

Connections



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A note from our Toihau

Sally Pitts-Brown (She/Her)
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Tēna koutou katoa

Our Winter *Connections* newsletter marks our transition into the second half of 2023 and thankfully the second half of winter!

The weather events of the past few months have been significant, and I want to acknowledge all those impacted. At times like this it is important to reflect on what is important to you, what you can be grateful for and remain connected to whānau and community.

I recently spent two days with my executive leadership team at a Te Pumaomao wānanga, facilitated by Takawai and Christine Murphy and held at Ruamata marae. We strive every day to be an exemplary Tangata Tiriti partner and having the opportunity to spend time with Takawai and Chris was a privilege. There was much reflection time as we explored the history of Aotearoa and the consequences (both intended and unintended) of decisions made. Understanding our history creates an urgency and the 'why' to putting the equity agenda front and centre.

As we navigate the winter months it is important that we ensure physical health equity for our tāngata whai ora, taiohi and whānau. In Aotearoa, people experiencing addiction and mental health issues tend to have worse physical health than the general population. We believe people using our services shouldn't experience an avoidable deterioration in physical health while they are being supported by us. Our *Being well* strategy is one of the ways we are working to address this and I'm excited to share our second action plan with you on the next page.

This is also our second year celebrating Matariki with a national holiday. It is a time for reflection, remembrance and setting intentions for the beginning of the Māori new year. My focus for the second half of this year is to continue the mahi with other employer groups and unions to achieve pay equity for our care and support workers (followed by our frontline managers).

As I write this it is only 100 days till the 2023 General Election taking place on Saturday 14 October. We want to continue to have mental health, addiction and wellbeing on the agenda of all politicians. For anyone in Wellington, Platform (the peak body for mental health and addiction NGO and community organisations) is hosting a political debate on Monday, 28 August where we will get to hear each political party's views on mental health and addictions in Aotearoa.

We are encouraging kaimahi, whānau and tāngata whai ora to attend (virtually or in person). This is your opportunity to be informed and ask the questions you have always wanted! For further information and to register, visit the Platform website: www.platform.org.nz/events

Take care
Noho ora mai,
Sally



The Pathways and Real executive leadership team recently spent several days at a Te Pumaomao wānanga at Ruamata marae near Rotorua.

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

Our second *Being well* action plan

In 2015, Pathways signed up to the Aotearoa-wide Equally Well collaborative, a collective formed to achieve physical health equity for whai ora, who tend to experience worse physical health and have a shorter life expectancy than people in the general population.

As part of our commitment to this work, Pathways developed and delivered our first health and wellbeing strategy: *Being well*. It's a strategy that has helped improve physical health outcomes for the people we support at Pathways and Real. There have been many achievements since it started, including the development, testing and use of our own subjective wellbeing tool.

- The number of whai ora who smoke has steadily reduced.
- Healthy eating and vegetable gardens have increased across our sites.
- Physical exercise, opportunities for movement and activities across our services have all increased.
- There is an increased focus on community engagement and connection.
- Whai ora have routine physical health screening, health metric monitoring and increased access to primary care visits.

However, we still have significant work to do to eliminate physical health inequities for people who use mental health and addiction support services, who continue to experience significantly poorer health outcomes.

Powering up peers

We first talked about recognising, investing in, and building our peer support workforce – people who have been trained to use their lived experience to help others with their recovery – in the Winter 2022 edition of *Connections*.

Since then, our peer workforce has grown to over 60 people in peer support worker roles across Aotearoa, including graduates from our very own peer training programme, *Kia Mataara*, and people we've supported to complete the peer support stream of the New Zealand Certificate in Health and Wellbeing.

To learn more about what it takes to become a peer support worker in Pathways or Real, get in touch with peer development lead Janice McGill, email janice.mcgill@pathways.co.nz, or talk to your kaimahi about where to start.



We have recently released our second *Being well* follow-up action plan. It builds on what we have already achieved and stretches us further, in order to continue lifting the wellbeing of people using Pathways and Real services. It also incorporates our specific and intentional responses to raise the wellbeing of Māori whai ora and whānau.

Being well improves the health and wellbeing of the entire Pathways and Real community – whai ora, taiohi, whānau and staff. It recognises the importance of taking a holistic view of health by supporting everyone to achieve emotional, mental, nutritional, physical and spiritual wellbeing.

We're continuing to strengthen our peer workforce, connecting as many people as possible to the peer values and competencies. Two immediate priorities are building a youth peer approach and understanding and growing our Māori peer workforce.

kia mataara

peer support training

Me mahi tahi tātou mo te oranga o te katoa

We must all work together for the wellbeing of all

The trilogy of good health basics

By Dr Lyndy Matthews (She/Her), Pathways clinical director

As we embrace the arrival of the colder months, accompanied by ills and chills, it becomes increasingly crucial to pay attention to the nourishment we provide our bodies. The *Eating well* focus within our *Being well* strategy provides tāngata whai ora and whānau with information to help them make more informed choices about what they're eating.

Top tips for healthy eating

I'm a big fan of the trilogy of good health basics – three things everyone can do towards healthier eating and better nourishment for our bodies. Below are the three most common things that can trip up an otherwise healthy eater, and some tips on how to make better choices:

Sugary soft drinks. A can of cola or equivalent has 35g (7 teaspoons) of sugar, adding hugely to daily calories. Some of the medicines whai ora take create a craving for sweet sugary foods and are directly responsible for increased obesity and likelihood of diabetes and heart disease, but this can be planned for and managed. Avoiding sweet fizzy drinks alone can lead to significant weight loss and improved wellbeing, fast.



Top tips:

- Wherever possible choose the sugar free or 'zero' fizzy drinks, or best of all free 'sky juice' (water).
- Getting a soda stream can create fizz without the heartache.

Highly processed food. This is the white stuff that doesn't take much chewing – the processed cheese that comes in pre-cut slices for sandwiches and burgers; or the soft smooth 'meat' found in cut price sausages. These foods are quickly digested, causing spikes in our blood sugar levels, and they all have much fewer nutrients than rougher, unprocessed foods.



Top tips:

- Soak whole oats in milk overnight, with some honey, dried fruit and coconut shavings for a great tasting, long lasting breakfast that gives your gut fibre and provides a low, slow blood sugar release.
- Tinned fish and vegetables are a better option than highly processed spam or corned beef.



Foods with a lot of animal fat. Unlike our tūpuna, we live better without the extra calories and cholesterol.



Top tips:

- Leave the boil up to cool enough to scoop the fat off the top, keeping the delicious broth and meat for dinner.
- Cut the extra fat off pork, bacon and lamb – this might seem outrageous, but draining the fat off after cooking pays dividends in heart health and at your waistline.
- Cook with unsaturated oils – vegetable and plant oils – to save your body a lot of work and extra weight.

We're putting out a call for leaner boil up and pork recipes!
If you have one to share, please email it to stories@pathways.co.nz and we'll share them with whai ora and whānau as part of our *Being well* strategy.

See the back page fold out for your winter wellness shopping list and recipes from Pathways dietician Ella Duxford.

Behind the scenes with Haumanu

It has been just over 12 months since we officially launched our new Real service, Haumanu, which offers specialist therapy for taiohi me ngā whānau who have experienced trauma.

The Haumanu team is based at Salmond House in Te Whanganui-a-Tara Wellington, and we asked clinical psychologist Abigail Simmonds gave us some insight into how she and the Haumanu team work.

What do you love most about your role, and Real Haumanu?

If I had to pick just one thing, I would say...being with people. I get to work with teams, whānau, schools, and taiohi. Everyone is different, every day is different, every session is different. I get to hear people's stories, delight in their success, and together we learn how to manoeuvre around some tricky obstacles. I am also lucky to be part of this team; we are all committed to being the best psychologists we can be and provide a service that taiohi want to come to.

What is a day in your work life like?

As a team, connecting is pretty important to us, it helps keep us moving forward so we start the day with a quick coffee and check in. I get lots of energy from working directly with taiohi, so most of my day focuses on supporting taiohi with mental health difficulties. Sometimes this can take me to a school meeting, practising learning new skills together, or working with teams, caregivers and whānau. The aim in Haumanu is to take the therapy to where the taiohi needs it.

How do people connect with the Real Haumanu service?

We take referrals through lots of different services: CAMHS, DHB, ACC and Oranga Tamariki. You can't self-refer to our service but let's hope over time we will grow and then anything might be possible. We know that it is really hard accessing a psychologist.

The word Haumanu speaks to a sense of safety, rejuvenation and restoration of health – which is exactly what we hope for our taiohi.

A spread fit for a king!

Hurrah! Whai ora and kaimahi at Tumanako in Te Whanganui-a-Tara had a very special coronation high tea on the Friday before the coronation of King Charles III. Attendees were decked out in their most regal gear, from capes to crowns, to mark the historic occasion.



The team at Whitiara recently unveiled their new community noticeboard to ensure whai ora are up to date on what's happening each month.

Supported to connect in the community at Whitiara

By George, Pathways team coach at Whitiara

The team at the Whitiara residential service in Porirua work hard to ensure that tāngata whai ora are connected and engaged within the service and the wider community.

We're always looking forward in the pursuit of wellness, self-sufficiency, and economic independence for whai ora. We want them to enjoy life and develop coping mechanisms and strategies to face whatever comes their way.

The local area holds wonderful opportunities but also brings layers of societal challenges. With the help of local agencies, we ensure a layer of harm minimisation continually takes place. We also discuss life choices and temptations with whai ora, using strength-based modelling to offer options for them to consider.

Check out more stories from Te Whanganui-a-Tara Wellington on the Central spread on pages 16-17.

Matariki Kāinga Hokia – Matariki calls you home



The story of Matariki

During the winter months, we look to the skies for the rising of the whetū (stars) Matariki. This signifies a special celebration of the beginning of the Māori New Year in Aotearoa.

A time where we remember and honour those of our loved ones who have passed. We turn to our present and celebrate the year and what we've done. It is also a time where we look to plan for the coming year ahead of us.

The roots of Matariki can be traced back to Polynesian voyagers who settled in Aotearoa over a thousand years ago. These seafaring ancestors relied on celestial navigation, and the distinct appearance of the Matariki cluster became a vital navigational aid and a source of agricultural knowledge.

One of the pūrakau (stories) told around the meaning of Matariki originates from the separation of both Ranginui the sky father and Papatuanuku the earth mother.

One of their children, Tāwhirimātea, the God of the winds was so angry at the separation of his parents that he tore out his eyes and threw them to the heavens. Hence the name 'Ngā mata o te Āriki, ō Tāwhirimātea' or 'the eyes of the god Tāwhirimātea'. This is what we now know to be Matariki.

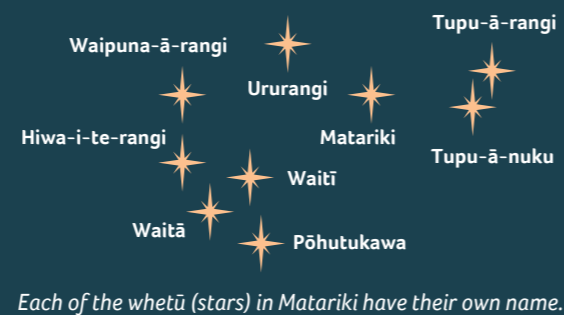
Traditional Matariki festivities include lighting ritual fires, making offerings and various celebrations to farewell the dead, honour ancestors and celebrate life.

Celebrations were once popular but had largely stopped by the 1940s. In the 2000s, they were revived. Now, thousands of people take part in events to honour the beginning of the Māori New Year. Last year we marked Matariki with a public holiday for the first time.

The theme for Matariki this year is 'Matariki Kāinga Hokia – Matariki calls you home'.

Fun fact!

Matariki can be seen all over the world and is known by many different names. In Greek, and widely used in English-speaking countries, it is called **Pleiades**. In Japan it is called **Subaru**, which means 'to come together'. In Hawaii it is **Makali'i**, or 'eyes of royalty'. In China it is known as **Mao**, the hairy head of the white tiger. In India it is recognised as **Krittika**. In Greek mythology, this cluster is famously referred to as the **Seven Sisters**, whereas in Norse mythology the Vikings knew them as **Freyja's hens**.



Kaimahi tell us what Matariki means to them

One of my most fond memories of Matariki growing up as a child was my dad waking us up in the early hours of the morning to point and help us see the constellation in the sky before the morning light had arrived. I remember the hot chocolate and excitement when we were finally able to see Matariki.



– Te Auparo Piripi, Kaiwhirimuka

Last June, I had the absolute privilege of attending the Matariki Hautapu in Hauraki with Whaea Mere and her whānau.



Being a part of hautapu was something very new to me and my knowledge of Matariki was limited. Sitting around the fire, listening to the whakaaro was an experience I struggle to put words to. I still feel privileged to have had that opportunity, to not only learn about Matariki but about myself and my culture.

I left feeling more connected to my culture than I ever have before. I left with an overwhelming sense of pride to be Māori.

– Renee Muirhead, Real team coach



Last year's Hautapu ki Hauraki celebrations.

Find Matariki in the sky

When Matariki rises during midwinter (June/July), look towards the eastern horizon before the sun rises, and follow these steps to find Matariki:

- ✦ Find three bright stars in a line. Māori call these stars Tautoru; they are also known as Orion's belt.
- ✦ Next, trace to the left of Tautoru until you come to a group of stars that look like a pyramid. This is Te Kokotā.
- ✦ Finally, if you look to the left of Te Kokotā you will see Matariki.

Celebrate Matariki in your whare, with your whānau

There are so many ways to celebrate Matariki. Cut this list out and pop it on your fridge as inspiration. Tick off the ones you do and add any other celebrations too!

- Reflect on loved ones who are no longer with us and share stories about them.
- Find the Matariki constellation in the sky.
- Plan your vegetable garden for the next season.
- Spend some time in te taiao, our natural environment.
- Share a kai hakari (feast) together with friends and family.
- Write down your wishes for the year.
- Find Matariki events in your local community.
- _____
- _____
- _____
- _____
- _____



Scan with your phone's camera to find Matariki events in your area.



Our why with te reo Māori me ōna tikanga

By Anaru Hawkins (He/Him), Pathways and Real Kaihautū

Tēnā tātou katoa kī ngā whānau katoa

Our Pathways and Real whānau across the motu are working hard to build their akoranga (learnings) and whakaharatau (practice) in their mahi with our tāngata whai ora and taiohi Māori.

We know that by doing this we increase the opportunities for our kaimahi to continue to have our tāngata whai ora and taiohi know they have mana (pride and esteem). Our goal, as our waiata *Mau rā* says, is to have them tu mana motuhake (stand independently with pride in who they belong to and are).

Amongst all that we're doing in Te Ao Māori, kupu Māori (Māori words) and kawa (how we do things) is really important to us.

Kupu Māori The power of words

There are kupu Māori that you, your whānau and taiohi use every day, it's a normal part of life in Aotearoa. We've been working on kupu Māori that have a high frequency usage, or English words we use often that can be said in te reo Māori.

Some examples are kaimahi (our workers), whare and kainga (our places we work from or live in) and rongoa (medication). We're also working on titles like Toihau for Sally Pitts-Brown our chief executive, Pou Pakihi for Ross Phillips our business operations manager or, Pou Whakahaere Matua for our four general managers. Plus, we're working daily on our pronunciation. We are absolutely blessed to have Keri Opai, a matanga reo who we get the 'good to go' from.

Why kupu Māori? Because it is our language, tuku iho (handed down) from our tupuna. It is what many of us already use every day. It is one of the ways we at Pathways and Real can show Māori that we want to be tika and pono with te reo Māori.

Te kawa o te whare me te kawa o te mahi How we do things

Te kawa o te whare (how we work in our whare) and te kawa o te mahi (how we work in the community) are two ways we can teach our kaimahi to practice kawa that Māori have long used over the generations.

Tikanga (principle), like manaaki, has a kawa – that is how we practice the tikanga. For example, for us manaaki does not just mean care or being hospitable. The kawa is about building the mana of all those we meet through generosity of spirit and action. Practical examples can include greeting and farewelling manuhiri at the gate rather than the door; tāngata whai ora and taiohi regularly being asked what they may need; involving those in our whare with kōrero and decisions that build the mana of their whare; and having karakia and mihimihi in our hui. We're presently working on how we can make sure these kawa are an important part of the everyday work we do.

Why kawa? Because it provides focus on the most important thing in our work, he tangata, he tangata, he tangata – the people we work with and serve. It is what every marae has used for millennia to manage people, resources and their environment.

Aroha ki te tangata Love for all people

A friend sent me a quote that demonstrates why we are investing in kupu Māori and kawa:

Aroha ki te tangata, ahakoa ko wai, ahakoa nō hea Love for all people despite who they are and where they come from

For Māori to experience greater love, we want them to see themselves in how we speak and how we roll in the work of Pathways and Real.



Mā te kōrero

Mā te Kōrero embraces our Being well kaupapa

Being well was front and centre at our latest Mā te Kōrero on Thursday, 29 June. The quarterly event was fronted by our kaimahi in the Northern region and saw hundreds of kaimahi, whai ora and taiohi from across the motu connect virtually over Zoom to celebrate Te Ao Māori while sharing and learning about our five Being well aspects.

Prior to the event, each region was given a Being well aspect to submit content about. These were featured during the hour and a half long live stream to encourage and inspire kaimahi, whai ora and taiohi to look after all areas of their wellbeing.

The Northern teams provided some great tips on how to keep *Physically well*, which included playing with pets and dancing; Te Manawa Taki focused on *Spiritually well* with some insightful kōrero about how kaimahi, whai ora and taiohi look after their wairua through things like connecting with whānau, culture, religion and nature; kaimahi in the Central region shared the results of their healthy baking competition, judged by tāngata whai ora, as part of their *Eating well* focus; and the Te Waipounamu teams shared how they prioritise *Working well*.

Finally, the entire motu was encouraged to submit photos of what home is to them, to highlight the *Connecting well* theme.



This collage was created using images submitted by tāngata whai ora and kaimahi as part of our Connecting well theme, showing what home means to them.



Kaimahi in the Northern region hosted this Mā te Kōrero.



Hundreds of kaimahi, whai ora and taiohi joined virtually from across the motu.



The Central region hosted a healthy bake off to promote Eating well.



Teams in Te Manawa Taki shared how they keep Spiritually well.



Te Waipounamu's tips for Working well included taking breaks to cuddle a furry friend!



Northern teams shared how they keep Physically well at mahi.

Time for a new beginning?

Nau mai haere mai! Start a rewarding career journey at Pathways and Real



View our latest job listings in your region



Term 3 is nearly here: Plan ahead

By Miriam Swanson, Real child and youth director

There is no doubt about it – Term 3 can feel like a hard slog. The weather is stink, assessments are due, and there’s not a single public holiday in the whole term!

If you find the winter term tough, you’re not alone. Now is a great time to think consciously about what rhythms, routines and supports you might need to make the most of Term 3 – and have some fun too!

Planning can stop school worries from growing and help us see a way through challenging times. As we head into the new term, concerns about things like credits or not keeping up with certain subjects can start to affect our mood or become worries that bother us day-to-day. Now is a great time to check-in with where you are at, ask for help from others and plan for how you want to get through the term with some supports in place. Start with some questions:

- Which subjects are you finding a challenge and who could you talk to about that?
- Do you actually know where your credits are at, or have you just assumed the worst?
- Which teacher or school guidance counsellor would be good to approach?
- Do people in your family know where your course work is at and how can they help with the work, or with talking to someone at school?
- Do you have a friend who loves the subject that you hate, and could you team up?
- Which subjects or parts of school do you love? And how can you do more of that?!

Earlier in this edition of *Connections* we talk about our Pathways and Real *Being well* strategy (page 3), with five focus areas to help support people to live full, healthy lives. I want to highlight two of these: *Working well* and *Connecting well*, as helpful concepts when planning for Term 3.

Working well is about setting up spaces and routines that allow you to be at your best. Do you have a place at home where you can do schoolwork? Or perhaps consider heading to the local library; libraries are warm and I love that they have just the right amount of people around to leave me feeling connected but not distracted.



Now is also a great time to put together a timetable for how much time you want to commit to study, and when. Include other stuff you want to do too – can you plan your ‘non-schoolwork’ time at the same time as a friend?

This leads, of course, to *Connecting well*. Connection is about remembering that you are not alone – that you can ask for help, you can give help, and together with others you can share in both the fun and the struggles of life.

Ask for help to access support and let people know what you need for your learning (both at school and at home). But also remember that this term is about more than JUST schoolwork – investing time in connecting with others supports wellbeing. Who do you enjoy spending time with? Are there sports or activities that you want to re-start? Where in your study timetable is the plan for fun? Are there ways that you could support your family, perhaps by making dinner or helping out with a younger sibling?

Putting in some planning now can be really helpful to buffer against school-related stress.

Even with all this thought and planning, it is common for people to need some help. If you are finding it hard, don’t hesitate to let someone know; reach out to a friend, a family member, a teacher – or try contacting one of the support services available: 1737, Youthline (0800 37 66 33), or try asking Aunty Dee (www.auntydee.co.nz). Connect, connect, connect. Wishing you an awesome Term 3 – and roll on summer!

Spotlight on Whetū Marewa

Whetū Marewa, our youth primary mental health service funded by Te Whatu Ora, is continuing to grow across the country with teams now operating in Taranaki, Hamilton, Tauranga, Hauraki, Rotorua, Taupō, and Whanganui.

Whetū Marewa brings together our clinical workforce and awesome youth workers, to make accessing support fast, easy, and even fun! We are always keen to be out making connections directly with taiohi, as well as taking referrals from whānau and other services.

We focus on understanding what you need right now, and engaging in ways that work for you. Often that means we are not sitting in an office but out doing something active, like walking, or bike riding.

Visit our website, www.real.org.nz, to learn more about Whetū Marewa and get in contact with our teams in your area.



The Whetū Marewa Whanganui team

Some of the awesome team at Whetū Marewa Whanganui tell us what they love about their work:

Emma, Whetū Marewa youth worker

What does an average day look like?

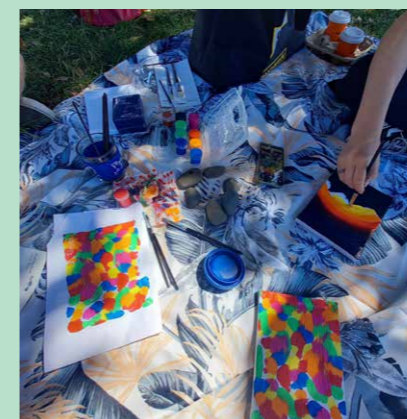
An average day for me looks like being out in the community, at schools, enjoying the fresh air and making the most of the outdoor spaces in our community.

What is your favourite part of your role?

Favourite part of my role is that everything is tailored individually to suit the taiohi we are working alongside. I get to meet new people, see new things and learn along the way. I get to have fun and grow in my job at the same time.

What kind of activities do you do with taiohi to support them with their goals?

We spend time outdoors, walking, time spent at the beach, doing arts/crafts, and supporting relationship building with peers through group activities.



Anna, Whetū Marewa team coach/psychologist

What does an average day look like?

An average day looks like being out and about in the community, meeting with taiohi and/or their whānau, either at school, home or utilising community spaces. There is usually some time spent in the office to meet with the team, develop plans for taiohi, or connect with other agencies.

What is your favourite part of your role?

There are so many parts to this role that I love. Some of my favourites are creating connections with whānau and taiohi and working flexibly with them to develop goals and plans that best suit them. I am so passionate about working with a strengths-based, flexible and outreach approach with our community.

What kind of activities do you do with taiohi to support them with their goals?

We are lucky to utilise community spaces and connections to provide a range of activities with taiohi. This could include (but is not limited to): arts/crafts; physical wellbeing (walking, gym plans, group activity classes); creating music; going to the beach; mindful photography; and group workshops with different focuses (social communication, vision board, distraction box development, dance/movement). It is so valuable to be able to use a range of activities, developed from the interests and goals of taiohi.

Nikora, Whetū Marewa youth worker

What does an average day look like?

An average day for me is reaching out to see where we could possibly collaborate with other agencies in the community, as well as supporting our taiohi and team wherever I can – this might be with visits, developing workshops/activities, and group programmes.

What is your favourite part of your role?

I love being out in the community meeting new people, and making the most of what our community has to offer.

What kind of activities do you do with taiohi to support them with their goals?

I have a passion for sports, music and cultural activities so I try using my knowledge of these in my practice. It could be walking around the lake, beach walks, playing music in the park or playing basketball.



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@RealNZyouth on Facebook, Instagram and YouTube.

@realNZyouth

real

Employment works

By working together, we achieved an amazing outcome.

Two tāngata whai ora, Vili and Clendon, exited Tiaho Mai at the end of 2022. Pathways support worker Sue supported them to move into a shared house and they got to know each other well as flatmates.

Vili had worked in the past and expressed interest in returning to work. Clendon had not worked before and was inspired by Vili to try working part-time to start off with.

Sue and Workwise employment consultant, Saleszni, coached and supported the men to complete the paperwork for a recruitment agency, which sent the documents to their prospective employer. During the process, both men took full ownership of their future and asked questions to be fully informed.

They passed their site health and safety certificate with flying colours. During the interview, the recruitment agency commented on their enthusiasm for the job.

Sue liaised with the men’s clinicians to come to their workplace and support them with medication on their breaks while they settled into their new job. This meant they could focus on their work and not worry about leaving the site to access medication support.

Sue and Saleszni also supported the men with getting funds from WINZ so they could buy new safety boots and hi-vis gear.

Vili and Clendon are building their sense of purpose, have something to wake up for each day, and more financial freedom. Although it has taken time, it is well worth it – we know employment works.



Starting the day with mindfulness

Tāmaki Makaurau held an ‘Exploring Mindfulness’ event in April, creating a safe space to practice mindfulness techniques, exploring through our five senses.

With the guidance of our amazing occupational therapist, Olivia, we tapped into our different senses, thinking about what we could see, smell, touch and hear. We were then taken through a guided journalling session that allowed us to write about everything we had just felt. We also did some yoga and mindfulness breath work to connect our body and mind and feel present in the moment we shared.

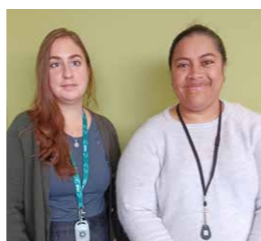
There truly was no better way we could have started the day with our whai ora. It was fantastic to connect and take the time to focus on ourselves.

Real Talk expands with new staff

We are pleased to introduce our two new Tāmaki Makaurau Real Talk team members: Catherine and Katie. They both come to us with a wealth of knowledge and experience to help expand our group work.

First developed by the Ōtautahi Real team, Real Talk started in Tāmaki Makaurau last year. It’s a programme for taiohi aged 12-18 years who need extra support around managing anxiety, depression and/or stress related behaviours and situations. With two new team members we can now expand the 10-week programme, which is run once a week for two hours during term time, from two to four groups.

There has been great feedback from taiohi so far. They enjoy the safe space to express themselves and are grateful for the knowledge and friendships they have gained. Whānau have said they notice massive changes in their child’s confidence and others said their child was able to open up more after the group. We are excited to expand the programme and support more taiohi in the future.



Strive: Brandon’s journey

Before I joined Pathways over four years ago, I had no interest in doing much. There were things I dreamed of becoming but I had lost motivation to strive and my direction had stalled.

My one true desire was to defeat the challenges associated with my mental health journey. This included understanding my thoughts, actions, doubts, desires, triggers, relapse signs and to get a firm grip on reality again.

I had a goal in mind: to be medication-free one day. I had tried this in the past, but my approach and timing weren’t appropriate or realistic. I eventually realized I needed a new approach and continue to work with my doctor on reducing my levels. I now know through trial and error that time between reductions, especially on low doses, will be extended to allow my body and myself time to adjust.

Since being supported by Pathways I have made new friends and built relationships to last. I enjoy badminton, table tennis and walking groups but an injury hindered these activities. I also had high cholesterol; I needed to change some habits.

Over a six-month period I changed my diet and walked daily, reducing my cholesterol to a healthy level and losing 12kg. Having smoked on and off for years I can happily say at this point I am three weeks without a cigarette.

My future plans are to become the best support worker or life coach I can be and pass on skills I have learned and developed to help others strive through their hard times. I am prepared to knuckle down and do the work involved in achieving these goals. Nothing has ever stopped me from getting where I want to be, and I don’t intend to let go of this quality.

Thank you Pathways, and especially Ram, for all the help and support over the years.

Empowering taiohi with Kotahitanga

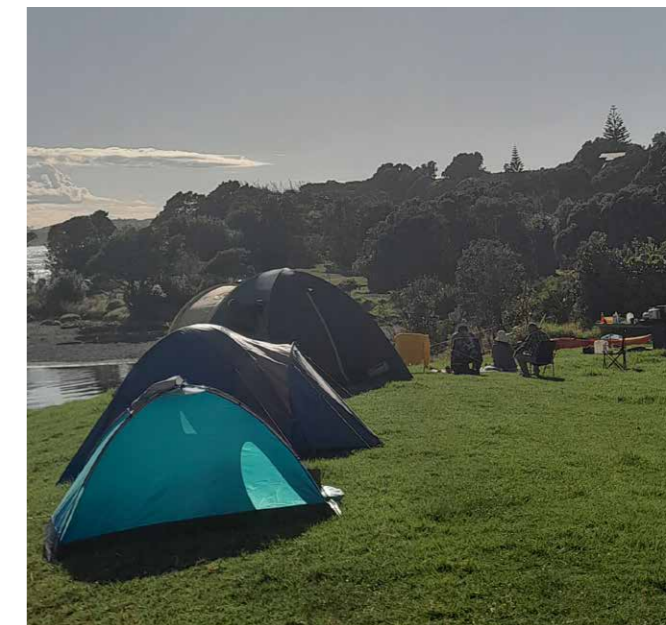
The Real Whetū Marewa team in Taranaki are using Kotahitanga, a program used to support taiohi who are not engaging in school, work, and the community.

The Te Ao Māori model of health, Te Whare Tapa Whā, enables us to support our taiohi holistically.

We are currently running a six-week program delivered by youth workers, with the aim to empower Taranaki taiohi to be the best they can be, and for us to support them into their next life journey.



Ash and Skylar set up the Kotahitanga programme



One hundred hours of camping!

What could be better than an adventurous and relaxing camping holiday at the beach? Especially if it’s at a private campsite on the beautiful Taranaki coast.

In March, 14 of our tāngata whai ora went camping, supported by our Taranaki North mobile teams. Everyone worked together setting up camp before a well-deserved cuppa and cookies made by one of our campers. After dinner and watching a stunning sunset, everyone settled in for a great night’s sleep to the sound of gentle waves, only rousing to roll out the occasional hedgehog visitor from the tents.

The days were filled with adventures and day visitors. Surfing, kayaking, backgammon, fishing (someone caught a tree), swimming, singing, a bird count, roasting marshmallows, collecting firewood, and playing cards just to name a few. Some preferred relaxing at camp, making sure there was always chatter and laughter.

Our tāngata whai ora didn’t want the camp to end. Common comments included:

“I can just be myself.”

“People here understand.”

“I don’t feel judged.”

Friendships forged have lasted beyond the camp, with some tāngata whai ora regularly catching up with each other. Watching our people supporting each other, talking about their own experiences, and encouraging each other on their own journeys was inspiring. People were already talking about next year’s camp!





Kirikiroa/Hamilton

Our cat, Marmalade

We are thrilled to introduce Marmalade! (Marma for short).

For many years the tāngata whai ora at our whare have longed for a cat of their own. Marma came to us recently from another whai ora who could not keep her, and after a few weeks of care we received the happy news that we could keep Marma as our own whare cat.

Marma is so loved. She has set herself up in her bed right next to our medications table. She is very affectionate and loves to receive pats from our whai ora, chatting to them in the mornings. She enjoys exploring the vast grounds and following staff around the whare.

Marma has settled in well and it feels like she has been here forever. Welcome to your new home, Marma!

Kirikiroa/Hamilton

Healthy lifestyles spotlight

Our new healthy lifestyles team in Kirikiriroa has had some great new activities happening for our whai ora. This is a spotlight on two of our most frequent attendees.

David

David is known for his tasteful 80s music, you will find him being the DJ at our activities and events. David loves seeing tāngata whai ora coming together and being involved in the activities, especially when there is kai and music!

David wants everyone to remember where they come from and know that they are always welcome at our activities here in Kirikiriroa.

Sue

If you attend any Hamilton healthy lifestyle activities, it is likely you will meet Sue, who enjoys activities like 8-ball pool and Scrabble.

In the last few months Sue has bought her own ukulele to practice for our newly formed ukulele group, run by one of our mobile teams. She has also brought her own pool cue to show us how it's done on the pool tables at the Waikato Commerce Club. Ka pai Sue!

Kirikiroa/Hamilton

Raglan fishing trip

Written by Mike with support from Pathways staff

On Wednesday, 19 April our fishing plan finally came to pass after many attempts and cancellations due to COVID-19 or rough sea conditions.

We got up at 4:15am, scoffed breakfast and took off to Raglan like robber's dogs. The weather gods smiled upon us as the harbour was dead flat and the bar was not rough. I have been in much rougher bars in my lifetime.

Open sea conditions were perfect, we steamed south, dropped the anchor and spent the next hour fishing! Samar and I caught several good gurnard before we headed further south, near to Kawhia.

Most people were catching good fish, except for us. We had one so far up we could see the colour, but then it got away. We did not say a word, but my thoughts would certainly not pass my Sunday school teacher.

I got a good fish again, not to compare with the three 20-pounders that one fisherman caught. The euphoria was plain to see without a word being spoken. Only a fisherman or hunter knows the adrenaline rush that happens when a fish strikes, a stag roars or a goose honks.

I will never forget this day. It proves you can do whatever you wish to do in future with joy and thankfulness due to Pathways.

If you are in the depths of despair, please seek help, it is there for the asking. There will be good days ahead. Take my word: been there, done that, haven't got the T-shirt but I have had some great times since I got out of Sir Winston's black dog's jaws.



Hauraki

Hauraki whānau camp, March 2023

Tainui Awhiro ngunguru te po, ngunguru te ao.

Karioi te maunga, Rakaunui te whenua, Wainui te awa, Whaingaro te moana, Kahui Whetu te whaanau kainga.

Black sand, waves, surf, beach, the estuary, fishing, kayaking, fun, laughter, positivity, and amazing interactions through conversations, singing and jokes, were all some of the highlights of our Hauraki whānau camp.

Our whānau from Kirikiriroa and Hauraki travelled to share a day with us. We welcomed them to the campsite before we sheltered in the large shed to eat, drink, play cards, and board games. Some chose to do fishing, kayaking, kicking around some balls and swimming in the estuary. We had lunch and a hot or cold drink before our whānau who travelled began their farewells. We thanked them for making the journey and invited them to future camps.

A special time after dinner and karakia was watching the sunset together while sitting around the fire. We shared reflections, truths, talents, fears, and a few tears. Our general manager, Amanda, and senior relationship manager, Sally, joined us and we roasted marshmallows, ate chips and dip, and drank orange juice, all compliments of our guests, ngā mihi kōrua. There was beautiful singing from one of our tāngata whai ora.

We had our very own McGuyver, Tom, who erected a tent with no pegs using his skills, then gathered firewood with helpers. He is a great person to have on camp. After poroporoaki it was unanimously agreed that we would definitely do this again.

Te Moana-a-Toi/Bay of Plenty

A purrrfect experience at Tauranga youth respite

Our youth respite whare has been busy contributing to the animals in need across Tauranga Moana this month. One taiohi showed real dedication and commitment to creating her cat toy, weaving for hours to get it "just right".



These crafty and creative toys were then dropped off to the SPCA. As a kind gesture, the staff granted us special access to play with the cats and kittens, to see how successfully the toys worked. Playing with cats brought a lot of joy to staff and taiohi alike. This experience sparked conversation around goals for pet ownership and aspirations to volunteer at the SPCA in the future. It was purrrrrfect!

Hauraki

Andrea's wellbeing goals

Andrea came to Pathways Women's Wellness with a history of CPTSD, anxiety and depression. She had recently moved to Hamilton and was referred to Women's Wellness by her diabetes nurse.

Andrea's goal was to meet people for coffee and explore community networks. She was keen to achieve these goals, despite experiencing social anxiety and feeling very anxious that there might be people she didn't know.

Freida, Andrea's Women's Wellness support worker, offered her a space at a 'hair pampering' morning Women's Wellness had been gifted by Wintec hair and beauty students. Together they enjoyed a morning of pampering.

Freida asked Andrea if she would be interested in checking out an organisation that ran a ten-week programme for people experiencing anxiety and depression, as a way of meeting new people. Andrea said yes and signed up for the next intake!

On the same day the programme started, Andrea also started attending the Women's Wellness weekly walking group that meets at Hamilton Lake, with a cafe stop afterwards. She was exhausted, but showed up again the next week. Andrea is now part of this group, and ensures that every woman (and child that tags along!) feels welcome and included.

Andrea is achieving her goals – a Women's Wellness success story!



Te Moana-a-Toi/Bay of Plenty

Confidence building for taiohi

On Friday, 21 March our team facilitated the first confidence building workshop in Tauranga with a group of eight taiohi aged 12-15 years old, facilitated by kaimahi Madi and Megan.

The morning was spent learning and sharing the interactive 'growth mindset'. After this, we tucked into some delicious kai, then headed out to put the learning into practice on the high ropes at Adrenaline Forest.

Special thank you to Geneva, our second year nursing student, for helping the team create such a memorable and valuable skills-based experience for our taiohi.



Whanganui

Taiohi talks and morning walks

By Nikora, Real Whetū Marewa youth worker

I have been working with a taiohi for the past few months who enjoys walking, swimming, and music.

He came up with the awesome idea of walking around Virginia Lake once or twice a week and a swim least once as part of his goal plans.

I have noticed a change in the taiohi, especially his attitude and determination towards the walking. He is starting to enjoy the morning walks as well as the morning swims as he finds it very peaceful out there.

We use the walks as a chance to have a talk about how the taiohi is doing or if there is anything he may want to talk about. I find using this technique very useful because it gives taiohi a chance to have their say when they are ready and comfortable, and gives us a chance to build a stronger rapport.

It's also awesome to hear feedback from the whānau of our taiohi on how we are going. Just hearing the thank you for all our support and that they notice how their tamariki are really enjoying their sessions with us, and they can see a change in them. Feedback like this is the best feeling and is part of what drives us.



Whanganui

2023 Pride Whanganui Youth Fest

By Emma, Real Whetū Marewa youth worker

In March, Whanganui hosted its first ever Pride Youth Fest. A day filled with songs, dance, games and an inclusive environment welcoming everyone.

The Whetū Marewa Whanganui team set up an area and got involved, meeting taiohi and their whānau in our community.



Caroline leads weekly Mindful Movement classes in Te Whanganui-a-Tara

Te Whanganui-a-Tara/Wellington

Finding calm and wellness with mindful movement

We caught up with yoga instructor Caroline Mastreani from Flow Yoga, who has been supporting tāngata whai ora in Te Whanganui-a-Tara through her weekly Mindful Movement classes since 2019.

What do you enjoy about running classes with whai ora at Pathways?

I am passionate about making yoga and mindfulness accessible to a wide range of people, and love being able to bring yoga into Pathways' venues so that more people can benefit from the simple, healing tools that yoga provides. As a bonus, I also get to learn and grow so much from all the tāngata whai ora with whom I'm lucky enough to work. It is always so heartening to see someone tentative or anxious about participating in a yoga session decide they will give it a go and the resulting sense of accomplishment and calm they feel afterwards.

How does yoga support tāngata whai ora with their wellbeing?

Yoga is the perfect way to use our body to affect the way we are feeling. Our Pathways yoga sessions include a range of physical postures, movements and breathing exercises that provide a safe way to connect to the body. By noticing the way we feel as we go through a yoga session, we begin to develop skills and positive coping mechanisms for managing difficulty in our lives off the yoga mat. Practicing yoga as a group also helps us to become more aware of, and feel more connected to, those around us.

What is some of the feedback you've had from tāngata whai ora?

One past participant said: "I definitely come out of the session feeling more relaxed, much less anxious and a bit more at peace with myself, having been kindly reminded by the instructor to be kind and non-judgmental toward yourself." Another said: "My experience has been of healing, empowerment, growth and hope for the journey ahead."

Talk to a Pathways staff member in Te Whanganui-a-Tara if you're interested in attending Mindful Movement.

Te Whanganui-a-Tara/Wellington

Making dreams reality: Achieving goals

By Susan, Pathways support worker



Whai ora Amelia and I have been working on communication skills and getting out in the community by spending time together on car outings. She and her partner, Steve, shared their dream to go to a beach for a picnic.

We chose a day with a perfect weather forecast and planned our lunch by the beach. Amelia and Steve wanted to go to where Amelia lived as a child.

Steve spent the morning making sandwiches and brought fruit juice they'd received from Kaibosh. We chatted and admired the harbour as we drove to our picnic spot. We were delighted to find a picnic table shaded by welcoming silver birches. It was peaceful and meant to be.

We had a wonderful time eating our lunch and being away from the city traffic and bustle. We walked out on the wharf to watch people fishing, then took off our jandals for a paddle in the sea. We drove through the bays before coming back to their apartment in the city.

Steve talked enthusiastically about our mission accomplished and Amelia gave me a big smile and thumbs up. We all had a great afternoon!

*Names changed to protect privacy



Te Whanganui-a-Tara/Wellington

Working together for a new home

By the Pathways Kapiti community mobile support team

Donna's long-term aspiration has been to live independently and maintain her household without needing support. In the past, Donna was supported by her mum and recently stayed in supported accommodation. That is where a request for Pathways support was made in January 2023. Donna's main goal was looking for an affordable rental in Kapiti.

Donna was supported in her search for a house by Jane from the Kapiti mobile team and Kate from LinkPeople. Viewings were organised and applications for rental houses sent.

Then one day, good news arrived, and Donna's application was accepted for a cosy unit in Ōtaki. In March, Donna moved to her new home. Donna has spoken to Jane many times since then about how happy she is to have her own space and how proud she is that she is now independent.



Wairarapa

Wairarapa Real team update

Kia ora tātou! Exciting news from the youth corner of Pathways: we have a full Real team in the Wairarapa! More kaimahi means greater capacity to do 'Whatever it takes' for our taiohi.

You can find our crew of clinicians and youth workers in the community and in schools, supporting youth facing challenges relating to all things substance use and mental health. We do a mix of group, one-to-one and whānau work.

A highlight so far has been our 6-8 week school programs for Year 10 students, covering topics such as wellbeing, goal-setting and understanding emotions. We look forward to seeing what's next, watch this space!



Wairarapa

Veggie tub gardens

By Fiona, Pathways support worker

Being outside in the garden is great for wellbeing, and to be able to eat what you have grown? How satisfying!

In February I ran our first veggie tub garden workshop. Together with staff and tāngata whai ora we worked together to build a small, portable, cost-effective and low-maintenance garden.

Just 15 days later we were ready to pick some lettuce for yummy salads. Now we just need to learn how to get rid of the pesky bugs!

It's very rewarding sharing my passion for gardening and seeing others gain confidence in their ability to grow their own food to eat.

Networking at the School, Health and Social Services Expo

Real was lucky enough to be invited along to the School, Health and Social Services Expo at Addington Raceway here in Ōtautahi this month.



It was a great opportunity for Richelle and Aleisha to get out and network with the wider youth community. Lots of kōrero was had around who and what Real is all about.

Our new banners and merchandise looked great, and we got lots of epic feedback on our newly branded brochures – thanks team!



Making and connecting in Ōtautahi

The Ōtautahi leadership team got together with kaihāpai for the takiwā reset on Thursday, 20 April. As part of the takiwā reset we all learnt about how to cut harakeke in the culturally appropriate manner and made harakeke flowers.

This activity allowed the leadership team to connect with Te Auparo, Pathways and Real Kaiwhirimuka, who made the journey to Ōtautahi for the first time. Participants shared their joy in completing a harakeke flower and showed courage by taking part in an activity they were not currently skilled at.

Thank you to Anaru, Te Auparo and Kaylene for making the journey to Ōtautahi, and Charlotte from the crisis mobile service, for providing beautiful nourishing kai.

Becoming part of society again: Phillip's journey

I was in that dark place, but I'm out and getting stronger.

My story started when my spinal cord was pinched in the back of my neck. After an operation, I was in horrendous pain and I lost my independence. Every problem I had was exacerbated, which put my brain in survival mode.

I shut myself in my room for nearly four years and I was so scared that I couldn't open a letter or answer the phone and would hide if someone knocked at the door. When I was in hospital for my gall bladder, they noticed I had problems with talking, eating and isolating myself, so I was introduced to mental health services.

My psychologist got hold of Pathways and then it started. I talked to my Pathways support worker about my goals, that I wanted to go into a supermarket, learn to read and write and see my grandkids play sport. I wanted to become part of society again – I had not seen Nelson for nearly five years.

I have achieved all my initial goals and it's actually awesome. Now I can go into a supermarket. I have a literacy certificate and can talk to people outside my family. Pathways and Literacy Aotearoa are helping me to enrol at Nelson Marlborough Institute of Technology, which is very big.

I see my grandkids playing their sports every chance I get, and that alone keeps me smiling inside.



Real holiday activity in a special local place

By Jeremy, Real youth worker

We had a group of tane join us for a bush walk and to learn more about the local Māori history. We went to Te Puna O Riuwaka - source of the Riuwaka river, a very special place for local Māori, known for its healing qualities.

This is special because the water comes from deep within the base of the Takaka hill, the whenua (earth). What this means for Māori is it brings healing to the tinana (body).

The tane loved the walk, exploring the native bush and learning more about the environment. The youth worker with us had great knowledge of native bush. Afterwards we had kai, a cup of tea and played games.

This is a special place. If you get the chance, come and spend some time here.



Pink Friday

By Jodi, Pathways service and relationship manager

Pink Friday was extra special for our team here in Whakatū. We came together to farewell Willemijn, who was instrumental in the setup of Pathways here in Whakatū.

Willemijn started with us in the original Whakatū/Waiharakeke team in January 2020 and she has left this month after her maternity leave ended. She has decided to take time to focus on her young family.

Willemijn, we wish you and your family well. Don't be a stranger though, pop in from time to time with those two lovely children!

Treats from Pic's

Here in Nelson Marlborough we are very fortunate to have a lovely relationship with Pic's Peanut Butter, which is a company based in Nelson. Pic's has 'adopted' us as part of their sponsorship of local organisations who do good mahi in the community.

What this means is that Pic's provides us with peanut butter for our residential and service bases on a regular basis. This time around, they also gave us some chocolate peanut butter as a treat. It's much appreciated by all, and we feel very lucky.



Be well this winter

Embrace the chilly season and stay nourished with this affordable winter wellness shopping list and accompanying recipes from Pathways dietician, Ella Duxford.



Wholesome winter oats

Ingredients

- Wholegrain oats
- Lite/trim milk
- Banana
- Cinnamon (optional)
- Vanilla essence (optional)
- Low-fat yoghurt
- Sliced almonds

Method

Add desired amount of wholegrain oats to a pot on the stove, add enough lite or trim milk to cover the oats (top up with water if needed), along with a sprinkle of cinnamon if using.

Add chopped banana and mash it into oats or leave in slices. When oats are cooked add a splash of vanilla. Serve with low-fat yoghurt and almonds.



Mexican rice bowls

Ingredients

- 1 cup brown rice (dry)
- 1 can chilli beans
- 1 cup frozen corn
- 2 grated carrots
- Handful of baby spinach
- Lite sour cream

Method

Cook rice as directed.

If using optional add-ons: saute onion in pan with some oil until soft, add garlic and other seasonings and cook for 1 minute.

Main recipe: Add chilli beans and canned tomatoes to the pan, along with grated carrot and frozen corn. Simmer until cooked. Turn off the heat and mix through spinach.

Serve bean mix on top of rice, top with lite sour cream. Add grated cheese and sliced spring onion if desired.

Your winter wellness essentials shopping list

Shopping List:

- Wholegrain oats
- Lite/trim milk
- Bananas
- Sliced almonds
- Low-fat yoghurt
- Wholegrain bread
- Baby spinach
- Tinned tuna
- Tomato
- Brown rice
- Chilli beans
- Canned tomatoes
- Frozen corn
- Carrots
- Lite sour cream
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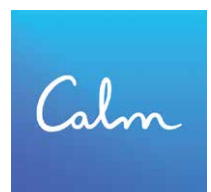
Digital resources to support wellbeing

ATU MAI

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?

1737

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.



Planter is an online app that helps you 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 a personalised planting calendar. Visit www.planter.co.nz to create your plan.

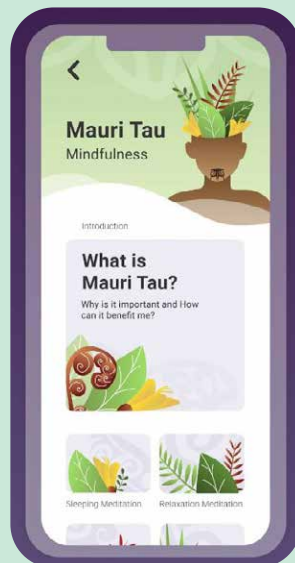
Featured app:

Oho Mauri

Supported by Te Mātāwai, the Oho Mauri app's holistic approach focuses on bringing an awakening to all aspects of our tinana (body), hinengaro (mind), and wairua (spirit).

This kaupapa endeavors to revitalise and normalise te reo Māori me ōna tīkanga through learning experiences dedicated to uplifting our knowledge and understanding of pūāio (yoga), mauri tau (mindfulness), and whakapakari tīnana (body strengthening).

Oho Mauri is available as an app to download for free from the App Store and Google Play.



Upcoming events

- Matariki (public holiday) Friday, 14 July
- International Day of the World's Indigenous Peoples Wednesday, 9 August
- Conservation Week 14-20 August
- World Alzheimer's Month 1-30 September
- Random Acts of Kindness Day Friday, 1 September
- World Suicide Prevention Day Sunday, 10 September
- Te Wiki o Te Reo Māori 11-17 September
- Mental Health Awareness Week 18-24 September



Bring these veggies to life and win!

Colouring is a great way to bring your attention to the current moment and practice mindfulness, while being creative! Get out your colouring in pencils and bring this vegetable hamper to life. Take a photo of your final masterpiece and send it to us at stories@pathways.co.nz to go in the draw to win a real-life winter hamper!

Get snapping to win one of five winter wellness packs!

Help us celebrate the five focus areas of our *Being well* strategy by showing us how you apply them in your life, and be in to win one of five winter wellness packs!

To enter:

- Follow us on Facebook (@PathwaysNewZealand) where we will post a new chance to win every Monday for five weeks, starting Monday, 10 July 2023. Each post will be about one of our *Being well* focus areas
- Comment on the post with a photo you think encompasses *Being well* in your life before Thursday, 31 August 2023.

If you don't have access to social media, you can send your photo to stories@pathways.co.nz or post an envelope with your photo and contact details to 'Being well Winter Wellness Pack Competition':

PO Box 7443
Newtown
Wellington 6242

For more details, and for terms and conditions, visit us on Facebook @PathwaysNewZealand

