

Harikoa

OUR WHĀNAU MAGAZINE
ISSUE 2, 2024

Winter wellness tips

PAGE 4



*Bridging the
digital divide*

PAGE 6

*Introducing
Yossie*

PAGE 10

*Share in moments
of harikoa*

PAGES 14-21

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



Tēnā koutou katoa,

Welcome to our winter edition of *Harikoa*, our whānau newsletter.

I want to welcome and acknowledge tāngata whai ora and whānau who are new to Pathways and Real services. In particular, I'd like to extend a huge welcome to those who have joined us from Dalcam Healthcare Group.

On 1 July, the Wise Group officially took over some highly regarded mental health and specialist dementia services in Feilding and Tauranga that were previously owned and founded by Dalcam. We are delighted to extend our Wise Group whānau and build our expertise in dementia and care for older people. As part of the Wise Group whānau of entities, Pathways are now providers of Dalcam's mental health and addiction services.

This edition of *Harikoa* has a focus on keeping ourselves physically well. We know this can be a challenge, particularly during the winter months. We also know there is a vital connection between our physical and mental health and I want to encourage you to do whatever you can to protect your health and wellbeing.

The 2024 flu vaccine is available for free for around one million New Zealanders. This includes people with specific mental health conditions like schizophrenia, major depressive disorder, bipolar disorder, or schizoaffective disorder, and people who are currently accessing secondary or tertiary mental health and addiction services. You can get vaccinated at your local pharmacy, GP practice or other private immunisation providers.

*Scan to check if
you're eligible for
a free flu vaccine*



As we head into the second half of the year, it's also a perfect time to reflect, journal, practice gratitude and nurture yourself.

Please don't hesitate to get in touch if you need any additional support or visit our websites – www.pathways.co.nz and www.real.co.nz

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

*Harikoa means joy
in Te Reo Māori*

In this issue

04 Winter wellness

Tips to looking after your physical well-being during the cooler months.

07 Giving old devices a new purpose

Our latest collaboration to bridge the digital divide.

08 Snapshots from across the motu

Featuring Hamlin Road Farm's latest award and Matariki celebrations.

11



04

11 Welcome Yossie!

The newest (and cutest!) member of the Real Haumanu team.

12 Mauri Tangata

Learn how our men's group in the Wairarapa is embracing Te Ao Māori.

14 Moments of Harikoa

Stories of joy from our services across Aotearoa.

22 Lentil dal

This yummy Indian curry is mildly spiced and suitable for most people.

*Follow us on
social media*

[in](#) [f](#) @pathwaysnewzealand
[f](#) [yt](#) [ig](#) @realNZyouth



Winter Wellness – Warrant of fitness

By Cheryl Buhay (She/Her)
Pou Tākuta ā Rohe (Clinical Director)



Much like our cars needing their yearly warrant of fitness, our bodies need to have their regular checks to ensure our physical health is the best it can be.

While we're hunkered down keeping warm during winter and hopefully fighting off all the winter bugs, it is a great time to also plan for our warrant of fitness for the year. When we feel physically well we are also better able to manage the day-to-day stresses life throws at us.

Here are some tips on what we can do for our physical well-being – for ourselves and our loved ones too!

Look after the building blocks of our physical health – our sleep, diet/nutrition, activity/exercise levels. What are the small, realistic, achievable and sustainable changes we can make?

See your dentist – without good oral hygiene, germs can reach levels that might lead to infections, such as tooth decay and gum disease and can impact other areas of our physical health.

See your GP – if you do not have a GP, enroll with one and make that appointment. Your GP can do a thorough physical health check and link you in with other health care providers.

Get up-to-date with your vaccines such as flu and COVID for an extra layer of protection.

Think about cutting down on smoking and drinking alcohol – or stopping altogether!

Check if you are eligible for cancer screening. There are funded screening programmes for certain cancers (bowel, breast, cervical).

“When we feel physically well we are also better able to manage the day-to-day stresses.”

See your health care provider if you need support with any of these. For useful and reliable information check www.healthify.nz (formerly Health Navigator).

Low or no data? Not a problem, visit: www.zero.govt.nz and search for Healthify.



BRIDGING THE DIGITAL DIVIDE

Supporting seniors with technology

Nathan Davis (He/Him)

Pou Whakahaere ā Rohe
(General Manager: Te Waipounamu)

Ross Philips (He/Him)

Pou Pakihi ā Motu (Business Operations Manager)

As technology develops it has an increasing influence over many aspects of our daily lives. Tasks that once required face-to-face contact in the community, like shopping, banking and postal services, are now increasingly only offered online.

For older people, who did not grow up in our digital world, this can cause some vulnerabilities. Take the phone, for example, which was often experienced as a safe tool of social connection. It has now morphed into a digital gateway for researching, booking, paying and managing many aspects of our daily lives.

“It’s important to bring our older adults along on the journey of cyber safety and to connect them.”

We’re now having to navigate requests from people we’ve never met in-person and then decide if the request is genuine and safe. The rules for keeping ourselves safe online also apply to our ‘silver surfers’. Things like keeping devices up-to-date, using strong passwords, keeping personal information secure and using trusted internet connections.

We’re committed to guiding the older adults we support on their journey to cyber safety and connecting them with helpful resources. A great example of this is seniornet – a New Zealand based learning network that helps people (over the age of 50) to confidently use technology in their everyday lives.

Check out www.seniornet.nz to access resources that help keep our seniors safe in an online world.



Giving old devices a new purpose

Ross Philips (He/Him)

Pou Pakihi ā Motu (Business Operations Manager)

The world we live in is increasingly digital. Now more than ever, we rely on being online to complete tasks and functions that were once conducted in person.

At Pathways and Real, we recognise that some members of our communities are at risk of being excluded from this digital shift. Therefore, we are committed to ensuring that the people we support can fully participate in our digital society by removing barriers to their engagement.

We are actively pursuing several exciting initiatives to achieve this goal. We are partnering with Recycle A Device (RAD), to refurbish old laptops and distribute them to taiohi (young people we support) — who otherwise wouldn't have access to laptops. We currently have many laptops ready to be refurbished and will then redistribute these to taiohi.

This initiative provides valuable tech resources to taiohi using Real services. It also supports a community initiative that offers young people an opportunity to learn tech engineering skills through RAD's refurbishment program. It's a prime example of how technology, community collaboration, and creativity can help bridge the digital divide.

To find out more, visit www.recycleadevice.nz

Getting Rental Ready

LinkPeople's Rental Readiness Programme provides hope and education for tāngata whai ora transitioning into rented accommodation.

Learning what's needed to apply for a home can be a daunting task, from attending viewings, presenting yourself in the right light to maintaining your whare to a high standard.

Knowing how to be a good tenant is an important step on the road to living independently.



During the two-day workshop, along with presentations from LinkPeople and Pathways, tāngata whai ora hear from organisations like the Fire Service (FENZ), Dress for Success, Budgeting Services, Kainga Ora, Workwise, Health and Wellbeing experts and Property Managers.

Tāngata whai ora also learn how to make their own 'Rental CV' and graduate with a Rental Readiness Certificate and a complimentary kit of handy products for their whare.

"... I think the biggest reason that this programme felt so good was that it was respectful and understanding."

– Graduate, Rental Readiness Programme.

To find out more about this highly successful programme or to refer tāngata whai ora email: justine.davidson@linkpeople.co.nz

LinkPeople and Pathways are both part of the Wise Group whānau of entities.





Share harikoa with our wider whānau

Snapshots

from across the motu

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

1



2



3



4



5



6





Pathways in pink!

Teams across the motu celebrated Pink Shirt Day by coming together and sharing (pink!) kai.



1. TĀMAKI MAKĀURAU

Our Auckland-based Pathways service, Hamlin Road Organic Farm, was named as the BYD Auto New Zealand Sustainability Champion at this year's Outstanding Food Producer Awards.

2. TE WHANGANUI-A-TARA

Kaimahi at our national office celebrated Matariki with delicious kai.

3. AORANGI

Our services have expanded in Feilding and Tauranga. On 1 July, whakawātea were held to officially welcome Dalcam kaimahi, tāngata whai ora and their whānau to Pathways.

4. KIRIKIROA

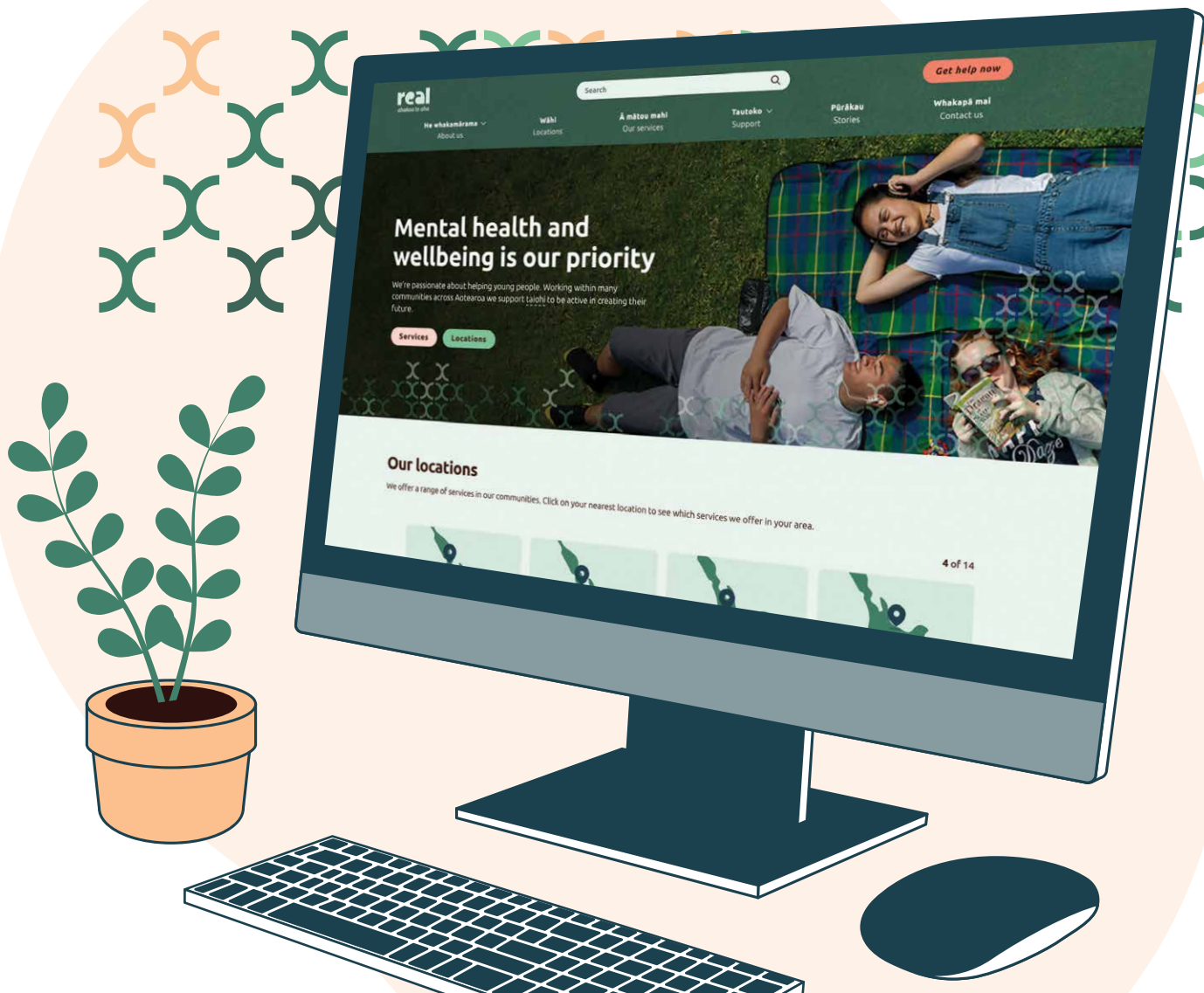
Real in Kirikiriroa welcomed taiohi me nga whānau (young people and their families) to their whare for kai, music and fun.

5. TAURANGA

In June, Real Tauranga hosted Hon. Matt Doocey (Minister for Mental Health) along with Sam Uffindell (Member for Tauranga) and Jo Chiplin (Director of Mentally Well at Te Whatu Ora).

6. TĀMAKI MAKĀURAU

Hamlin Road Organic Farm's stunning new mural painted by the talented Aaron Palatchie.



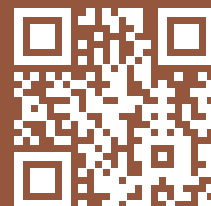
Real gets a revamp

We're delighted to have recently launched our updated Real website. This fresh new look aligns with our Pathways site but really seeks to capture our unique youth vibe and showcase the awesome services across the motu.

Check out the Real service options near you, or link through our support tab to see available wellbeing resources specifically chosen to meet the needs of young people and their whānau. Make sure you visit the site often to see new stories and celebrations of the tāiōhi we support.

At Real, we believe that tāiōhi are active in creating their future and their voices have magnitude!

Visit www.real.org.nz to check it out for yourself!



Welcome Yossie!

Meet our newest member of the Haumanu Real Clinical Team in Te Whanganui-a-Tara. Yossie is working hard to learn the ropes of being a therapy dog.

Research into the benefits of including dogs in the treatment process is growing. Studies have shown that interactions with a therapy dog can reduce stress levels, lower blood pressure, and decrease feelings of loneliness.

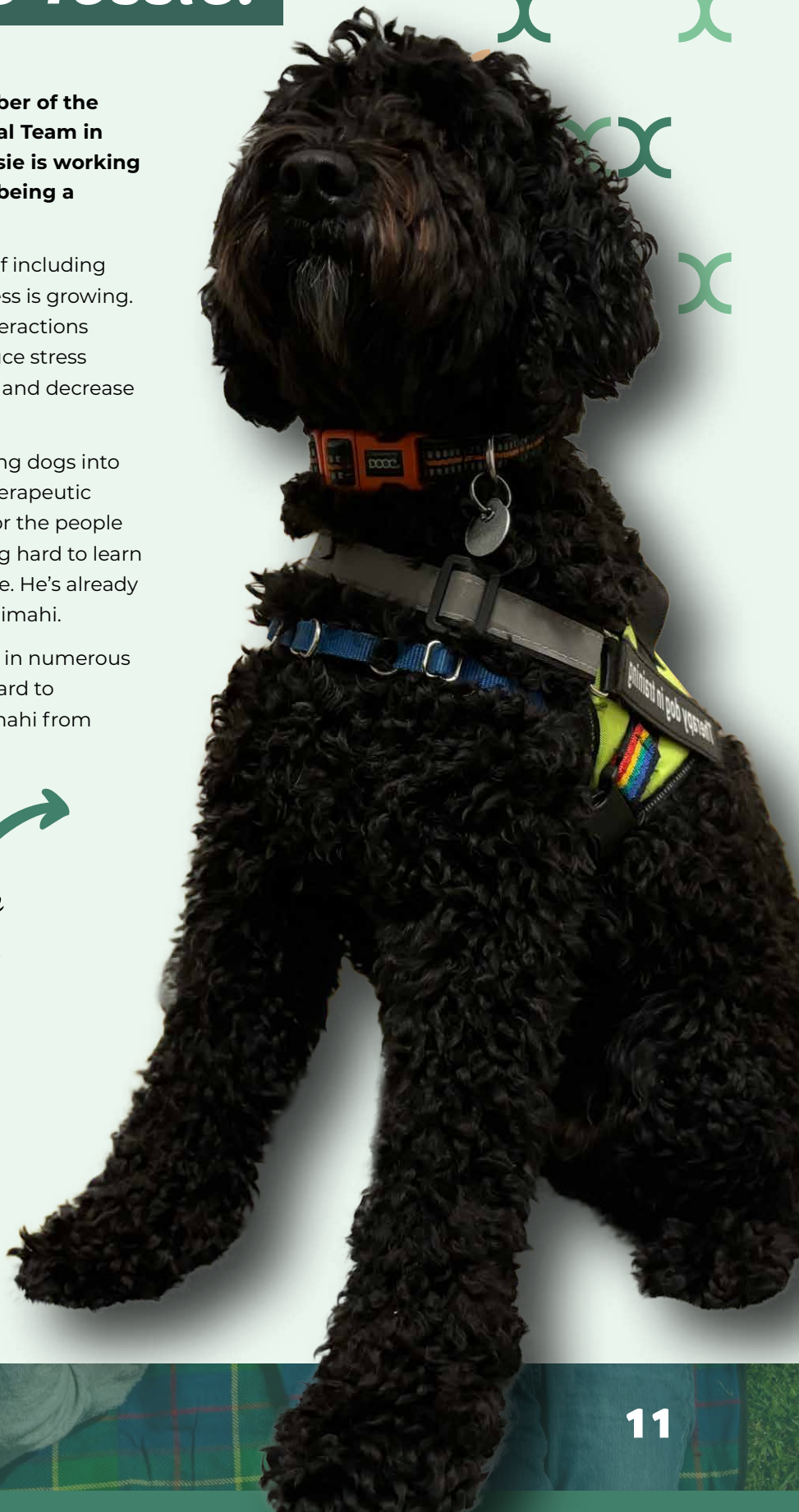
We also know that integrating dogs into therapy can enhance the therapeutic experience and outcomes for the people we support. Yossie is working hard to learn the skills needed to graduate. He's already a hit with both taiohi and kaimahi.

Yossie has provided support in numerous sessions and is looking forward to stretching his legs with kaimahi from other entities.



*Look out for Yossie
if you are visiting
Salmond House!*

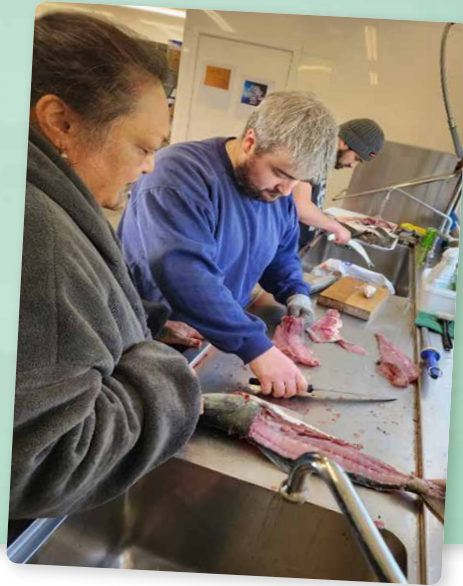
real
ahakoā te aha



Tihei mauri ora!

Mauri Tangata, a men's group based in the Wairarapa, is embracing Te Ao Māori to connect, korero and support each other towards a brighter future.

Started by Pathways kaimahi, Mauri Tangata is made up of local tāngata whai ora. The group embraces Te Ao Māori kaupapa and uses Te Whare Tapa Whā as a catalyst. Through a range of team building activities tāngata whai ora can connect with mātauranga Māori and tikanga. The hangahanga (structure) is divided into three: kete tuauri (the past), kete tuatea (the present), kete aronui (the future).



“Mauri is what drives you - it's the wehi (fear) inside you. Without it, we are nothing. With it, we encourage ourselves to be better. It is the lifeforce: tihei mauri ora! (the breath of life).”

– Te Rito Tilyard, Support Worker

Kete tuauri The past

“Here we learn to trust one another. Together we tell our stories — our hurts, our past” says Te Rito.

In group sessions tāngata whai ora are encouraged to speak and share. The hoe (paddle) is passed around. Whoever holds it talks about their past experiences, where they want to be now, and in the future.



The group supported the repair work on Makotukutuku Whare at Te Papa.

Kete tuatea **The present**

“We have told our stories. It’s time to move on and learn new and exciting things!” Te Rito explains.

Tāngata whai ora are now feeling safe around each other thanks to engaging team building activities like Marae stays, hangi, net fishing, pounamu workshops and learning about Rongoa (traditional Māori medicine using native plants).

It’s all about focusing on who they are now and leaving the past behind. Holding their heads high and seeking mātauranga that will help them on their hīkoi.

*He rangi tā matawhāiti,
he rangi tā matawhānuī.*

A person with narrow vision has restricted horizon, a person with wide vision has plenty of opportunities.



Pounamu workshops are another way the group connect with Te Ao Māori.



Team building activities like net fishing help tāngata whai ora to feel safe around each other.

Kete aronui **The future**

Tāngata whai ora have worked on their history and bonded with likeminded individuals. Their thinking is totally different from what it was. They now have a whānau base outside of their home environment and they feel a lot better about themselves.

For some, confidence levels are so good they can look for a part-time or full-time job, study, or even travel. Tihei mauri ora!

Even when tāngata whai ora move on, Mauri Tangata does not end for them – the door is always open.

Moments of Hāwīlcoa

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



Lotu had a great time bowling.

A Hidden Talent

📍 TĀMAKI MAKĀURAU | AUCKLAND

Lotu, our tangata whai ora, is a man of few words. “How are you feeling?” “Good.” “What would you like to do?” “I don’t know.” “Would you like to do some cooking?” “No.” With minimal speech and no emotional expressions, we have to think outside the box about how we provide support.

Lotu’s support worker shares this story:

I support Lotu for cultural connection with goals of eating well and building confidence to connect in the community. Recently, we visited the local ten-pin bowling arcade to look around, engage, and identify interests. Suddenly, Lotu picked up a bowling ball. “Would you like to play?” I asked him. “Yep,” he replied, nodding his head.

So, we made an action plan for community connection using bowling. With the support of Helvetia staff, Lotu saved enough money and off we went to the local ten-pin bowling.

Lotu appeared invested in the play. He was touching and lifting the balls to check which one he would use. At times, he would wait to see whether it was rolling straight to the middle or to the side. It was a joy to see Lotu feeling confident with no signs of anxiety or hesitation — showing a can-do attitude and a hidden talent. There were high fives all round!

We celebrated by going to the counter for a drink. As we chatted, I asked Lotu if he would like to come bowling again. A quick “Yep” and off we went.

Exploring Natureland with Kathy and Jeff

📍 WHAKATŪ | NELSON

Kathy, a tangata whai ora at our Brightwater aged care residential service, recently fulfilled her long-held wish to visit Natureland animal park.

Accompanied by Jeff and their Pathways support workers, the group delighted in meeting the llamas and a Nubian goat with particularly large ears. They also enjoyed observing a family of meerkats, including a mother and her four babies.



Kathy and Jeff loved meeting the animals at Natureland.

Matariki creativity

📍 ŌTAUTAHI | CHRISTCHURCH

To celebrate the beginning of te Matahi o te tau, tāngata whai ora came together and created artwork based around Matariki.

The stars of Matariki signify connection to the environment, gathering of people, reflection and hope – some values we encourage at Te Ao Mārama to support wellbeing. Having the stars of Matariki in our whare reflected in a beautiful art form is a nice way to encourage this.



The Matariki stars are shining bright at Te Ao Mārama.

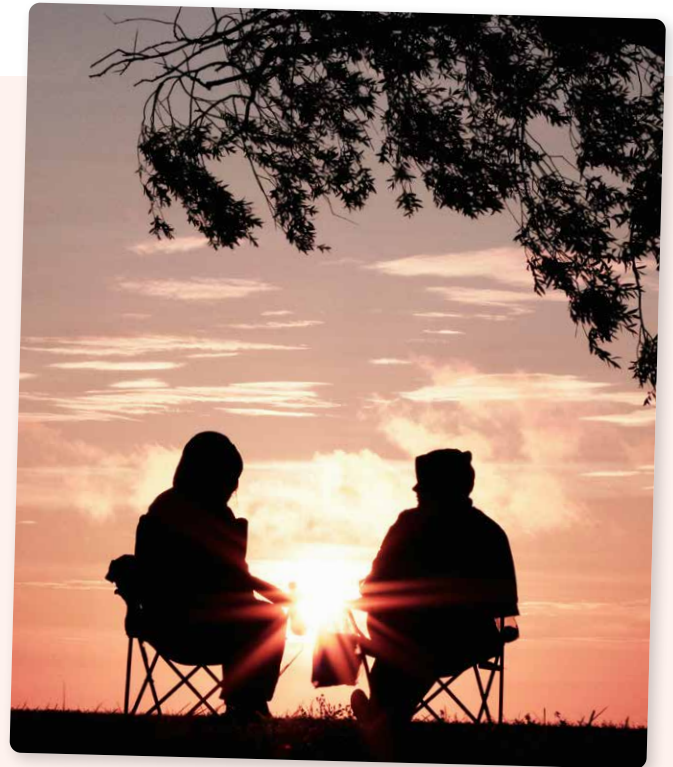
Rekindling bonds

TĀMAKI MAKAURAU | AUCKLAND

The mother of a tangata whai ora we support expressed that her relationship with her son, John, was strained.

As a solo mum, she was emotionally, physically and financially drained. She felt relief when he entered supported accommodation.

When John arrived at Helvetia, staff reassured his mother but she was wary due to past disappointments. Over the last five years, we kept her involved, fostering trust and friendship through numerous conversations. She has seen positive changes in John, which has led to a more positive relationship with his whānau.



John and his mother now have a positive relationship.



Teams were so proud of their creations!

Cooking like a MasterChef!

TĀMAKI MAKAURAU | AUCKLAND

Our first MasterChef Challenge event was a resounding success! Hosted by the Health and Wellbeing Team, it provided an opportunity for tāngata whai ora to creatively use pantry staples and work together.

Highlights included an 'Everything Salad with Creative Dressing,' sushi using avocado skins as bowls, and custom sauces for chicken or crab wraps. Teams had 20 minutes to create delightful trifles and smoothies. Participants left with recipe booklets, vegetables, and trifle bowls.

One attendee remarked, "I loved seeing the careful presentation and the connections formed over kai!"



Mikaela has been learning to sew for tāngata whai ora.

Sewing for smiles

📍 WHAKATŪ | NELSON

Mikaela, a taiohi in Whakatū, set a goal to learn to sew. During a discussion about making gifts for others, Mikaela came up with the idea to sew wheat bags for the tāngata whai ora living in our residential accommodation.

She made the wheat bags using fabric that she had chosen. Mikaela found the process challenging but enjoyable. She hopes the gifts will “put a smile on people’s faces”.

New smokefree device is a breath of fresh air!

📍 WHAKATŪ | NELSON

The team in Whakatū has introduced a new tool to support tāngata whai ora on their smokefree journey.

The Breathlace is a necklace that helps curb the urge to smoke by replicating the rituals of smoking. Instead of inhaling smoke, the wearer inhales fresh air through the device on the necklace.

Pathways health coach Susie Shaw, says, “I often talk to people we support about how they crave the act of smoking, not just nicotine. They enjoy the opportunity to have a moment of solitude, the process of inhaling and slowly exhaling and the hand to mouth ritual.”

Susie supported Megan Thomas to use the Breathlace. Megan says, “It has helped me reduce my use of Habitrol and does help with moments of stress. I wish I had been aware of the Breathlace when I was giving up smoking.”



Megan Thomas with her Breathlace.

“I wish I had been aware of the Breathlace when I was giving up smoking.”



My name is Brodie, I am 14 and live in Rotorua. Me and my youth worker Abbey have been going mountain biking for our sessions, we have been going down steep hills.

I like mountain biking because it is fun and I get to try new things, I get to do harder tracks and improve my skills.

I like having someone to talk to about stuff that's been going on and finding ways to cope with stressful things. I know that when I fall down, I can get back up and keep going.



*Brodie's story,
in his own words.*

📍 ROTORUA | BAY OF PLENTY

Restoring and re-energising

📍 TE WHANGANUI-A-TARA | WELLINGTON

The tāngata whai ora at our Whitiara whare have been embracing their artistic sides. The group has been busy restoring and painting some of the older garden furniture.

This activity was designed to introduce them to the joys of DIY, from prepping an area, exploring different painting techniques to the cleanup afterward.

Even those who participated more quietly, enjoying a cup of tea and a biscuit, still appreciated the rich layers of interaction and engagement.



Tāngata whai ora have been brightening up their whare.



Small Steps

Life can get so busy and sometimes, unexpectedly, it throws us some curve balls that make us feel stressed and overwhelmed.

Small Steps is a digital tool designed to help manage stress, anxiety and low mood, or even if we just want to maintain our wellness and improve our resilience. You can use it for yourself or your loved ones – it's available to all New Zealanders.

Drawing from evidence-based strategies to help with anxiety and mood, Small Steps has useful information and tips that you can start using in your day-to-day routine such as mindful breathing and guided relaxation.

Scan me




www.smallsteps.org.nz

Scan the QR code to discover more digital tools to support your wellbeing on our website.



An afternoon with alpacas

 KIRIKIROA | HAMILTON

Tāngata whai ora at Grey Street Residential and Albert Street had an exciting afternoon spent at Cornerstone Alpaca Stud Farm.

At first, some of our tāngata whai ora were a bit weary as they had never seen an alpaca or llama in person, however after seeing others hand feeding the animals, they quickly wanted to get involved. The animals were friendly and tāngata whai ora loved patting them and laughing at the strange noises they made.



There were laughs and smiles all round while feeding the alpacas and llama, especially when they made funny noises at one another.



Whakawhanaungatanga

📍 ŌTAUTAHI | CHRISTCHURCH

Recently, at Ward Street, there has been a focus on creating whakawhanaungatanga (making and maintaining relationships) between tāngata whai ora and kaimahi.

Regular residents' meetings and weekly BBQs have become ongoing touch points, with both tāngata whai ora and kaimahi organising, preparing and presenting alongside each other.

The collective smiles and willingness to attend demonstrates the wonderful outcome of these activities.



There's been a lot of joyful connection at Ward Street lately.

Lentil dal



Our diet can have a significant impact on our physical and mental health. Eating well is a big part of our Being Well strategy.

- SERVES 6-10
- GLUTEN FREE
- VEGETARIAN

EQUIPMENT

Large pot

INGREDIENTS

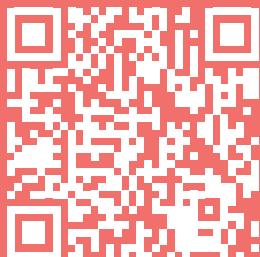
2 tbsp vegetable oil or coconut oil
2 onions, chopped
4 cloves garlic, crushed or finely chopped
Thumb sized piece of fresh ginger, grated
or finely chopped
1 tbsp ground turmeric
2 tsp cumin seeds
2 tsp garam masala
1 tsp fennel seeds
1/2 – 2 tsp chilli flakes
1 tsp ground cardamom
Pinch of ground cloves
1 cup red lentils
1 cup moong dal (split mung beans)
1 tsp salt
2-3 chopped tomatoes, or 1 can chopped
tomatoes, drained of excess liquid
2 cups spinach, roughly chopped

To serve (optional)

Extra chilli flakes or sliced fresh chilli
Coriander leaves
Fresh lemon or lime wedges

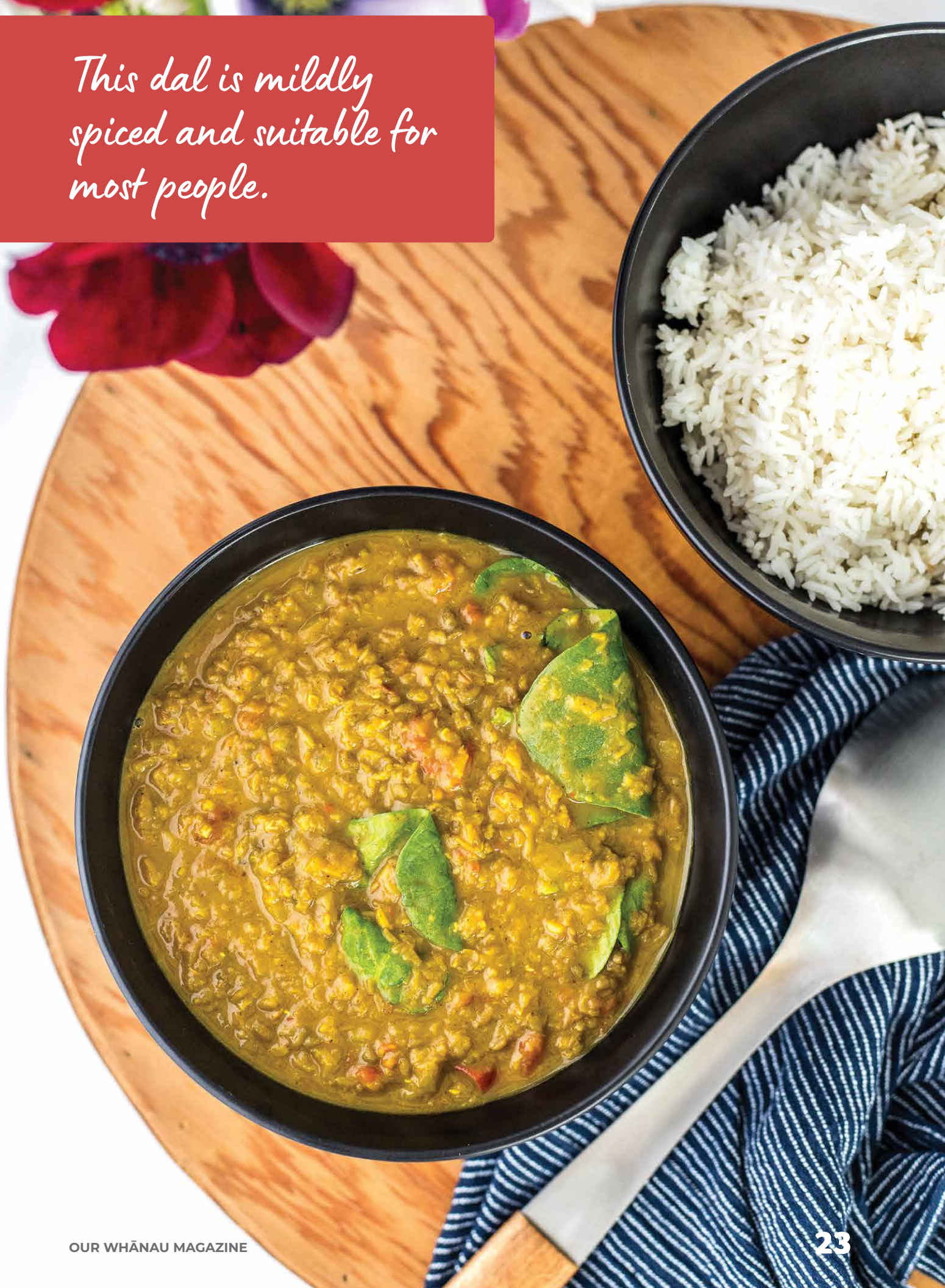
INSTRUCTIONS

1. Heat oil in a deep saucepan. Add onions, garlic and ginger and cook until beginning to soften.
2. Add remaining spices and stir until fragrant. If you prefer mildly spiced food, use 1/2 tsp of chilli flakes, or use 2 tsp if you like a bit more spiciness.
3. Add lentils, moong dal and 9 cups of water to begin with. Bring to a simmer and cook for 45 minutes to an hour, stirring occasionally. The lentils and moong dal soak up a lot of water as they cook, so keep an eye on the pot every 10 minutes or so, give it a stir and add extra water if needed.
4. Once cooked the lentils will have virtually disappeared and the moong dal will be soft but have some remaining texture. The consistency can be quite soupy, or if you want to serve it on rice just add a bit less water so it is a bit thicker.
5. Add salt, chopped tomatoes and spinach. Taste and adjust seasoning if necessary.
6. Serve as a thick soup with toast, or with steamed rice and vegetables for a full meal. Dal is also really nice with mashed potatoes.
7. Garnish with extra chilli flakes or chopped fresh chilli, coriander and a wedge of lemon or lime for squeezing, if you like.



This recipe was taken from our *Wholesome* cookbook. Scan the QR code to read it for free.

This dal is mildly spiced and suitable for most people.



Things to look forward to...



14-21 SEPTEMBER

TE WIKI O TE REO MĀORI

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

23-29 SEPTEMBER

MENTAL HEALTH AWARENESS WEEK

Mental Health Awareness Week is run annually by the Mental Health Foundation. It is a reminder to actively prioritise and nurture mental health.

Visit www.mhaw.nz to learn more and find events near you.

29 SEPTEMBER

DAYLIGHT SAVING STARTS

Enjoy an extra hour of sunshine in the evening when we roll our clocks forward one hour.

Harikoa

OUR WHĀNAU MAGAZINE

pathways **real**
ahakoa te aha

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



*Waiho i te toipoto,
kaha i te toiroa*

*Let us keep close together,
not far apart*

www.pathways.co.nz | www.real.co.nz