

Connections

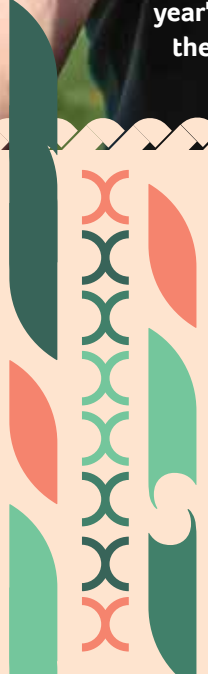


Check out this year's finalists on the back page

In this Pathways whānau newsletter:

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Scan to access Connections online or visit www.pathways.co.nz





A note from our Toihau

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

Tēna koutou katoa

The first quarter of this year has been focused on finalising and bringing to life our new PPO (Peak Performance Organisation purpose). This is essentially our organisational strategy for the next 5 years.

There are several key parts within a PPO framework. Firstly, our Inspirational Purpose. This is the ideal state or destiny of our organisation. It relates to why activities are undertaken and how we would make our biggest impact. Our new inspirational purpose across both our Pathways and Real PPOs is, "We support people to live full lives; hopeful and connected to what matters to them".

Our Spirit describes the way we in which we approach our work every day, for us this is "ahakoa te aha, whatever it takes". This phrase has been embedded within Pathways and Real for many years and continues to guide our kaimahi in the work they do every day. It is part of our DNA.

Our Greatest Imaginable Challenge (or GIC) is a stretchy goal that our organisation will have to work very hard to achieve. This challenge is strategic in that it should take three to five years of work and it is driven by our leaders who engage their teams and put mini projects in place that contribute to achieving the GIC. For Pathways and Real, our new GIC is, "Every person using our services achieves equitable access and outcomes".

The other important aspects of our PPOs are our Beliefs and Character Attributes. Attributes are our special, unique skills and they describe the unique personality of our organisation. Beliefs define who we are and what we do. Together, our attributes and beliefs are who we strive to be and often what we look for during recruitment.

I'm excited to be travelling around our services over the next few weeks to share our new PPOs and connect with

kaimahi. Our tāngata whai ora and whānau will also start to hear about things we are doing in our services to help us achieve our GIC. I'd love to hear any stories or feedback!

Another highlight over the past quarter was the introduction of ARC, an evidence-based framework for working with taiohi and their whānau where trauma has occurred. Miriam Swanson, our child and youth director, talks more about our journey with ARC on pages 6-7.

Finally, our annual Trish Glen Awards are coming up later this year! The Trish Glen Award is made in honour of the late Trish Glen, a dedicated and passionate Pathways support worker in Taranaki who passed away in 2005. Those who knew Trish, speak of her unique contribution, her commitment, her sense of team, her encouragement of others and her personal courage. For Pathways, she lived all the attributes and beliefs of our PPO.

If you know a Pathways or Real staff member who you think reflects these qualities and embodies our spirit of 'ahakoa te aha', please nominate them for the award. Either talk to the team coach in your service and let them know the name of the staff member and why you think they deserve the award or email me directly at sally.pitts-brown@pathways.co.nz. Nominations are due in by 31 July.

With winter approaching, may you be safe and well. Take care of yourselves and your whānau and please get in touch if you need any additional support.

Noho ora mai

Sally

On the cover of our Connections newsletter is a winning photo from our Wise Group staff photo competition. Keep an eye out in our next newsletter for your chance to enter our next photo competition!

Connect with us online!

www.pathways.co.nz

@pathwaysnewzealand

www.real.org.nz

@realNZyouth

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

Dealing with the psychological impact of uncertainty

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

While much focus can go on putting together a physical emergency kit, having plans and practices in place to support us in managing the mental impacts of uncertainty can also be useful during extreme events. People respond differently to uncertainty. Whether you are directly or indirectly impacted by events, having an awareness of your own wellbeing needs, and those around you, can be helpful.

Generally, this means thinking about the principles of connection to others; maintaining rhythms and routines; having the right amount of the right information; and focusing on what we can control.

- **Who are the people in your world that are important for you to connect with?**
This might be about your wellbeing or theirs, but who do you want to make sure you link in with, and how frequently?
- **Are there rhythms and routines to your day or week that help to ground you in the familiar?**
This might be as simple as starting each day with a coffee or walking the dog. There may also be activities that you can do which help to move your mind away from rumination or unhelpful concern – such as puzzles or gardening.
- **What are your trusted sources of news?**
Determining your trusted sources ensures you can be aware about what is happening and make good decisions for yourself. Also consider setting some boundaries around how much time you might spend watching the same information. Is the repeated news track actually helping you?
- **Where are you focusing your thoughts?**
While it is normal to have worries or concerns in the face of extreme events occurring, gently bringing your focus back to what you can control can be helpful.



Check out our digital wellbeing tool kit on the back page foldout for more resources.

Emergency planning

Here are some useful tools and resources to help you plan and prepare for an emergency:

GetReady.govt.nz has helpful information about hazards in New Zealand and practical advice about how to get prepared for any potential emergency. It is managed by the National Emergency Management Agency.

GetHomeSafe is welfare monitoring and journey management app that helps you manage the risks of working alone in hazardous urban and semi-urban environments. Available to download through Google Play or the App Store.

Just a Thought have some helpful resources to manage anxiety and stress in the short term. These are available at www.justathought.co.nz.

New Zealand Red Cross Hazard App is a free mobile app for Android or iOS, to help you identify hazards, reduce risks and stay informed when you need it most. Available to download through Google Play or the App Store.

Kia Mataara peer training kicks off for 2023

This professional development programme was established for kaimahi who have lived experience of mental health and/or addiction. It enables them to better understand and build upon their own experiences of mental health challenges to support whai ora on their recovery journey. Kia Mataara was developed to grow and develop our peer workforce, uphold our peer core values, provide trauma-informed care, and connect to Te Ao Māori.



Our first Kia Mataara peer-support training for 2023 was held in Wellington in March.

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

I am not one, I am one of many

This whakataukī speaks to the importance of community. We believe connected, diverse, compassionate communities build strength and resilience.

Learn and earn!

Join our team and earn a qualification while working for us!



View our latest job listings in your region



Unleashing the Rainbow: Our colourful Pride celebrations

By **Sinéad Holmes (She/Her)**, Pathways project lead

Pathways and Real recently joined in the worldwide celebration of diversity and inclusivity with our own Pride celebrations.

Kaimahi at our national office, Salmond House, participated in a range of fun and engaging Pride-themed activities, which included a 'What's your drag name?' generator, Pride bingo, a Pride quiz, and rainbow dress-up. These activities were aimed at showing support and appreciation for the LGBTTQIA+ communities and celebrating diversity.

As part of our commitment to creating a more inclusive workplace, we encouraged our staff to think about the steps they could take to contribute to creating inclusive spaces for whai ora, taiohi, and their fellow kaimahi. Here are some of the commitments they made:

"Look up terms I don't know"

"Celebrate who I am!"

"Enrol in Working with Rainbow Communities workshop"

"Use pronouns when I introduce myself"

"Learn about all of the Pride flags"

We believe that everyone deserves a safe and equitable environment and are committed to creating a culture that supports this through authentic Rainbow community-led change. We are proud to celebrate the diversity of our community and look forward to continuing to create a culture of inclusion and acceptance.



The teams at Salmond House enjoyed colourful rainbow treats and a Pride themed quiz to celebrate the LGBTTQIA+ communities.



Celebrate Pride where you live!

Regions across Aotearoa have been celebrating Pride. Visit www.rainbowdirectory.co.nz to find an event near you.

If there's nothing happening in your region, why not throw your own Pride event? Here are some ideas:

- **Throw a Rainbow-themed party** with colourful food, dress ups and decorations.
- **Arrange a quiz!** Check out www.kahoot.com to find pre-made Pride quizzes or make your own.
- **Host a film screening.** Search for "LGBTQ Movies" on Netflix!
- **Play a game of Pride bingo** with your friends!

LIVE WITH Pride BINGO!

- Used the correct pronouns
- Looked up a term I hadn't heard
- Learnt about why Pride is celebrated
- Completed all the Rainbow trainings
- Wore rainbow accessories/makeup
- Saw a rainbow flag that I didn't know
- Showed your Pride with rainbow merch
- Watched a LGBTTQIA+ TV show/movie
- Learnt about a new sexuality
- Saw a Drag King/Queen
- Got sucked into blatant rainbow advertising
- "Love is Love!"

Logos for Pathways and Real are at the bottom.

Community spirit thrives during Auckland flooding

By **Elaine Wogan (She/Her)**, Pathways general manager - Northern

The recent flooding across Tāmaki Makaurau presented a difficult and trying time for many in our communities. Nevertheless, our dedicated Pathways and Real kaimahi stepped up to maintain operations and ensure that our services continued to function as best they could, despite some also dealing with flooding in their own homes.

Additionally, our health and wellbeing team, administrators, community support workers and business operations team worked tirelessly to prepare and deliver food parcels to whai ora in need. Their support ensured that the most vulnerable members of our communities had access to basic necessities during this challenging time.

The recent flooding was a powerful reminder of the importance of community and collective action. By coming together and supporting each other, we can overcome difficult circumstances.



Madeline, Monique and the Health and Wellbeing team prepared and sent out food kits to our flood-affected whānau.

Meet the newest members of our Mangere Bridge housing, recovery, and respite team!

In March we welcomed Cecilia, Ziaul (social workers), Madhav, Lorcan, Chelsea (support workers) and Meti (nurse) to the Mangere Bridge housing, recovery, and respite team. The new team members received a warm welcome from both staff and tāngata whai ora, who sang the Pathways waiata Mau Raa to celebrate.



Four of the new team members (Cecilia, Ziaul, Madhav and Lorcan) with former WMS recruitment advisor, Davina (far left), and team coach, Sharlene Clutterbuck (far right).



Taiohi get their hands dirty at Hamlin Road Farm

By **Melanie Govender**, Pathways service and relationship manager - Auckland

Hamlin Road Organic Farm has recently launched a new program called "Nurture and Grow" for taiohi from Real. The program offers an exciting opportunity for young people to learn about planting and caring for organic seedlings, while getting their hands dirty in the soil.

The program focuses on several themes, including identity, value-based decision-making, connection, meaning, self-compassion, and connecting taiohi back to nature. It has been amazing to see taiohi exploring their sense of self and values, while also building connections with others and with the natural world around them!

Get your green on! Tips to starting your own vegetable patch from Hamlin Road Organic Farm's Sarah Hewitt

Growing your own vegetable patch is not only a great way to ensure you always have fresh and nutritious ingredients at your fingertips, but also a rewarding and satisfying experience.

Sarah Hewitt, team coach at Pathways' Hamlin Road Organic Farm in South Auckland, knows a thing or two about growing quality organic produce. The farm not only grows an array of veggies, herbs, sprouts, and seedlings but also supports people with mental health challenges to gain valuable work experience and skills.

In a recent issue of *Thrive* magazine, Sarah shared some of her tips and tricks to starting your own vegetable patch. From nurturing your soil to picking the perfect varieties, Sarah's expertise will have you well on your way to growing a bountiful garden.

Ready to get your hands dirty? Scan to read more or visit www.hamlinroadfarm.co.nz to learn more about the farm and visit their online store.



A trauma care framework for taiohi

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



What a joyful week in March as leaders and kaimahi in Real came together in Wellington for training in ARC. ARC (Attachment, Regulation and Competency) is an evidence-based framework for working with taiohi me ngā whānau where trauma has occurred, with the training representing an important milestone in our ongoing journey.

The ARC treatment framework brings together the key foundations of what we know about development, and about the impacts of trauma and resiliency. Importantly, it is a framework, not a model, so offers scaffolding and direction to our care while allowing space for our work to reflect our own context, workforce and tikanga.

Our focus on excellence in trauma informed care is not new for Real or Pathways. It has been integral to our thinking and our care for many years. In selecting an evidence-based framework that could support and progress the work that already occurs across Real services, ARC stood out as it reflects our values, resonates with our ways of working and is deeply relational.

Our Kaihautū and Kaiwhirimuka have been central to the selection of ARC and our trainer, Professor Jon Ebert. Working in partnership, we met together over many months to understand the framework, get to know each other, and support Jon to learn more about Aotearoa and Te Ao Māori. This time taken to build connection and understanding has cemented ARC as a great fit for Real.



Central to ARC, is the concept that you don't have to be a therapist to be therapeutic. We know that the relationships around a taiohi, within their whānau, caring adults and with us, can go a long way to re-dressing the impacts of trauma. This focus on the A (Attachment) stresses the importance of helping the adults in a taiohi's world to manage themselves, so that they see and respond appropriately to the needs of the taiohi. "Get curious not furious!"

Curiosity is a central feature of ARC. It resonates with our existing desire to understand each person's experience, their goals and wishes, and to do whatever it takes to support them in what matters to them. There is a strong focus on the use of motivational interviewing practices to build a partnership with taiohi and whānau that reflects their voice and their experiences.

ARC also focuses on the importance of routines and rhythms mirrors what we already know and practice through karakia, waiata and kawa. These practices ground, connect and contain. ARC is deeply relational at its heart. The foundation of everything sits in compassionate and genuine connection with taiohi me ngā whānau, managing our own responses so that we can support taiohi with theirs, and building a sense of competence, containment, and connection.

Our training with Jon was a great chance to share and learn together but is only one piece of the puzzle. Further work is already underway for our staff to consider what resonates with them and their teams and supports excellence in practice for Aotearoa.



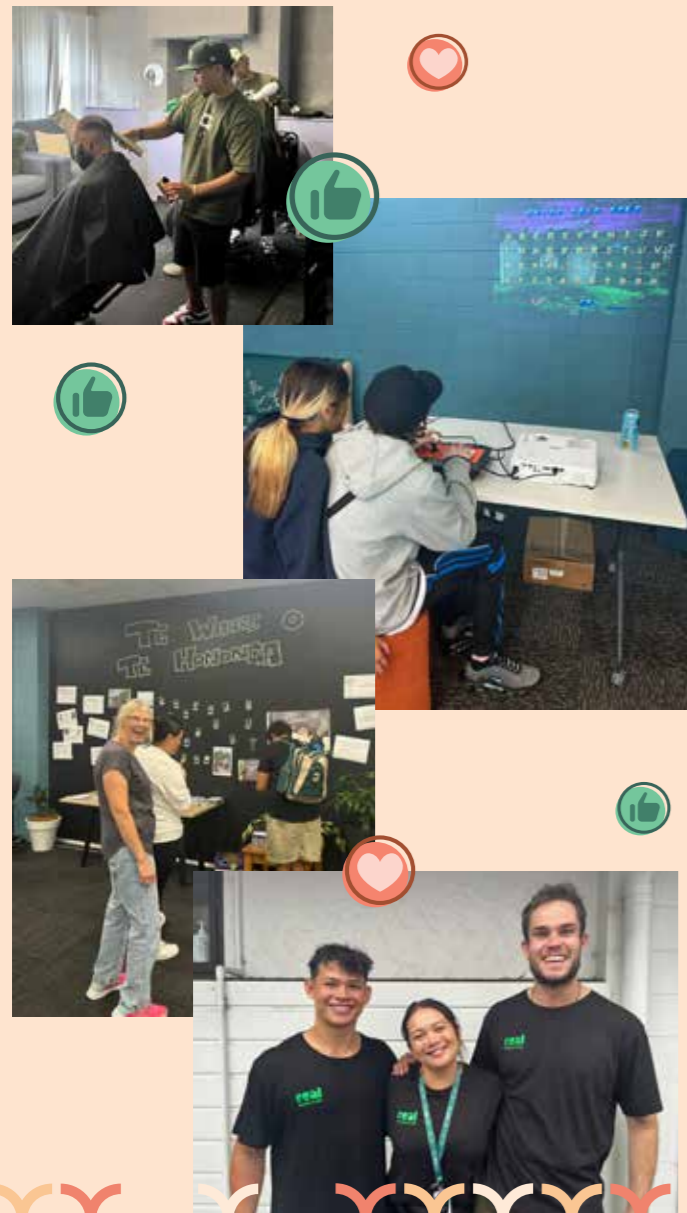
Professor Jon Ebert (left) and child and youth director Miriam Swanson (right).



Connecting with taiohi, whānau and the Kirikiriroa community

Te Whare o te Hononga hosted a fantastic open day on Friday and the team were thrilled to connect with so many taiohi, whānau, and sector colleagues.

The crew pulled out all the stops, offering free barber cuts, an ice cream truck, a barbeque, and plenty of games to keep everyone entertained. It was a fantastic opportunity for people to learn more about the mahi the Te Whare o te Hononga team do with taiohi (youth) in Kirikiriroa Hamilton.



Follow us on social media!

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

@realNZyouth

He waka eke noa – We're all in this together

Real youth workers from Tāmaki Makaurau Auckland, Tori Simon and Niru Rimal, teamed up with clinical psychologists Abigail Simmonds and Madison Thomas from Te Whanganui-a-Tara Wellington to support the communities affected by Cyclone Gabrielle in Hawkes Bay.

The pair connected with taiohi through various community services. Tori also visited schools, while Niru linked up with local marae.

The support was requested by Te Whatu Ora in the days following the cyclone and, while many Real staff were keen to take up the call, the team of four were humbled by the opportunity.

Reflecting on the experience, Tori said that it was "an honour to provide support, help and connect with the affected community in such a meaningful way".



real



A meaningful new mural in the Tauranga Moana

On Tuesday, 14 March the Bay of Plenty Real team came together to unveil their Grey Street whare's new taonga - a mural depicting the legend of Mauao (Mount Maunganui).

Designer, Wim Hovens, worked closely with Kaihautū Anaru Hawkins, former Kaiwhirimuka, Chaz Naera, and the team at Wise Property Solutions to pull together the meaningful piece.

The group also had korero with local iwi, Ngati Ranginui to ensure the legend was well represented through the mural.

It follows the creation of a 17-metre-long mural at Te Whare o te Hononga in Kirikiriroa Hamilton, which was unveiled last year. This new mural was designed in the same style to connect the two pieces, most notably through the same Real tumanako pattern (made up of 'x' shapes) in the sun's rays, representing the light Real kaimahi bring to the lives of taiohi.

Caroline Henry, team coach for the Bay of Plenty Whetū Marewa service, reflects on what the new mural means for her team's mahi and the taiohi they support:

"As a team we are privileged to have this taonga unite us in our work together with our taiohi and our whenua. The legend speaks of the sun rising over the land, 'fixing the nameless one to that place', thus beginning a new life as Mauao."



The Bay of Plenty Real team and Wise Management Services designer Wim Hovens (far right).

Some of our taiohi feel they don't have identity or agency and don't have a place to belong. Our hope is that they always feel they belong and welcomed in our whare, thus progressing their journey to living their very best lives as they determine it, as we walk along side them."

The team are so proud to have this beautiful taonga as a part of their whare, connecting them and all who see it to the rich culture and history of the area.

Meet Frank Perrott, kaitiaki for Tāmaki Makaurau Auckland

Our Kaitiaki group is made up of 12 kaimahi who support and elevate Te Ao Māori in our takiwā/regions. Frank Perrott is our kaitiaki for Tāmaki Makaurau Auckland and has been for the past three years. He is also a service and relationship manager in the region.

We asked Frank a few questions to get to know him better.

What is the first thing you think about when you wake up?

Usually, what is the most important mahi I need to achieve today?

Where do you whakapapa to?

England on my mum's side and Aotearoa on my dad's side. I was born in Kawhia.

When do you feel you best?

When I have time to give things my full attention, when I'm surfing in the water, singing waiata, or spending time with my daughter.

What is the best advice you've ever been given about life?

To take the time to stop, pause and intentionally give gratitude each day.

What is something you have realised as you get older?

Life is short, don't take it and good health for granted. Be intentionally thankful of both each day.

What makes you the happiest?

Those rare, fleeting moments of utter peace that show us what sort of humanity we are capable of. These moments can happen anywhere, doing anything and always take one by surprise.



Who has had the biggest impact on your life?

My grandmother on my mum's side, who passed last year. And now, my daughter. Ko te aroha kee te mea nui, koira anake.

What is your biggest ambition right now?

To become fluent in te reo Māori.

What is a life hack you swear by?

Little bits of practice done consistently each day (even as little as five minutes a day) can develop into real skill and mastery.

A taonga for Dr. Jon Ebert

Dr. Jon Ebert, a renowned expert in trauma therapy, was presented with a pounamu taonga by Kaiwhirimuka, Te Auparo Piripi on behalf of Pathways and Real kaimahi during a pōwhiri to welcome him to Wellington.

Jon was in town to lead Real staff through the ARC trauma framework.

Read more about ARC training on pages 6-7.



Mā te Kōrero 2022 | Celebrating Te Ao Māori together through te reo, waiata, kapa haka and more!

MARCH



The first Mā te Kōrero for 2022 was held in Whakatū Nelson in March



Kaimahi Zoomed in from around Aotearoa



We used the opportunity to say haere rā to Ines Bruins

MAY



More than 500 people joined us in person and on screen for our second Mā te Kōrero in May



The event was held in Kirikiriroa Hamilton and celebrated our Uenuku/Rainbow communities



Lyndy Matthews and Elaine Wogan were among the many staff who dressed in colourful gear

SEPTEMBER



In September we marked Te Wiki o te Reo Māori and Mental Health Awareness Week, and celebrated our tāngata moana communities



We surpassed our lofty goal of 700 people on screen



We also said haere rā to Kaiwhirimuka, Chaz Naera, after 10 years at Pathways and Real

DECEMBER



Chief Executive Sally Pitts-Brown was wheeled in on a festive tractor to ring in the final Mā te Kōrero of the year in December



Kaimahi and whai ora learned some festive hip hop dance moves



The planning team celebrated another successful event

Helping me climb my life mountain

By Deb*, a tangata whai ora supported by Pathways

My doctor was all enthusiastic about these next steps with Pathways as my long, twisty, sad, educational, safe and often terrifying journey with my primary mental health provider came to an end. I was scared to even meet one more person who knew how not 'normal' I was.

In walked this bright, friendly, smiley, loud woman, Rachael. I couldn't escape her eye contact as my counsellor gave her the highlights of my spiral into depression. She excitedly assured me Pathways was the way to go. She couldn't have been more right.

Rachael took the time to get to know me, to learn my limits and ask me about my goals and my needs.

I wanted to be normal, I wanted to be self-sufficient, I wanted to feel useful. I was over feeling sad and alone, because my family and friends didn't understand my journey. My world had shrunk to my bedroom, and my plants.

Regular casual phone conversations led to occasional car rides in the outside world. It was refreshing to have adult conversations where I could be open and honest about how I was feeling and get sensitivity and understanding in return.

Slowly and subtly, Rachael opened the pathways in my own life. While we started small, they were big steps for me. We went for coffee, something I hadn't done for over a year.

My first trip to a supermarket in over two years didn't go so great, but it didn't break me either. Again, with two of Pathways finest by my side we celebrated the win. Constantly it was reinforced that I could relearn to live life on my terms, that I didn't have to accept my tight self-imposed, enclosed restricted life.

Slowly we ticked many things off my check list, like appointments and shopping. Picking up my own prescriptions, Kmart and my personal favourite, second hand stores.



Coffees turned into coffee group, where I was introduced to other ladies on the mental health highway. Again, I trusted that Rachael knew what she was doing, and again she was right. I have found a new tribe with acceptance and friendship.

Hamlin Road was suggested as a part time small step back into the workforce. It won't be forever, but it is perfect for now. The horticulture course means I get paid to play with the plants I love while I'm achieving an educational standard.

I can't pinpoint the exact turning point that allowed me so much more freedom from my head, but I know without Pathways I would never have found it. The changes Pathways supported me though have been significant and life transforming.

I am now able to be bold, make my own mistakes and keep on keeping on. It was Rachael's hand in mine that allowed me to leap so far. I will forever be grateful to both Rachel and Gina, for re-introducing me to the person I didn't know I could be.

I would recommend Pathways to those ready to hold open and honest discussions in safe spaces. They offer not just peer support, but that intangible quality of joy and anticipation for your next discovery.

**Name changed to protect privacy*

A special lunch at Mangere Bridge

The sub-acute, housing and recovery tāngata whai ora at Mangere Bridge enjoyed a beautiful lunch prepared by our support workers outside under our new pergola. This has been a great addition to our site as it provides shade and shelter. It's an ideal area to rest, engage and interact through activities, games, food, and conversations.

Before everyone tucked into the lovely kai, tāngata whai ora helped set the table and said a karakia. During lunch they cracked crackers with staff and opened presents from the health and wellbeing team, while listening to Christmas songs. Everyone was in good spirits and enjoyed the day.



From garden to table

Here at Real Mana Taiohi we are passionate about our māra and helping empower our young people to grow, harvest and prepare nourishing kai. With the start of 2023 upon us, staff and taiohi at Real have been putting in the mahi to get our beautiful garden up and running.

It all started with a trip to Bunnings, where our taiohi helped pick out the fruits, herbs and vegetables we wanted to plant. With new seedlings in hand we embarked on the planting process, using our pre-existing planter boxes as new homes for our future produce.

Learning to plant seedlings at the right depth to allow them to spread roots served as a reminder that a nourishing environment is crucial for something to flourish - just like our mental wellbeing. Watching the lifecycle of the garden reinforced the valuable lesson that life is not always linear, but rather there are many ups and downs.

It's a team effort by a large number of people to keep our garden flourishing, whether this is pulling out a weed, grabbing the watering can, or like plant mother like Niru, whispering words of encouragement when noone is watching.

Getting to harvest some of our wonderful produce has been a highlight for both staff and taiohi. The process serves as a great reminder that many pleasurable things come with delayed gratification. Sharing in our hard work and enjoying the kai that we have collectively grown together is a great gift. After a karakia, many hungry mouths devour the food that truly has come from garden to table.



Barriball Street enjoying the summer sun

Our Barriball Street whānau have been making the most of the Taranaki sunshine, with shared kai and fun outings.

Our guests, their whānau, and the team came together in early December for a BBQ lunch at Barriball St. There was much fun and laughter, with everyone enjoying the time to connect. The homemade Christmas cake was a real treat! There was wonderful feedback from the families afterwards.

The Barriball Street team are always looking for fun activities for their tāngata whaiora. In January they visited a local treasure, Stoney Oaks Wildlife Park. They had a real hands-on experience interacting with the animals. What a great way to spend a sunny Sunday afternoon.



Summer wellbeing workshops in Taranaki

Whetū Marewa is off to a great start in Taranaki, with the team running two fun holiday workshops in late January.

At the first workshop everyone made a vision board to take home. These were very creative and encouraged our taiohi to think about their goals and hopes for the future.

At the second workshop calming self-care boxes were created. There were a variety of stations set up with activities, including DIY stress balls, face masks, sensory glitter jars and stress rocks. It was a very busy day!

We got great feedback from our taiohi and their whānau and look forward to connecting with everyone again soon.

End of year lunch celebration

A wonderful celebration for the end of the year and Christmas was hosted for tāngata whai ora by the north mobile teams in December. Over 40 people enjoyed an early Christmas lunch at Merrilands Domain in New Plymouth. The cricket and frisbee golf proved to be very competitive and fun!

Father Christmas made an appearance and handed out festive gifts to our guests. It was fantastic to see people reconnecting with each other and enjoying an opportunity to relax and kick back.



Hamilton/Kirikiroa

A summer dinner

It was a beautiful day at Firth Street for our annual summer dinner. Staff and whai ora went shopping, made salads and cooked meat together. The whai ora in particular were extremely happy to be on the tongs with the BBQ.



Before we ate, we had karakia and one whai ora taught the group the significance of this practice in their culture. Everyone enjoyed their kai on the sunny day for our annual summer dinner.

Hamilton/Kirikiroa

Just keep swimming

By Kylie McLean, Real Waikato youth worker – peer

On a spontaneous day kayaking at Raglan the sun was shining, the water calm and blue. The experience was one to remember for a taiohi we support, and I'm privileged to have been a part of their adventure.



The taiohi was super excited to begin our two-hour kayaking journey through a spectacular part of Raglan filled with stunning scenery, history, and wildlife.

During this experience they were anxious but continued to share how they were feeling. Together we sang out loud, laughed and soon their nerves were gone. Every time they would feel anxious about a wave, we would stop paddling, hold our oars and sing "just keep swimming, just keep swimming," like in the movie Finding Nemo. This taiohi was brave and out of their comfort zone, in a space that creates growth.

Hamilton/Kirikiroa

Easy growing

Tangata whai ora Brett, who lives at one of our residential sites in Kirikiriroa, was kind enough to share his passion for cacti and succulents with us.



Brett has over 100 plants growing in his flat and on his balcony, with some plants being seven or eight years old. His oldest cactus is 17 years old and was kindly gifted to Brett by hospital staff. Brett enjoys looking after his cacti as they are "easy to grow" and "still need water, but don't need as much attention" as other plants might.

Kaitautoko and other tāngata whai ora often admire Brett's large collection and love looking at the greenery he adds to our residential site.

Hamilton/Kirikiroa

Women's Wellness

At Women's Wellness we celebrate being a wahine.

"Empowered women, empower women"

As a diverse and passionate team we aim to support wāhine in making transformative changes in their lives, so they leave feeling empowered. We are committed to building relationships that foster trust, hope, peer support, respect, connection and safety, and addressing cultural challenges.

We believe this is essential to the ongoing success of Women's Wellness. When we get this right, women thrive.

Women's Wellness is a free Hamilton-based mobile support service for women 18 years and over who are experiencing a difficult time in life because of trauma, anxiety, depression or other mental illness. Women's Wellness provides holistic, strengths-based, goal-focused support for up to six months.



The Women's Wellness team in Kirikiriroa Hamilton.

Lakes/Rotorua and Taupō

Taupō gets in the festive spirit

By Jasmine Weaver, youth worker at Real Southern Lakes

In December we got into the festive spirit and entered the Taupō Christmas parade.

Together we created a kiwi themed trailer which attracted a lot of cheer and positive reactions from the community. It was awesome to see many of our whānau and rangatahi in the crowd cheering us on and thanking us for all the mahi we do in the mental health space.

We were stoked to take away a win with the 'Most unique theme' award and had lots of fun engaging with the community and promoting our service.



Lakes/Rotorua and Taupō

Welcome, Lee, Michaela and Sa'hayla

By Erin Wynn, Real Rotorua team coach

The Real Lakes Rotorua team is very excited to welcome Lee, Michaela, and Sa'hayla to our work whānau!

Lee is a registered nurse with mental health experience, working at Real Southern Lakes, Anamata Cafe, and at the hospital in Whakatāne. Michaela and Sa'hayla are both registered social workers, and have been working in the pediatric department in Rotorua Hospital. They bring enthusiasm, experience, and a passion for supporting taiohi to their new roles. We are looking forward to growing together and doing great mahi supporting taiohi to thrive!



Hauraki

Waihi fantail gardens

Our Waihi team had an awesome day in January, even the weather behaved itself, filling our day with sunshine. It was a privilege to welcome Shelley Campbell, Wise Group chief executive, to our whare at Gilmour St and showcase the great work tāngata whai ora and staff have been doing.

After a meet and greet we headed off to the Waihi Fantail Gardens, a Pathways initiative where tāngata whai ora can help grow organic produce and enjoy the gardens. A BBQ lunch of beautiful fresh organic produce from the gardens was prepared and tāngata whai ora played songs on their guitar to entertain everyone.

Everyone who helped work in the garden went home with a free cabbage. Surplus produce from Fantail Gardens is also shared through the local community pantry. Our whai ora get such a sense of satisfaction knowing their hard work is directly supporting families in need.

Bay of Plenty/Te Moana-a-Toi

Collaboration and care

By Danica Thompson, Real Bay of Plenty team coach

Our youth respite whare recently supported a taiohi with transition to independent living. This young person was referred through our Whetū Marewa service after some challenges with their accommodation and social supports. During their stay, the taiohi was supported by their social worker.

The taiohi worked with the youth workers at the whare to enhance their independence, household skills and attended budgeting courses. With support and determination, they have now found a space to call their own, looking forward to getting into a course and working towards their qualifications. The taiohi will continue to be supported in the community through the next step of their journey.



Hauraki

Steampunk Circus parade in Thames

Real Hauraki whai ora expressed interest in going to the Thames Steampunk Circus parade one Saturday. So, after some costume planning, we dressed up and headed off. Kimberley and Casey looked amazing in their costumes, they were smiling, excitedly chatting about steampunk.



It was great to see them in their element with the festivities, the vibe of the whole day was just awesome. We decided if we saw anyone we knew, we would stop and say hello, as a way of connecting to others in the community. We saw many people, including staff from CAPS Hauraki, who commented on how cool our outfits were.

After getting our photos taken together at the antique shop for a keepsake, we joined the parade, marching down the main street in our costumes with the crowd cheering us on, waving and smiling. It was a truly uplifting experience for everyone, all marching in synchronicity. It was clear from their smiles that the whai ora were enjoying every part of the day. After the parade, we finished with a delicious lunch. It was awesome getting to know each other more and connecting with others in our community.

Richelle's success

By Mike Hutchinson, Pathways support worker in Wellington North



Richelle was introduced to Pathways through the Health improvement Practitioner (HIP) at her medical centre. Richelle had many challenges in her life at the time and we worked together to figure out what needed to be addressed first.

We started with housing and kai, Richelle was living in a crowded whare with her cousins and nieces and they often struggled to eat fresh healthy kai.

We got Richelle on the social housing register and referred her for weekly Kaibosh parcels.

We then looked at her next goal, to be healthy. We referred Richelle to Nuku Ora for pool and gym passes and Kokiri Marae for smoking cessation. At this stage our time together came to an end and Richelle was warmly farewelled from Access and Choice.

Fast forward 16 months and we receive a letter from Nuku Ora saying Richelle has successfully graduated their program. I met with Richelle to celebrate her success and WOW! Richelle is over a year smoke free, now living in her own warm and dry home, reconnected with her whānau and culture, volunteers at her local marae and has a real sense of belonging and passion for life.

Some words from Richelle:

Kia ora Mike,

When I was referred to you by my doctor I was in a dismal place in my head and heart.

Your service was my humble beginning into stepping for a better life. I never knew something as simple as asking for help was what I had to do.

From you I was involved with Kokiri Marae for stop smoking, a counselling referral by my doctor for three months whom in turn referred me to Te Paepae Arahi. This service helped me with housing, ongoing support.

It has been an eventful journey, learning about mental health and the part I have to deal with. I feel so much more fulfilled with how I am living.

Thank you from my heart to yours for stepping with me toward a better future. I am wahine toa in action.

Kia ora
Richelle



Whanganui

Art activities at Splatter for our taiohi

A small group of the taiohi we work alongside headed to Splatter, a relatively new art space for all ages in Whanganui. There we got to choose a ceramic piece to paint, with the process explained along the way. We talked about the different pieces we all chose and what design ideas we had.

Once completed the painted ceramic goes through the kilning process to make it shiny. Our small group thoroughly enjoyed this activity, while socialising with new people and building on conversation techniques.

Wellington/Te Whanganui-a-Tara

Board enjoy a sunny hui in Whanganui-a-Tara



The Pathways and Real board had their first hui for 2023 on a sunny day in Whanganui-a-Tara. Pictured right to left: Sally Pitts-Brown (Pathways Chief Executive), Cinnamon Jo-Lindsay, Keri Opai, Caro Swanson, Shelley Campbell (Wise Group Chief Executive), Jacqui Bennion (Board Chair), Jeremy Mihaka-Dyer and Brian Coffey.

Whanganui

I heard the whenua and found my people

By Susan Steele

*I hear the whenua's early morning groan
As a kuri woken by strangers
While it lies on a weathered rug
It's person resting beside it.
A rumbling from within rising to an alertness of growl.
I feel the sound move over my skin
Like heckles rising
Drawing up the spine into mountainous peaks.*

*Trembling through the tāhuhu of my home
A wiri of hanging lights and taonga.
The most prized slumbering upstairs away from his
whaea's safety.*

*Papatūānuku's haka rises to a peak shaking the floor
with stomping and chanting sending a wero to the
tāngata whenua.
I leap to my feet, cowering from destruction.
The ground rolling sends me sideways into steady
shivering walls.
I climb to the rising cries of my tamaiti.*

*Time moves different for kaitiaki.
A moment spans a lifetime
A lifetime ends in a moment.
No sooner do I snatch my child to my breast than the
ground withdraws to whakatā and its people pause, alert
for the next onslaught.*

*I look out my window and see neighbours emerging from
shattered homes.
Bleak realisation. Their daily sacrifices lay waiting for the
sleeping dog to takakino.
He doesn't understand what human life craves.*

*Amidst tangles of metal, glass, and brick
Tāngata stand together.
Unmet neighbours taupuhipuhi.
Sharing food, clothing, shelter, and warmth.
Finally recognising their link through time.
As whaimana, whakahirahiratangā, and rawa
are removed
All that remains is our twin mauri.
We rebuild.
And we survive.
As we always do.*

Wairarapa

Real Talk at Makoura College

In February 2023 the Real team presented the Real Talk programme to new Year 10 students and staff at Makoura College.

Real Talk is a 10-week programme for taiohi where the core focus is working on wellbeing using Te Whare Tapa Whā. It was a great opportunity for the Real team to introduce themselves and share the heart of the programme, as well as incorporating different activities taught in each session.

The presentation was a great success. The teachers and students took a particular interest to the sensory modulation tools. The teachers were keen to try tōtika and 'deep speak' icebreakers as a great way to open and share about themselves.

The Real team were able to further strengthen their connection with the college and are excited to roll out the programme this term.



Sensory modulation tools and Real resources.



The Wairarapa Real team.

Open art therapy at crisis respite

The staff and guests at Hillier crisis respite in Christchurch had the pleasure of hosting three art therapy students in 2022.

Tāngata whai ora have enjoyed the opportunity to learn new skills, practice mindfulness, connect with others, and spend some time doing something fun in a time of distress.

We look forward to this relationship continuing in 2023, with the benefits it provides everyone in the house.



Waitangi Day at Te Ao Mārama

Waitangi Day was celebrated at Te Ao Mārama with a shared BBQ. The weather played along so the guests and their families could enjoy kai in the sun.

We invented a Waitangi Day quiz where everyone wrote down five questions with answers, then added them in to the mix. There was plenty of laughter and connection, the day was a great success and people really enjoyed being together.



Gift Boxes in the spirit of ahakoā te aha

Gift boxes were put together and delivered to staff in Ōtautahi Christchurch recently, to support teams on busy shifts and acknowledge the difference they make.

Our staff in Ōtautahi Christchurch have been doing their very best supporting tāngata whai ora and ensuring service delivery remains the key priority, while often feeling stretched in every direction as recruitment for staff vacancies continues.

To acknowledge our staff and the difference they make, gift boxes were put together for each team to share with each other, with a variety of treats and some fidget toys to support concentration during busy shifts.

These gift boxes have been acknowledged by staff who commented they feel valued and appreciate their contribution to Pathways being recognised.

Thank you, Pathways Ōtautahi, for your ongoing mahi. It makes a difference.



Support worker, Sue Le Mesurier, and senior peer support specialist, Yvette Packer, with their team's gift box.



Support workers Minako Takenouchi, Moira Kingdon, Stella Cooling, and team coach Alicia Stace receive a gift box.

Determination and success for physical health

By Kendra Roddis, Pathways support worker in Nelson

While I've only been working for Pathways for three months, it's been a joy to use my experiences and skills to help several whai ora work on their physical fitness goals. Supports have involved walking up hills, along beaches, and even swims in the local Maitai river.

Two other Nelson staff and I have also been running group gym sessions at City Fitness three times a week. There has been great progress and achievement of goals: improving physical health, losing weight and gaining confidence in the process.

Harley is one of our whai ora whose determination and success is inspirational. Harley has not only achieved his most recent weight loss goal but has begun mentoring another man in our gym group, helping and encouraging him to achieve his fitness goals. Harley and I are now working towards his next weight loss goal and attending boxing or kendo classes.



Harley and Kendra.

I have thoroughly enjoyed working with all these whai ora and seeing individuals, such as Harley, flourish as they achieve their goals. It has also been great getting to use my experiences in the New Zealand Defence Force and adventure racing to encourage and inspire others to achieve their own dreams. I feel so blessed to be working at Pathways and to be part of these journeys!

Home baked bread

By Frances Marie Armas, Pathways registered health professional - nurse

Recently we were able to purchase a bread maker for our crisis respite service in Nelson. I started making bread for our guests and each loaf has got better and tastier. The smell through the house is lovely as it cooks, and our guests have commented how nice it is to have homemade bread.



Pathways support worker, Nicola Coleman, with some home baked bread.

A fishy tale

By Alex Mahrla, Pathways support worker in Nelson

Three whai ora from Waimea Road decided to save up for some bait and spend an afternoon fishing together. They packed up their gear and went down to their favourite spot.



As they cast their lines, they enjoyed the peaceful surroundings and the sounds of the ocean waves. The fish weren't biting at first, but they didn't give up. As they waited, they shared their fishing stories with each other.

Finally, a fish took the bait and they all cheered with excitement! It wasn't a big catch, but it was enough to make the trip a success. They left with happy memories and a renewed appreciation for the simple pleasures in life.

Continuing support for youth in the community

Our empathic thoughts and support go to the areas that have been affected by the floods in the North Island recently. The Real Youth house in Nelson was flooded during the Nelson floods in August 2022 and we have not yet been able to source a new house big enough for our service.

In the meantime, our resilient Real team has been establishing connections with the local colleges and implementing new programmes with students, to continue supporting young people to live their dreams and thrive in their communities.



Our Nelson Real team



Spread kindness far and wide!

Research tells us that kindness and gratitude is good for wellbeing.

Cut out these cards and send them on their way!



Upcoming events

World Red Cross Day Monday, 8 May 2023	World Environment Day Monday, 5 June 2023
International Nurses Day Friday, 12 May 2023	Men's Health Week 12-18 June 2023
International Day of Families Monday, 15 May 2023	World Refugee Day Tuesday, 20 June 2023
World Smokefree Day Wednesday, 31 May 2023	Matariki (public holiday) Friday, 14 July 2023
Move Your Butt Month (www.bowelcancernz.org.nz) 1-30 June 2023	

Planter

Get Growing!

- Choose your plants
- Get your personalised planting calendar

Planter is an online app that helps you to select plants you'd like to grow in your garden, find out a bit about them and add them to a plan. The app will then email you your personalised planting calendar.

Not all regions of New Zealand experience the same growing conditions, due to differing climates, so Planter has categorised the plants to each temperate zone. You simply enter your zone and get to select your favourite plants!

Scan to create your plan or visit www.planter.co.nz



Spread kindness far and wide!

Research tells us that kindness and gratitude is good for wellbeing.

Cut out these cards and send them on their way!



Tōku piri poho - You are close to my heart

Pay it forward

Ko waimarie au - I am lucky to have you in my life

Pay it forward

O le tele o lima e māmā ai se avega - Success is best when working together

Pay it forward

E leai se isi e tutusa ma oe - There's no other like you

Pay it forward

Digital resources to support wellbeing



Atu-Mai is a free violence prevention programme, delivered either online or in person, that equips Pasifika people with the knowledge and tools to live violence-free. To access the programme, visit www.atumai.nz.



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.



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.

NEED TO TALK?



free call or text any time

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



www.wellbeingsupport.health.nz is a new website, launched to help people seeking free mild/moderate mental health or addiction support to easily find local providers who can help.



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.

Visit www.pathways.co.nz and www.real.org.nz

The Great Wise Group photo competition

As part of the Wise Group whānau, Pathways and Real kaimahi are encouraged to showcase their creative talents behind the lens in the annual summer photo competition. Congratulations to those Pathways and Real kaimahi who secured top spots or received high commendations! Check out their photographs along with other stunning entries from our kaimahi this year.



Whānau – Family



1st Winner: Monique Matthews, Pathways administrator in New Plymouth



2nd place: Abbie Montgomery, Pathways support worker in Christchurch



3rd Third place: Bruno Saia, Real youth worker in Nelson

Tihei Mauri Ora! – Life's energy



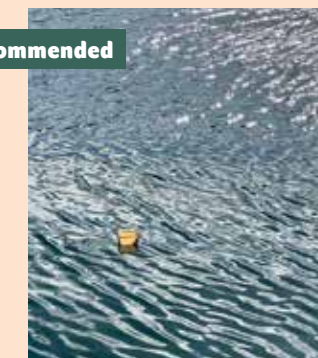
1st Winner: Franziska Kerdelmidis, Pathways service and relationship manager in Christchurch

Pohewatia – Experimental



3rd Third place: Lynne Robertson, Pathways support worker in New Plymouth

Highly commended



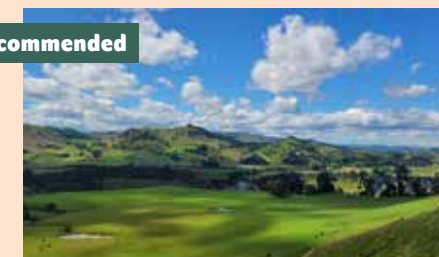
Highly commended: Margaret van der Walt, Pathways business information support in Wellington

Mā te Wā – A wider view



3rd Third place: Monique Matthews, Pathways administrator in New Plymouth

Highly commended



Highly commended: Narmadha Dhayanandan, Pathways team coach in Tauranga

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