

Harikoa

OUR WHĀNAU MAGAZINE

Issue 2, 2025

Whānau matter

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| A NOTE FROM OUR TOIHAU

*A perfect time to reflect,
journal, practice gratitude
and nurture yourself.*



Tēnā koutou katoa,

Welcome to our latest *Harikoa* magazine. It's winter and the weather continues to have an impact on us. I've been keeping an eye on the aftermath of the storms and flooding across the motu, my thoughts are with everyone affected. Our changing weather patterns constantly remind me of having an up-to-date evacuation plan and ensuring I have all the essentials necessary for days without power and road access. I know the Go-bags we recently distributed in some regions have come in handy.

We value the important connections, love and support that whānau, friends and community provide tāngata whai ora (people seeking wellbeing) and taiohi (young people) on their journey to enjoy positive mental health and wellbeing. You can read more on page 4 about how we can support you. Thank you for taking the time to answer our survey, we've highlighted for you some of the changes we're taking as a result.

This edition of *Harikoa* focuses on equity. As Cheryl describes on page 6, this means *it isn't about treating everyone the same, it's about giving everyone a fair chance*. She shares information on the physical health needs experienced by many of the people we support and also how to access free services and information.

Focusing on Breakfree and supporting tāngata whai ora, taiohi, whānau and kaimahi (staff) to reduce or stop smoking or vaping continues to

be important to us. The stories we're receiving from across the motu about a smokefree future have been inspiring.

We're excited that our new digital wellbeing tool – *Pipi in your pocket (Pipi)* – has finally launched! Pipi is a tool that supports the development of goals and connection between taiohi and their kaimahi. We're already receiving positive feedback on its benefits, and we look forward to hearing what you think. You can find out more on page 14.

Matariki in June was a meaningful and joyous occasion for our kaimahi, tāngata whai ora, taiohi and whānau. We came together online and in person across the motu to honour the past, celebrate the present, and plan for the future. We shared laughter, tears, memories, dance moves and kai. You can see some photos from our celebrations on pages 12-13 and 16-17.

We welcome your feedback at any time and if you need any additional support, please get in touch, or visit the support pages on our websites for helpful resources: www.pathways.co.nz or www.real.org.nz

Nā tou rourou nā taku rourou, ka ora ai te iwi.
With our collective efforts, our people will thrive.

Sally Pitts-Brown (She/Her)
Toihau (Chief Executive), Pathways
sally.pitts-brown@pathways.co.nz

*Harikoa means **joy**
in te reo Māori*

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Whānau matter to us

Ross Phillips (He/Him)

Pou Pākihi Matua (Business Operations Manager)

Engaging with whānau across all our services is important to us, as we know the key role whānau play in the lives and wellbeing of tāngata whai ora and taiohi. We want to encourage you to reach out and connect to Pathways and Real kaimahi (staff) if you have any feedback or concerns that you'd like to discuss.

From our survey late last year we learnt that almost all whānau who responded feel respected, listened to and involved in the support provided to their whānau member. Survey results highlighted the importance of providing regular updates and keeping the communication channels going between whānau and kaimahi. Also, that involvement in care planning and feeling included in the journey of their whānau members is really appreciated.

“Always there, not only for our sister but to support us too, always helped us to understand and never made us feel out of place.”

– (whānau respondent)

We also learnt we could improve by helping whānau connect to potential supports, that are available, such as Yellow Brick Road. Ensuring that services remain reliable and a desire to have more time with kaimahi were two other areas whānau mentioned. We have reinforced to our kaimahi the need for clear communication with whānau if something is preventing us from meeting expectations. We are also reviewing service delivery time and activities to make sure we are maximising the time we spend with people.

Ngā mihi to everyone who responded to our survey. We really appreciated and learnt from the responses. We encourage all whānau to provide us feedback and to contribute to improving services.

Support for whānau

It's important for whānau to remain connected and well alongside the journey of tāngata whai ora and taiohi. So if you're needing support, assistance or guidance, please reach out to your Pathways or Real kaimahi who'll be able to provide support.

We can also help connect you with whānau support services for more specific assistance. This could include education on how to best care for and support a loved one, advocacy to help navigate mental health services, or connections to other support groups. Many can be approached directly.

The following are a couple of good online resources to help.



www.mentalhealth.org.nz/groups



yellowbrickroad.org.nz



Family Drug Support
AOTEAROA NEW ZEALAND

www.fds.org.nz

Breaking free from smoking and vaping

As we near the end of winter and look forward to spring, there is much to celebrate in the Breakfree space. Nearly 90 people have either quit or reduced their smoking or vaping since we began the Stop-a-thon campaign in April. We're well on our way towards our goal of 150 by the end of the year.

Coinciding with World Smokefree Day, a number of events were held across the motu to celebrate those who'd signed up to our Stop-a-thon by the end of May. We're still encouraging tāngata whai ora (people seeking wellbeing), taiohi (young people) and kaimahi (staff) to join us on the quit smoking or vaping journey.

Every quit counts

Seeing others smoke can make it hard to stay stopped. But that's not the only factor that makes quitting, tough. Cravings for nicotine, social events, and even just thinking about smoking can all increase the urge.



Reach out to our kaimahi if you need more support or ideas. This matters a great deal to all of us.

If you're supporting whānau to cut down, quit smoking, or stay smokefree, here are some ideas to help you both along the way:

- It's important to remember that when someone doesn't feel confident about quitting, it doesn't mean they don't want to – there could be many factors at play.
- They might be worried about withdrawal symptoms or fear that they'll fail. They may feel unsure about what life will be like as a non-smoker. Try being understanding and ask why they're feeling unsure or less confident. Talking about it can help them figure out what they need to build their confidence.
- Relapses can happen, and for some people, this can make them feel like giving up. When someone has returned to smoking, it helps to stay positive and encourage them to set a new quit date, with a plan for how to prevent another relapse.
- There are tried and tested techniques for preventing relapses:
 - Distractions are helpful for getting through cravings
 - NRTs (Nicotine Replacement Therapies), especially in the early days
 - Activities that soothe the senses, like listening to music, preparing kai, going for a walk, or having a massage can help
 - The more activities people identify help them and the more they use them, the better.

If you or any of your whānau are interested in joining us, there's more information on our website: www.pathways.co.nz/breakfree25

Building a healthier, happier Aotearoa for all

Dr Cheryl Buhay (She/Her)

Pou Matanga Haumanu (Clinical Director)

We believe everyone deserves the chance to live a healthy, fulfilling life. But for many whānau, that journey is harder than it should be. This could be due to factors such as income (where families with lower incomes may struggle to afford care), location (where some areas lack specialists or even basic healthcare services), access to technology (not everyone has internet or devices for telehealth), and cultural and language barriers (which can make it harder to understand or trust the healthcare system).

Health equity means making sure every person, no matter their background, income, or location, has the support they need to stay mentally and physically well, live independently, and stay connected to their communities. It isn't about treating everyone the same, it's about giving everyone a fair chance.

What's being done in Aotearoa

- Community-based care is expanding, bringing services closer to home.
- Digital health tools are helping rural and remote communities access support. Initiatives such as Zero Data allows free access to useful websites even if you have no data on your mobile phone.
- Campaigns like "SEE US" are raising awareness about diagnostic overshadowing—when physical health issues are overlooked in people with mental health conditions.
- Across our Pathways and Real services, we work with those we support to have the best physical and mental health possible. We do this through campaigns, such as Heart Health Month and Men's Health Week, to help raise awareness, encourage proactive screening, and working alongside them, whānau, healthcare providers and other services to ensure there is connected care.



How families and whānau can help

- **Stay connected** – Check in on neighbours, friends, and whānau. A simple kōrero can make a big difference.
- **Encourage healthy habits** – Exercise, movement, healthy nutrition and screen-free time support good physical and mental health.
- **Use available resources** – Communities may offer free or low-cost clinics, translation services, and telehealth options.
- **Ask questions and speak up** – If you have needs or concerns, don't be afraid to speak up and raise these with healthcare providers and services involved. Share with them your experience. Your voice can help shape better care for everyone. You can discuss your concerns with our kaimahi, and we'll support in any we can.

It isn't about treating everyone the same, it's about giving everyone a fair chance.

Note: This article was recently published in www.thehorizon.nz; an Ember Korowai Takitini publication.

Heart health checks strengthen support for tāngata whai ora

Hayley Kumar (She/Her)

Ngai Tahu / Ngāti Waewae

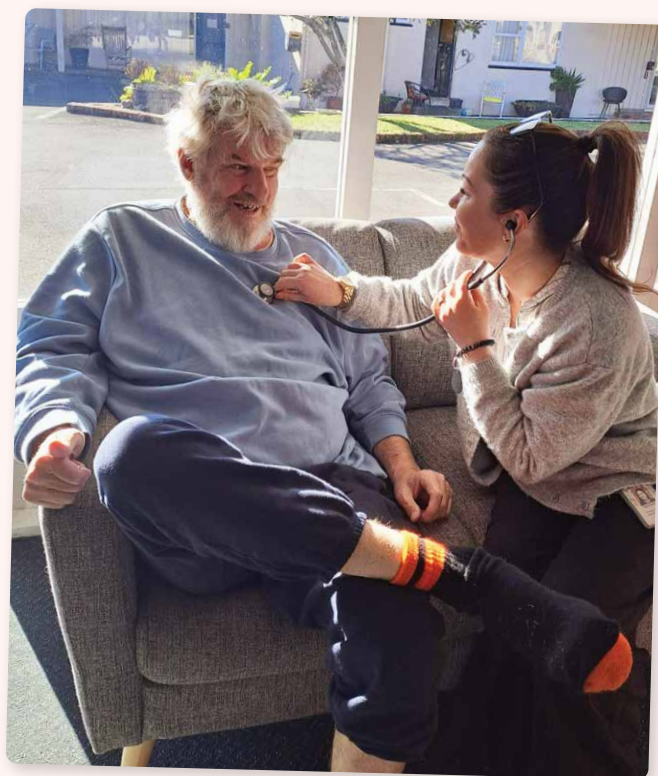
Clinical Nurse Specialist – Peer

We know that supporting tāngata whai ora to complete heart health risk assessments with their GP is a valuable step towards improving their overall physical health. These risk assessments are particularly important given the strong links between diabetes, high blood pressure, heart disease and mental wellbeing and can often go undiagnosed.

Recently in our Nelson Marlborough residential services we worked with our tāngata whai ora to complete their checks with their GP. These assessments also allow us to identify health risks and necessary monitoring, develop risk plans and provide tailored education to help manage and reduce cardiovascular risk.

This has sparked meaningful conversations with our tāngata whai ora, with some setting new personal health goals like reducing smoking and improving lifestyle habits. Working closely with their medical centres has also strengthened relationships, improved flexibility to meet the needs of our tāngata whai ora and reinforced the importance of integrated care.

By addressing physical health alongside mental wellbeing, and removing barriers through culturally appropriate support, flexible appointments, and clear communication, we can achieve better heart health outcomes and set more relevant goals for our tāngata whai ora.



To help support equity in heart health we can:

- ♥ **Raise awareness:** Help tāngata whai ora understand the importance of regular heart health checks and how they relate to overall wellbeing.
- ♥ **Reduce stigma:** Create safe, non-judgemental spaces where mental and physical health can be discussed openly.
- ♥ **Improve access:** Advocate for flexible appointment times, provide transportation support, and culturally responsive care.
- ♥ **Simplify:** Assist tāngata whai ora in understanding and accessing healthcare services through clear communication and patient advocacy.
- ♥ **Collaborate:** Encourage stronger partnerships between mental health teams, GPs, and community services to provide holistic, coordinated care.

Together, these steps can help remove barriers and promote equitable heart health for all our tāngata whai ora.

heart
health

Our residential services provide a home in the community. The goal is to optimise independence and support tāngata whai ora to live full and flourishing lives.





Supporting our tāngata whai ora into employment

Adel Stephenson (She/Her)
Pou Whakahaere Matua
(General Manager: Te Manawa Taki)

One of our foundational beliefs is “helping everyone we support to have somewhere to live, something to do, something to hope for and someone to love.”

The power of hope and believing in people’s potential are key ingredients that can make the difference when tāngata whai ora (people seeking wellbeing) and taiohi (young people) are considering work.

Over the years, we’ve seen tāngata whai ora succeed in getting a job despite many challenges and concerns. The key ingredients are their desire to work, having people who believe in them, and a support team co-ordinating their mental health and employment support along the way. Challenges still exist, but our team approach considers the “what ifs” and what the plan could be if these scenarios played out.

Part of our care is to talk about employment, be curious about people’s aspirations and to connect our conversations to an employment goal.

Goal setting is one of our planning tools to help turn aspirations into reality. We encourage tāngata whai ora to write down their goal and related tasks for getting a job and to share this with a trusted person. We’ve seen this helps with getting moving and success.

I recently came across the following quote from a webinar linking aspirations and goals. I printed it so I can see it as a constant reminder:

“Every goal you set, propels you towards the life you want.”

Take the opportunity to have a job conversation. Be curious. It’s everyone’s business to create hope and cheerlead employment.

Good work as a way for people to be happy and healthy

Workwise, who's also part of Wise Group, are committed to helping people facing personal or health challenges to find the right role to suit their skills, experience and hopes. Some of our tāngata whai ora (people seeking wellbeing) also use a Workwise employment consultant to help find and keep a job.

“Even though employment support options differ from region to region, Workwise can give support and advice when a person is interested in taking the first step on their employment journey. We're at our best when we work together closely to support people.”

– Spencer Kendall, Workwise General Manager

Employment as a health intervention can start simply by having positive conversations about employment. If you want to find out more for your whanau member, you can talk to your support worker for more information about the benefits of having a job and support options in your area.



workwise
employment agency



Finding confidence – Tui's story

Tui* was referred to Workwise by her Pathways team. At her first meeting, Tui was still feeling the effects of a work injury, and her dyslexia and learning difficulties were holding her back. She felt unable to cope and became quite emotional. The Workwise employment consultant listened to her, kept positive and validated her kōrero (story).

After receiving support to complete her studies, Tui became confident enough to apply for part-time work as a support worker. Workwise helped her with her CV and cover letter, targeting jobs that Tui was interested in. After a month of searching, Tui got a job offer and is now working as a care worker in a retirement village. Tui is doing well and is looking at her next step as a Peer support specialist.

“I think it's amazing what Tui's done for herself in such a short time. There's many things she didn't have the self-confidence to do including in her whare and garden, and now she doesn't need the support to do them.”

– Workwise employment consultant

*Name has been changed to protect privacy.

Lived and living experience

Shaping our mental health services

Jodie Bennett (She/Her)
Kāti Kuri – Kāti Mamoe ki Kāi Tahu
Pou Whaihua (Peer Strategic Lead)

The expertise people gain through their own experiences of mental distress and addiction is increasingly recognised in the policies and frameworks shaping mental health and addiction services in Aotearoa. We have a responsibility to have the voices of those with Lived and Living Experience (LLE) and their whānau in the centre of our planning and delivery of care.

Achieving equity in mental health and addiction services means that every person, regardless of background or circumstances, has a fair and meaningful access to the care and support they need to achieve their own version of wellbeing. An important part of this, is making sure tāngata whai ora and their whānau are not only heard, but their input is acted upon.

Those with LLE hold unique expertise. Their perspectives have the power to shape services in real and impactful ways. When we receive feedback, we use it to continually improve our services. Our commitment to doing 'whatever it takes' means that tāngata whai ora and whānau voice drives genuine change.

How can you participate in this important kaupapa?

- **Give feedback** – let us know how you feel about the care you or your whānau member receive.
- **Complete our Experience Survey** – we encourage you to provide feedback. You can use our survey to reflect on your journey, or your whānau member's journey and share the difference it made. Please talk to our kaimahi about the opportunity to complete this.
- **Looking for meaningful work?** Ask about **Kia Mataara**, our fully funded peer support training, designed for those with LLE to become qualified Peer Support Specialists, supporting tāngata whai ora on their wellbeing journey.

Your voice matters. Together, we can continue to shape services that truly serve our tāngata whai ora and whānau.

Te Kōtuku

Continuing our journey of equity with Māori

Anaru Hawkins (He/Him)
Kaihautū (Cultural Lead National)

Te Kōtuku is part of akoranga (learnings) for our kaimahi. It's our journey to continue building the capability and capacity of our workforce to embed the articles of Te Tiriti in our day-to-day practice. It ensures we empower the voice of kaimahi, tāngata whai ora and taiohi Māori, and continue to strengthen equity.

Our Te Kōtuku workshops explain the differences between the Treaty of Waitangi and Te Tiriti o Waitangi and outlines a working definition of Te Tiriti o Waitangi. It looks at the past experiences and biases we have that may impede how we see Te Tiriti and how it shapes our work today.

We then spend time in 'why' and 'how' we can build our use and pronunciation of te reo Māori in our services. This includes learning our mihi, karakia and our national waiata. Finally, we look at how we can support our Te Ao Māori focus and the kaupapa that helps us to progress.

Our kaimahi together in Whanganui for one of our Te Kōtuku workshops.



"I learned how deeply interconnected identity, ancestry, and cultural belonging are to a person's mental health in Te Ao Māori. The training reinforced the importance of upholding a person's dignity and mana (self-worth) in every interaction."

– (Kaimahi feedback after the workshop)

The whakataukī (Māori proverb) that heads up our rautaki Māori (strategy) talks to our commitment to each other as we work to be constantly learning together.

*Ehara i te mea ko te haerenga,
ko te taenga atu rānei te kaupapa.
Ko te whanaungatanga kē!*

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



*Share harikoa with
our wider whānau*

We love seeing what you've been up to!
Send your pics to: stories@pathways.co.nz.
It's a great way to keep our whānau
updated on events and activities
happening near you!

Snapshots

from across the motu



TĀMAKI MAKAUURAU | AUCKLAND

Richie, a tangata whai ora in one of our residential services in Auckland enjoys looking up recipes, shopping for ingredients and baking.



TE WHANGANUI-A-TARA | WELLINGTON

Ruth enjoys herself at our Matariki celebration for tāngata whai ora and whānau in Wellington.



TE WHANGANUI-A-TARA | WELLINGTON

Tangata whai ora Gail with her daughter Miya celebrated Matariki at one of our whānau events, alongside our kaimahi Ella (dietician) and Katherine (occupational therapist).



WHAKATŪ | NELSON

Chrissy, a tangata whai ora in one of our residential services enjoyed kai and painting at a Matariki event in Nelson.



TE WHANGANUI-A-TARA | WELLINGTON

Caitlin was happy to receive a Matariki cushion as a spot prize at our whānau Matariki celebrations. Nathan, Regional General Manager always loves to jump in a photo!



TAURANGA

Toby made the most of the opportunities at a recent Whetū Marewa group outing.



WAIRARAPA

Di shares with us: *"Recovery is a journey, and I'm proud how far I've come."*



WHAKATŪ | NELSON

Jason, a tangata whai ora at one of our residential services enjoys a day out at the Nelson Centre of Musical Arts listening to, and meeting with the New Zealand Symphony Orchestra.

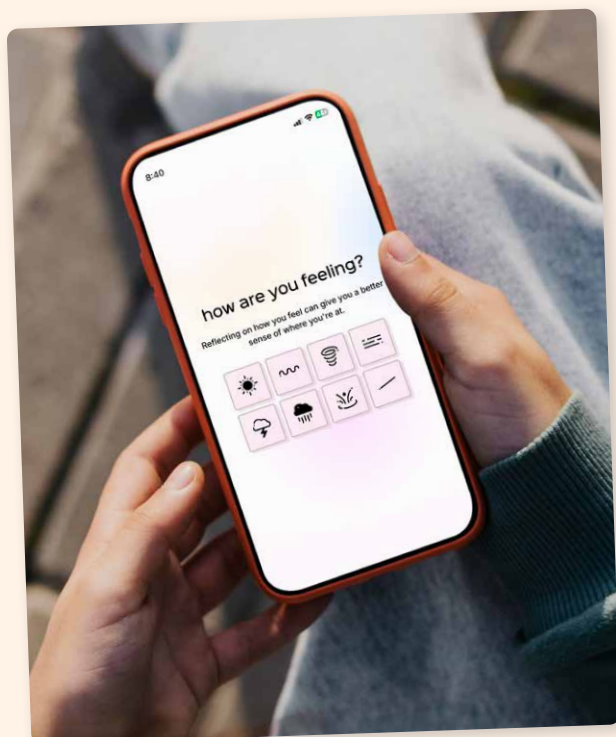


Pipi in your pocket comes to life

Our new interactive wellbeing tool *Pipi in your pocket* (Pipi) began rolling out during July. The development of Pipi was a collaboration between taiohi (young people) and our team here at Real. Then we used the expertise of a digital design agency to bring it to life. We're super excited to get Pipi into the hands of our kaimahi and taiohi across the motu.

Pipi lets taiohi track their goals, moods and activities. It also holds their support plans so they're easily at hand when times get tough.

Our focus for the tool is to ensure it feels personal for each person, and so taiohi can stay in control of their own information. A great example of this personalised approach is the use of our own 'emoji symbols' to capture mood. These symbols were designed specifically for Pipi, working together with taiohi so they're meaningful. Every taiohi can now track and record how they're feeling, without being restricted by a list of words.



So far the response has been overwhelmingly positive. One taiohi even contacted us months after finishing his time with us to ask if he could put Pipi on his new phone. The answer was... "of course"!

Another taiohi, who we consulted with during the early design idea stage, was super impressed by the end product. He talked about loving the designs and colours of Pipi and how it felt like a wellbeing tool he could use how he wanted, rather than feeling any pressures to use it.

"My favourite section is the support screen – I can see everyone who's there for me, and phone them with the push of a button."

As the roll-out continues, look out for Pipi across our Real services. We'd love to hear how Pipi works for you or your whānau.



Taiohi vaping in Aotearoa

*Real's compassionate
approach to youth wellbeing*

Dani Maylam (She/Her)

Ngāti Porou
Intern

Our team in Wairarapa about
to start their presentation.

In Aotearoa, mention vaping and taiohi in the same sentence, and you're likely to spark a passionate conversation. During a six-week internship with Real, I gained insight into how vaping is increasingly affecting young people across Aotearoa.

Discussions with Real's kaimahi highlighted a worrying trend: vaping is highly normalised and widespread among taiohi. For many, it's accessible before secondary school and has become a coping mechanism for managing anxiety and stress. Internal data also shows that vaping among taiohi has surged from 3% in 2020 to nearly 13% in 2025. Actual figures could be higher.

Initially introduced as a smoking cessation tool, vaping was marketed as a safer alternative to tobacco. Over time, however, sweet flavours, sleek designs, and social media trends helped embed it into youth culture. Government messaging focused on harm reduction for older smokers, but this blurred the lines, making vapes easily accessible, especially when they're often a cheaper option than cigarettes.

I observed that Real is responding with compassion and creativity. In Wairarapa, they run group sessions and school-based education using Tūturu resources to engage taiohi in non-judgmental kōrero about vaping. In Taupō, they run programmes like CACTUS, combining physical training, values-based mentoring, and health education. Kaimahi have emphasised the need for early, community-led intervention and support that has taiohi wellbeing at the centre. Real's mahi shows how person-led, harm-reduction approaches can make a real difference when grounded in trust, cultural relevance, and meaningful connection.

Taiohi vaping isn't just a health issue, it reflects broader social, cultural, and mental health dynamics. Supporting our taiohi will require responses that are flexible, culturally grounded, and, most importantly, shaped by the voices of those most affected. Guided by their motto, Ahakoa te aha (Whatever it takes), Pathways and Real continue to evolve flexible, culturally grounded, and compassionate programmes, centering the voices of taiohi and kaimahi to tackle this issue effectively and with manaakitanga.



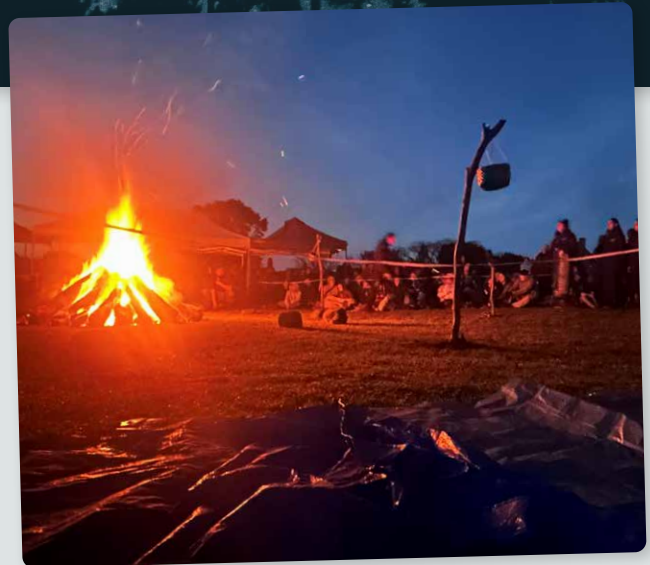
Celebrating Matariki

Anaru Hawkins (He/Him)
Kaihautū (Cultural Lead National)

Matariki, the Māori New Year, is more than just a national holiday. It's a meaningful time for all New Zealanders to pause, reflect, and reconnect. Rooted in Te Ao Māori, Matariki marks the rising of the Matariki star cluster (Pleiades), and with it, three central themes that guide how it is honoured across Aotearoa: honouring our past, celebrating who and where we are, and looking towards our future aspirations.

Each iwi across the motu recognises Matariki in ways unique to their whakapapa and traditions, yet these three themes remain consistent. Honouring the past involves remembering loved ones who have passed, acknowledging their contributions, and recognising the whakapapa that connects us. Celebrating the present invites us to gather, share food, express gratitude, and appreciate the relationships and communities that sustain us. Looking to the future inspires goal-setting, hope, and aspirations for personal and collective wellbeing.

For all New Zealanders, embracing Matariki can strengthen our connection to each other, to the land, and to Te Ao Māori. It provides a culturally rich opportunity to slow down and engage with ideas of identity, heritage, and shared future. Recognising Matariki helps embed mātauranga Māori more deeply into national consciousness, promoting unity through respect and understanding.



For Pathways and Real, recognising Matariki is both an opportunity and a responsibility. Across our organisation we reflect the spirit of Matariki including acknowledging the importance of reflection, connection, and hope in hauora (wellbeing). We include remembering and celebrating those we've lost, celebrating diversity within our teams and the communities we serve, and offering spaces or initiatives that support growth and future aspirations.

Culturally grounded approaches to wellbeing are powerful. Recognising Matariki in an authentic and inclusive way can strengthen relationships with Māori, enhance cultural safety, and contribute to more holistic mental health support. Ultimately, Matariki invites all of us to remember, celebrate, and dream together.



Moments of Hārikooa

Stories of joy, growth and connection across Aotearoa.

Community planting day with Makaurau Marae

📍 TĀMAKI MAKĀURAU | AUCKLAND

On a sunny Sunday morning leading up to Matariki some of our Tāmaki Makaurau Auckland kaimahi joined mana whenua at Makaurua Marae for the planting of over 1,400 trees. Once we were welcomed onto the marae, we were off to our mahi!

Joined by kaimahi and their whānau from our Auckland and Waitemata mobile services, Donna Marie, OJ and Sanjay supported Elaine, Fionna and James at the planting. It was wonderful joining members of the local community and whānau from the marae to plant pūriri, kōwhai, mānuka, kānuka and harakeke. Tamariki helped with the planting as well as enjoying running about in the sunshine and we all finished the day with yummy kai.

It was a great experience to spend time with everyone, knowing that our efforts will be enjoyed by generations to come. It was a wonderful opportunity to celebrate Matariki.



Enhancing travel

HAURAKI

Our mobile services team in Hauraki is proud to be an accredited support agency for the Total Mobility scheme in the Hauraki region. The Total Mobility scheme provides subsidised taxi services for eligible people. It supports people with physical, intellectual, sensory, psychological, or neurological disabilities that prevent them from safely using public transport.

Being an accredited support agency for Total Mobility means we can assess the eligibility of the tāngata whai ora (people seeking wellbeing) we support, without having to refer them to another provider. Initiated by Isobel our kaimahi (support worker), this project has created a smoother, more person-centred process. It allows us to break down transport barriers and further empowers our tāngata whai ora to better



engage with their communities more independently. It means they can attend appointments, go shopping, see friends or just go to the beach.

This marks an important step in our ongoing commitment to reduce barriers and enhance the wellbeing of our tāngata whai ora through accessible, trusted support.

Our mobile support services come to where it suits you. We provide one to one or group support to meet the needs of those we support, and their whānau to live full and connected lives.



Robert's inspiring story

TĀMAKI MAKĀURAU | AUCKLAND

For Robert, cigarettes used to be a source of both comfort and struggle. He would spend most of his money buying cigarettes, and on off days, he'd go downtown looking for cigarette butts or begging for money. This became an easy way to keep up with his addiction, managing to buy a packet a day. He'd wake up during the night for a smoke and fall asleep during the day with a lit cigarette in hand.

Smoking was a way of life for him. A means of comfort when distressed, something to do when bored, and part of a social convention as those around him smoked: his parents, whānau, and friends. It was the norm.

Robert knew it wasn't good for him. Regularly his Pathways' support team, his GP, and his whānau would speak to him about this along with ongoing support and resources. He'd have one-on-one sessions with a Smokefree health coach and our Health and Wellbeing team nurse, alongside kaimahi support. Yet Robert still struggled to quit.



He had tried many times, sometimes lasting an hour, sometimes half a day, but then he'd quickly be back to a pack a day.

One day, his church offered Smokefree counselling using scripture and verse, in the church setting. This was the missing piece to putting down the cigarettes and transitioning to vaping. Apart from a couple of slip-ups, Robert's transition from smoking to vaping has been a success.

Robert no longer goes downtown to look for cigarette butts. He also has some spare cash because of the savings he's making. He seems a lot happier and more content with his life.

Real support, Real change

Jasmine's road to apprenticeship

Chantel (She/Her)
Registered Nurse, Thames

HAURAKI

A young woman was referred to our Whetū Marewa service for support. During our first meeting we discovered that due to financial difficulties she couldn't afford to visit the GP and get a script for her regular medications. Our team was able to assist getting her back on her medications, which lead to increased confidence and a reduction in anxiety symptoms.

The next goal Jasmine wanted to achieve was to get a job. We visited a local employment agency so they could find out more about Jasmine. Luckily, a potential employer wanting a new apprentice for their painting and decorating business was also visiting the agency that day.

Jasmine was extremely excited about this opportunity as painting and decorating was just the role she was looking for. We helped her write her CV and shared some tips for the interview process, which was scheduled for that same afternoon! The interview went well, but


Jasmine had to wait as the employer had two other candidates to interview. After six days, Jasmine received great news – she had the job! The employer was highly impressed with her enthusiasm.

“This is the best year I’ve had in a while, the job is going awesome!”

Jasmine expressed her gratitude for our support and was excited about the opportunity, recognising how much it would contribute to her overall wellbeing. Her job trial period began, and three months later, she was offered and accepted a full-time apprenticeship. She texted me to say thank you.

Whetū Marewa means ‘rising star’ and is one of our mental health support services for young people.





A journey of change

Mark Patterson (He/Him)
Kai Tautoko (Support Worker)

Wayne with Mark, Support worker.

KIRIKIRIROA | HAMILTON

Wayne was referred to us following a long and difficult history with more than 30 years of intravenous methamphetamine use and significant trauma. His journey toward change has not been linear, but it has been powerful.

From the beginning, I was able to build a strong connection with Wayne. We shared some common ground in our lived experience of addiction, which helped establish trust and open conversations. Alongside Community Alcohol & Drug Services (CADS) and his psychologist, we've worked closely to provide wraparound support, combining motivational interviewing, regular check-ins, and encouragement to engage with Narcotics Anonymous. Wayne has taken all the opportunities seriously.

Today, he speaks openly about how much he dislikes what methamphetamine has done to his life and relationships. He's motivated, focused, and determined to make change. It's been a privilege to watch that shift.

Also exciting is Wayne's growing interest in Peer support work. His lived experience, insight, and growing self-awareness would make him an incredible asset to others on their recovery journey. He sees Peer support not just as a way to help others, but as a way to support his own recovery.

Wayne has shared his appreciation for the support he's received from Pathways and CADS, particularly during times when things have felt overwhelming. Wayne is now in a rehabilitation programme, we're hopeful and excited to see what's next for him.

Wayne's story is a reminder that connection, compassion, and collaboration can create real change. Sometimes the most powerful support comes from someone who's walked the same path.

Our mobile services tailor the amount and types of support we provide to each person. This changes as needs and preferences change.



Minestrone

Here's a healthy minestrone soup recipe we think you'll enjoy for lunch or dinner. Minestrone is an Italian soup that's full of goodness and will keep you feeling full for hours. Have it with wholegrain toast or a bread roll.

SERVES 4

V

EQUIPMENT

Large pot

INGREDIENTS

2 tbsp oil
1 onion, finely chopped
2 carrots, chopped
2 potatoes, chopped
3 cloves garlic, crushed
1 can of tomatoes
½ cup pearl barley
1 can of kidney beans, drained and rinsed
1 stock cube, or 1 tsp stock powder
6 cups water

MAKE IT GLUTEN FREE

You can swap the pearl barley for brown rice, or a gluten free small pasta shape eg shells.

PEARL BARLEY

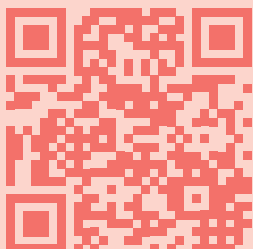
Pearl barley is a chewy and savoury tasting grain that's inexpensive to buy and a good ingredient in soups and salads. Pearl barley is faster cooking than hulled barley.



INSTRUCTIONS

1. In a large pot heat the oil and cook the onion, carrot and potato over a low to medium heat until the onion is soft.
2. Add garlic and cook for a further minute.
3. Add remaining ingredients and bring to a gentle simmer.
4. Cook for approximately 1 hour or until the pearl barley has become soft.

Recipe source: Heart Foundation



You can find more healthy recipes in our **Wholesome** cookbook. To read it for free, scan the QR code, or visit www.pathways.co.nz/recipes5



Upcoming days of importance

International Youth Day – 12 August

International Youth Day is dedicated to recognising the potential of young people and highlighting the challenges they face.

Daffodil Day – 29 August

The Cancer Society of New Zealand's Daffodil Day symbolises hope for every New Zealander affected by cancer. The day also helps to fund world-leading cancer research and vital prevention programmes to help future generations.

Breathe Better – September

The Asthma and Respiratory Foundation NZ (ARFNZ) is encouraging New Zealanders to show their support for those with asthma and other respiratory conditions by setting an active 'Better Breathing Challenge' for the month of September.

Te Wiki o Te Reo Māori – 15-22 September

Kia kaha te reo Māori! Find resources and information about how you can get involved at www.reomaori.co.nz

International Day of Older Persons – 1 October

International Day of Older Persons is a day dedicated to recognising the contributions of older adults to society and addressing the challenges they face.

Mental Health Awareness Week – 6-12 October

Mental Health Awareness Week is run annually by the Mental Health Foundation. It's a reminder to actively prioritise and nurture mental health. Visit www.mhaw.nz to learn more and find events near you.

Diabetes Action Month – November

Diabetes is New Zealand's fastest growing condition. This November's awareness campaign is focused on creating better knowledge and less judgement and stigma of people with diabetes.

Healthify, your go-to for health information

Not sure where to go for health information? Healthify (previously Health Navigator NZ) is Aotearoa New Zealand's go-to website for trusted easy-to-understand health information and self-help resources.

The website is divided into specific sections, including:

- Health A-Z to learn more about a range of health conditions.
- Care and Support for services and supports available to you.
- Medicines A-Z for info about your medicines.
- App reviews that can help you decide which to use to manage your health.
- Hauora Wellbeing for articles and tips on mental and physical wellbeing.
- Tools and resources such as medicine dose calculators.

Healthify
He Puna Waiora

To learn more, visit
www.healthify.nz



Harikoa

OUR WHĀNAU MAGAZINE

Front and back cover photography:
A new day rises across
Te Whanganui-a-Tara | Wellington



pathways **real**
— ahakoa te aha —

Scan the QR code to access this and
other recent issues online.



*Iti noa ana he
pito mata*

*There is potential in the
smallest bud, hold hope*