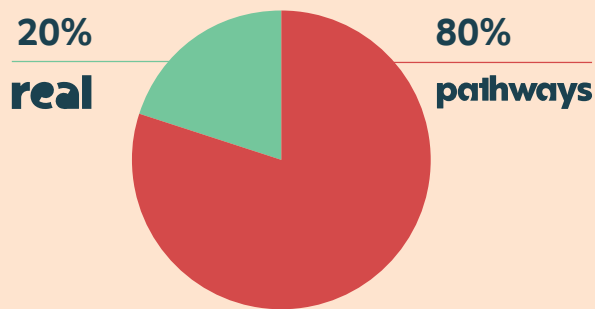
[@pathwaysnewzealand](https://www.facebook.com/pathwaysnewzealand)

[www.real.org.nz](http://www.real.org.nz)

[@realNZyouth](https://www.instagram.com/realNZyouth)

## People we have supported so far this year

We have supported **5,537** people



### How we supported them



**76%** were supported in their own homes by our mobile services



**20%** were guests at one of our respite or peer-led acute alternative sites



**4%** lived in one of our supported residential accommodation sites

## Resources to improve wellbeing

### No more counting sheep! Top tips to getting a better night's sleep

We all feel better after good night's sleep. Unfortunately for some it does not come easily.

Poor sleep can be a contributor to poor health. Through our *Quality of Life* measure we know that people who use our services count sleep as something important to them. We are pleased to also know that people improve their quality of sleep while using our services.



There are lots of things you can do to improve your sleep. Try these tips:

- **Go to bed and wake up at the same time every day.**
- **Schedule an hour of quiet time before bed.**
- **Keep your evenings stimulant free**, including caffeine, alcohol, smoking and devices
- **Go to bed when you are tired.**
- **Be active during the day** but avoid hard exercise three hours before bed.
- **See a GP** if sleep continues to cause trouble for you.
- **Check out Just a Thought's new 'free' online course, *Managing Insomnia*.**



### Just a Thought's new online course, *Managing Insomnia*

In an earlier edition of *Connections* we shared the Wise Group's free online therapy tool, Just a Thought.

The free tool now offers six courses, including their recently launched *Managing Insomnia* course.

This course teaches practical skills using cognitive behavioural therapy (CBT) to help you get your sleep back on track.

Head to [www.justathought.co.nz/insomnia](http://www.justathought.co.nz/insomnia) to start your journey to better sleep. It really works – 100 per cent of people who have completed the course have found it helpful or extremely helpful!

You can find a list of the digital tools recently featured in *Connections* on the back page fold out.



**Ehara te haerenga, te taenga atu rānei. Ko te whanaungatanga te mea nui.**

It's not the journey or the destination, it's the company you keep.

This whakataukī represents the paramount importance of the people that connect and keep our company. He aha te mea nui? He tangata, he tangata, he tangata.





## We're all ears! Tell us what you think of our services

**By Ross Phillips (He/Him), business operations manager**

We think it is important that we listen to feedback from the taiohi, whai ora and whānau we support so we can continually improve our services.

One of the ways we do this is by asking the people we support about their experience when they are leaving a service or when we are reviewing how things are going for them.

Some of the questions we ask help us to learn about how respected, listened to and included people felt. Other questions help us understand how much the support they received helped them in their recovery. We also ask how much they felt involved in the decisions made when determining their care.

We are pleased to find that most people report high levels of satisfaction across all our services. Here are some examples of what we've been told:

**"The best thing about Real was being listened to and knowing that what your feeling is valid and okay. That was one thing I struggled with. Through Real I've learnt that feeling frustrated sometimes is normal."**

**"I feel so much better now - not depressed or anxious anymore. I have activities and groups I attend in the week."**

**"Hearing a peer's story/journey helped me open up, not feel alone, nor judged. Inspired me that I too can change my life"**

The information we gather is placed into our secure information database. This helps us understand what the experiences are like and how services are experienced differently by populations or groups across the motu.

Our teams tell us the question they get the best learning from is, "The one thing we could do better is..."

Please keep helping us to do better. Talk with our staff about your experience using our services or as a whānau member of someone who uses our services.

Feel free to complete our experience questionnaires as frequently as you wish. Simply ask a staff member.



## COVID update

### Antivirals – another tool to combat the effects of COVID-19

**By Lyndy Matthews (She/Her), clinical director**

Although many New Zealanders have now had COVID, not many have had access to antivirals. Furthermore, despite being one of the most highly vaccinated populations in the world, we also have recorded one of the highest death rates.

The two antiviral medicines currently available, Paxlovid\* and Molnupiravir, have been made easier to access. All doctors can now prescribe antivirals for people with COVID-19.

People who are at high risk should be considered for these treatments and be supported to access them quickly, ideally as soon as they test positive for COVID. Treatment needs to start within five days of symptoms starting, but preferably within three days.

Most recently GPs have been prepared to see potentially high risk people before they test positive and give them a prescription to hold 'just in case'. This is ideal.

**At Pathways and Real, we are working to ensure that the people we support have timely access to antiviral medicines.**

We are identifying tāngata whai ora who would likely qualify for treatment with antiviral medicines and communicating with their GP or clinical team.

We are also supplying whai ora with a box of rapid antigen tests (RATs) so they can test at the first sign of an infection. We also make sure they know to contact us and/or their GP within 24 hours so they can get the best care possible.

The people we support continue to be at the centre of everything we do as we work our way through this ever-changing COVID landscape.

*\*People with poor liver or kidney function (check with GP or clinical team) may not be suited to Paxlovid. In which case Molnupiravir may be a good alternative.*



Find out more at  
**Covid19.govt.nz**



# Celebrating diversity

## Rainbow workshops to improve mahi

*By Amanda Purdie (She/Her), workforce development lead*

As part of Pathways and Real's commitment to celebrating diversity and improving our mahi with tāngata whai ora, we created a full day workshop for staff called 'Working with rainbow communities'.

Part of this workshop focuses on understanding different identities and delves into how we do this in practice - from the spaces we occupy to the mahi we do day to day.

The workshop has been running since February and has been enjoyed by all.

**pathways**  
ahakoa te aha

**real**  
ahakoa te aha

## A positive picnic

The Pride Picnic was an amazing opportunity for our Real Lakes team to connect with rainbow taiohi in the region.

Our site was the place to be. It was decked out with lawn games, face painting, a barbeque and competition which saw 83 people guess how many jellybeans were in the jar.

Most importantly there were lots of conversations around our mahi at Real. We were thrilled to hand out all 50 of our goody bags.

Kita Mean did such a fantastic job of hosting this event and bringing awareness to the community. They have managed to foster goodwill, fun and a positive influence for their community.



Ever  
considered  
a career as a  
kaitautoko/  
community  
support  
worker?

- Make a difference in peoples' lives
- Help transform mental health and addiction services
- Work with a values-focused team
- Receive on the job training and a qualification
- A range of roles available... **we are hiring now!**



**pathways**  
ahakoa te aha

[www.pathways.co.nz/jobs](http://www.pathways.co.nz/jobs)

## Welcome Shelley Campbell – New Wise Group Chief Executive

Pathways and Real staff recently welcomed new Wise Group Chief Executive, Shelley Campbell, to our national office in Wellington, Salmond House, with a mihi whakatau followed by morning tea.

As an entity of the Wise Group, it was a privilege to host Shelley, Hine and Pōhau, and we look forward to seeing them again soon.

Shelley was accompanied by Hine Martin and Wise Group Kaumātua, Pōhau Ellison, as they travelled around the country meeting staff from across the Wise Group.

*Pathways and Real Chief Executive, Sally Pitts-Brown speaks at Shelley's mihi whakatau*



*Shelley Campbell – Ngāti Hine, Ngāpuhi  
Kia a koe te tumuaki hou,  
Nau mai haere mai, haere mai*



*Wellington staff welcomed Shelley, Hine and Pōhau with waiata followed by a kōrero over kai.*

## Staff continue on their reo journey

This year Pathways and Real have put a significant focus on whakahua reo (pronunciation of te reo Māori).

Many Pathways and Real staff have been getting together for 15-minute virtual akoranga micro-learning.

These sessions started with Pathways and Real leadership teams and have been a feature of the regular takiwā hui.

The purpose of micro-learning is to take a small chunk of the language and focus on getting it right, instead of having a large amount of collateral that is not used correctly.

Staff have told us that these learnings have boosted their confidence to use more te reo at work. It has also shone a light on people's efforts to treat the language with the mana it holds.

This is just the beginning of a learning journey, and we are taking one step at a time.



*Staff are regularly coming together for virtual te reo micro-learning sessions.*





## Marking a national Matariki milestone

Matariki was extra significant this year as kiwis marked the occasion as a national holiday for the first time.

To celebrate, Pathways and Real staff in Kirikiriroa Hamilton embraced the Matariki spirit of togetherness and invited staff from their fellow Kākāriki House-based Wise Group entities to join their festivities.

Approximately 100 staff from across the Wise Group came along to waiata (sing), ako (learn) and whakawhānau (spend time together).

The Midlands region's kapa haka group lead beautiful waiata that could be heard throughout the building and gave house staff the chance to show off their poi skills!

The morning was also educational. Chaz Naera, Kaiwhirimuka for Pathways and Real, provided kōrero around the significance of Matariki and tested everyone's knowledge with a quiz.

Chaz says, "It felt like a long time since there was that much connection, energy and singing in the building."

"It is important to take the time during the season of Matariki to come together to remember those that have passed, the year that is behind us and the year in front of us. As well as a good feed!"

*Mānawa maiea te putanga o Matariki  
Mānawa maiea te ariki o te rangi  
Mānawa maiea te mātahi o te tau  
Hail the rise of Matariki  
Hail the lord of the sky  
Hail the New Year*



## Strengthening a connection to te ao Māori

**By Zion Rameka (She/Her), youth worker at Te Whare o Rongo in Kirikiriroa Hamilton.**

On the weekend of the 18-19 June, I had the honour to attend a hautapu held by our whānau in Pare Hauraki in celebration of Matariki.

As a Māori who grew up in Ahitereiria Australia for most my youth, the experience was the closest I have felt to my culture in a long time.

I struggled a lot with where I fit in the te ao Māori world and whether I was "Māori enough" to belong.

Following this event, I feel nothing but pride for my culture and have realised that the blood running through my veins is enough for me to say "I am Māori enough".

Māori have such an elegant way of coming together and this space proved that.

Ka mahuta a Matariki i te pae, ka mahuta oo tatou tuumanako ki te tau.

When Matariki rises above the horizon, our aspirations rise to the year.





## Celebrating kōrero and te ao Māori

More than 500 people joined on screen for Mā te kōrero on Thursday, 30 June, and it was a ripper!

Mā te kōrero (meaning 'let's talk') is a quarterly Pathways and Real event celebrating te ao Māori, hosted by a different region each quarter. It is an opportunity for kaimahi, tāngata whai ora and taiohi to come together virtually from across the country, to speak te reo Māori, sing waiata and have fun.

Jam-packed is one way to describe the latest event held in Kirikiriroa Hamilton and themed around uenuku (rainbow) in support of diverse and rainbow communities.

Whaea Mere Ngapo from Hauraki opened the space with karanga. Then Shane Kennard, team coach of Real's Te Whare o Te Hononga, greeted everyone with a welcoming mihi and the Midlands' kapa haka group sang incredible waiata that transcended our screens.

Uenuku was present on screen with colourfully dressed kaimahi brightening the screens as they tuned in for the event.

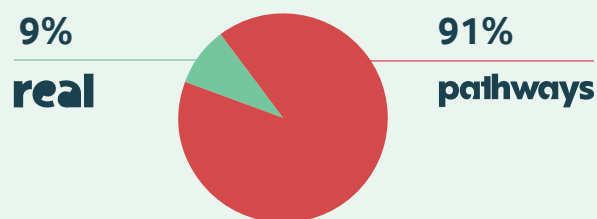
Workforce development lead, Amanda Purdie, took us through a new rainbow intranet page which was created to foster a culture that supports a safe and equitable environment for LGBTTTQIA+ identities through authentic, rainbow community-led change.

There was also kai and gatherings in whare across the country. It was an amazing sight.

We are looking forward to the next Mā te kōrero, which will be week-long event to coincide with Mental Health Awareness Week, and also celebrate Te Wiki o Te Reo Māori, from 26-30 September 2022.

## People we have supported in Ōtautahi Christchurch so far this year

We have supported 691 people



### How we supported them



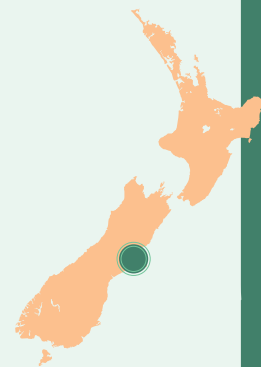
**66%** were supported in their own homes by our mobile services



**31%** were guests at one of our respite or peer-led acute alternative sites



**3%** lived in one of our supported residential accommodation sites



## Introducing Michelle Boyd, social worker based in Ōtautahi Christchurch.

Tēnā koutou katoa

Ko Ingarangi te whakapapa rangi mai

Ko Māwhera te whenua tupu

Kei Ōtautahi au e noho ana

Ko Michelle Boyd ahau

Tēnā koutou katoa

**Kia ora koutou, I am Michelle (She/Her). I am a very proud granddaughter and sister. I love reading (normally social work books) and am somewhat of an amateur paddle boarder. I work for Real in Ōtautahi as part of an awesome small but mighty team.**

I grew up in Greymouth, running around in a section of bush behind our home, getting hosed down for returning covered in mud, bouncing between my house and our neighbours to spend time with their children and eat their food. I never wore a raincoat, despite the weather, and I was what you would call “overtly social”.

Since I was 15-years-old I have wanted to be a social worker, although I never thought I would work with young people. I always thought I would find it too sad, but my experience has been the opposite. Our taiohi at Real have provided the perfect place to go when I need some cheering up and some fun and some quality banter. I think our taiohi are inspirational and exceptionally special people.

As rare as it is, all four of my grandparents are still with us and they are my favourite people to spend time with. All of them were in caring/helping professions in some shape and always taught me the importance of being kind to everyone you meet. Of doing things “from the heart” and giving what you can to people.

What I love most about my job is that I get to work from the heart and hopefully be someone our taiohi can trust, confide in, and feel safe with while we have conversations and teach strategies around their hauora and mental health.

I have had a great time the past three years, working for Real and being a part of our taiohi’s lives. It is a huge privilege!



1. Real Ōtautahi held a whānau night and it was a great success. Real kaimahi, Richelle and Chris, shared wellbeing strategies and other support information that whānau can draw on to support taiohi.
2. The team in Ōtautahi Christchurch recently welcomed Franziska Kerdemelidis as their new service and relationship manager.
- 3-5. Some of the Ōtautahi Christchurch rūpū at the Southern Leadership Hui along with some of their Nelson co-leaders.

Check out the latest stories from Ōtautahi Christchurch on the Southern Te Waipounamu spread on pages 16-17.



Auckland / Tāmaki Makaurau

## Wade's green fingers are keeping busy

We have some very keen gardeners at Helvetia Road, both kaimahi and whai ora alike. With this in mind, we make a real effort to have an attractive environment for all on site.

One of the whai ora, Wade, is a keen gardener. He loves seeds, plants, water, and dirt!

He will often return with a tray of seedlings, seeds, plants, and pots he has bought or found to populate his greenhouse in his whare.

Wade also enjoys helping with our gardens. He is always moving plants to different spaces to see how they will do and testing new ways to water and fertilise them.

Seeing this passion, kaimahi worked with Wade to see how we could help him focus his attention to a more sustainable model and give him a sense of ownership and something to take pride in.

With the aid of the laptop provided by the Wellbeing Team, we searched and investigated what he would need to set his own hot house system up and Wade made a shopping list.

Wade was very excited while shopping and found it difficult to wait. Despite finding the crowds challenging due to his anxieties and being out of his comfort zone, he was able to independently use the list and pictures to find what he needed.

The team all chipped in to set up the greenhouse and Wade now has ongoing mahi to keep himself occupied and focused.



Auckland / Tāmaki Makaurau

## Whai ora, taiohi and kaimahi share some healthy competition

To support the New Zealand teams at the Commonwealth Games, the Health and Wellbeing Team held our very own games: the 2022 Pathways and Real Northern Region Commonwealth Games!

We hired a local sports hall and invited the region along to take part in the games. Tāngata whai ora, taiohi and support workers were allocated a country to represent. We had a great turn out from tāngata whai ora and taiohi with fantastic support from their support workers.

We competed in hoop throwing, mini basketball, ten-pin bowling, shuttle shots and hoop rolling. It was a close competition, with team Canada from Kelvin Road housing and recovery taking out the gold medal.

Everyone went home with a medal, certificate and lots of prizes including drink bottles and card games.







**Auckland / Tāmaki Makaurau**

## **A place to call home**

*By Sharlene Clutterbuck, team coach*

Darryl, one of the tāngata whai ora living at our Māngere Bridge housing and recovery service, had a dream to move into his own home. He really wanted to live on his own – a challenge for anyone currently trying to find accommodation in Auckland.

Darryl, the team at Māngere Bridge and his clinical team persevered and in June Darryl finally secured a brand new, fully furnished studio flat. To add to the delight, it was just around the corner from his mum's house where he enjoys spending a lot of his time.

Darryl has worked hard to make changes in his life over the past two years, particularly regarding his mental wellbeing. He has developed his self-awareness and understanding of his illness and has developed strategies to self-regulate his emotions with support from the team at Māngere Bridge.

The team at Māngere Bridge keep in regular contact with Darryl, who is so proud of his new home and achieving his long-term goal. We cannot wait to take him a copy of this newsletter and show him his story.



*Te Rere Kapuni and whānau at Taranaki Maunga*

**Taranaki**

## **Te Rere Kapuni reclaims his name**

A very special occasion took place for Te Rere Kapuni Tutauhu and his whānau on the lower slopes of Taranaki Maunga. With support from his whānau and Tui from the Pathways mobile team, Te Rere Kapuni trekked to Te Rere o Kapuni waterfall.

Te Rere Kapuni's grandmother had named him after the waterfall, which is said to be the place where the prophet Tahupōtiki Wiremu Rātana received and revived his healing abilities and is considered sacred.

For many years Te Rere Kapuni went by the name Kevin but, at the base of the waterfall, he proudly reclaimed his birth name.

Prior to his pilgrimage, Te Rere Kapuni was not living well in the community and members of his whānau requested a referral to Pathways mobile service.

Together we actioned a plan to support his wellbeing. Te Rere Kapuni was then ready to stand proudly outside his whare.

Te Rere Kapuni now hopes to reconnect with his marae, Wai o Turi, near Patea.



*Eddy entertains on guitar*

**Taranaki**

## **Reflecting back and looking ahead during Matariki**

Taranaki Pathways and Real whānau and tāngata whai ora gathered to celebrate Matariki at Puriri House. It was the perfect winter day for our shared lunch of hot soup and rolls, followed by a ceremony to acknowledge whānau and friends who had passed on.

People had the opportunity to let go of things they did not want to carry forward into the new year by writing a note on a piece of paper to be put into the fire. This symbolised new beginnings and future plans.

Next everyone came inside for some entertainment, and the fun filled 'Mā te kōrero' online hui with Pathways sites from around the country.



*Matariki celebration at Puriri House*

Hauraki

## Growing after grief

By Theresa Hearn, support worker

When I first met Wayne he was isolating in his home and his world had become very small. Wayne was experiencing anger and frustration, in part because he was working through the grief of his mother's passing.

It has been an uplifting and rewarding experience for me to witness Wayne reconnecting with his community, and his growth.

Wayne now attends a peer-lead community group, has connected with a church and has volunteered at a program helping to cook free meals for people in need.

He is refurbishing the furniture at the church and is being paid for lawn mowing services that he is providing to his neighbours.

Wayne has fully engaged with all his recovery goals and is now connecting with Workbridge to find employment. Wayne has achieved so much during the time that I have walked alongside him, and it has been an honour for me to have shared this part of his journey.



Hauraki

## The community garden making a big difference

Tom Faire is the new manager of the Thames Fantail Garden, a garden for whai ora from a range of local community groups.

Tom has made a big difference in the lives of the tāngata whai ora we support. One of the whai ora now talks about starting up a weekly bush walk group. The smile on her face and the cheerful banter that she engages with while at the garden is great to see.

Tāngata whai ora from Thames travel over each week to work alongside the Waihi Fantails whānau, enjoy conversations, make new connections, and get some fresh air with the odd scattering of winter sunshine.



Hamilton / Kirikiriroa

## Putting wellness first

It was so exciting being part of Wellness Day and making this happen with love and intention for tāngata whai ora and taiohi.

It was wonderful to see smiles and hear laughter around the room as taiohi and tāngata whai ora connected and engaged in the activities.

The community in Kirikiriroa pulled together to offer chair yoga, meditation, free haircuts, facials and amazing kai, all free of charge.

Big thanks to all the helpers for the mahi and organisation that went into the day. Tāngata whai ora and taiohi loved it!

*Whai ora and taiohi used sticky notes to express what wellbeing means to them. Responses included, "Letting go and having fun" and, "Taking care of myself and eating well".*



Facial time

Hamilton / Kirikiriroa

## Connecting over Matariki

Whai ora and staff shared time together in celebration of Matariki with everyone sharing stories about what Matariki means to us over a traditional kai.

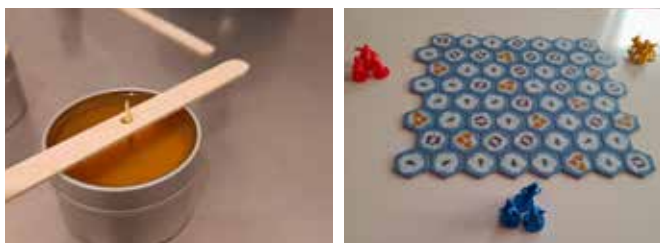
Most of our whai ora knew the symbolic connection to the stars but did not know its full story so staff shared more about Matariki and its importance in representing the Māori New Year.

Our whai ora spent this time together in a whānau setting, whilst learning, appreciating, and reflecting on their own hopes and dreams for the future.

Keeping with the Matariki theme, everyone enjoyed a Māori feast of bacon bone boil up, doughboys, fry bread, seafood, salad, steamed pudding and custard to finish it off. Karakia was given by one of our whai ora which was a touching moment.







Taiohi in Rotorua have been getting creative through painting, candle making, games and sculpting with clay.

## Lakes / Rotorua and Taupō

### Building connections and having fun!

Mental health for taiohi can vary from talking therapy to anything that supports and builds a sense of connection with others.

Lately, taiohi in Rotorua have been looking after their wellbeing by getting creative. The group have been candle making, painting on canvas and pots, and sculpting with clay.

They've also been getting competitive with board games.

Mental health care can take so many forms, but whatever form it takes, if it is good for them and for you, it is a winning combination.



## Bay of Plenty / Te Moana-a-Toi

### Whetū Marewa is "humming" in the bay!

We are very excited to welcome Madi and Saagar who have recently joined our Real Whetū Marewa team!

Whetū Marewa is a community service that builds confidence, resilience, and wellbeing in young people aged 12-24 years, who are living with mild to moderate mental health and addiction related issues and social stressors.

Both Madi and Saagar bring great experiences and enthusiasm to their their new roles and are excited to support taiohi to thrive and love life. Needless to say, the Whetū Marewa team in Tauranga is humming!



Meet Madi and Saagar

## Lakes / Rotorua and Taupō

### Hitting the road during Youth Week

Our new events trailer was a hit during Youth Week. We travelled to schools in Taupō, Tūrangi and Reporoa with the trailer full of fun activities and a surprisingly comfy blow-up couch.

The team visited a different school each day to promote Youth Week. There were long lines of rangatahi lining up to have a go at the games and win some sweet prizes.

The week also provided an opportunity to collaborate with other youth organisations in our rohe in celebration of our local youth.





## Doing the mahi for his daughter

One of the people we support previously had a lengthy history of drug use and addiction, which caused him to lose access to his infant daughter 15 years ago.

Over the years he has been supported to reduce his drug use and rebuild a healthier lifestyle for himself. His motivation to do so was driven by his desire to be reconnected with his daughter. He was not always successful in remaining abstinent but remained focused on reduction at first so he would be more able to focus on his recovery and his aim of reconnection.

After some time Oranga Tamariki, in recognition of the work he had put in and support he was receiving, granted him short supervised monthly visitations.

He continued to put in the work with our support and has been granted unsupervised access and his daughter regularly visits and stays with him at his flat. The additional benefit has been that he maintains his flat so his daughter has a clean and safe place to stay when she visits.

He has distanced himself from his prior drug-scene associates. He budgets his money so he can afford to pay for what she may need, albeit small things due to living on a benefit. Ahakoa he iti, he pounamu/albeit a small thing, it is a treasure.

As luck would have it, his last weekend visitation from his daughter coincided with our Pathways Matariki celebrations. He attended with his now teenage daughter, and we all celebrated together in what was not just a beautiful occasion, but also a beautiful connection between father and daughter.



## Wairarapa

### Hepatitis C clinics in the Wairarapa

Pathways in the Wairarapa has partnered with Tū Ora to provide Hepatitis C clinics in Masterton and Featherston. Clinical nurse specialist, Kellie Huxford, is leading this initiative on our behalf. The goal is to provide a friendly, educational, judgement free environment for people to simply walk in and explore their own Hep C status.



Kellie can oversee the entire process (testing, diagnosis, scans, commencing treatment and follow up care) with the support of Masterton Medical and the Hepatitis Foundation. The goal is to prevent fragmented processes for people, creating clinics that are a one stop shop.

We want people to know that it does not matter how you got it, treatment is now better and more accessible than ever.

It is recommended that you seek out a test if you:

- have a tattoo or piercing
- have injected drugs (even if only once)
- been in prison
- have had jaundice or an abnormal liver test
- have had health care in Asia, the Middle East, or Eastern Europe
- have had a blood transfusion before 1992
- lived with anyone with Hepatitis C
- your mother has been diagnosed with Hepatitis C.

Hep C testing and treatment is accessible all over the country. Kellie is happy to guide you if you have any questions. You can contact her at [kellie.huxford@pathways.co.nz](mailto:kellie.huxford@pathways.co.nz)

Wellington / Te Whanganui-a-Tara

## Arama is achieving goals, one by one

My name is Arama, I'm 43 years old and have been taking medication for my mental health for several years. When I came to Pathways, I was not sure how they could help me in my recovery. It took a while for me to understand the service but my navigator, Sandeep, persisted and made it easier for me to accept support.

During a catchup with Sandeep, I shared my childhood memory of going fishing with my father. Sandeep encouraged me to reconnect with this and supported me to The Warehouse where I bought a fishing rod. I now go fishing every week!

Sandeep helped me to identify realistic goals. I enrolled in a computer course and I learnt basic computer and internet skills. After completing the course I received a computer and internet connection.

Sandeep also encouraged me to join Amigos where I was able to socialise and make new friends.

He connected me to Workwise who helped me get volunteer work at Vinnie's and encouraged me to join Kilbirnie Aquatic Centre so I can stay healthy and fit.

My next goal is to get a full license and to save money for driving classes. I've been studying the road codes regularly.

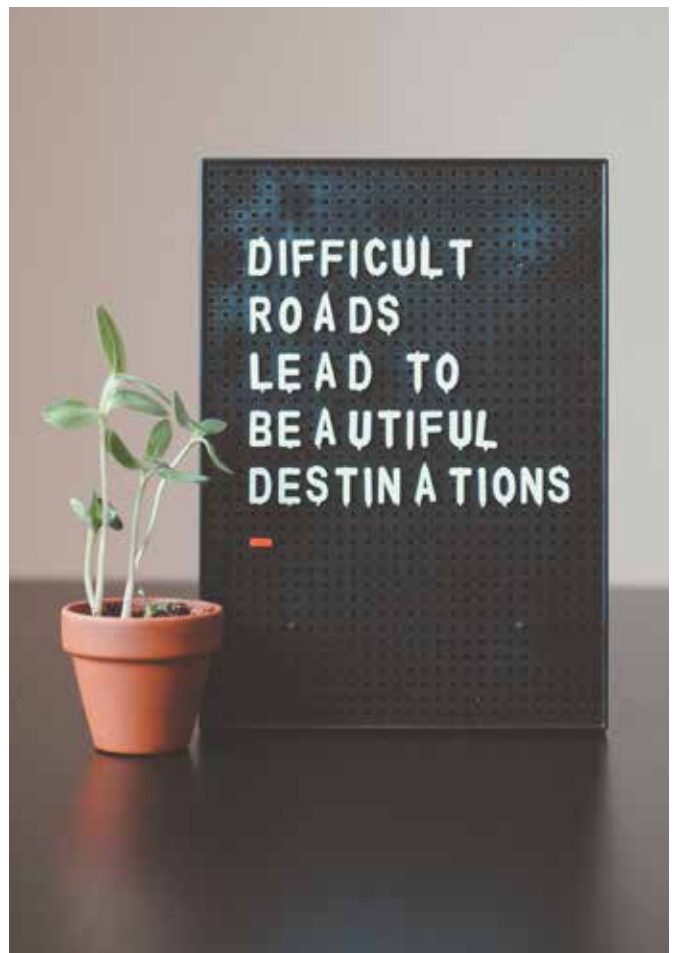
When I look back, I see myself as different person now. I'm more positive and motivated for my future.



Wellington / Te Whanganui-a-Tara

## Support available for people isolating with COVID-19

LinkPeople community connector Katrina Cairns is available to support individuals and whānau in the Wellington region to connect with services and resources while isolating due to COVID-19. Get in touch with Katrina on [Katrina.Cairns@linkpeople.co.nz](mailto:Katrina.Cairns@linkpeople.co.nz) for more information.



Wellington / Te Whanganui-a-Tara

## Supported through tough times

I\* spent a long time at Pathways during a horrendous time of my life and it's honestly what got me through that time.

During my days at Pathways, I was given the opportunity to meet new people, pick up new skills, try new things, learn new coping skills, look at myself differently. I participated in various workshops such as sensory modulation, art workshops, yoga and more.

There was always someone there to talk to when I needed it and I was able to navigate my mental struggles in a safe environment with support.

I was able to grow in many ways during my time at Pathways. Staff supported me to engage with external activities such as Mix, Pablo's, Anger Management, Women of Worth and the Women's Centre.

Pathways puts the power in your hands to choose your own wellness journey and the staff will support you in whichever direction you choose to take.

When I started, I was an unstable, anxious, angry, scared person. But leaving, I am someone different entirely.

Now, I am in charge of my own life and wellness, and I can laugh again. I still have mental health struggles but I've learned how to navigate them better.

*\*Name has been removed for privacy.*



## Tim looks back with pride

Tim's journey with Pathways is coming to an end after two years. When asked about some of the highlights of his journey, Tim responded:

"My Pathways community support worker introduced me to CARE Marlborough which is an activity centre in our community. I joined and I am very pleased I did.

One thing I enjoy the most is that my cup of tea doesn't get taken away from me. I can sit, relax and enjoy it.

I have met lots of people from lots of different cultures and enjoy having a chat with them. My circle of friends is much wider now. I feel comfortable and the people that go there make me happy.

I took two courses on learning how to cook with nice teachers and I got a certificate when I completed them.

We go for little tiki tours around the area and have a cup of tea. We see lots of different places. We went out to Marfells Beach which I enjoyed. We walked along the beach and had afternoon tea.

I think my phone skills have improved. Texting practice has been helpful to encourage me to text when I need to. When I first started with Pathways, I was having trouble answering my phone calls and now I feel confident doing that. I just need to remember to carry my phone on me so I can use it.

I enjoyed walking up the hill in the park to see the view. I have got into the good habit of walking more often and walking to places I need to go to like CARE Marlborough. Now I don't have to rely on other people so much for transport.

My community support worker and my friend encouraged me to improve my reading and writing skills. I have been introduced to Literacy Aotearoa and I am planning to do a course there this term."



## Christchurch / Ōtautahi

### A smile that says it all

*By Charlotte Whitnell, community support worker*

Linda entered Pathways community service in 2009. Linda spent many years learning to live and manage on her own following the loss of her mother.

Her mum did most things for her so, when she passed away, Linda found that trying to do everything was "too hard". While trying to manage these difficulties she struggled to look after her own wellbeing.

As her community support worker I offered an in-depth support plan and goal journey that Linda was able to work through at an achievable pace.

Linda now takes pride in her appearance and manages her personal care twice a week instead of once a year. This is a huge achievement for her. This, along with her lovely clean home, helps Linda to feel good within herself.

She gets excited to wear clean colourful clothes and enjoys regular outings for a treat at her favourite local café and having her nails done.

Linda said she is now much more hopeful and looks forward to seeing what the future may bring. She feels she has the right amount of support and encouragement around her to get her through the hard times.

I am so extremely proud of Linda and her success so far, her beautiful smile in these pictures says it all. Linda is beaming with pride and, with a little encouragement and knowing she could make the right choices, Linda has achieved not only a better safer cleaner home, but her hauora is the best it has ever been.





## Maree's poem of hope

By Sean Walker, team coach

I am happy to share a wonderful snippet of success from Maree, one of our whai ora at Te Ao Mārama, a peer-led acute alternative service in Christchurch.

Marie has been a guest at Te Ao Mārama for two weeks and has privileged us with a poem reflecting on her time here.

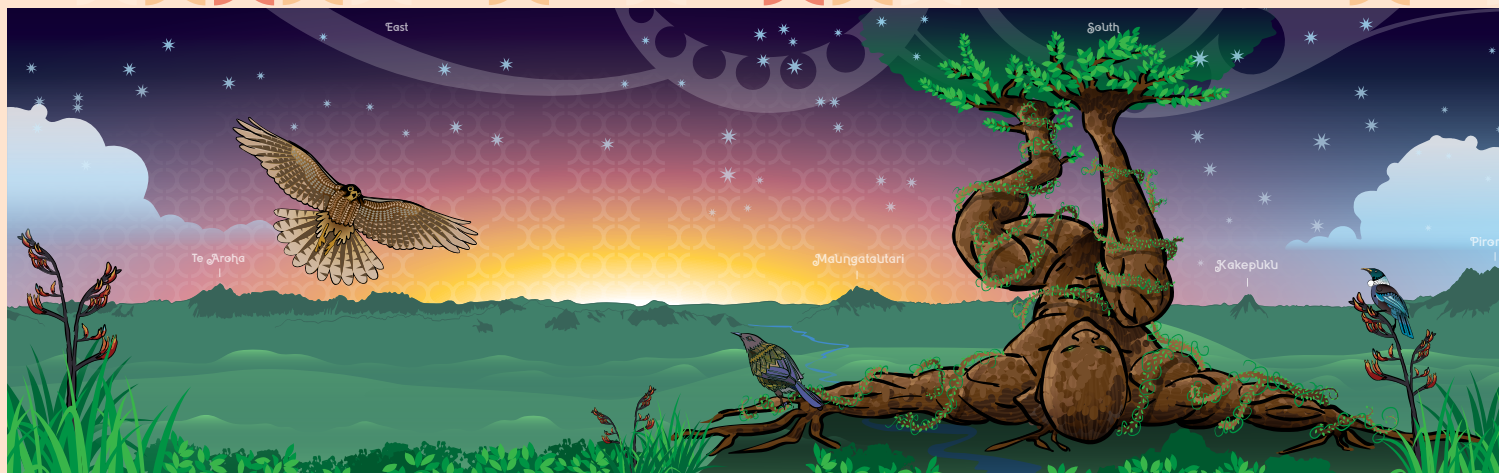
The poem is about her personal growth and new perspective on recovery through the peer-lead model.

Marie expressed that her poem "should be shared far and wide so others may come to Te Ao Mārama and Pathways to receive support, even in the hardest parts of their mental health journey".

### *Te Ao Mārama*

From Hillmorton East to Te Ao Mārama  
It really is just so much calmer  
Hotel like bedrooms and stylish decor  
Maybe the only negative is the morning knock on the door  
A chef, a nurse, an OT, other wonderful support staff to help you and me  
They have all experienced some of the same things in life  
So are extremely knowledgeable about all our strife  
A gentle word of care and encouragement  
A simple reminder, a kind word of sentiment  
They teach us things we did not know  
Let's all give yoga, meditation and tai chi a go!  
Lots of staff always around, 7am you can hear their sound  
A peaceful sanctuary from the darkness inside  
The demons within have nowhere to hide  
Slowly so slowly they learn to dissipate  
Mind a little clearer, strength rises, its not too late  
For the first time in many years I can read through a book  
The sensory room is really worth a look  
Here is a place I feel so safe and understood  
Hard to know I must leave, but know I should  
Step by step you have taught me to live well on my own  
Piece by piece you have freed my soul, it has grown  
So thank you will just never be enough  
For you got me through these days that were tough  
So continue to be all that you can be  
To residents who truly and utterly need thee  
From a grateful heart and a thankful brain  
I do hope I won't need to be here again.

*Maree. A grateful resident*



## Te whare o Te Hononga's new taonga to foster connection and belonging

It was a long time coming, but for good reason...

Te whare o Te Hononga's newest taonga took months of research and kōrero between Kaihautū Anaru Hawkins, Kaiwhirimuka Chaz Naera, Wise Management Services (WMS) designer Wim Hovens and staff at Te Hononga.

This was to ensure that what was created upheld the mana of the Hamilton/Kirikiri-roa-based whare, the kaimahi who work there and, most importantly, the taiohi me nga whānau we support.

The result of their efforts stops you in your tracks as you walk through the whare doors, before drawing you in to see more.

The massive mural, which measures 17 metres along a wall in the whare's main space, depicts te ao Māori's well-known story of creation.

As the story goes, Papatūānuku, the earth mother, and Ranginui, the sky father, were locked in a tight embrace, with their sons forced to live in the darkness between them.

Their sons decided they would like to live in the light so Tāne Mahuta, guardian of the forest and birds, suggested they push them apart.

Following multiple failed efforts from the other sons, Tāne Mahuta successfully pried the pair apart by lying on his back and pushing up with his legs, thus creating space for light to enter the world.

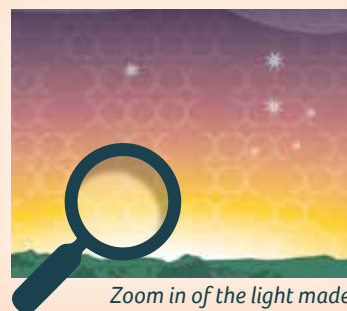
The mural shows a 365-degree panorama of the maunga and awa surrounding Kirikiriroa/Hamilton, encouraging taiohi me nga whānau to identify and connect with their whakapapa.

Team coach, Victoria Waters, says, "We have been very intentional with the space. Not only does the mural support conversation around whakapapa, but every taiohi that walks into our whare will know that they belong to something bigger than themselves because they can see it."

"I know this mural will help to bring about thousands of kōrero with the taiohi me nga whānau we support."

The staff at Te Hononga have also found personal meanings in the mural, even those who aren't from the area. Victoria adds, "It is more than a mural; it is part of the bones of our whare".

The attention to detail is evident in the small but meaningful touches like the Real tūmanako pattern creating the sun's rays. Designer Wim Hovens added this is a visual representation of Real's kaimahi being a source of light for taiohi.



Wim also paid special attention to the placement of the stars, ensuring that the Southern Cross, Orion and Matariki constellations were correctly positioned in the sky.

The mural was officially unveiled at a blessing on Thursday, 30 June by Pathways and Real Chief Executive Sally Pitts-Brown.

Looking ahead, the team have their sights set on a new mural to be installed in Tauranga's Real whare. Keep your eyes peeled for news of that soon.



Left: Real kaimahi interact with the wall following a blessing.



Right: WMS designer Wim Hovens was honoured by the Te Hononga team for the mahi he put into the new mural.

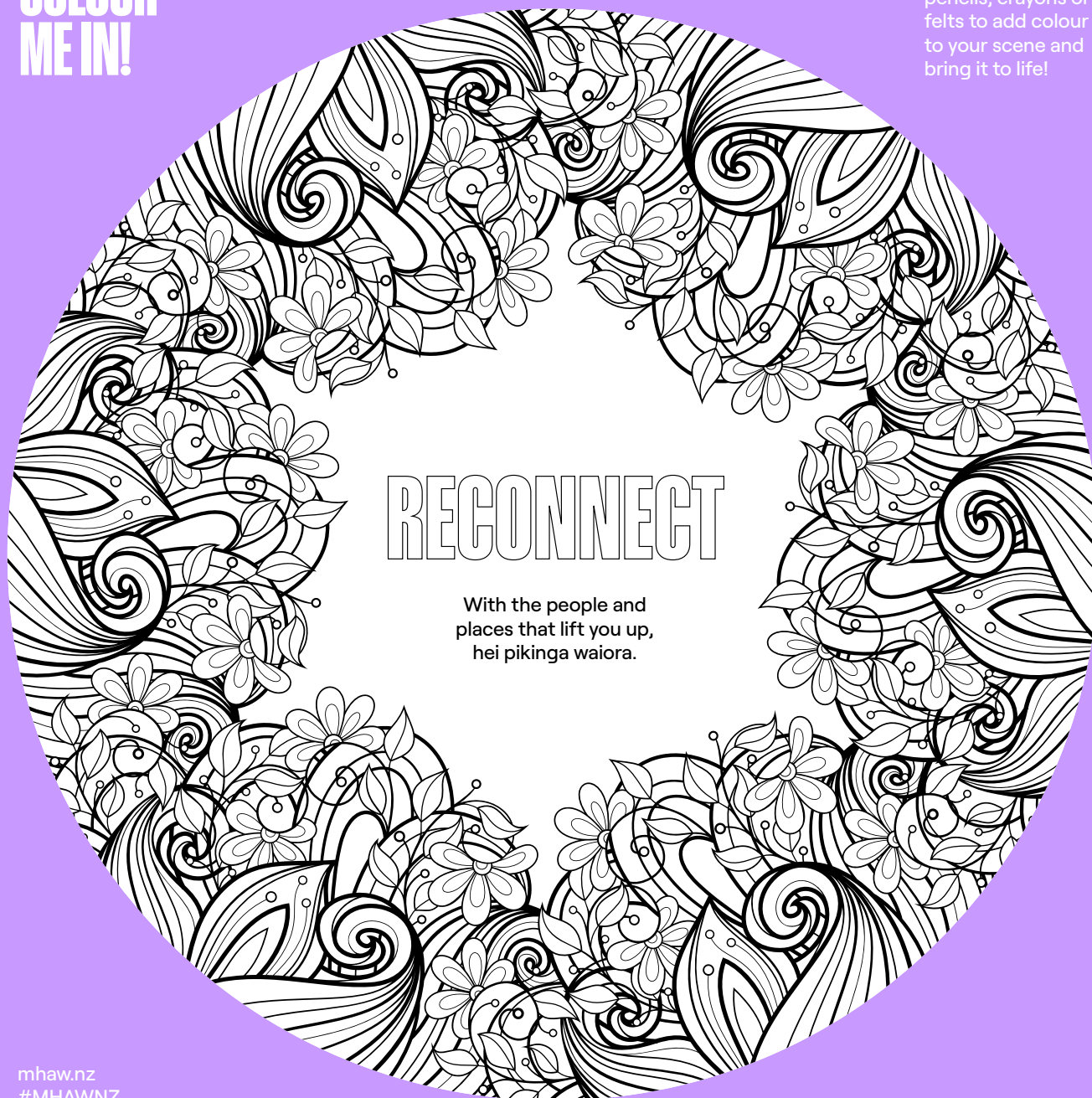




# real

COLOUR  
ME IN!

Grab some pens,  
pencils, crayons or  
felts to add colour  
to your scene and  
bring it to life!



## RECONNECT

With the people and  
places that lift you up,  
hei pikinga waiora.

mhaw.nz  
#MHAWNZ

# MINDFUL COLOURING

Mental Health  
Awareness Week

 Mental Health Foundation  
mauri tū, mauri ora OF NEW ZEALAND

26 September  
– 2 October 2022

Visit [www.pathways.co.nz](http://www.pathways.co.nz) and [www.real.org.nz](http://www.real.org.nz)





## Pumpkin and spinach risotto

Making home-made risotto is a labour of love because you do need to stand at the oven and stir the whole time. The constant stirring stops the rice from sticking and helps release the starches from the rice to create a really creamy texture. Get organised ahead of time so you don't need to walk away, then enjoy the moment – you can practice mindfulness (or daydream) while you stir and enjoy the delicious smells of the risotto as it cooks.

**GF** Serves 4

### Equipment

Pots

### Ingredients

2 tbsp olive oil  
1 onion, finely chopped  
2 cloves garlic, finely chopped  
3-4 fresh sage leaves, finely chopped (or 1 tsp dried sage)  
1 ½ cups arborio rice  
6 cups vegetable stock  
500g pumpkin, peeled and diced (about 1cm)  
3-4 handfuls spinach, finely chopped  
Pinch of nutmeg  
Salt and pepper

### To serve

½ cup grated parmesan cheese (optional)  
¼ cup walnuts, chopped (optional)  
Fresh coriander, roughly chopped  
Sliced fresh chilli (optional)

### Instructions

1. Heat vegetable stock in a pot until simmering, then turn down the heat just to keep it hot.
2. Heat olive oil in a separate large pot, over medium heat. Add the onion, garlic and sage and cook, stirring, for about 5 minutes or until soft and fragrant.
3. Add the arborio rice and stir to coat in the oil and onion mixture. Cook for another 1-2 minutes, stirring.
4. Add the pumpkin to the pot, along with a little salt and pepper, and stir to combine.
5. Turn the heat down a bit. Use a ladle or coffee mug to add a scoop or two of hot stock to the rice and stir. Keep stirring, and add another scoop of stock when all the liquid has been absorbed. Repeat the process until all of the stock has been added, which will take about 20 minutes. After this time the pumpkin and rice should be tender and the risotto should be soft but not too runny. If the rice and pumpkin are not tender, or the risotto is too thick, and you've run out of stock, add a little bit of boiling water at a time to continue cooking the rice and/or loosen the risotto a bit.
6. Stir through chopped spinach, a pinch of nutmeg, taste and season again with salt and pepper if needed.
7. If using, stir through about half a cup of grated parmesan cheese and top the risotto with chopped walnuts to serve.
8. Serve the risotto by itself as a cosy meal, or alongside fish or chicken for something more substantial.

*Recipe from the Pathways cookbook, Wholesome, by Amber Bremner.*

## Free digital wellbeing toolkit

Check out these digital resources to improve your wellbeing:



**Just a Thought** is the Wise Group's online therapy app to improve your mental health. Easy to use anywhere, anytime. Best of all, it works. Visit [www.justathought.co.nz](http://www.justathought.co.nz) to learn more.



**Manaaki Ora** is an app that supports individuals and whānau to build wellbeing and resilience. Download on your smart phone through Google Play or the App Store.

NEED TO TALK?



free call or text any time

**1737** is a national helpline that you can call or text anytime to talk with a trained counsellor.



**Triple P Online (TPOL)** programmes offer access to online parenting support programmes. These are available at [www.triplep-parenting.net.nz](http://www.triplep-parenting.net.nz).



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

Although Calm is free to download through Google Play and the App Store, the amount of free content is limited.

## Upcoming events

Mental Health Awareness Week	26 September - 2 October 2022
Tuvalu Language Week	25 September - 1 October
Fijian Language Week	2 - 8 October
Niue Language Week	16 - 22 October
Tokelau Language Week	23 - 29 October





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1. Whakatau for Waitaha Canterbury's new SRM, Franziska Kerdemelidis.
2. Blessing Te Hononga's new whare in Kirikiriroa Hamilton.
3. Leaders connect and reflect over a mid-winter Christmas themed dinner at the Central region's leadership days.
4. Real Te Hononga kaimahi in Kirikiriroa Hamilton hosted second year social work students from the University of Auckland to talk about our mahi with taiohi Māori.
5. Real kaimahi in Tāmaki Makaurau Auckland attend the South Auckland Youth Network symposium.
6. General manager – Midlands, Amanda Bradley (left) and child and youth director, Miriam Swanson, leave their mark on Real Tauranga's new colouring wall.
7. The Southern Pathways leadership group gathered in Whakatū Nelson to reflect, celebrate, and plan for the future.
8. Pathways Health and Wellbeing Team provided a warming winter soup for kaimahi in our Te Whanganui-a-Tara Wellington office.
9. Christine, a whai ora in Waitaha Canterbury, loves to crochet and recently gifted many of her hand-made blankets to tamariki at a local school.

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