

Connections



Ngā mihi o te wā

Season's Greetings from
all the staff at
Pathways and Real

In this Pathways family whānau newsletter:

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- Get your free festive cards - **back page fold out**

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Connections online or
visit www.pathways.co.nz





Pathways News

Sally Pitts-Brown (She/Her)
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*Tēnā koutou katoa
Ko Pirongia te maunga
Ko Waipā te awa
Ko Otorohanga tōku ūkaipo
Kei te Whanganui-a-Tara au e noho ana
Ko Sally Pitts-Brown ahau
Ko au te Toihau mō Pathways me Real*

Meri Kirihimete and happy holidays!

As I write this and reflect, my primary wish for you all is to have a restorative time doing whatever makes you happy over the summer months. I cannot believe it is December! It has been a whirlwind of a year. As I think back on 2022, I'm so impressed with the tenacity, grit, and resilience of the people we support, their whānau and our kaimahi.

COVID-19 has dominated much of our year and as a nation we have had to adapt and understand that while we cannot control our circumstances, we can control our responses.

I was introduced this year to the concept of uncertainty balancers. These are the things we can have in our lives that are certain, and allow us to create some routines and rhythms that we can control, regardless of what is going on around us. I have found it incredibly helpful to focus on these. For me, uncertainty balancers have included a regular walk in the weekend with a friend, yoga on Sunday night and a nightly FaceTime chat with my daughter who is away at university.

In addition to COVID-19, this year has been full of massive reform change in the health and education sectors. Regardless of the environment, what drives us at Pathways and Real is that every person using our services achieves equitable access and outcomes. For our kaimahi (our workforce), it is that you are highly valued and compensated for what you do. That is why we continue to strive for pay equity and pay parity. Next year will be another big year as we gear up for an election and embed the reform changes, so they enhance what we do.

I am chuffed that the team have chosen the picture of my mum, dad and pooch as the front cover of this quarter's Connections newsletter. The photo was taken last summer with my phone camera. I was sitting in the backseat as we headed out on the family farm near Waitomo to the river for a picnic and afternoon of fun.

I hope you all get to create memories and opportunities for connection and fun this summer. Thank you for all you do every day to achieve wellbeing for each other and across Aotearoa.

May the sun shine, may you be safe and may you be well.

Ngā mihi

Sally

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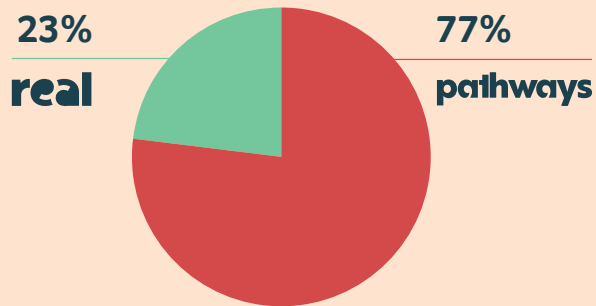
www.real.org.nz

   @realNZyouth

To learn more about our journey-to-date, visit www.pathways.co.nz to access archived issues of *Connections*.

People we supported this year

We have supported **7,234 people**



How we supported them



74% were supported in their own homes by our mobile services



22% were guests at one of our respite or peer-led acute alternative sites



4% lived in one of our supported residential accommodation sites

Make a difference in peoples' lives



Nau mai, haere mai.

★ Love our mahi? Come and work with us! ★

- 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



Tangata i akona i te whare, tu ana ki te marae, tau ana.

The person who learns well at home, will stand with dignity on the marae.

This whakataukī reminds us to gain competence with how we work so that our practice is tika (correct) and pono (aligned) to our values.

Hamlin Road Organic Farm – a special place to flourish



Pathways believes in the importance of nutrition and it's critical link to wellbeing. For 20 years Pathways' Hamlin Road Organic Farm has been providing an innovative service to the South Auckland community. The farm supports people with mental health challenges to get valuable paid work experience, learn skills, gain qualifications and build confidence, while they prepare for permanent employment elsewhere. The farm is also a fully functioning commercial enterprise and grows an array of quality organic produce, herbs, sprouts and seedlings.

The farm is a living example of Pathways' dream to transform mental health and addictions through fostering strong, compassionate, self-supporting communities.

We spoke to the Hamlin Road Organic Farm's team coach, Sarah Hewitt, to learn more about her team's mahi.

What does a typical day look like for you?

It starts with a farm meeting every morning – we do stretches to warm up our bodies, check in and discuss the day and what's ahead. I open and stock up our roadside stall, and harvest and package webstore orders for delivery and collection.

Then it is on to lots of planting, weeding, watering, propagating seeds, preparing indoor and outdoor planting beds, fertilising plants with organic seaweed, crop maintenance, harvesting and eco-packaging organic produce and seedlings for the weekly farmer's market and Kings Plant Barn, and other general farm maintenance (we are currently building a 20m³ shade house).

Throughout the day, my teams and I work closely with our trainees to role model, encourage good work ethics and support them with their NZQA horticulture studies. I meet with clinical and employment consultants to update them on our trainees' progress and where extra supports are required.

What is the best part of your job?

Spending the day with my work whānau and supporting people to achieve work-ready skills and move into open employment or further study. We support people to socialise and reconnect with their communities by meeting different people through the various farm services.

I also enjoy the physical work, getting my hands dirty working outdoors. Organics, teaching horticulture, growing healthy organic produce, and being recognised for this! Our business is growing and there are lots of new opportunities. It also

helps to work in an organisation like Pathways, whose values align with my own.

How do you think connecting to nature and gardening can help people to live well?

Gardening is good for your soul! It grounds us and makes us appreciate everything that Papatūānuku has provided, and connects us to her. It takes us outdoors where we can feel the elements, listen to the birds and watch the bugs – something you can do independently or with others.

It supports physical wellbeing, helping people take their mind off challenges, or providing a safe environment to discuss them. Also, with gardening comes the satisfaction of watching something evolve. Eating, sharing and cooking what you have grown, controlling what you grow and how you grow it so you can avoid the harmful sprays that are in store-bought produce, and saving money.

Research shows that moving into employment from unemployment is beneficial for mental health. What have you seen that supports this?

Our trainees tell us that employment gives them a purpose, where they are valued and can gain more financial independence. But the thing we hear the most is, "This is so much better than sitting at home doing nothing."

I have seen people grow in confidence, take on more opportunities and responsibilities, and feel like they are a person with a lived experience rather than a diagnosis. They feel like anything is possible.

What is your favourite vegetable?

There are too many, I can't choose between chillies, rocket, beans, coriander, beetroot, butternuts and heirloom tomatoes straight off the vine. I love eating seasonally and fresh. I eat as much as I can until I'm over it, and then wait for three more seasons to roll around to do it all again. I am also currently loving cauliflower mash.

And finally, what is your favourite recipe from our Wholesome cookbook?

I love the *Really great green salad* with chilli and lime dressing, followed so closely by the *Beef and lentil meatballs* – served with cauliflower mash of course!



Sarah's top tips to starting an organic patch

Excerpt from *Thrive* magazine

- **Nurture your soil.** At Hamlin Road, the soil is dark, dense and crumbly as a chocolate cake.
- **Sow from seed.** Raising your own vegetable plants from seed, rather than buying seedlings in punnets, is cost-effective and reduces plastic waste.
- **Choose the best varieties.** Organic gardeners tend to favour heirloom vegetables over modern hybrids.
- **Be bug friendly.** Don't spray with pesticides. Stomp, squash, and squish, or use physical barriers such as cloches, insect mesh and grow tunnels.
- **Give it a rest.** Vegetable gardening is intensive and without some seasonal downtime the soil can soon end up starved of nutrients and microbial activity.



Scan to read more from
Hamlin Road Organic Farm's
feature in *Thrive* magazine, or visit
www.hamlinroadfarm.co.nz



Photos captured by Sally Tagg for *Thrive* magazine

Win one of ten Wholesome cookbooks!



Email stories@pathways.co.nz
before 31 January 2023, and tell
us your favourite fruit or vegetable.
Don't forget to include your name and address!

Competition terms and conditions

- This competition is only open to people in New Zealand.
- Only valid entries will be entered into the draw.
- For a valid entry you will need to have completed all steps within the timeframe of the competition.
- The competition closes at 11.59pm on Tuesday, 31 January 2023.
- The winners will be contacted via email shortly after the competition closes.
- If the winner does not respond within 10 days, another winner will be drawn and contacted for the delivery of the prize.
- Prizes cannot be exchanged.



A powerful week of celebration and connection

It is no exaggeration to say that the kaimahi, whai ora and taiohi who attended our four-day Mā te Kōrero event, held 27-30 September 2022, experienced a rollercoaster of emotions.

Mā te Kōrero (which translates to “let’s talk”) is a quarterly Pathways and Real event celebrating te ao Māori. It is live streamed to connect kaimahi, whai ora and taiohi from across the motu. The latest event was planned to coincide with Mental Health Awareness Week and recognise Te Wiki o te Reo Māori (12-18 September 2022).

There were poignant and powerful moments as we said haere ra to Kaiwhirimuka Chaz Naera, after a decade of service at Pathways and Real. Kaimahi showed their gratitude by honouring him with a moving waiata and haka in Kirikiriroa Hamilton on the Friday.

But it was the highs that were frequent and many. Wednesday brought a joyful celebration of tangata moana in the beautifully decorated Harakeke House in Tāmaki Makaurau Auckland.

There was dancing, music, kai and crafts inspired by our diverse Pacific whānau. Thanks must go to Logo Ott and her team for their mahi coordinating this.



Chaz was farewelled with a special Mā te Kōrero event on Friday, 18 September.

A touching part of each day was the Hautipua video submissions, which recognised the remarkable achievements of whai ora and taiohi throughout our four regions and celebrated them as hautipua (meaning champion or hero).

We also surpassed our lofty goal of 700 people on screen, with a total of 730 kaimahi, whai ora and taiohi joining in on Friday.

The kaitiaki group, who planned much of the event, said: “We loved seeing kaimahi, whai ora and taiohi from across all of Aotearoa join in on-screen and in-person throughout the week.”

The team are now looking forward to our final Mā te Kōrero of the year – a Christmas-themed event that will be hosted in Te Whanganui-a-Tara Wellington on Tuesday, 20 December 2022.



(L-R) Kalalah Maasi, Pauline Ott, Logo Ott and Illaisa Kumar (not pictured) performed to the song, Tatou o tagata Folau.

A waiata and taonga

Mau Rā our waiata, speaks of the heart of Pathways and Real – the tāngata whai ora and taiohi we support. It has become an essential part of our fabric. Every day *Mau Rā* is sung with pride by Pathways and Real whānau around the country.

The kupu and translation loosely speaks to the tāngata whai ora we support. The waiata talks about beauty being theirs, that they have a voice, that being connected (to their whānau) is theirs, joy is theirs, and that they are people who can stand (and live) independently.

Mau Rā

*Mau rā te ataahua
Whai reo ana koe
Mau rā te honohono e
Whai koa ana koe*

*He tangata e
Tū mana motuhake
He tangata e
Tū mana Motuhake*



A father's violin tribute

We were honoured to have Richard Prowse, father of graduate Steph Prowse, play a special rendition of *Mau Rā* on the violin at our Wellington graduation ceremony for kaimahi who achieved their Level 4 Certificate in Mental Health and Wellbeing this year, held at the Roxy Theatre on Wednesday, 2 November 2022.

The audience were moved and humbled by the time and effort Richard put into learning this very special waiata. Ka pai, Richard!

Read more about our 2022 graduation ceremonies on page 8.



Scan to watch Richard perform *Mau Rā* on the violin at our Wellington graduation ceremony.

Part of our fabric since 2017

Mau Rā was launched as our organisational waiata in March 2017. To celebrate, Pathways, Real and Wise Management Services kaimahi, along with tamariki from one of the schools we work within, gathered at the Waikato Museum to learn and sing our new taonga.



Scan to watch one of the first performances of *Mau Rā* at the Waikato Museum in March 2017.

Growing and celebrating staff success

Pathways believes that staff are our greatest asset, and we support them to complete their qualifications whilst working with us.

Celebrating our Level 4 graduates



Whānau, friends, speeches and waiata were at the heart of our Auckland and Wellington graduation ceremonies in October and November, recognising the 60 Pathways and Real kaimahi who achieved their Level 4 Certificate in Mental Health and Wellbeing.

The graduation ceremonies are the first we have been able to have since 2019 and were held in partnership with mental health industry training organisation, Careerforce.

Pathways and Real Chief Executive, Sally Pitts-Brown, spoke to the graduates and thanked them for their work. "Thank you for your commitment to your own personal self-improvement and learning, and to being the best you can be for the whānau we support."

Staff who complete the Level 4 qualification get a pay increase due to the sector-wide pay equity settlement, as well as a bonus from Pathways.

Around 80 per cent of our staff are Level 4 qualified, and it is a requirement to achieve this, or an equivalent qualification, within two years of starting work with Pathways or Real.

Among the graduates at the celebrations this year were Kylie Mclean and Malcolm Woodhead, the first graduates from our new Peer stream. This, along with the Youth and General streams, make up the three streams within the qualification to match our workforce.

Trish Glen Awards acknowledge our exceptional and dedicated kaimahi

In October we celebrated the four winners of our annual Trish Glen Awards. The winning staff members are recognised for making an exceptional contribution to Pathways and Real, and the people we support.

Trish Glen Awards are made in honour of the late Trish Glen, a dedicated and passionate Pathways support worker who passed away in 2005. Trish is remembered for her unique contribution, her commitment, her sense of team, her encouragement of others, and her personal courage.



Trish Glen

This years' winners truly embody our values and the spirit of Trish Glen.

- Northern and Taranaki region - Mitiana Sio, support worker based in Auckland
- Te Manawa Taki Midland region - Kylie Mclean, youth worker based in Hamilton
- Central region - Donna Wham, support worker based in Whanganui
- Te Waipounamu Southern region - Michelle Boyd, social worker based in Christchurch



Mitiana Sio



Donna Wham



Kylie Mclean



Michelle Boyd



TrishGlenAwards

Our staff are our greatest asset

Introducing Kylie Mclean, youth worker based in Kirikiriroa Hamilton



Kylie was our very first graduate from the Peer stream of the Level 4 Certificate in Health and Wellbeing.

It has been a big year for Hamilton based youth worker Kylie Mclean. She studied towards a Level 4 Certificate in Health and Wellbeing and graduated as one of our first Peer graduates. She was also awarded the Midland region's 2022 Trish Glen Award (you can read more about both achievements on page 8).

We asked Kylie about her journey and her mahi at Real.

Congratulations on being a Trish Glen Award winner! What does the award mean to you?

It's a reminder of all the great work we all do at Pathways and Real. I was honoured to receive the award, especially for something I wholeheartedly love doing. It is also a huge achievement for me and a great reflection of how far I have come.

You also recently graduated with your Level 4 Certificate in Health and Wellbeing, congratulations and a great achievement being our first Peer stream graduate. What was the process of studying like for you?

I really enjoyed the learning and putting into practice what I learnt. The peer forum was so supportive. Pathways peer development lead, Janice McGill, and the CareerForce team were always available. I feel I have found my feet as a peer and continue to strengthen and grow my skills.

How does being a Peer impact your mahi?

Having overcome my own personal journey, I believe holding the hope and believing in everyone I support, no matter the situation is key. There is so much power in this. My lived experience guides me and allows me to connect through a different lens of mutual understanding.

I was ashamed to share my experiences until I meet Annah Stretton through her RAW (Reclaim Another Women) programme. Annah taught me that my personal journey plays a huge part in moving forward in a positive way, especially in my mahi. Having my own lived experience allows me to connect from my own lived perspective.

Why did you decide a job at Real was right for you?

I did some googling and researching about Real and Pathways, and I loved what I read. I could visualise my future working there. I loved the goals and values as they aligned well with my own. I knew it was the right job for me.

Finally, do you have any exciting plans for the festive season?

Spending time with my whānau and lots of hugs and kisses with my moko who is coming from Australia for two weeks!

Transforming a life of crime into a life of promise

Founded in 2014 by fashion designer and entrepreneur Annah Stretton, RAW (Reclaim Another Woman) was set up to help break New Zealand's ever-growing cycle of intergenerational offending, educational underachievement, persistent poverty and violence for a group of disadvantaged women. Through inclusion, community and opportunity, RAW is building hope, purpose and prosperity one woman at a time.



"Kylie is the driver of her own outcomes. She has achieved the independence and tino rangatiratanga that RAW so actively channels. She is absolute proof, that disadvantage can be the foundation of success and contribution."

- Annah Stretton, kiwi fashion designer and founder of RAW.



Kylie and her RAW mentor and designer, Annah Stretton.

Check out the latest stories from Kirikiriroa Hamilton on the Midland Te Manawa Taki spread on pages 12-13.

Auckland / Tāmaki Makaurau

A welcoming place with wairua and aroha

By Brooke, a tangata whai ora who stayed at the Tupu Ake peer-led service



I had been in a dark place for a long time with no sense of worth, no purpose, and no sense of belonging. I felt everything from one extreme to another. Like giant waves of feelings that I had no control over.

Behind these waves was turbulence. Forceful winds of voices continuously in my ear degrading me every chance they could. This was my dark place: more than 120 visits to the emergency department in the last two years, hospital admissions, not liking who I am and having decisions made for me.

I was going round and round in circles like a hamster on a wheel, destroying everything in my path including myself. Until I recently found myself sitting in a room. It was not a hospital. The room had a warm and welcoming feeling. I could feel the wairua. I could feel the aroha. I couldn't believe it.

In front of me was a caring, softly spoken person with a warm smile who asked if I was comfortable. That person matched the feeling of the house. They called themselves a Peer. They welcomed me with open arms. They comforted me and gave me choices about my care and what I wanted.

I wasn't judged for my past or present struggles. I was given choices. The Peer shared they were from lived experience. The Peer understood me. For the first time in a long time, I was with others. I was not alone. As I realised this, a tear rolled down my cheek. The place I was in is called Tupu Ake.

Tupu Ake by Brooke

*They never knew the hurt inside
I always tried to smile with pride
They don't know how I really feel.
Until now, I never used to try and
talk and heal
I always came across so tough
but in the end, it's not enough.
I never have been truly loved.
That's when Tupu Ake came
full of love, their arms open
I found hope, I found myself.
Arohanui Tupu Ake*



Auckland / Tāmaki Makaurau

Taking care of spiritual wellbeing

Throughout October, Auckland's health and wellbeing team celebrated the spirituality aspect of our wellbeing strategy, creating opportunities for tāngata whai ora and kaimahi to connect to their sense of purpose and spiritual wellbeing.

Connecting to our spirituality helps build understanding, trust and respect for the values and beliefs that we all hold. It also influences the way we live and how we search for meaning and purpose in our lives. Spirituality can include our identity, self-awareness, and mindfulness practices.

During October, we celebrated spirituality through pamper sessions, art, and yoga. We visited the Fo Guang Shan Buddhist Temple – a place of worship that promotes interfaith, education and cultural diversity.

We walked through the breathtaking temple and got involved in the traditional practices of celebrating past, present and future, including learning gratitude quotes and putting our prayers and wishes for the future on the wall of the prayer room. We also acknowledged those that have gone before us.



Auckland / Tāmaki Makaurau

Discovering the power of the senses

During Mental Health Awareness Week (MHAW), youth worker, Tori Simon, and social worker, Renee Hodder, visited Massey High School in Tāmaki Makaurau to tautoko the school's MHAW kaupapa. They ran a group for taiohi to learn and explore sensory modulation and mindfulness as part of their Real Talk programme.

"Our senses can influence and control every bit of what we are experiencing in day-to-day life, in every situation," said Renee. "The taiohi got to come and play, sniff, taste and touch some of the awesome sensory distractions that were displayed around the room. It was a great afternoon and the school were very grateful for our involvement."



Auckland / Tāmaki Makaurau

Pause, notice, breathe and see

By a tangata whai ora supported by Pathways in Tāmaki Makaurau Auckland

These images were taken during a recent walk with my support worker. We both noticed how dense the fog was that day and how little we could see. It was such a stark contrast to the crisp, clean image we had seen on previous occasions. From that moment the analogy to life's uncertainty came to me, inspiring me to write.

Notice how your eyes are drawn to the middle image.

Look and see how little there is to see. Only the things immediately before you are visible, the rest is a blur, lacking clarity and definition.

Anxiety, like a mirror, reflects a similar distortion. Notice how your eyes flit across the page, back and forth, somewhat chaotically. I find it intriguing how this too parallels anxiety. The intrusive, frenetically paced thoughts that loiter uninvited. Tenaciously awkward, their presence feels ever so uncomfortable. Like the image immediately before us, only that which captures our attention can be seen. The rest remains unclear, uncertain, and unknown, too far away to feel real or hopeful.

Now p a u s e, just for a moment, and b r e a t h e.

With an open heart and mind allow yourself to see beyond the immediate. When others see progress and you struggle to believe, look again.

Notice the subtle changes and let their hope carry you forward. Grasp it with both hands and hold on tight. Let their belief sustain you until you can see what they see.

In time, with patience, self-compassion, and support, you will see it too. Not only see but know that it was worth the journey because it was always there, the bigger picture, and you are and always were worthy.

Taranaki

Do the mahi, get the views

One of the themes for Mental Health Awareness Week was 'Nature' and we were encouraged to reconnect with the people and places that lift us up.

Several of the Puriri House whānau took the opportunity to challenge themselves to complete the near vertical 156m climb to the top of our local taonga, Paritutu Rock.

After taking in the spectacular views the group were met at the bottom by our Pathways te reo group who performed a beautiful waiata. Kei runga noa atu!



Once they reached the top, the group took in the view which stretched all the way to Mount Ruapehu.

Taranaki

A fresh new look for Mill Road

Pathways' Mill Road housing and recovery service in New Plymouth recently received a refurbishment.

While the construction period was challenging for everyone - kaimahi had to work around multiple on-site contractors and tāngata whai ora were temporarily moved into different flats, we are so pleased with the outcome.

The flats are now looking warm and welcoming with new paint, curtains, furniture, and soft furnishings.



Knitting from the heart

A tangata whai ora at one of our residential sites in Kirikiroa Hamilton shared the joy of knitting with us.

She told us how she enjoys the feeling of achievement once a blanket is complete, how knitting calms her mind and how she has knitted three blankets in one winter!

It does however come with some difficulties, as she loves the knitting itself but not so much the sewing together of all the squares.

This tangata whai ora is very kind-hearted and has recently given a blanket as a house-warming present to another person we support.

Knitting is near and dear to her heart. She says: "I feel proud continuing with a skill my Grammy taught me."



Strengthening friendships at camp

Real's Te Whare o te Hononga recently took a group of young women on a retreat to Pirongia Park Forest Lodge.

There were lots of fun activities for the rōpū to do like rock climbing, abseiling, flying fox, archery, caving and karaoke.

The taiohi had a blast completing all the activities, conquering their fears, and challenging themselves. Over the weekend the taiohi created a strong connection and were encouraging, supporting, and cheering each other on as they completed activities.

Kaimahi who attended said it was heartwarming to see the youth believing in themselves and pushing their boundaries in a safe and supportive environment. One kaimahi commented: "The perseverance and determination taiohi showed was awe-inspiring, and even pushed our staff to try things they normally would not."

At the end of the weekend one taiohi said, "It was the best weekend I've had in a long time." Another agreed, saying, "It was super fun and I really enjoyed myself, it was super chill and such a supportive environment."



Partying the day away for Mental Health Awareness Week

This year we celebrated Mental Health Awareness Week with Manaaki Raatonga aa Iwi, another mental health focused organisation in Kirikiroa Hamilton.

We had nearly 100 whai ora and staff attend our combined event. The partygoers enjoyed a beautifully decorated venue with games, activities, dress ups, a delicious barbeque for healthy burgers and homemade baking.

We even had a DJ and an awesome band made up of staff and whai ora from both Pathways and Manaaki Raatonga aa Iwi! They had us dancing, playing air guitar and singing along the whole time.

It was awesome joining Manaaki Raatonga aa Iwi for such an important event, creating new friendships and connections for both staff and whai ora.



Bay of Plenty / Te Moana-a-Toi

"They always made me feel okay"

Rakena initially came to Tauranga Wairua for only a few nights but the stay was extended to support his transition from Whakatane to another service in Tauranga. This is what he had to say about his experience.

"I have enjoyed the people from the respite. I wasn't sure at first, but I settled in quickly. I liked how there was a 4K ultra smart TV and always food to enjoy."

"I had very nice people looking out for me. It was a very warm place. I had a comfortable bed and made friends. The staff are very considerate, and I would like to thank them all. They always made me feel okay. I had an awesome time."

All the staff at Tauranga Wairua enjoyed having the privilege of supporting Rakena in the small amount of time he was with us and wish him well in his journey.



Bay of Plenty / Te Moana-a-Toi

A shared labour of love

The Real youth respite in Bay of Plenty recently completed a long-term project that now takes pride of place in the lounge! The artwork took several weeks to complete and a lot of effort from taiohi accessing the whare at the time.

The piece explores how our experiences can be life lessons and how we use them to move forward. The contrasting colours show the different elements in our universe and reflect the meaning found in our past experiences, and hope for where we are going.



Hauraki

A new name to reflect our vision

The mental health and addiction sector across Aotearoa is on a journey of change. We had the idea to rename our Rolleston Street housing and recovery service in Thames during the Pare Hauraki Matariki celebrations in June. It was an opportunity for reflection, and we decided it was time for us to set our aspirations and vision for the future.

A dawn service was held on Monday, 5 September to formally name and bless our whare. Local mana whenua, Pathways leaders, kaimahi and tāngata whai ora attended and enjoyed a beautiful and spiritual morning which included karakia, waiata, planting a tree and a delicious hangi for kai.

So, what is our new name you may be asking? Ko Matariki Ki Hauraki.

Lakes / Rotorua and Taupō

Recruiting a new generation of kaimahi

The Real team in Rotorua were thrilled to exhibit at the Tauranga Canvas Careers Expo this year. There were more than 60 exhibitors presenting to school students and adults considering upskilling or a change in career.



It was an amazing opportunity to promote Real as a great place to work and make an impact in the lives of taiohi. We had so much interest and handed out over 150 brochures!

We also had four prize packs to give away. The last prize was won by a young girl from one of our local colleges who was called just as the school buses were leaving to go home. All the buses came to an abrupt stop as our prize winner came running off the front bus to collect her prize. We will be the talking point of that college for some time yet!

Whanganui

Some of the best therapists you will find have four legs

By Egan Bidois, team coach

Louise is our current social work student on placement at the Nixon Street residential rehabilitation and recovery service.

As part of her social work studies, she was required to develop and carry out an initiative that would promote healing and wellbeing. Louise has a farm-let with various animals, so she chose to showcase the therapeutic power of animals.

She arranged for some animals from her farm-let to visit Nixon Street so the residents could interact with, pat and feed them, enjoying their company.



The stars of the show were several super cute lambs. One lamb was brand new, only born that morning, wrapped up in a warm blanket and in need of lots of cuddles – of which there was certainly no shortage of from the residents (and a few staff too). Louise also brought in her Shetland pony and her adorable dog, Freddy.

Our residents and staff had an awesome time with the animals. Louise created a very memorable and moving day for everyone.

Wairarapa

A life changing stay at River Road

The team at Pathways in Wairarapa received this message from a grateful whai ora:

"My sincere thanks to Linda from Pathways and the River Road staff for accommodating me twice while I was struggling to cope with depression.

"Due to living in isolation for the past two years whilst dealing with the end of a long-term relationship and having an incurable disease, I was really starting to struggle as I waited for my next surgery.

"My stays have enabled me to mix with people again in a caring and supportive environment and I used this opportunity to pursue a part time job. This has helped me financially as well as getting me out each day and socialising with people in the community.

"Staying here provided a massive boost to my mental health, I feel I can begin to prepare and hopefully return to my normal line of work after surgery.

"I have been treated wonderfully by everyone I have been on this journey with. I can't thank the team here enough. It has been life changing for me."

Using music to heal

By Eilish Carmichael, team coach

Music is clinically proven to help address a variety of goals. It helps with stress management, alleviates pain, and improves memory.

I noticed that guests at River Road were using music as therapy without even realising it, so I created a space where we could consciously participate in music therapy as a collective. We each brought with us a song – instrumental or with lyrics, that meant something to us, and we shared.

One guest played guitar and sang a song he wrote; one showed a video of the hanpan drum he is intending to create music with; another had us all listen to songs he felt strongly about.

One whai ora opted for us all to sing a song that is special to her and her husband. It is a song that, of course, makes her smile.

We all agreed that music puts our feelings into words or sounds that otherwise would not have been said or made. It is a release, and it is paramount to recovery.

We will continue to make space to do this. Music is so powerful!

“Music can heal the wounds which medicine cannot touch.”

- Debasish Mridha, physician, philosopher and author



Wellington / Te Whanganui-a-Tara

From solitude to socialising

Written by a guest at Pathways Hutt acute alternative service, Tatai Hono

I remember when I first came into Tatai Hono, I was a mess. I struggled to leave my home and socialise as my anxiety became overwhelming and shut me off from the world.

As I progressed through one-on-one and group sessions I started to learn coping skills, tools to better understand my anxiety and to work with myself for better outcomes. Amazing friendships were developed with guests using the service and they helped me along in my journey. We will continue to catch up for cups of tea.

I enjoyed the meals that staff provided, the outings to the beach, bushwalks, waterfalls, picnics, shops, and the support to appointments. Going out with the staff and others helped me get over my anxiety in crowded places.

After leaving Tatai Hono I have learned to make routines, weekly planners and to exercise. I am now attending different activities within the community.

Thanks to all the staff from Tatai Hono for their amazing work and helping me get to where I am today.

Wellington / Te Whanganui-a-Tara

Wahine toa in action

By a Pathways tangata whai ora in Wellington

My doctor referred me to Pathways Access and Choice when I was facing some life challenges. I needed help to see a hopeful change in my life. I must admit, I was a sceptical at first, but was pleasantly surprised with the service when I was introduced.

It was hard for me to ask for help because I had previously had too many false hopes. I was spiralling out of control and needed direction and a hand up. The service was my humble beginning to stepping into a better life. I never knew something as simple as asking for help was what I had to do.

It has been an eventful journey learning about my mental health but I am now feeling more fulfilled in my life.

With humble beginnings and baby steps on this journey of wellness, Mike and the team helped me to where I am now. I have found my niche. I love my life!

Thank you for stepping with me toward a better future. I am wahine toa in action.

Nelson / Whakatū

Remembering Major Tom – one year on

Recently, guests we support at Brightwater Aged Care in Whakatū Nelson gathered to remember a guest who passed away last year.

A ceremony to spread the ashes of Major Tom was held in a beautiful rural setting near a commemorative chair that was dedicated to him, with support staff and other guests in attendance.



One of our guests, Kathy, recited a Bible verse, Psalm 23. This passage was particularly fitting as it talked of giving refreshment to the soul.

The ceremony was a beautiful tribute to our dearly remembered whai ora.

Current guest at Brightwater Aged Care, Kathy, reads a passage from the Bible at Major Tom's memorial.

Nelson / Whakatū

Asja's galaxy art

By Asja, a taiohi in Nelson

Hi, I'm Asja. I attend a weekly youth art group called Magenta. We've had an artist called Major teaching us some graffiti art over the last month. He showed us how to do some spray painting and we made some cool galaxy art. It was fun, I really enjoyed it.



Nelson / Whakatū

Soaking up the sun on the water

A group of tāngata whai ora and staff spent a sunny Whakatū morning canoeing around the marina and out to Boulder Bank. They were guided by Rachel from Canoe Journeys.

We built new connections with each other, experienced a great physical challenge, enjoyed a sense of adventure, and stepped out of our comfort zones.

Ultimately there was a lot of laughter and joy! Harley said: "It was a great experience and a good opportunity to try something different and meet new people. I highly recommend!"

Lana added: "I had a really nice time with nice people. It was something new and exciting."

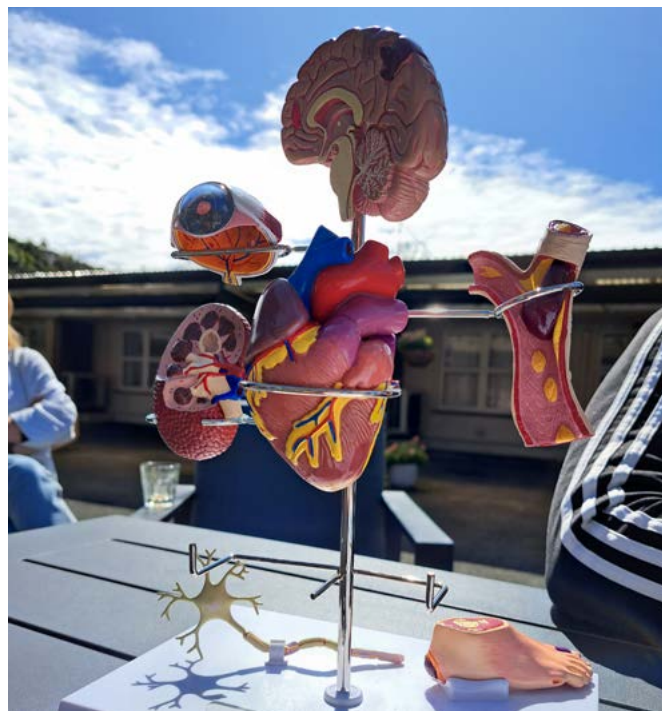
Thank you, Canoe Journeys, and special thanks to Nelson City Council for funding this fantastic outing.



Rollercoasters and merry-go-rounds: Learning to look after our bodies

Education is key for many of the people we support who have pre-diabetes or diabetes. At Waimea, we partnered with diabetes and heart health community educator, Jennie, who led interactive food education sessions called 'Let's talk about kai'.

Each session included nutritious food and information to support whai ora to make healthier choices. The group learned about the organs of the body, how they are impacted by diabetes and the food we eat, and what to do if you notice certain things.



They were also encouraged to think about which food made them feel like a “roller coaster” and which made them feel like a “merry-go-round”. This exercise encouraged whai ora to view food in a different light. They had no issue selecting the most appropriate pile and speaking to their reasoning. It is amazing what happens when we notice the feelings and reactions we have to things!

Asking ourselves the question, “Will this feel like a roller coaster or a merry go round?” is a great way to simplify food choices.

At the final session, each person created their own sandwiches with fresh vegetables and healthy protein and fats. The Waimea whānau have a long list of things they would like to learn about next. The possibilities are endless with a community of wonderful organisations that we can partner with for greater impact.

Christchurch / Ōtautahi

A dream come true

In September, a crisis respite guest was given help to get some test-pot paints to support her rock painting dream. This guest had previously painted inspirational rocks for Pathways respite, and we knew she was struggling to afford supplies to keep her rock painting going.

With the help of a flexifund we were able to purchase 20 new paints, allowing her to complete many rocks, which she has been able to sell.

Rock painting has been a long-time dream of this guest but this was a step she did not think she would ever get to. She said: “Thank you so much for helping me make my rock painting dreams come true.”



Taiohi voice has magnitude!

By Miriam Swanson (She/Her), child and youth director

Real is passionately committed to hearing and responding to the voice of taiohi. We believe that taiohi are activists in creating the future – on a personal level for themselves, within their communities, nationally, and even internationally!

A great example of youth-voice-in-action is on the climate stage, where taiohi are standing up to say, “Stop ruining the planet and act!” E whai reo ana ahau.

We are delighted that Real has a growing ability to support taiohi me ngā whānau through Whetū Marewa, our primary mental health service currently based in Taranaki, Hamilton, Hauraki, Tauranga, Rotorua, Taupo, and Whanganui.

Whetū Marewa services are built to be responsive to taiohi voices by providing easy access to support, engaging young people where they are, and working on goals that they identify as important to them, in a way that is right for them. Why meet in a stuffy room if you prefer walking around the lake, or getting out on a bike?

Another way we ensure that we are listening and getting it right is through our session rating and outcome rating scales. These are used across several of our services, including Whetū Marewa, to help us to check in and see if things are improving for taiohi, as well as allowing them to give feedback on how we are working with them. We love feedback because it helps us adjust and adapt to what each individual wants and needs.

At the end of October we were excited to participate in the Youth Leadership Symposium – Mana Rangatahi Hui Taumata: The Youth Wellbeing Conference for Young Leaders, held in Ōtautahi Christchurch.



(L-R) Taiohi Shaniva and Real kaimahi, Te Auparo, Michelle, Chris and Ethan attended the Youth Leadership Symposium in Ōtautahi Christchurch in October.

This hui brought together over 100 passionate young leaders (including Real taiohi and kaimahi) from across the Pacific region to build a declaration on the topic of youth wellbeing. This wonderful amplification of youth voices explored topics such as education, equity, hauora and healthcare governance.

Te Whare o te Hononga in Kirikiriroa Hamilton is also delighted to be working with the youth consumer advisors from Whāraurau to host the first ever Deep Meaningful Conversations (DMC) to occur in Hamilton. DMC is a platform for taiohi to share their experiences of accessing mental health services, and shape the improvements needed for better services across Aotearoa.

These are powerful contributions that taiohi can make to improve their own support and care for others. Their voices have magnitude, let's make sure we are listening!

“My experience at the Youth Leadership Symposium was something to remember. I had an awesome time getting to know Michelle and Chris from Real in Christchurch. I also loved getting to know other youth from other services. I learnt a lot about the things that enable, and are barriers to, employment. It was also cool hearing what the others had to say.”

Shaniva, a taiohi who attended the Youth Leadership Symposium with Real.

“This was an empowering event that allowed me to connect, learn and problem solve in a collaborative space with people who are equally passionate about advocating for rangatahi and improving their access to support in our communities.”

Jasmine, youth worker from Real Taupō



Izzy Fenwick, keynote speaker and founder and CEO of recruitment and talent management agency, Fenwick, spoke about the importance of youth voices in wellbeing spaces and the power that taiohi have to change their world.



Te Auparo (right) was honoured as Dux of her school in 2017.



Our new Kaiwhirimuka

We are delighted to announce Te Auparo Piripi as our newly appointed Kaiwhirimuka, the cultural lead for Real.

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

Te Auparo was working with Te Whare Huapai and the transition service with Te Whare o te Hononga in Kirikiriroa Hamilton.

Te Auparo is from Ngā Puhī, is a te reo Māori speaker and has a good grasp of her tūākitanga (identity) and her ahurea Māori (Māori world).

She is looking forward to meeting Real whānau while supporting our te ao Māori kaupapa across the motu.



The Piripi whānau (L-R): Teina, Te Auparo, Waitangi, Karangatai, Te Wairua, Tokowhati Niwhai and Tokowhati.



Follow us on social media!

Are you following us yet? Check us out!

@RealNZyouth on Facebook, Instagram and YouTube.

   @realNZyouth

real



Free festive cards!

Cut these cards out and give them to your friends and whānau this season.

Meri Kirihimete me ngā mihi o te tau hou ki ā tātou katoa – Nā Pathways me Real.



Digital resources to support wellbeing continued...



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.



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 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.



Triple P Online (TPOL) programmes offer access to online parenting support programmes. Visit www.triplep-parenting.net.nz.



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

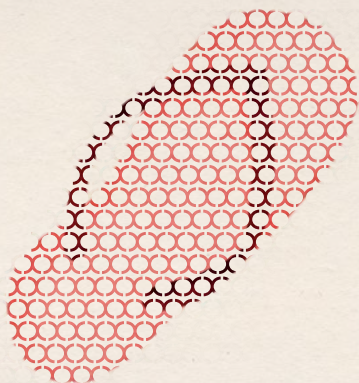
Upcoming events

| | | | |
|-------------------------|--------------------|--------------------------------|----------------------------|
| Human Rights Day | 10 December 2022 | Waitangi Day | 6 February 2023 |
| Christmas Day | 25 December 2022 | World Pride Festival | 17 February – 5 March 2023 |
| New Year's Day | 1 January 2023 | World Day of Social Justice | 20 February 2023 |
| Chinese New Year | 22 January 2023 | International Women's Day | 8 March 2023 |
| Auckland Pride Festival | 1–26 February 2023 | International Day of Happiness | 20 March 2023 |



Happy
new year

*Ngā mihi o te
tau hou*



Free festive cards!

Cut these cards out and give them to your friends and whānau this season.

**Meri Kirihimete me ngā mihi
o te tau hou ki ā tātou katoa -
Nā Pathways me Real.**

Cut each card out
and write your own
message on the back

Season's Greetings

Ngā mihi o te wā



Season's
Greetings

Ngā mihi o te wā



Digital resources to support wellbeing

Pathways believes in the importance of supporting people to access and use digital and online resources that promote wellbeing.

Atu-Mai is a violence prevention programme that equips Pasifika people with the knowledge and tools to live violence-free.

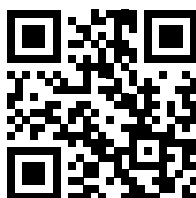
Taking an educational and skills-based approach, Atu-Mai tools and resources aim for behavioural change across generations, strengthening Pasifika communities by developing confident and resilient Pasifika young people.

The programme content, which has been designed to support Pasifika young people to experience safe, healthy and respectful relationships in the context of family and community, combines evidence-based approaches with expert knowledge, community leadership, and is co-designed with Pasifika young people to ensure it is culturally relevant, family focused and community-led.

The following workshops are for Pasifika youth aged 16 to 24:

- I AM Cultural Identify Fono
- Journey to Pacific Fono
- Respectful Relationships

Scan to access Atu-Mai
or visit www.atumai.nz



**ATU
MAI**



Atu-Mai was created by Le Va, a non-government organisation focused on Pasifika wellbeing. Le Va and Pathways are both part of the Wise Group.

Turn over page for more resources.



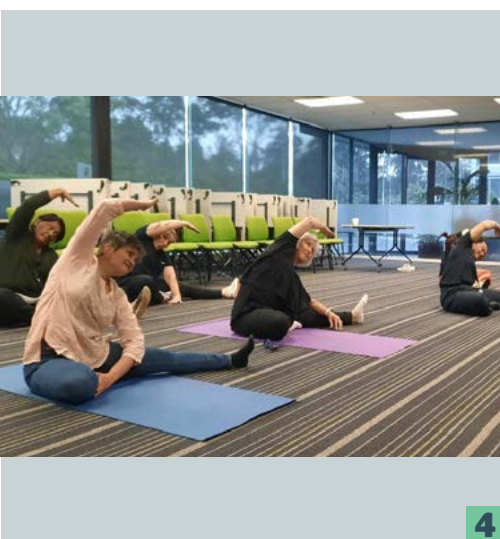
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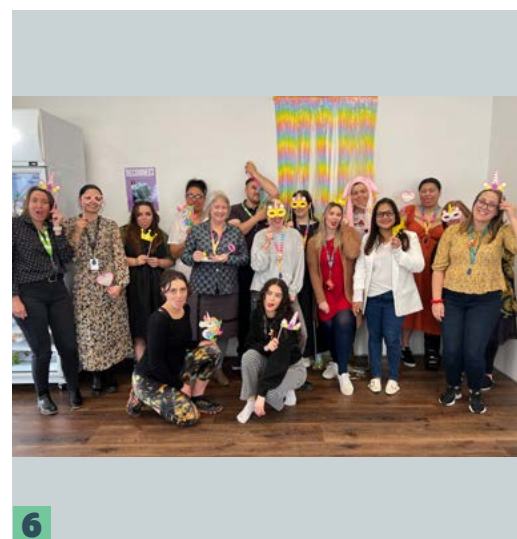
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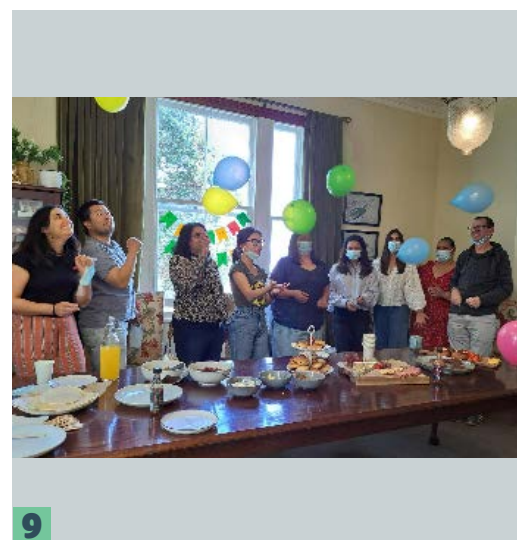
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1. Diwali in Tāmaki Makaurau Auckland.
2. Kaimahi, whai ora and taiohi in Kirikiriroa Hamilton celebrate Mental Health Awareness Week.
3. Real's Te Whare o te Hononga kaimahi have fun while farewelling Kaiwhirimuka, Chaz Naera.
4. Pathways and Real Chief Executive Sally Pitts-Brown joins the Mangere Bridge team for a yoga session.
5. Real in Bay of Plenty mark five years of their youth respite.
6. Kaimahi at our national office in Te Whanganui-a-Tara Wellington celebrate Wellington Pride Week with a rainbow morning tea.
7. Chief Executive Sally Pitts-Brown plants a lemon tree with Tevita at Hamlin Road residential service as part of the team's new gardening project.
8. Spring brings beautiful blossoms at our respite whare in Nelson.
9. The team at Te Whare Waimahana welcome new team coach, Diana Fong, to the whare with delicious kai and games with whai ora.

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