

# Harikoa

OUR WHĀNAU MAGAZINE

Issue 3, 2025

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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 this raumati | summer edition of Harikoa! This season, we pause and reflect on our spirit: Ahakoa te Aha | Whatever it Takes. For more than a decade, this has been the heartbeat of Pathways and Real. It's what drives us to stand alongside tāngata whai ora, taiohi and their whānau through every challenge and every triumph.

As summer settles in, we hope you're finding time to enjoy longer evenings, maybe even get your hands in the soil. Speaking of growing things, our Great Pathways Pumpkin Growing Competition returns in 2026! Whether you're a seasoned gardener or just giving it a go, start prepping now. Pumpkins aren't just kai, they're a symbol of patience, care and growth, just like the journeys we share. From one tiny seed, with aroha and support, we can grow a harvest of hope. Check out page 23 for details.

This edition celebrates moments that bring us together like IronMāori in November, showcasing strength, resilience and whanaungatanga | connection. And Te Wiki o te Reo Māori in September gave us the perfect reason to celebrate te Reo Māori every day of the week, reminding us of the beauty of te Reo Māori. Every kupu | word and kōrero keeps this taonga | treasure alive.

We'd love to hear from you! Your voice shapes our future and makes Harikoa even better. Please take a few minutes to complete our feedback survey.

And if you'd like to kōrero, share a story, or ask a pātai (question), we're always here.

Wishing you all a great summer and I hope you all get to enjoy some down time and connection with who or what matters most to you.

*Ngā manaakitanga,*

**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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Nutrition and wellbeing are  
#1 with this nutrient dense  
deliciousness

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social media*

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   @realNZyouth

# Ahakoā te aha | Whatever it takes

## Our wairua in action

### Our wairua lives in every moment

For over a decade, ahakoā te aha | whatever it takes has been more than words to us. It's our wairua, our spirit, our constant. It's the heartbeat of everything we do at Pathways and Real. It's the quiet determination in a kaimahi voice when they say, "I'll find a way." It's the gentle persistence when supporting your whānau member. It's patience, creativity, and we do what we say we'll do.

We've created this ahakoā te aha initiative, a series of beautifully crafted videos, to celebrate the core spirit that drives our mahi. We want to show that ahakoā te aha isn't a slogan on a wall, it's our story, lived out every single day by kaimahi who are deeply committed to supporting tāngata whai ora, taiohi, and their whānau on their recovery journeys.

Pathways Chief Executive Sally Pitts-Brown says "Our kaimahi are practicing ahakoā te aha every day. No matter what the role, our connections matter, a lot."

**"We understand building trust is the most important thing. We might not have all the answers, but we are deeply committed to making sure that you feel like you have somebody walking alongside you." – Kenihia**



**"Ahakoā te aha | whatever it takes is our wairua, it's what inspires, motivates, drives us as an organisation to come to work every day,"**

says Anaru Hawkins, our Kaihautū.

Every day, our kaimahi demonstrate that it's not just about what we do, it's about who we are. We bring peer support, clinical expertise, and cultural competence together in ways that honour the mana of every person we work with.

As Hoki says, **"I wake up every morning, loving coming into this whare."** That's the spirit we bring to supporting your whānau, a genuine love for the mahi and the people we serve.

**"As Peers we've all had our own addiction or mental health issues. That gives us unique insight to be able to help those who are on their recovery journey." – Joe**





## Whakaiti and aroha: the foundation of our mahi

At the heart of ahakoa te aha are two guiding values: whakaiti (humility) and aroha. Our kaimahi don't come with all the answers, and they don't pretend to. What they bring is something more powerful: genuine care and consideration.

*“This is a place where people can come in and be themselves. This is a house full of love,”* one kaimahi shares. It's this approach that creates safety, builds trust, and opens the door to healing.

For whānau, this means your loved ones are met with respect, dignity, and unwavering support. It means our kaimahi remember it's not just about delivering the medications, it's about the little things. A warm greeting. Remembering someone's story. Taking time to understand what matters most to them and their whānau.

We value and celebrate lived experience and cultural diversity, because we know these perspectives bring depth, understanding, and authentic connection to our mahi.

**“It's all about compassion, empathy, aroha, ensuring their mana is always held at the highest degree.**

**Treating a person how you would want to be treated. When you give your undivided love and humility to somebody it reciprocates.**

**There's no greater feeling than when you see someone achieving. These are people's lives that you're working with.”**

**– Hoki**

You can watch our video at  
[www.pathways.co.nz/values](http://www.pathways.co.nz/values)

# Breakfree Stop-a-thon 2025

**Celebrating every quit or reduction in smoking or vaping**

**Ross Phillips** (He/Him)

Pou Pākiki Matua (Business Operations Manager)

Nearly  
**100**  
signed up

With our Breakfree Stop-a-thon ending in November, we celebrated the incredible achievements of close to 100 people who took the courageous step toward a smokefree or vape-free future. From the launch in April through to World Smokefree Day on 31 May until the end of November where we held regional celebrations, participants have shown remarkable strength, supported by their whānau, kaimahi, and smokefree champions.

**Here's a few testimonials from those who either quit or reduced smoking or vaping.**

*"It's all in the mindset. You either want to give up, or you don't,"* says David Tahere from the Pathways Kirikiriroa mobile team. His journey with the Breakfree Stop-a-thon transformed his life, he said. "I'm proud to be a quitter. And if you're thinking about giving up, know this: if I can do it, so can you."

Narda Miljkovich from the Wairarapa shares her motivation to quit smoking for the first time since she was ten.

*"I needed to do something for my health. I realised that if I carried on smoking, my breathing would go downhill quick."*

"I watched my mother's health deteriorate with COPD and watched her struggle with being on the nebuliser and needing oxygen. I didn't want this for myself." She adds. "I haven't broken a habit; I am making new habits instead. After being smokefree

for two weeks, I could smell things a lot better and I had more energy." Similarly, Rachael, who smoked for years, is now incredibly positive about her smokefree future, with plans to be completely nicotine-free soon.

While the Stop-a-thon has ended, our commitment continues. Visit [www.pathways.co.nz/breakfree25](http://www.pathways.co.nz/breakfree25) for helpful resources for anyone wanting to quit or reduce smoking or vaping. We'll also be starting up a vape-free campaign next year.

**To everyone who participated:** your courage inspires others. To those considering quitting: support is available, and we're here to help you achieve your smokefree goals.



Lyn Cress was one of the (almost) 100 signed up



[www.pathways.co.nz/breakfree25](http://www.pathways.co.nz/breakfree25)



# Celebrating clinical growth

## Karahipi Māia recipient announcement

**Elaine Wogan** (She/Her)

Pou Whakahaere Matua (General Manager – Northern and Taranaki)

**We're thrilled to announce and celebrate the success of one of our outstanding kaimahi, Sarah McLaren who has been awarded the prestigious Karahipi Māia Scholarship as part of our initiative to grow our clinical workforce and foster excellence in mental health and addiction services.**



This scholarship marks a significant milestone in our journey to support and empower our team members. With this scholarship, Sarah will embark on a 3 year academic journey to become a registered nurse. This opportunity not only recognises Sarah's potential but also reflects our

shared vision of nurturing talent from within. We're incredibly proud of this achievement and look forward to seeing the growth and contributions of our new clinical leader. This is a celebration of ambition, perseverance, and the power of community support.

The impressive applications we received from kaimahi across the motu were heartening to read. Our applicants shared with us how much it means to walk alongside tāngata whai ora through their hardest days, seeing and supporting them in meaningful ways. Recognising the aroha and dignity shown in the way we lift others up means as much to each of our kaimahi as it does to the people we support.

Time and time again the judging panel read stories of how helping tāngata whai ora re-engage with their lives through clinical education, evidence-based tools, creativity and compassionate care really is the core of our wairua: ahakoa te aha. One applicant shared:

*“Whatever it takes isn't always about big gestures, sometimes it's simply being present, holding space for someone during their most vulnerable moments.”*

Ngā mihi nui to all applicants, thank you for showing us your passion, your commitment and your everyday dedication.



# Honouring legacy, empowering futures

## Our Cassandra Laskey Scholarship

*Realising Peer potential*

Jodie Bennett (She/Her)

Kāti Kuri – Kati Mamoe ki Kāi Tahu Pou Waihua  
(Peer Strategic Lead)

**In a celebration of courage and connection, the 2025 Cassandra Laskey Lived and Living Experience and Peer Scholarship has been awarded to Abbey Appleby, Youth Worker – Peer at Real Lakes Rotorua. This scholarship, now in its final round, honours the legacy of Cassandra Laskey a trailblazer in Peer support in Aotearoa whose vision continues to shape our mahi.**

Abbey's journey is a testament to authenticity and love in action. Her unwavering commitment to supporting taiohi through lived experience reflects the heart of our values. Abbey works closely with taiohi and is grounded by the peer values, which are the cornerstone of her mahi. *"I see a big future for Peers in the Mental Health space."* Abbey shared.

*"Cassandra was a pioneer, and I hope to make an impact too, as I grow my knowledge to become a clinician."*

The scholarship supports kaimahi with lived experience to deepen their practice and leadership. It's more than a grant, it's a recognition of the power of walking alongside others with empathy and purpose. Abbey's tenacity, having applied each year for 3 years, embodies the courage and commitment we celebrate. Her words, *"I like being a pebble in people's shoes"* remind us that change often begins with gentle persistence.



Abbey Appleby – Winner of the 2025  
Cassandra Laskey Scholarship.

For the people we support, this scholarship is a beacon. It signals that their stories matter, that healing is possible through connection, and that those who've walked the path before them are leading the way forward.

To all our applicants: ngā mihi nui. You've shown us the strength of our Peer community. Cassandra would be proud.

# Kaimahi dedication



The annual Trish Glen Awards celebrate the memory of Trish Glen, a devoted and passionate support worker for Pathways who sadly passed away in 2005. Those who had the privilege of knowing Trish remember her unique contributions, unwavering dedication, collaborative spirit, ability to uplift others, and remarkable courage.

Each year, these awards remind us of the heart behind our mahi. In 2025, we celebrated four incredible kaimahi who embody ahakoa te aha | whatever it takes, to uplift tāngata whai ora, taiohi and their whānau.

**To our winners:** ka rawe! You carry the wairua of Trish Glen with grace and grit. We're so proud to walk alongside you.

*Ehara taku toa i te toa takitahi, engari he toa takitini*

**My strength is not mine alone,  
but the strength of many**

*This year's winners echo Trish's legacy:*



Julie Milne, administrator in Wairarapa, was praised for her quiet strength.



From Taranaki, Stephen Roughton was recognised for his unwavering support. *"I just try to be there, no matter what."*



In Hauraki, Arielle Witehira's compassion shone through. *"I believe in showing up with aroha, even on the hard days,"* she shared.



And in Whakatū, youth worker Pip Egerton inspired with her courage.

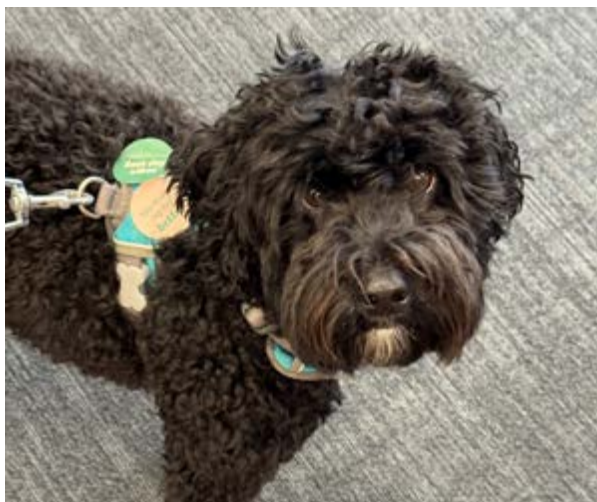


*Share harikoa with  
our wider whānau*

We love seeing what you've been up to!  
Send your pics to: [stories@pathways.co.nz](mailto: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*



## TE WHANGANUI-A-TARA | WELLINGTON

Harikoa in a floofy moment with Therapy Dog Yossie in the Real Haumanu Clinical Team in Te Whanganui-a-tara. Yossie was a huge fan of our Best Day Moments stickers, he tried to collect the whole set.



## TE WHANGANUI-A-TARA | WELLINGTON

Our wellbeing team spent time embracing hauora tinana as part of their team's Ngā tikanga whakahaere – nurturing physical wellbeing through a walk and shared lunch, strengthening team spirit.



## WAIRARAPA

Tears of joy were shed as Wairarapa's mental health and addiction services participated in 'Te Waitini', a celebration of music, stories, reo and sharing the joy of Wairarapatanga.



### ŌTAUHI | CHRISTCHURCH

The final day of Te Wiki o te Reo Māori saw us celebrating with neon, good vibes, kanikani and the best snarlers this side of the Cook Strait.



### WHANGANUI

Laura loves to mark special occasions with her creative projects. Here, she carefully coloured in a bunny bag. A sweet creation that became a special gift for her beloved cat, Tiger.



### WHAKATAŪ | NELSON

Harikoa through connection. Our Whakatū mobile services team and tāngata whai ora have been supporting older tāngata whai ora to get together for regular outings.



### WHAKATŪ | NELSON

Locky our new Kaiwhirimuka had his first visit to Real Whakatū, timing his visit perfectly so he was able to judge the taiohi burger comp.



# Party smart: summer safety tips for teens and parents

**Miriam Swanson (She/Her)**  
Pou Tiaki Taiohi  
(Child and Youth Director)

**Summer is finally here! As we hit school holidays, this tends to be a time of increased freedom, maybe a music festival, days at the beach, camping with the whānau or mates.**

One aspect of the summer vibe that can be hard to talk about is staying safe when you are out with mates and in particular, safety with substances. It can be difficult for parents, or even child and youth directors to raise this topic for fear that we are seen to be encouraging or endorsing drug or alcohol use for young people. I am not. The fact is that not drinking and not using any drugs is absolutely the safest approach. It is also a fact that some young people do choose to use drugs or alcohol and so information on reducing risk is helpful in making sure summer is memorable for the right reasons.

Increasingly there's great information on how to increase safety if you are out partying this summer.

## 5 top tips for the summer:

1. **Connect** – Stick with friends you trust and look after each other. If you're using drugs or alcohol, it is important to have people around who have your back. You may even want to agree that one friend stay's substance free and always have a sober driver to get you home.
2. **Know** – Be 100% sure of what you're taking. This means not assuming that the pill or powder that your friend took is the same as the pill or powder you have. It is not uncommon for drugs to be cut with other substances. Increasingly at festivals, there are 'drug checker' testing stations to ensure you're making a safe choice.
3. **Plan** – Deciding in advance about a safe amount of alcohol or drugs for you can help prevent you from making decisions to consume more when you're in an affected state. Remember that more of something is not always 'better'. Similarly, if you're suddenly feeling uncomfortable about the presence of drugs or pressure to use them agree a pick-up plan with a parent.
4. **Hydrate** – Water is your secret weapon. Whatever 'partying' looks like for you staying hydrated will help.
5. **Get help** – If you're worried about a whānau member, taiohi or friend or if you're concerned that they are not OK through the impact of drugs or alcohol, don't wait to ask for help. Getting help quickly can make the difference between a story you relive with mates, and an outcome you wish you could forget.

There's heaps of other information around to help you make informed choices so consider what is best for you to be safe and well. If you're feeling overwhelmed, anxious, or pressured, it's always OK to step away and talk to someone you trust. You can practice how to say "Kāo, no thanks" confidently with a safe person before having to say it to your mates. You deserve a summer that's fun, safe and full of good memories. Make choices that help get you there.

## *Tyrone's new laptop*

### *A study success story*

**Mark Nikara**  
Social Worker

Tyrone, 16, was determined to study for his end-of-term exams but without a computer at home, he had to spend his evenings at a friend's house just to do his work.

When we heard about his challenge, I thought of the Recycle a Device (RAD) initiative and contacted our admin and applied on his behalf.

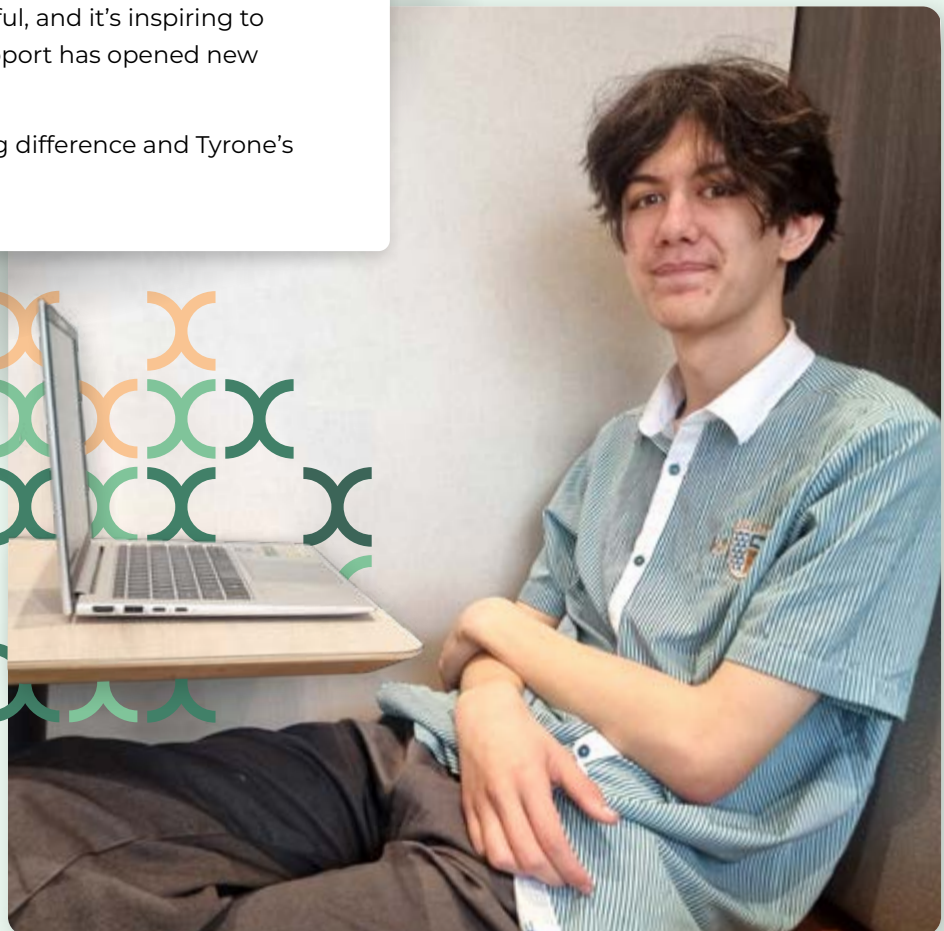
Tyrone's mum was overjoyed, she had seen how much he needed a laptop but couldn't afford one. Now, with his very own device, Tyrone can study at home, at his own pace.

He's thrilled and deeply grateful, and it's inspiring to see how this simple act of support has opened new opportunities for him.

Small gestures can make a big difference and Tyrone's story is proof of that.

*"Tyrone is a really bright kid and helping him have the right equipment to be the best he can be academically is the greatest."*

– Mark

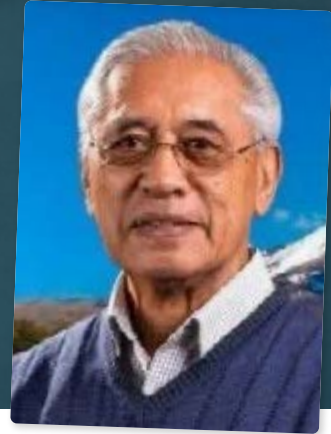


*Digital  
citizens*

# He maumaharatanga

**Renee Newton**  
Kaiwhakaputahua

Te Ao Māori recently lost a paramount chief, Tā Tumu Te Heuheu of the Tūwharetoa iwi. Tā Tumu held huge political and iwi influence as Ariki for the past 28 years. Of note, it was the tupuna of Tā Tumu who also instigated what we now know as the Kiingitanga who recently celebrated the first coronation of Kuini Nga wai hono i te po.



*E te Ariki, e Tā Tumu, haere ki ou rahi, ki ou tupuna Ariki e tatari ana mou.*



***Tino rangatiratangatia tō reo  
Mana motuhaketia te taiao  
Tino rangatiratangatia tō hauora  
Mana motuhaketia tō pā harakeke***

*“Take command of our language.  
Ensure longevity of our environment.  
Prioritise your health and wellbeing.  
Future proof your whānau.”*

As we take time to celebrate the lives of those who have shaped the wellbeing of Māori, it's also a moment for us, as an organisation, to reflect on how we can continue raising awareness of mental health and support for our people to live full, hopeful lives connected to what truly matters to them.

At Pathways and Real, we know that mental health and physical health are deeply connected, one cannot thrive without the other.

Sadly, we also know that the physical health statistics for Māori here in Aotearoa remain poor. And attached to those numbers are feelings of stigma and whakamā that often stop many of us from taking action.

But we're ready to change that narrative. Inspired by the powerful words of Te Arikinui Kuini Nga wai hono i te po, who reminded us during her inaugural speech, “Tino Rangatiratanga tō hauora”, Prioritise your health and wellbeing, we're taking those words to heart.

***Waihoa mā ou mahuetanga ki te  
whakarangatira i a koe.  
E au tou moe.***

# IronMāori

## Prioritising Māori wellbeing

**In spring, we were proud to have stepped up to the start line of IronMāori 2025 Quarter Triathlon in Ahuriri, Napier. This kaupapa was proudly by Māori, for Māori, and we were thrilled to have three teams of our kaimahi Māori take on the challenge!**

Each team member shared their journey through vlogs, training updates, and honest reflections, capturing the highs, the hurdles, and the heart that went into preparing for the physical, mental and emotional challenge of an event like this. Watching their dedication filled me with hope: hope that our people could heal, grow and inspire others to begin their own wellbeing journeys.

Because this wasn't just about race day. It was about starting kōrero around Māori wellbeing, breaking down stigma and whakamā, and lifting each other up along the way. Every step forward, every small victory, was a win worth celebrating.

When our teams crossed that finish line in Napier on 1 November, it wasn't just their victory, it was a moment of collective pride and connection for our Pathways and Real whānau and for everyone who believes in the power of small changes leading to big transformations.

*Because it's never too late to start.  
To our people, young and old, your  
hauora journey matters.*



# Moments of Haurikoa

*Stories of joy, growth and connection across Aotearoa.*

## Kim's journey to mental wellbeing

📍 TE WHANGANUI-A-TARA

**Kim is a tangata whai ora from Te Whanganui-a-Tara who is a talented musician and artist. She uses both these pursuits to strengthen her mental wellbeing. Kim has shown her art in various exhibitions and has recently recorded an original song in a friend's music studio.**

*"My music affords me a sense of belonging. I find it therapeutic and true to who I am. It fulfills me and my art does much the same thing. They both allow me to express myself in ways that I otherwise could not. I am grateful for these gifts and the opportunity to share them with others.*

*My original song came about when I was camping. I was staying in a cabin and there was a guitar in the room. I was in the middle of nowhere and I think this had something to do with it.*



*I picked up the guitar and started strumming it. That's how I came up with the first three chords of my song 'Ann Maria.' I was enamoured with these chords and they were the beginning of a complex and enriching journey to a song that I am very proud of."*

# Whānganui hui: democracy served with kai

**A social worker from our Community Mobile Team ran an 8-week Community Connect rōpū, providing tangata whai ora opportunities to whanaungatanga and build natural supports within their community.**

A local election coordinator joined the rōpū to kōrero about the importance of enrolling to vote, making sure every whānau voice can be heard and counted.

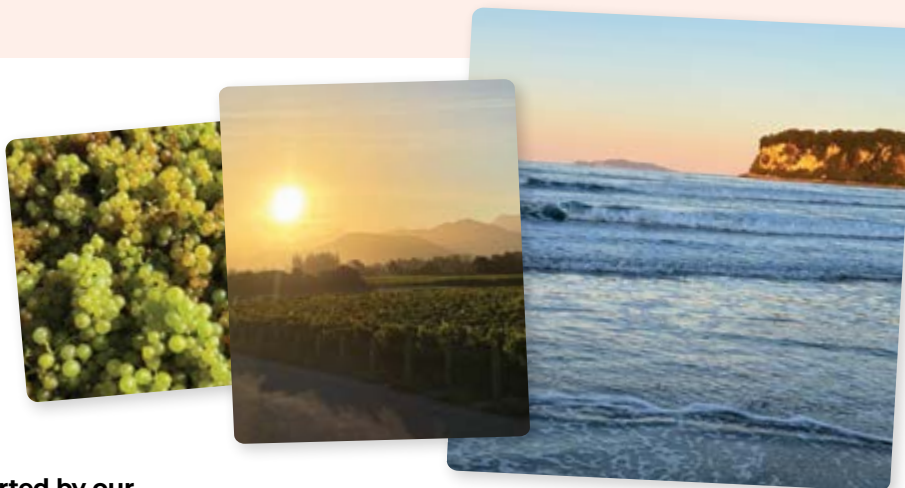
The session highlighted mana motuhake, reminding participants that being part of the democratic process helps shape the future of our community.



To mark the final hui, the group headed to a local café to enjoy kai. Laughter, connection, and learning made for a fitting finale in a beautiful setting. The group left feeling empowered, nourished, and ready to have their say at the ballot box.

## Dreams do come true

 HAURAKI



**Alana, a tangata whai ora supported by our Hauraki Mobile service, was excited to share her journey with mental health to wellness and her recent employment in a dream job overseas in her own words below:**

*"I am originally from Matamata and currently live in Whangamata. I have had a dream of moving to England to work in a winery. Travelling internationally will be a good experience and also working in a winery there will be good for my career path. Both my mum and my brother play large parts in my life and I have a very close relationship with them both. My father passed away when I was 17.*

*I have suffered some big setbacks due to mental health in the past and it has been a real journey getting to where I am today.*

*I have studied winemaking and worked in the industry in the past. The harvest in England will not only be great for my career but a new and exciting experience for me.*

*I am greatly appreciative to Pathways and all who have supported me along my journey and who will continue to be of support in the future. Kind regards, Alana."*

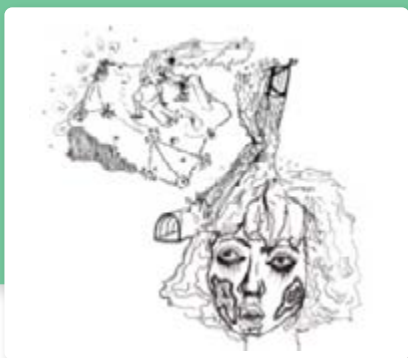
These stories are from our mobile support services who come to where it suits you. We provide one-to-one or group support to meet the needs of those we support, and their whānau to live full and connected lives.



# Eva's journey of wellness

**Sharleen Stanway** (She/Her)

Social worker



Key areas of focus for Eva related to strengthening family relationships, completing art studies, gaining her driver's license, maintaining sobriety from alcohol and cannabis, engaging in ACC sensitive claims counselling, gaining employment in retail and support work and increasing her social skills.

Eva's insight and willingness to step outside her comfort zone to reach her goals has been inspirational. I hope her story ignites a desire for others to pursue great things for themselves also. We share some of Eva's artwork and a poem she wrote to reflect her wellbeing journey.

I was introduced to Eva and her father in 2022 following a difficult period in her life. While this was a turbulent time for Eva and her whānau, it represented a turning point in her recovery journey.

Eva took strong steps towards her goals, reaching out for help, making changes, navigating her way forward with the support of various community services including Real/Pathways. From the standpoint of her professional support network, being able to collaborate and work flexibly was key to support Eva through each phase of her recovery.

I invited Eva to share her story and artwork; in recognition of the effort and tenacity she's shown to achieve great things in her life.

As we all know, recovery is never straight forward; however, Eva showed determination to pursue her goals despite the many adversities she has faced.

## *A poem by Eva*

I started to see a future for  
myself for the first time ever.

I'm starting to see hope through  
others' encouragement.

And I started to notice that  
through the pain,

things in my life were changing  
for the better.

And that finally I started feeling ok,  
which was the relief I'd begged for.

# Making memories

**Andrea Dempsey** (She/Her)  
Team Coach

📍 WHAKATŪ | NELSON

**We have been trying to get a group programme running at Real Whakatū for a while now and noticing some themes. Many of the taiohi we support really struggle with social anxiety. They tell us in the surveys that they feel isolated, particularly those not in school, and low in mood. They want to come to groups, but often pull-out last minute.**

When a taiohi is referred, our mobile team gets to know the taiohi and their whanau and often the first goal is to get them out of the house. Finding something they enjoy doing and gaining some confidence in trying something new. Soon they feel comfortable coming along to our whare for a milo and a game of table tennis and meeting other taiohi and kaimahi. And then eventually, hopefully, coming to a group.

In the September holidays we had a few really cool wins. One taiohi came along to a group for the first time. His mother was so happy she sat in her car with very big emotions while her son talked to other young people for the first time in a very long time. In the mini-golf outing the taiohi were confident and shared an enjoyable experience with no sign of the usual social fears. When I dropped some of the group off, I saw the skilful way the kaimahi glued the group together and focused them on having fun.



In the rock painting group, two of the taiohi spontaneously started talking about how they wished things could have been different for them. It was a tough chat but felt important that they had space to speak. I could hear them shift something inside because of sharing.

The taiohi that took on the big challenge of going bush walking in Nelson Lakes huffed and puffed and got a bit wet and a bit cold. They did moan, but at the end they recognised they had achieved something. We could see an increase in self-esteem and a sense of resilience.

We didn't have a huge turnout, because many taiohi just couldn't do it on the day, but those that made it along got so much out of it. The taiohi who didn't come will likely come next time, and that's ok.

On reflection I am so impressed by the team in their ability to make a place and space for our taiohi to heal and grow. I think the key ingredients are connection, consistency and unconditional positive regard. Our holiday programme has focused on providing opportunities for taiohi to feel less alone, have a laugh and make some awesome memories they can feel good about.

Real, our youth services provider, has a range of services to meet the needs of taiohi and their whānau. These services have been developed with and for taiohi, to reflect what matters to them.

# What a moment!

Diane Fong  
Team Coach

📍 TĀMAKI MAKĀURAU | AUCKLAND

**When IronMāori was mentioned, I thought, “Kāo, not me!” But then, somehow, my ringa (hand) went up and my waha said, “Āe, I’ll join the nanny team!”**

Deep down, I knew why. For years, I’ve worried about my hauora, my health. Diabetes, mate manawa | heart disease | stroke, all those scary stats for Māori. With my 60th birthday coming, it was time to act.

I started small: hīkoi 3–4km most days, then 6km six times a week. No fad diets, just better kai choices. Goodbye bikkies, chippies, and tiakarete | chocolate! After a few weeks, I felt amazing: more energy, clearer mind, looser clothing. Even my GP said, “Ka pai!” Blood pressure dropped from 150/120 to 120/80.



Competitor Di and supporter Sal



The big day? Wow! 10km with 1500 others, full of kata and waiata. Hearing my hoa mahi cheer, sing my ingoa, and blow their hooters lifted me through the pain. I really felt uplifted and spurred on because I wasn’t just doing this for myself I was doing it for them as well, they were all in my thoughts as I hit that finish line. What a moment!

IronMāori isn’t just an event; it’s whānau, kotahitanga, and hauora. My journey continues: more hīkoi, better kai, regular GP checks. I am very blessed and grateful to have had the opportunity to be a part of what will hopefully be a regular annual feature. What a great way to highlight Māori health and a great event to strive for to start your own health journey. Ngā mihi to everyone who made this possible. If you’re thinking about it, whakamātau! Give it a go!

# Day trip to Lake Rotoiti

**Lisa Mann** (She/Her)  
Casual Support Worker

📍 WHAKATŪ | NELSON

School holidays had come round again, and the kaimahi at Real youth where had group activities arranged for the taiohi. Youth worker Pip got to work making kai for the group on the basis that the taiohi would be hungry on their trip. With that in mind Pip prepared enough food to feed a small island state like Singapore. This would be very welcomed by the taiohi when they reached the lake.

The cars were packed with youth workers, taiohi and food. We left the where in sunshine with the temperature gauge reading sixteen degrees. A typical Nelson spring day. It was going to be the last time we saw the sun that day and the last time the temperature would be in double figures.

An hour and half later we arrived at the alpine environment with the temperature plummeting to 7 degrees. The lake and surrounding mountains were stunning or so we guessed as we couldn't actually see it due to the rain. But nothing could stop this band of taiohi from having fun.



We huddled in a shelter where kaimahi Olivia broke out the Uno playing cards while Kaimahi Lisa brewed up hot drinks for everyone. One of the taiohi had made the most amazing chocolate brownie for the trip and this went down very well with the team.

Jeremy spotted a break in the weather, and we left the shelter to do a bush walk. The bird song was incredible which was only drowned out occasionally by taiohi asking how far we had left to walk. Rejuvenated from the walk taiohi tucked into a well-deserved lunch.

After lunch the group went in search of eels at the edge of the lake. The group were astonished at how big the eels were and even more astonished when they read the sign 'Do not feed the eels' as they finished sharing a bit of their lunch. There was only one thing left to do and that was the obligatory photo standing on the jetty.

Now it was time to head back to the warmth of the youth where where the temperature was back to double figures and the smiles on the taiohi were wide.

# Spiced bean summer salad

SERVES 4-6 **CF**

Here's a vibrant nutrient-dense summer salad, packed with protein and fibre, featuring flavourful spiced chickpeas, and cannellini beans alongside fresh crisp summer veggies liked charred corn, cucumber and capsicum. This meal prep-friendly dish keeps well for up to a week in the fridge and requires no microwave, making it perfect for lunches on the go or light summer dinners.



## INGREDIENTS

### For the bean salad

1 can chickpeas/garbanzo beans, drained and rinsed  
1 can cannellini beans or butter beans, drained and rinsed  
1 medium tomato, diced  
1 red onion, diced  
1 capsicum, cored and diced  
½ cucumber, diced  
1 can of whole corn kernels, drained (or kernels cut from ½ cob of corn)  
Fresh coriander, finely chopped

### For the dressing

¼ cup olive oil  
2 tbsps lemon juice  
1 tsp each of cumin, coriander & paprika

## EQUIPMENT

Mixing bowls (small and large)  
Non-stick pan  
Knife and chopping board  
Measuring spoons and cups  
Spoon or tongs (for mixing and tossing)

## INSTRUCTIONS

1. Heat a non-stick pan over medium heat. Add the corn kernels and cook, stirring occasionally until nicely browned. Remove from heat and set aside.
2. In a large bowl, combine the bean salad ingredients including the corn and mix well.
3. In a small bowl, whisk together the dressing ingredients. Pour over the bean salad, mix well.
4. Serve the salad as is, or with corn chips, or in a wrap or pita bread for a heartier meal.

**Tip:** For extra protein, you can simply add cooked chicken or prawns to this dish

Our dietitians support  
tāngata whai ora and taiohi



You can find more healthy recipes in our free **Wholesome** cookbook. Scan the QR code, or visit [www.pathways.co.nz/recipes6](http://www.pathways.co.nz/recipes6)



# Share your Harikoa feedback

We're always looking for ways to make Harikoa better and meet the needs of you, our readers. We really appreciate you taking 5 minutes to complete this short survey to let us know what you enjoy, what we could do better and what you want to see more of!

Simply scan this QR code, or go to

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

to access the survey. All your responses will be confidential, and it won't be possible to identify you or your individual responses.

**Survey closes on Sunday 21 December 2025.**

*Ngā mihi nui. Thank you in advance for your feedback.*



## Harvest of hope

From one tiny pumpkin seed, with care and aroha, we can grow a harvest of hope.

We know that growth takes time, care, and support. Just like a pumpkin begins as a tiny seed, so does hope. With tautoko | support and aroha, that little seed can flourish into something amazing. Our Great Pathways Pumpkin Growing Competition is more than a fun summer challenge, it's a celebration of resilience, whānau, and the harikoa found in nurturing life. Every pumpkin tells a story of care and perseverance, just like the journeys we walk alongside each other.

Reach out to your whānau or your mahi-whānau, grab your seeds, get your hands in the soil, and let's grow a harvest of hope together, ahakoa te aha.

Email your updates to:

**stories@pathways.co.nz** remember to put **'Harvest of Hope'** in the subject line. We can't wait to see your pumpkins and share in your journey!

How to enter the Great Pathways Pumpkin Growing Competition:

1. Invite your whānau or mahi-whānau to give this competition a go as a team.
2. Ask your local Admins for a packet of pumpkin seeds.
3. Plant your pumpkin seeds, whether in a garden, a large pot, or a shared patch, (maybe ask your neighbours to get involved) It's all about connecting and supporting each other!
4. Give the seeds plenty of aroha: water regularly, keep them in the sun, and watch them thrive.
5. Capture the journey along the way: take photos, write a poem or paint a picture as your pumpkin vine grows from seed to seedling to vine to pumpkin producing bountiful moment of harikoa and beyond!
6. Share your progress and your results with us, simply email your updates to stories@pathways.co.nz and put 'Harvest of Hope' into the subject heading.
7. Be in to win! Prizes for the biggest, brightest, and most creative Harvest of Hope participation.





## Upcoming events

### 25 December - Christmas Day

Mere Kirihimete to all those who celebrate. We wish you and your whānau a joyful season filled with aroha and harikoa.

### 1 January - New Years Day

Think about setting yourself a positive intention for the year ahead and have a safe and happy new year.

### 6 February - Waitangi Day

Marks the 186<sup>th</sup> anniversary of the signing of the Treaty of Waitangi in 1840, New Zealand's founding document.

### 17 February - Chinese New Year

Also known as the Spring Festival, marks the beginning of a new year on the traditional lunisolar Chinese calendar.



*Meri  
Kirihimete!*

**pathways** **real**  
— ahakoa te aha —

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



*Waiho i te toipoto,  
kawa i te toiroa*

*Let us keep close together,  
not far apart*