

Harikoa

OUR WHĀNAU MAGAZINE

ISSUE 1, 2025

*Breaking free from
smoking and vaping*

PAGE 4

*Why heart
health matters*

PAGES 8

*Our stance on the
Mental Health Act*

PAGE 12

*Protect yourself
this winter*

PAGE 23

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



Tēnā koutou katoa,

Welcome to our first issue of *Harikoa* for 2025. As I write this, daylight saving has just ended, indicating the seasons are changing, and I'm changing my routines to make the most of the shorter daylight hours.

In February we made a submission to the Health Select Committee on the proposed changes to the Mental Health Act. Following our compelling written submission, we were asked to attend an online hui to present our feedback to the Committee.

It's so important for us to have our voice heard, to highlight the services needed and the investment required. We're very aware that with any new legislation, it's only as good as the implementation plan that underpins it. We made sure this was included as a key part of our submission. You can read more on page 12 where you'll also find a link to our verbal submission.

This issue of *Harikoa* has a focus on heart health as physical health is a vital part of overall wellbeing and therefore the approach and support we provide. Across the motu we've been promoting and raising awareness of healthy activities amongst our tāngata whai ora (people seeking wellbeing), taiohi (young people) and our kaimahi. Alongside this, we're also encouraging tāngata whai ora to book in to see their primary health practitioner and have a cardiovascular disease risk assessment. The more we know, the more we can focus our efforts on the appropriate supports.

Supporting our tāngata whai ora to quit smoking and vaping is also a strong focus for us, with our 'stop-a-thon' launching at the start of April. We recognise many of our tāngata whai ora struggle to quit. This stop-a-thon is also part of our commitment from a mental health and addictions perspective to the Government's Smokefree 2025 campaign.

We hope three of the recent success stories we share on pages 6-7 will help you or your whānau to also reduce or quit smoking or vaping. Talk to your kaimahi on the many ways we can provide support.

We're really excited about the launch of our new wellbeing tool for taiohi – *Pipi in your pocket*. We know that paper based documents aren't what many young people are looking for these days, so we've been working with taiohi to develop this digital tool. You can find out more on page 14.

Lastly, thank you to all whānau members who gave us feedback on Pathways and Real services. We're now analysing the feedback and planning our next steps for any changes and improvements.

If you need any additional support, please get in touch, or visit the support pages on our websites for helpful resources: www.pathways.co.nz or www.real.org.nz.

Sally Pitts-Brown (She/Her)
Toihau (Chief Executive), Pathways
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*Harikoa means joy
in te reo Māori*

In this issue

04 **Breaking free from smoking and vaping**

And how we're helping people to stop

08 **Why heart health matters**

Tips to improving heart health

09 **Supporting older people to thrive in winter**

Tips on ways to provide support

16



06

12 **Our submission on the Mental Health Act**

A link to our verbal submission

14 **Introducing Pipi in Your Pocket**

Our new digital tool for young people

16 **Creating safe spaces**

For our tāngata whai ora and taiohi Māori

18 **Moments of Harikoa**

Stories of joy from our services across Aotearoa

22 **Three bean chilli**

A healthy heart meal

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social media*

  @pathwaysnewzealand
   @realNZyouth

Breaking free from smoking and vaping: A path to a healthier future

Ross Phillips (He/Him)

Pou Pakihi ā Motu (Business Operations Manager)

At Pathways and Real, we're committed to supporting our tāngata whai ora (people seeking wellbeing) on their journey to better health. This year, we've got an ambitious goal: to help over 150 tāngata whai ora and taiohi to break free from smoking or vaping.

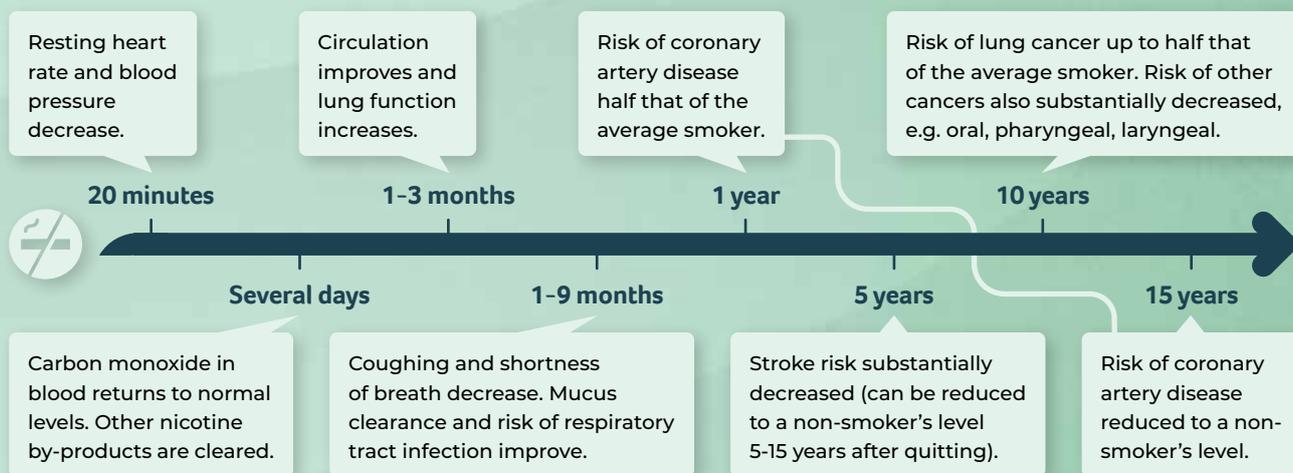
This campaign isn't just about quitting. It's about empowering everyone who smokes to take control of their health and embrace a smoke-free life. You can read more about some of our tāngata whai ora and their breakfree journeys on page 6.

The smoking crisis among tāngata whai ora

The commitment about 10 years ago from the government was to get New Zealand's smoking rate below 5%. It focused on people with inequities, but people with mental health and addictions haven't had supports or stop smoking services targeted specifically to them. As a result, they haven't been quitting at the same rate as other populations in New Zealand.



The impact of stopping smoking



Our goals

Our goal is to help 150 people to stop smoking or vaping and an even greater number to reduce harm from their use.

Our Breakfree campaign started at the beginning of April with the announcement of a **Stop-a-thon** to our kaimahi (staff). We invited all kaimahi to encourage tāngata whai ora, to **'set a date' for stopping with a mate**. Resources and tools are available and peer and motivational support will be on hand to ensure no one has to face the challenge alone.

As part of the Stop-a-thon it's important to identify:

- your reasons to quit and then write them down. There are many reasons for different people, including health, finances and care for others
- strategies to cope with withdrawal
- situations or things that cause slip ups
- things that can help and distract, for example, replace smoking or vaping with a healthy habit.

Throughout the year, we'll continue to provide ongoing education, resources, and personalised encouragement to anyone looking to quit smoking or vaping. If you want to help your loved one stop then please be in touch with us.

It's not too late to join the Stop-a-thon. We've learned that hope and encouragement go a long way. We know that quitting isn't easy, but with the right support, it's possible.

World Smokefree Day

On 31 May, we'll be supporting World Smokefree Day, Stronger Together.

The road to quitting smoking or vaping starts with a single decision. Reach out for support, get the resources you need, and join our Breakfree campaign to build a healthier future for yourself and those around you.

www.pathways.co.nz/breakfree25



📍 TĀMAKI MAKĀURAU | AUCKLAND

Life without smoking isn't just about quitting, it's about gaining health, happiness and financial freedom. Our journey working with our tāngata whai ora (people seeking wellbeing) can be challenging yet very rewarding.

Our Hamlin residential services' team have been working closely with our tāngata whai ora to help reduce their smoking. This involves identifying triggers, finding alternatives e.g. nicotine replacement therapy (NRT), staying active, and celebrating milestones.

Long term benefits are discussed, including more energy (healthier lungs), healthier skin and appearances, better breathing, longevity (live to spend more time with whānau) and more money in your pocket. Our kaimahi (staff) never give up and continue to help our tāngata whai ora.

Each of the journeys to quit smoking takes a different path – whether it's exercise, whānau motivation, financial incentives and/or kaimahi support. The sheer determination and hope that our kaimahi hold onto throughout the process makes all the difference.

Being able to achieve this with our tāngata whai ora is one of the best gifts we can give to them and their whānau. The benefits only get better with time.

Success stories from three of our tāngata whai ora:

Saving health

Carlyle is a 52 year old who had been smoking since he was a teenager. We'd been working with Carlyle for 5 years to help him reduce his smoking and try alternative approaches. This included a lot of daily prompts and encouragements to quit smoking and try alternatives, including discussions about the side-effects of smoking and the benefits of being smoke free.

We continued with the hope that we'd get him onboard one day, and we did! To stay determined, Carlyle's whanau was also onboard and continued with encouragements of how much he would be saving.

"I'm so proud of Carlyle. Imagine all the money you're saving. Keep up with the good work! You can definitely treat yourself to that stereo."

– Carlyle's brother



Carlyle with his new stereo purchased with money saved.

Saving money

Bill, a 65-year-old, had been smoking a packet of cigarettes a day for over 40 years. Bill was determined to turn his life around. He was supported to quit cold turkey and started to focus on his health and saving money.

A lot of support was provided, with the use of NRT, support from kaimahi and from his whānau. Knowing how proud his sisters were of him helped to keep him motivated. Bill has now been smokefree for over a year and is grateful he has enough money to spend on the treats he enjoys.

"It's unbelievable. I've known him for so long and this is incredible."

– Bill's Needs Assessment Service Co-ordinator

Bill's sister said to us: "We're so proud of him and never thought he could get there. Thank you! This takes away some financial pressure as his cigarettes were taking a toll on his expenses all the time. It's incredible to believe that he had been smoking every 5-10 mins and doesn't do it anymore".

Whānau motivation

Tevita is a 42-year-old who had been smoking for as long as he could remember. He'd tried to quit multiple times and always relapsed. Watching his peers on their journey to quit smoking and consistent encouragement from kaimahi finally worked for him. Tevita's strengths were used in discussions with him around not only saving money but also making his whanau proud.

"I never thought my brother would achieve this! We've been trying so hard to get him to be smoke free."

– Tevita's sister

For more information
scan the QR code or visit
[www.pathways.co.nz/
breakfree25](http://www.pathways.co.nz/breakfree25)



Why heart health matters

Did you know...
In 2024, 4 out of 100 of those we support had heart disease.

Dr Cheryl Buhay (She/her)
 Pou Tākuta ā Rohe (Clinical Director)



Our heart is a vital organ that pumps blood and nutrients throughout the body. Keeping our heart healthy is essential for overall wellbeing.

Did you know?

- Heart disease is influenced by many factors such as family history, lifestyle (smoking, diet, physical activity) and prescribed medications, some of which may be beyond a person's control.
- For Māori in Aotearoa, heart disease is the second leading cause of death after cancer.
- People with serious mental health needs are 2-3 times more likely to die earlier than the general population. Heart disease accounts for half of these premature deaths. This inequity is even greater amongst Māori and Pasifika.
- The risk of developing heart disease is higher for people with serious mental health needs.
- In 2024, of the nearly 10,000 people supported by Pathways:
 - 4 out of 100 had heart disease
 - almost 9 out of 100 had diabetes
 - 6 out of 100 had high blood pressure, and
 - 4 out of 100 were considered obese.

Whether you're working towards improving your heart health or maintaining a strong heart, here are some key tips from our Clinical Director, Dr Cheryl Buhay:

- ♥ **Eat a healthy, balanced diet.** Choose nutritious food and drinks while avoiding sugary foods and those high in saturated fat.
- ♥ **Maintain a healthy weight.** Excess weight can lead to fatty deposits in your arteries increasing the risk of heart disease and a heart attack.
- ♥ **Stay active.** Regular exercise supports heart health, helps manage weight, and reduces the risk of high blood pressure.
- ♥ **Quit smoking.** Smoking contributes to atherosclerosis, a condition that thickens or hardens arteries, restricting blood flow and increasing the risk of heart attacks.
- ♥ **Get your heart checked.** See your GP for a heart health check or cardiovascular disease risk assessment. This check assesses your risk of a stroke or heart attack. Your GP can also refer you to other health care providers (e.g. dietitian) and start medicines if needed.

This February, we launched our inaugural Heart Health Month campaign to promote and raise awareness of heart health amongst our tāngata whai ora (people seeking wellbeing), taiohi (young people), and kaimahi (staff).



Supporting older adults to thrive through winter

Nathan Davis (He/Him)

Pou Whakahaere ā Rohe

(General Manager: Te Waipounamu)

It's essential to ensure that older adults, especially those with mental health needs, stay healthy and connected. This is even more important in winter. Shorter and colder days bring an increased risk of sickness, isolation and reduced physical activity.

There are plenty of things you, alongside Pathways' kaimahi (staff), can do to support the older people in your lives to stay well:

Create opportunities to stay connected

Regular visits from whānau can make a big difference. Time spent socialising helps boost confidence and shows that you care. Visits are also an opportunity to check their environment is warm and dry during the winter months. Social and community groups can provide social interaction when you can't be there.

You can contact your Pathways' team to learn about groups near your older person and encourage your loved one to join in.



Establish daily routines

Keeping a consistent daily schedule can help combat sleep disturbances. You can work alongside Pathways' kaimahi to encourage regular wake-up times, meals, and activities to help provide structure and stability. Even brief exposure to natural light can help improve mood and energy levels. Take short walks during the day or if going outside isn't possible, spend time by windows with plenty of sunlight.

Challenge the brain!

Engaging in social and brain-challenging activities helps maintain cognitive function and reduces the impact of dementia. Encourage participation in community activities, puzzles, and games to keep the mind active and healthy.

Encourage good physical health and nutrition

Winter is a good time to book visits to the GP and dentist along with hearing, vision and foot specialists. Our clinical staff can support with these. Nutritious meals also help maintain strength and immune function.



Share harikoa with our wider whānau

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

Snapshots

from across the motu



TE WAIHARAKEKE | BLENHEIM

At the end of February, tāngata whai ora (people seeking wellbeing) living in one of our residential homes in Blenheim invited their whānau for a BBQ. Team Coach, Ruth, was the chef on the BBQ. A lovely time was had on a perfect Marlborough summer's day.



TE WAIHARAKEKE | BLENHEIM

Kaimahi (staff) at our whānau end of year lunch in Blenheim. Nathan our General Manager for Te Waipounamu | Nelson-Marlborough region enjoying the event.



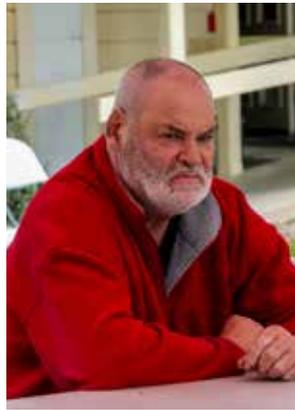
WHAKATŪ | NELSON

Kaimahi (staff) at our whānau end of year BBQ in Nelson.



TE WAIHARAKEKE | BLENHEIM

Brady, a tangata whai ora in one of our residential services in Blenheim enjoys cooking and recently made an amazing meal for everyone to enjoy.



AORANGI | FIELDING

Our Pathways' whānau in Feilding got together to celebrate the end of the year with a bbq.

Top: Kaimahi Denise (Santa), Liam (green elf), Karl.

Middle: Tāngata whai ora at the bbq.

Bottom: Kaimahi Karl with Romina.



TE WAIHARAKEKE | BLENHEIM

Top: A new raised garden was recently added to our residential home in Blenheim. Wiremu enjoys planting with the help of an Occupational Therapist.

Middle: Pam, a tangata whai ora in our residential service in Blenheim, loves spending time solving puzzles.

Bottom: In the garden of our residential service in Blenheim we have a fantastic blackberry bush. Wiremu enjoys cooking and has made blackberry jam for everyone to enjoy, including a jar for his sister.

Our stance on the Mental Health Act

Jodie Bennett (She/Her)

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

We take the responsibility of elevating the voice of tāngata whai ora (people seeking health), whānau and our kaimahi (staff) with great honour.

The Ministry of Health is working to repeal and replace the Mental Health (Compulsory Assessment and Treatment) Act. This Act sets out the rules for when the government may intervene in a person's life to provide mental health treatment without their consent. There is currently a draft Mental Health Bill being proposed, which prioritises a human rights and whānau perspective.

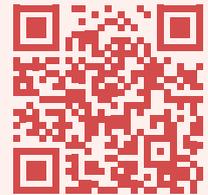
To have our voice heard at government level we submitted a written submission as part of the initial process. After reading our submission, the Health Select Committee invited Pathways to also make a verbal submission. Our message was simple – for this Bill to succeed, careful planning and significant investment is essential.

We highlighted five key aspects of service availability and required investment as part of the proposed implementation planning:

- 1 Making mental health services available closer to home
- 2 Improved community-level access
- 3 Peer/Lived Experience-led models of care in service design and delivery
- 4 Alternatives to current ways of providing care – for example, acute alternatives to hospital admissions
- 5 Kaimahi (workforce) investment

We have also called for a clear Mental Health Act Implementation Plan. One that outlines the required investment, infrastructure and resources needed to truly bring this Bill to life.

Scan the QR code to listen to our verbal submission or go to www.bit.ly/MHsubmission25



As part of this kōrero, we emphasised our commitment to Māori and Te Tiriti o Waitangi in our mahi. Honouring Te Tiriti o Waitangi means ensuring equitable access to services, embedding kaupapa Māori approaches, and empowering tāngata whai ora and whānau in decisions that impact them.

We finished by inviting the Committee to connect with our team here at Pathways to hear more from tāngata whai ora, whānau and kaimahi on this important Bill.

Join our Peer workforce!

- Do you have lived/living experience in mental distress and/or addiction?
- Draw on your own lived/living experience and inspire hope, recovery and resilience in others.

Becoming a Peer Support Specialist encourages our tāngata whai ora and their whānau on their journey to wellness.

To find roles in your region, scan the QR code to visit pathways.co.nz/join-us4



Introducing: Jodie Bennett

Peer Strategic Lead



We recently welcomed Jodie Bennett, our new Peer Strategic Lead, to Pathways. She's based in Tāmaki Makaurau Auckland with her husband and two young children, although hails from Ōtautahi Christchurch. She brings her own personal lived experience with mental distress as well as whānau lived experience with addiction.

“I've spent over 30 years in and out of mental health services, and I believe strongly in the expertise all our peer kaimahi, tāngata whai ora and whānau have to share.”

“For many of us in recovery, working in the mental health sector gives meaning to our experiences with mental distress in a positive way. It allows us to give back and inspires hope and recovery for others. Those who have been on a journey through mental distress are some of the most resilient people I know. We're experts by experience, and we hold an important role in the future of mental health and addiction services in Aotearoa,” says Jodie.

Most recently Jodie was at Changing Minds, a lived experience-led NGO with a core focus on anti-stigma and anti-discrimination kaupapa.

She led their systemic and peer advocacy mahi, giving voice to their broad and diverse lived experience community. Much of that mahi was informed by key mandates/legislation including Kia Manawanui, Oranga Hinengaro and the Code of Expectations – all of which place people at the centre of service design and delivery.

In her role at Pathways, Jodie's core focus includes:

- Providing peer leadership to help grow and strengthen our peer workforce and peer support services.
- Leading the strategic development of peer approaches both within our organisation and the peer community.
- Representing Pathways in the peer community and assisting to advance peer support across the mental health and addictions sector.

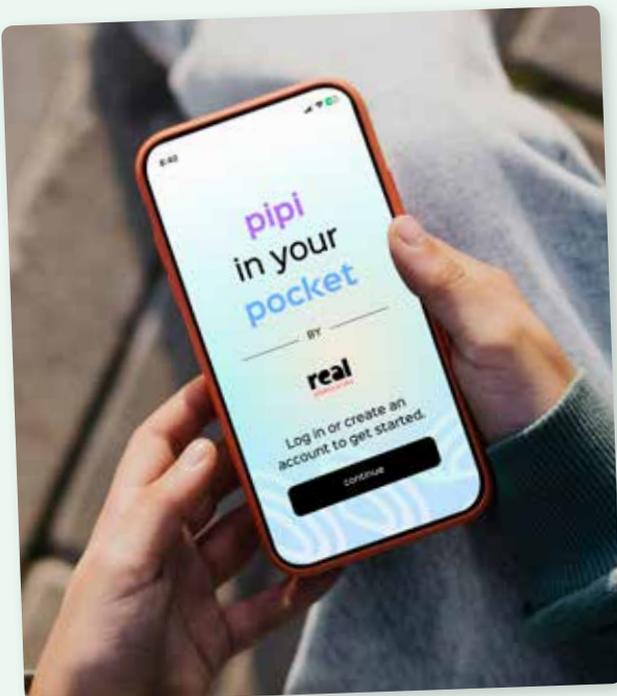
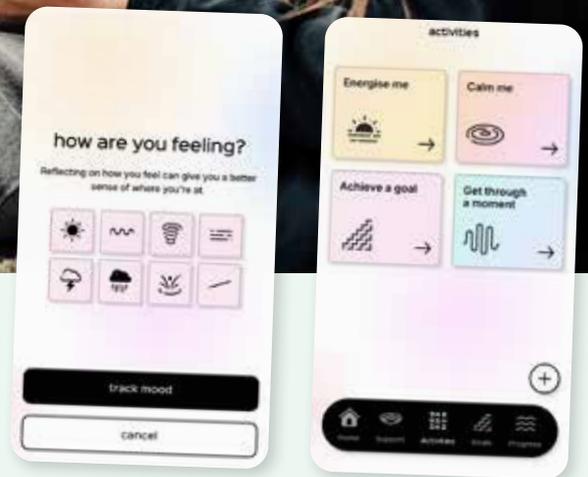
“I'm looking forward to getting around the country and meeting as many of our kaimahi across our services.

“I have huge respect for the work our Pathways and Real peer kaimahi do, and the difference they make to people's lives every day.”

Introducing: Pipi in Your Pocket

A new digital tool to
support taiohi wellbeing

We're delighted to introduce *Pipi in Your Pocket*, our new digital interactive wellbeing tool. It's been designed to support taiohi (young people) who are using our Real services, to set, track, and achieve their own personal wellbeing goals.



Taiohi can work with their kaimahi (youth worker) and whānau to help set their personal goals to feel better. Progress of their emotional, physical, or mental wellbeing goals can be seen and discussed with their kaimahi along the way.

Our digital *Pipi in your pocket* tool is based on our framework for care which we use across all our Real services. It was designed with taiohi, for taiohi, to make sure it integrates easily into daily life. This helps taiohi take ownership of their own wellbeing journey.

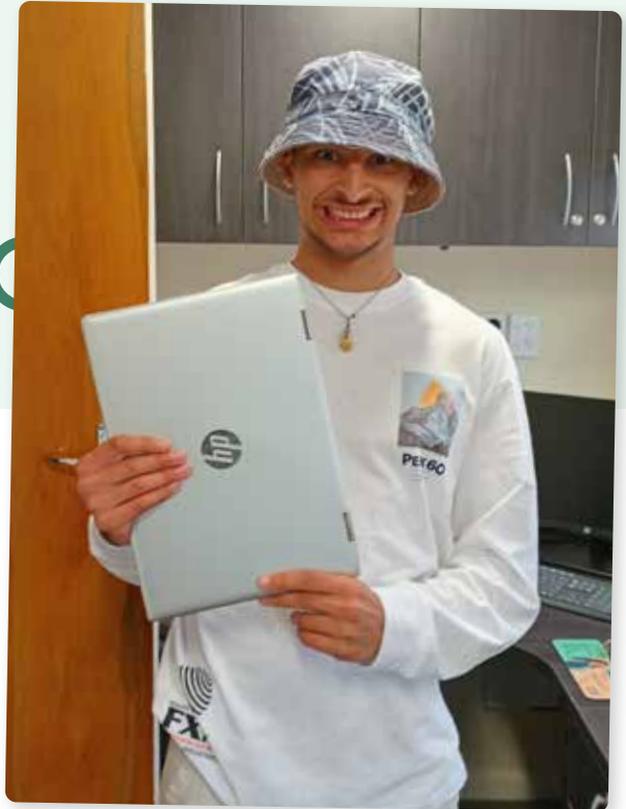
With funding support from Te Whatu Ora, we'll be rolling out the tool to taiohi across our Real services. We encourage you to stay connected to the wellbeing journey of your taiohi, celebrate their milestones and offer support as they track their progress through this new tool.

We're really excited about this tool and looking forward to developing it further incorporating feedback we receive.

Kris and the magic laptop

A tale of tech, triumph, and a few confused clicks

Izzy (They/Them)
Youth Worker



Not too long ago, I caught wind of a new initiative at Pathways – an effort to refurbish old work laptops and gift them to young people in need. Naturally, I had someone in mind. Enter Kris: a bright young guy with big aspirations but a not-so-big tablet making schoolwork feel like a battle.

Fast forward to Ross who worked with the Recycle a Device (RAD) programme team, who emailed to say he was sending a laptop our way. It was official: we were part of the pilot!

When I told Kris about it, his response was measured, but I could tell he was processing what it meant for him. Excitement doesn't always show up in obvious ways, and that's okay. He let me know he was keen and grateful, which is what really mattered.

Today, we sat down to set up his brand-new (to him) laptop. This wasn't just about a laptop — it was about people believing in him, investing in his future, and making sure he had the tools to succeed. And that hit home. Kris, ever humble, expressed his gratitude many times.

And when he finally got everything running, the realisation sunk in: schoolwork just got way easier. No more wrestling with a tiny tablet screen. No more excuses for not handing in assignments. Just a solid piece of tech to help him push forward. His words summed it up best:

“It feels nice to have people believe in me.”

That belief is what feeds his soul, keeps him striving, and reminds him that he's got a whole team in his corner. And honestly? That's way more powerful than any laptop.

The world we live in is increasingly digital. We're committed to help those we support to fully participate in society by removing barriers to technology. So we partnered with Recycle A Device (RAD), to refurbish old laptops and give to taiohi (young people) who wouldn't have one otherwise.

To find out more, visit www.recycleadevice.nz





Creating safe spaces for our tāngata whai ora and taiohi Māori

Being physically well doesn't mean that we must run a marathon, or train to compete in a crossfit competition (although these things are a way of life for some people!)

Movement and mobility are important to maintain. We need to create space in our day to keep our bodies fit and able enough to do simple tasks, like getting the mail, putting out the rubbish, reaching high or low to pop things away... or even to make your dinner or your bed!

When we think about movement through the eyes of Māori, there are many ways we do this without even stepping foot in a gym.

For generations, movement for Māori has been achieved by working in the maara (vege garden) by going fishing, hunting, eeling or even foraging in the ngāhere (bush). These things have been done for generations and were never to serve ourselves as individuals. We did those things to provide for whānau, hapū and iwi.



Here at Pathways and Real, we create spaces for movement that are familiar and meaningful to Māori.

From walks along the awa (river), by the moana (ocean) or in the ngāhere. Through these spaces we can provide for movement that is centric to our Māori way of life, like turning soil in the maara right through the entire process of growing huawhenua (veges) to share.

Watching the sunset, a sunrise, or visiting whānau urupā (family burial site) are opportunities to just sit, connect with what's around you and just 'be'.

Cooking and sharing kai is another space we can provide for our whānau Māori. Being in the kitchen with others while we prep, cook and clean up after a kai nourishes our body and mind.

For Māori, waiata, karakia or toi Māori (Māori arts) are other ways we connect and restore.



Moments of Haurilcoo

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

Being at one with nature for your wellbeing

📍 KIRIKIROA | HAMILTON

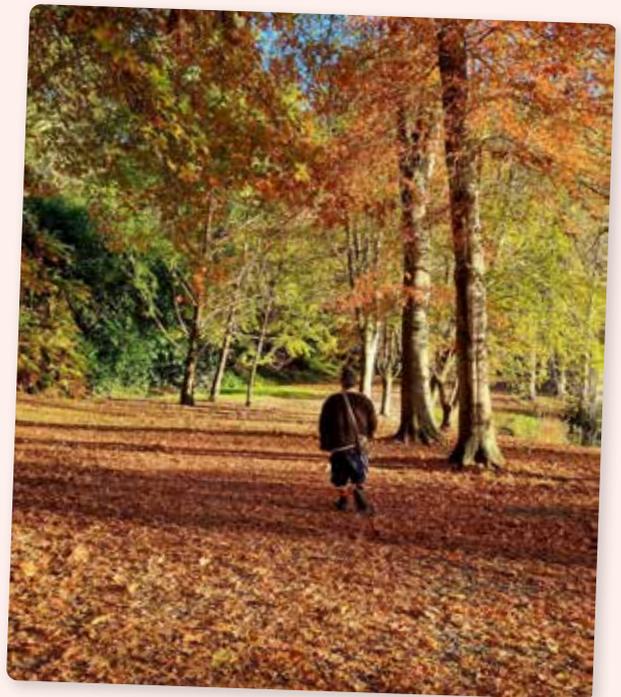
At our residential service in Kirikiriroa Hamilton, kaimahi (staff) and tāngata whai ora (people seeking wellbeing) understand the importance of maintaining an active lifestyle. To connect with nature for physical and mental wellbeing.

Twice a week, as part of our routine kaimahi support, one of our tangata whai ora heads to Lake Te Koo Utu in Cambridge for a brisk walk around the lake.

He enjoys walking and this is a simple yet effective way to improve his overall health and wellbeing. The walks help his mental health, reducing symptoms of anxiety, depression, and reducing stress levels.

During our walks we enjoy taking in the natural beauty of the lake which is a serene spot surrounded by lush greenery and wildlife.

The changing seasons bring new sights to our walk, reminding us of the natural wonders and the importance of taking care of our environment so we can enjoy spending time in nature.



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



Pursuing your dreams

KIRIKIROA | HAMILTON

Rizwan, a gender-diverse taiohi (young person) living in our Te Whare Huapai whare in Kirikiriroa Hamilton, has always dreamed of becoming a famous catwalk model. With the support of both their transition youth workers Roxana and Kylie, along with a strong community network, Rizwan is making huge progress toward their goal.

Both youth workers have worked closely with Rizwan, encouraging them to push forward despite the challenges they have faced. Through community connections, Rizwan has signed a modelling contract in Auckland officially launching their professional career. They have also been offered paid work as an extra in a film and has a photo shoot booked to feature in a magazine.

Recently Rizwan completed their first major fashion show with Miracle Rain in Tāmaki Makaurau Auckland. This was a massive opportunity, judged by highly influential figures in the industry including the first Māori wahine to hold the Miss World International title, the director of New Zealand's Next Top Model, New Zealand's top model and Miss India.

Rizwan thoroughly enjoyed this experience and was awarded Miss Innovation, a huge achievement that recognised their unique presence and impact on the runway.

Judges from the panel were moved by Rizwan's journey and provided a lot of encouragement to Rizwan as a young transgender.

The judges' feedback to Rizwan was incredible affirmation, telling them that they will go far.



Rizwan with Jadee Martin, one of the Miracle Rain NZ Judges.

Jaydee, one of the Miracle Rain NZ judges is organising a beauty pageant and fashion show specifically for transgender participants and has invited Rizwan to take part and also to be “the face” of the pageant. This is a massive step for Rizwan, not only in following their dreams but also in creating opportunities for others like them.

Rizwan's next major events will include the Mr & Mrs Aotearoa beauty pageant on 3 May this year, followed by the Winter Fashion Show with Miracle Rain. Exciting! Rizwan's determination and hard work is paying off and proving that with the right support, resilience, and passion they can make a lasting mark.

We are beyond proud! We're super excited to see what the future holds for Rizwan.

Te Whare Huapai is a supported flatting whare for taiohi aged 17 to 24 years who need support while they develop the skills to safely live independently.



Adventuring to Dawson Falls

📍 WHANGANUI

In January, our Real team based in Whanganui ran a number of workshops for taiohi (young people). One included a group trip to Dawson Falls on Mount Taranaki. The group completed a small loop track hike and then enjoyed a picnic lunch together.

The day focused on enjoying the beautiful nature of Mount Taranaki, creating social connections and physical movement to support wellbeing. We received incredibly positive feedback from the taiohi and their whānau. Although there was a request to please never play Disney songs on the van trip again!



Whetū Marewa is our community based mental health support service in Whanganui for young people. We focus on understanding what you need right now and engaging in ways that work for you. Often that means we're out doing something active, like walking or bike riding.



Thank you for your feedback

Thank you to all the whānau who took time to respond to our recent survey. We really appreciate everyone who shared their experiences with us and suggested ways that we can improve our engagement with you. We're busy reviewing all the responses and suggestions and look forward to sharing more with you in the near future.

As always, please get in touch with your whānau member's Pathways or Real kaimahi (support worker) if you'd like to discuss anything. They can help with any questions or concerns.





A time of new connections!

📍 WHANGANUI

What an exciting few days experienced by tāngata whai ora (people seeking health) and kaimahi (staff) from two of our services in Whanganui!

We had an amazing three days and two nights spent together making new connections with each other at the Awastone Camp by the beautiful Rangitikei River, in Mangaweka.

We walked some great tracks exploring the area and discovered wild blackberry bushes ripe for the picking. After our big walk on day one, we had a very relaxing time in the spa pool resting our weary legs.

We all enjoyed the rafting on the Rangitikei river, with squeals of laughter from everyone as the water from the paddles landed on us. That evening, everyone helped to prepare our kai and sat down to enjoy a hearty meal. We painted some rocks, leaving some in different spots for future visitors to find.

On our last night everyone played bingo and as the night grew darker, we used a torch to see the numbers on the balls. It was exciting waiting to see who was going to be the first to complete their line and gain a full house.

On the way home we talked about the great time we all had and how we'd love to go back again. It was so enjoyable!



Three bean chilli

Here's a great example of an easy to make heart healthy recipe using affordable ingredients. High in protein, iron and fibre, it's a great thing to have on hand in the fridge or freezer for filling and easy meals. It's tasty by itself and makes a great filling or topping for Mexican inspired meals.

SERVES 4

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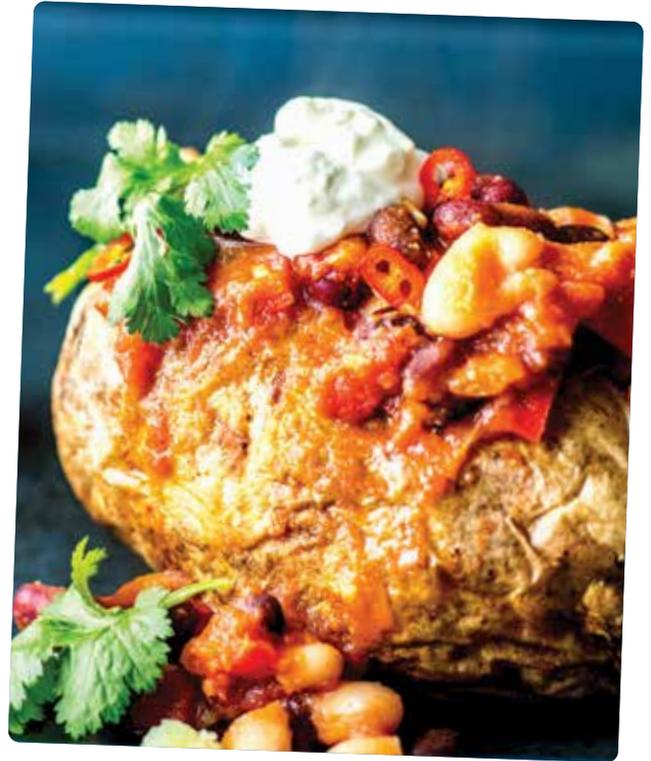
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EQUIPMENT

Large pot

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 red capsicum, cored and finely chopped
- 1 ½ tsp ground cumin
- ½ - 1 tsp chilli flakes
- 2 cans chopped tomatoes
- 1 can black beans
- 1 can kidney beans
- 1 can cannellini beans
- ½ cup stock
- ½ tsp sugar
- ½ tsp salt



INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and garlic and cook, stirring, for about 5 minutes or until soft and lightly golden.
3. Add chopped capsicum and cook for another 5 minutes.
4. Add ground cumin, chilli flakes, canned tomatoes, beans, vegetable stock and sugar.
5. Simmer for about 25 minutes, stirring every now and then.
6. Taste and add salt to season, as needed.

SERVING IDEAS

You can use it as a filling or topping for Mexican meals like nachos, tacos and enchiladas, or use it as a topping for baked potatoes or alongside potato wedges.



You can find more healthy recipes in our *Wholesome* cookbook. To read it for free, scan the QR code, or visit www.pathways.co.nz/recipes4



Protect yourself this winter

Get vaccinated against the Flu and COVID-19

Flu vaccine

- › From 1 April 2025, Flu vaccinations will be available in your community.
- › Influenza (Flu) is more than just a 'bad cold.' While mild for some, it can cause serious illness and even lead to hospitalisation.
- › Getting immunised is the best way to reduce the risk of seasonal flu, helping to protect yourself, whānau, and the wider community.
- › Everyone aged 6 months and over is recommended to receive an influenza vaccine each year.

If you're in one of the following higher risk groups, you can get your Flu vaccine for FREE by visiting your GP or local pharmacy:

- 65 years and over
- under 65 years with a mental health condition including schizophrenia, major depressive disorder, or bipolar disorder
- currently accessing secondary or tertiary mental health and addiction services
- have a long-term medical condition like diabetes, asthma, heart conditions or cancer
- Pregnant (flu vaccine is safe to give at any stage during pregnancy).

Flu vaccines are available from your doctor, nurse, or healthcare provider. Everyone over 3 years old can get a flu vaccine at many pharmacies.

COVID-19 vaccination

- › There is now an updated COVID-19 vaccine targeting more recent strains. If you're 30 years and over and, you haven't had a COVID-19 vaccine or tested positive for COVID in the last 6 months, you're eligible for a free COVID-19 booster.
- › You can get your COVID-19 booster at the same time as your flu vaccine!

Book your vaccine

You can book your flu and/or COVID-19 vaccine by calling 0800 28 29 26 or book online by scanning the QR code:



For more information, visit www.immunise.health.nz

Upcoming days of importance...

25 APRIL – ANZAC DAY

ANZAC Day is our national day when we remember and acknowledge the sacrifice of our Australian and New Zealand soldiers who fought in World War 1 and 2. It's especially poignant for Māori who recently farewelled the last of the Māori Battalion, Sir Bom Gillies of Te Arawa.

5-11 MAY – NEW ZEALAND SIGN LANGUAGE WEEK

New Zealand Sign Language (NZSL) Week aims to increase awareness and appreciation of NZSL and the Deaf community, while fostering empowerment and unity among its members.

16 MAY – PINK SHIRT DAY

Pink Shirt Day is about working together to stop bullying by celebrating diversity and promoting kindness and inclusiveness. Find out more at www.pinkshirtday.org.nz

19-25 MAY – YOUTH WEEK

Youth Week is a nationwide festival of events organised by young New Zealanders to celebrate the talents, passion and success of local young people. Visit www.arataiohi.org.nz/youthweek to find events near you.

31 MAY – WORLD SMOKEFREE DAY

Talk to your Pathways kaimahi around support to stop smoking and vaping, or visit: www.smokefree.org.nz

20 JUNE – MATARIKI PUBLIC HOLIDAY

Matariki is the Pleiades star cluster and a celebration of its first rising in late June or early July. The rising marks the beginning of the new year in the Māori lunar calendar. Matariki especially focuses on remembering those we've lost, it celebrates the good things that lifted us as a people, and looks forward to preparing for another year.

Harikoa

OUR WHĀNAU MAGAZINE

📷 Front and back cover photography:
Daniel Callagher – Support Worker
KIRIKIROA | HAMILTON

pathways **real**
— ahakoā te aha —

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



*Ka pō, ka ao,
ka awatea*

*From within the darkness
comes light and a new day*