

Harikoa

OUR WHĀNAU MAGAZINE Issue 1, 2026



| A NOTE FROM OUR TOIHAU

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



Sal-fie of Sal and kaimahi with Lord Victor Adebawale CBE on his recent visit.

Tēnā koutou katoa,

March has reminded us how quickly circumstances can change. Across Aotearoa, recent weather events brought heavy rain, strong winds and flooding to parts of the country. As we head into the colder months and illness circulates, it's also a timely reminder to make use of flu and COVID vaccinations, helping protect you, your whānau and your community.

Globally, events continue to present challenges, including the potential risk of fuel shortages and what this could mean for us as an essential service. Planning early and well is part of how we stay prepared for whatever comes our way.

This issue centres on lived and living experience. Whether mental distress, addiction, recovery, or wellbeing is part of their past or present, there is a profound wisdom in that journey. It's a wisdom that can illuminate the path for others. For us, it's the whole person, not the diagnosis, that shapes how we show up for tāngata whai ora, taiohi and their whanau, every day.

We are on a journey valuing whānau lived experience. This kaupapa is deeply personal for me. My more than 40 years in this sector have been shaped by close whanau experience, including visits to my uncle at Tokanui Psychiatric Hospital. Those memories continue to inform my practice and reinforce why insight, empathy and honesty matter so much in our mahi.

Thank you to the many whānau who shared feedback on this magazine. One reader told us, "These are real stories from real people. Each one holds mana and inspiration." I'm reassured that Harikoa is doing what it was created to do.

Ngā mihi nui to all whānau, tāngata whai ora and kaimahi who contributed to this issue. We hope it brings connection, reflection, and shared strength.

Ngā manaakitanga,

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

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social media*

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   @realNZyouth



Reclaiming my story:

A journey through lived and living experience

Jodie Bennett (She/Her)

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

I've been in and out of mental health services for over 30 years. When I first entered 'the system', instead of being met with compassion or curiosity, I encountered a view of my experiences that was very focused on problems and gaps.

It felt like I'd become a collection of symptoms, a risk to be managed, a problem to be solved. I felt judged. I felt like things were being done to me, rather than with me.

Receiving a primary diagnosis of bipolar was a significant turning point in my life. The way I moved through the world suddenly made more sense. But on the other hand, I carried a deeply stigmatised view of what it meant to have a bunch of labels attached to me.

It took two rounds of counselling, a lot of soul searching, and three separate confirmations of the diagnosis for me to finally accept it as true. Accepting my diagnosis was huge part of accepting myself.

Then, I met a Peer support specialist – someone with their own lived and living experience (L&LE), who had walked a similar journey to me. They met me at my level, exactly where I was, and from that place they built trust, understanding, and eventually, hope.

That peer support specialist completely transformed my experience with services. It's that simple. I no longer felt like something to be managed or monitored. I felt seen. I felt heard.



Years later, when I was invited to interview for the Peer Strategic Lead role here at Pathways and Real, it felt like a full circle moment. To continue to draw on my own lived and living experience and turn it into something meaningful for others is one of the great privileges of my life. It's incredibly special mahi and I never take it for granted.

I understand myself as a conduit for collective voices. I don't see this role as a platform for my personal story alone. Every day I'm in conversations with people who are navigating their own journey through mental distress and/or addiction. People who are incredibly generous with their experiences.

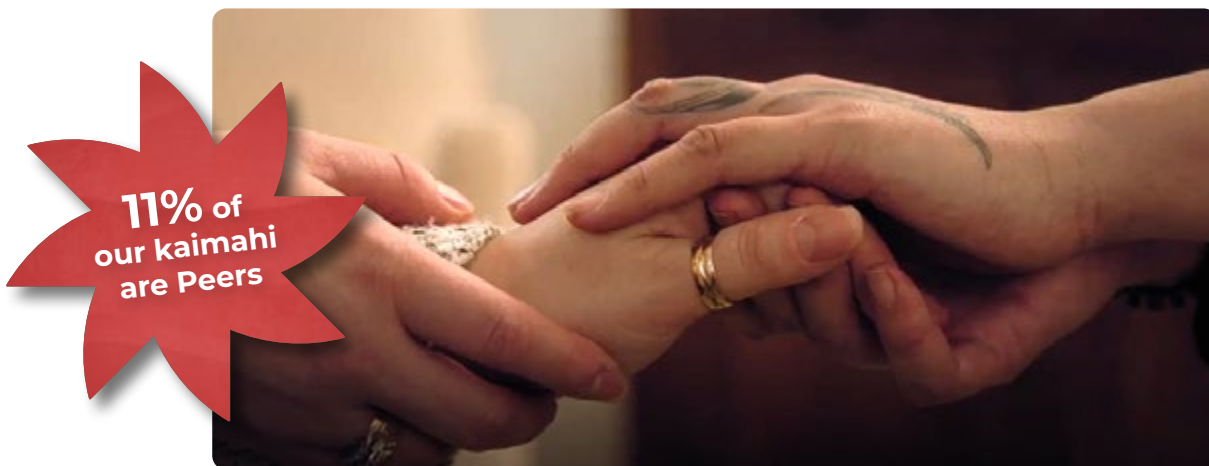
Their insight, their courage, and their challenges guide me. Our lived and living experience and Peer workforce, The Pathways tāngata whai ora, taiohi, and their whānau keep me grounded.



To anyone who is just beginning to make sense of their own lived or living experience, I want to say this:

“Have hope. Hope is more than a feeling. It's a practice. It can be shared, strengthened, modelled, and held for you when you cannot hold it for yourself.”

That is the power of remembering that hope exists, recovery is achievable, and we are so, so much more than our diagnosis.



**11% of
our kaimahi
are Peers**

The little things

By Wendy Walshe

Feilding

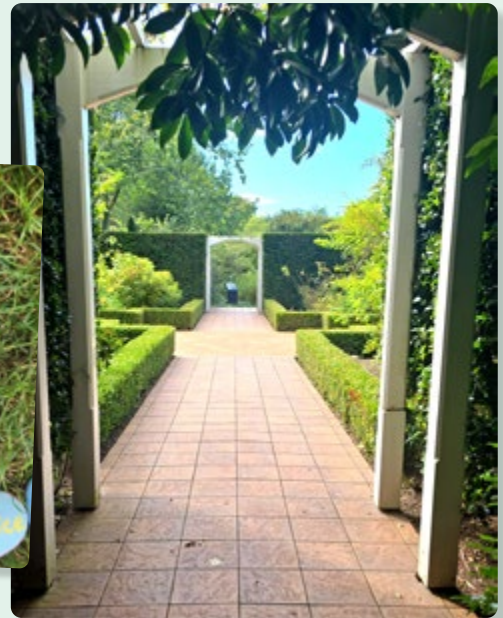
My brother Noel has been residing at Pathways in Feilding for many years. As I live in another town, it's reassuring and comforting for me to know that Noel is treated, supported, and cared for by the wonderful kaimahi there and given the quality of life that he deserves.

The kaimahi support Noel by not only taking him to the doctors, going shopping with him or going along to other medical appointments, but they also spend quality time with him. They know all his interests, one being a love of sport, which Noel has had his whole life.

Pathway's kaimahi make sure that Noel knows when a rugby match or a game of cricket is being played on television so that he never misses a match. I think it's the little things like this that count the most and make a difference. Life is busy and it lightens the load knowing that Noel is happy.

The support I receive myself, whether it's as simple as a phone call or suggestions as to what Noel needs or something that would make his life easier, is invaluable and I'm very grateful for this. Jess, the Team Coach has been amazing. She comes to us with ideas to help us as a family better support Noel. She's really approachable. Knowing that Jess and the whole Pathway's team are there gives us peace of mind.





A path toward strength

By Anonymous Nana
Kirikirikoa

When my daughter became a new mum, joy was quickly overshadowed by postnatal distress and old patterns of anxiety. Our whānau is small, and although I tried to hold everything together, I knew my daughter needed something more.

That's when my daughter reached out to her midwife asking for help. This opened the door to Pathways, where a support worker stepped in with compassion, calm guidance, and practical tools that helped my daughter steady herself. What followed was a genuine shift. Confidence replaced fear, and my daughter began to navigate parenthood with purpose.

For me as her mother, the change brought relief. Instead of carrying the emotional weight alone, I could finally return to simply being Mum and joyfully being Nana. Knowing Pathways is there brings me comfort every day. Our whānau connection to Pathways deepened when I was invited to join a staff award judging panel. Listening to stories of staff who consistently go above and beyond what is expected left me inspired. The decision was difficult because

"They wrapped around my daughter in a way I never could on my own, and it changed her life. That is what Pathways does."

each nomination reflected dedication that strengthens the whole community. I walked away feeling thankful that places like this exist, filled with people who genuinely care.

Now, when I look at my daughter, I see a transformation that fills my heart. The anxious first-time mother she once was has become someone confident, calm, and balanced. She's parenting with intention and love, putting her son first in ways that feel healthy and grounded. The change has been remarkable, and it's unfolded in just ten months.

It's the kind of growth I always believed my daughter was capable of. Seeing it become real has been one of the greatest privileges of my life. I know that the support we received didn't just help my daughter in the moment. It created a foundation that will shape our future. It's a lasting difference, woven gently into the wellbeing of three generations. It's hope, restored. It's whānau, strengthened. And it's the quiet reminder that reaching out for help can open doors to beautiful, life changing moments.



A place where hope lives:

The heart of a Peer led acute alternative

Elaine Wogan (She/Her)

Pou Whakahaere Matua

(General Manager - Northern & Taranaki)

When families arrive at Tupu Ake, they often bring worry, fatigue, and the quiet ache of loving someone in distress. Yet in those first moments, when fear sits close, they're met with something unexpected. Calm. Warmth. Understanding. Not from textbooks, but from people who have lived similar experiences.

Tupu Ake is peer led. For many whānau, the concept is new. Joe Bishop, Team coach - Peer, explains it simply and with the kind of steadiness that only lived experience brings. "We don't always begin by saying we're Peers, because getting here is already a huge step. Instead, we live our values. When we can, we share that every one of us has our own journey. Some have been tāngata whai ora here. We know what it feels like, and we stand as reminders that recovery is real." He pauses for a moment. "Our role is to embody hope."

A journey that found its purpose

For Joe, choosing this path grew from his own challenges with anxiety and depression. "I reached a point where I needed support. I was lucky enough to be helped by Peers during my own recovery. It was the first time I'd met people who had rebuilt their lives in such an honest way. It inspired me deeply. "I'd been successful in the corporate world, but underneath I was struggling. I needed to keep my recovery at the centre of my life. I saw leaders in peer work and thought, maybe I can help people the way I was helped." He smiles at the memory. "I kept asking for a chance. Someone saw something in me and opened the door."

Now he leads with authenticity and vulnerability. "Recovery is not one and done. I'm open with my team about where I am. Our experiences are not secrets. They're flashlights that help others find their way." For whānau and tāngata whai ora, this honesty can be transformative. "I was once inspired by the Peers who helped me. Now I hope to be that spark for someone else."

Reassurance in the middle of uncertainty

For families watching a loved one struggle, everything can feel confusing and frightening. This is where peer support becomes most powerful. "One of our greatest roles is role modelling. When whānau see we've rebuilt our lives, it helps them believe recovery is possible. We also work closely with our clinical colleagues. Clinical language can feel intimidating. As Peers, we can translate it into something warm and familiar. We create bridges that help whānau breathe and understand."

The quiet moments that heal

Tupu Ake is full of small, human moments that stay with people long after they leave. Structured group sessions with the occupational therapist help build skills and confidence. Yet it's often the unstructured times that families and tāngata whai ora talk about later.



Tupu Ake

"You'll see kaimahi and tāngata whai ora sitting together, chatting, playing board games, baking, or watching a movie. Those everyday connections matter as much as the formal work. Life moves fast and it's easy to become disconnected. Here, we offer the gift of time. Stepping out of daily life for a short while, surrounded by people who understand, gives space to pause, reflect, and reconnect with others."



A message for whānau

When asked what he most wants families to know, Joe chooses his words carefully.

"All of us here are peers because we've walked this path ourselves. We support your loved one with honesty and genuine care. We're here morning, noon, and night, ready to sit with them, listen, or simply be present."

I'll never forget the people who supported me. Being able to support others now is a privilege. That's why we're here. To help people take steps toward their own wellbeing." He reflects on the many lives that have passed through the doors of Tupu Ake.



Hear Joe share his peer journey in our Ahakoa te aha videos www.pathways.co.nz/kaimahi





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!

KIRIKIROA | HAMILTON

The Kirikiriroa Te Manawa Taki team have been busy in the garden in an effort to promote our Eating Well kaupapa. The abundance of kai has meant that taiohi and tāngata whai ora got access to delicious fresh fruit and vegetables, while also ensuring valuable learning about how to grow seasonal crops and keep up with your gardening.



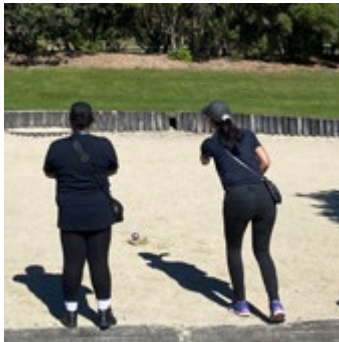
WHAKATŪ & WAIHARAKEKE I NELSON & BLENHEIM

Spectacular pumpkin growing efforts in the Nelson-Marlborough region.



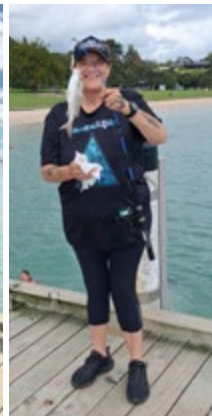
TE WHANGANUI-A-TARA | WELLINGTON

The regular National Administration Hui held at Salmond House in March. A time for learning, connection and delicious kai.



TE WHANGANUI-A-TARA | WELLINGTON

Kaimahi and tāngata whai ora came together at Aotea Lagoon in Porirua for their latest Whānau Day event. It was an afternoon of sun, games, delicious kai, and even stingray spotting!



**TĀMAKI MAKAUURAU
I AUCKLAND**

Kaimahi and tāngata whai ora enjoyed a trip to Maraetai Wharf in Auckland region. After a safety briefing and a gentle intro to the basics of fishing, it didn't take long to catch and release the first fish of the day... a snapper! Cheers and encouragement erupted from every corner of the wharf. From that moment on, the excitement never dipped and the fish kept coming.



WAIKANAĒ, KĀPITI COAST

Our Oranga Tamariki (OTIS) Waikanae service got into the festive spirit and thanked their external partners for their support by putting on a festive St Patrick's Day morning tea, delivered with appreciation, humour, and a tray full of hidden culinary talents. The OTIS whānau are known for their love of baking.



WAIKATO

The Real Whetū Marewa (youth access and choice service) made new friends on their monthly hui. Taiohi loved being around the animals, connecting with each other, and grounding themselves in nature. After, the team went on to visit the beautiful Karangahake Gorge.



“Sometimes all people need is someone to be there with them as they walk through whatever it is that they’re walking through.”



Walking alongside: Abbey’s story of lived and living experience at Real



For Abbey Appleby, lived and living experience (LLE) isn’t something separate from her work - it is the very essence of her work.

“If you have lived experience, you automatically use it,” she explains. “Even before I was a trained Peer, I was doing Peer work. It’s just part of who I am.”

Abbey left school at 15 and has navigated her own mental health challenges. Those experiences deeply inform her practice and help her to embody our values of connection and aroha here at Real. Now a trained Peer and youth worker in Rotorua, she brings her whole self into every space she steps into.

“We’re all whole people. We carry our experiences with us all the time. When I sit with a young person, I’m bringing my whole self, including my lived experience.”

At Real, embodying hope and generosity are fundamental to our approach. For Abbey, LLE gives her the ability to offer this in a way that’s genuine and tika.

“When you’ve been in the pits and come out the other side, you have an ability to see that for other people. I truly believe the taiohi I work with can live happy, healthy lives because I know change is possible.”

Abbey inspires this hope through sharing her story. A taiohi once asked her, “Does it get easier?”, and she was able to offer an authentic answer.

“I was able to genuinely say, ‘yes. It actually does.’ That was one of the most powerful moments I’ve had.”

That authenticity matters, particularly in her work with the rainbow community. Small moments can shift everything. Abbey wants to create spaces “where taiohi just get to exist”.

“I don’t change people’s lives. They change their own lives. I just get to walk alongside them.”

At Real, lived experience is truly valued. In Abbey’s hands, it leads to meaningful connection with our taiohi.





 SHARING IN WELLBEING

A golden summer

On a golden summer morning at Ngāmotu Beach in Taranaki, the Real and Whetū Marewa teams gathered with taiohi and whānau (with plenty of sunblock on!) for a fun celebration.

The tide was low, the sand was warm under our feet, and the maunga stood majestically in the distance as everyone gathered and shared a picnic.

This shared activity at the beach supported our goals of encouraging physical wellbeing and movement in a fun way.

Afterwards, taiohi enjoyed digging in the sand to find a treasure hunt marker, which they could exchange for sensory goodies, sunhats, and bumbags.

At Real, we understand how active whānau involvement strengthens communication, builds trust, and ensures that the support we provide reflects the unique strengths, needs, and aspirations of taiohi.

When young people feel connected, heard, and valued within their whānau, they are more likely to develop resilience, confidence, and a sense of identity. This nurtures taiohi to live their best lives.

As everyone packed up and said their goodbyes, we left Ngāmotu Beach knowing this day would set a new summertime routine. A simple, joyful day where taiohi and whānau come together to be beside the sea.



real
ahakoa te aha

Experience is taonga

The potential of Peers: reflections from the 'Peer potential' workshop



Renee Newton
Kaiwhakaputahua

Recently I had the privilege of attending a workshop called **Peer Potential**. This is a day created for leaders across **Pathways and Real**, from team coaches through to our executive team. The focus of the day was to explore what it truly means to be a **Peer**, especially within the **Mental Health and Addictions** sector, and to deepen our understanding of **peer allyship**, which is about walking alongside others with **empathy**, listening with intent, and recognising the strength that comes from shared experience.

- **Mutuality** reminded me of the tuakana-teina relationship. This is where learning and guidance flow both ways.
- **Experiential knowledge** spoke to learning through life experiences, and the power of sharing those experiences with others.
- **Participation** reflects **Whanaungatanga**, our belief that everyone has a role and a voice within the collective.
- **Self-determination** and **Tino Rangatiratanga** sit side by side. This focuses on the right and responsibility to lead our own journeys, to be kaitiaki of our stories, and to make choices grounded in pono and tika. Doing what is right and true.
- **Equity** is **ōritetanga**, ensuring that everyone has what they need to flourish.
- **Hope and wellbeing** is at the heart of who we are as Māori, the reason we have survived and thrived through generations, caring for one another and moving forward together.

Sometimes the greatest support we can offer is our willingness to truly listen, walk alongside others, and share a little piece of our own journey when the time is right.



One activity that left a lasting impression on me was a walking exercise in *empathetic listening*. I was paired with someone I already knew. We took turns listening and talking. One speaking while the other simply listened. No advice. No fixing. Just presence. It reminded me how powerful true listening can be, when our goal isn't to respond, but to understand. That kind of listening allows aroha to move naturally between people.

Throughout the day, I found myself reflecting on the importance of lived and living experience, how our challenges, struggles, and triumphs all shape the wisdom we carry. In the past, I hadn't always recognised the value of my own experiences. Some have been hard to revisit. But Peer Potential helped me see that those experiences are taonga too. They've helped me grow, and, when shared appropriately, they might help someone else find strength in their own journey.

I came away from the day with deep admiration for our Peer workforce. The people who use their lived experience in health and wellbeing mahi to connect, guide, and uplift others. What inspires me most is their commitment to self-care. They remind us daily that you can't look after anyone else if you don't first look after yourself. In this mahi, that balance is essential. I've learned, you can't go far on flat tyres.

The name Peer Potential couldn't be more fitting. The potential I see in this kaupapa, in how we understand, support, and walk alongside one another, is huge. Our Peer workforce carries unique taonga and insight that enriches our wider whānau, services, and communities. We're fortunate to have spaces that nurture this potential, helping it grow and ripple outward in ways that strengthen all of us.

So, to everyone reading, our whānau, partners, and community, I offer this thought: take a moment to reflect on your own story. The experiences that have shaped you might hold the very lessons someone else needs to hear. Sometimes the greatest support we can offer is our willingness to truly listen, walk alongside, and share a little piece of our own journey when the time is right.

I'd like to mihi to our two facilitators of this workshop, our *Toihau* (CE) Sally Pitts-Brown and our *Kāti Kurī* – *Kāti Mamoe ki Kāi Tahu* (Peer Strategic Lead) Jodie Bennett.

Header image

Left: Jodie Bennett, Right: Sally Pitts-Brown



Ngā Hirahira o Hauilcoa

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

Nurturing whānau through care and connection

KIRIKIROA | HAMILTON

My name is Charrie, and I want to share how incredible Sarah and the Pathways mobile team in Hamilton have been for me and my whānau. For the past few years, they've supported my brother, who lives with schizophrenia, and honestly, they've been a lifeline for us.

I've worked with Sarah for nearly two years, and right from the start she earned my trust. She always answers my calls, keeps me updated, and makes sure I know my brother is safe. For the first time in years, I can sleep at night without worrying all the time. Knowing Sarah is in our corner means more than I can explain.

Meeting her in person for the first time was emotional. It felt like finally meeting the person who has quietly held everything together for us. And then hearing yesterday that, thanks to her hard work, my brother is now fully supported by Adult Mental Health and moving into a residential home... the relief for our whānau was huge.



To quote my brother: "You are an angel." And honestly, he's right. In those terrifying moments when I didn't know how to help him and when the system completely failed us, you were there. Meeting you recently meant so much. You really are a special human.

Sarah treats everyone with so much care, respect, and dignity. She always goes above and beyond to make sure people get the support they need and to give families like ours peace of mind.

We are so grateful to Sarah and the Hamilton mobile team. They've given us stability, compassion, and hope at a time when we needed it most. Truly amazing people.

Cooking up dignity at Whitiora

📍 TE WHANGANUI-A-TARA | WELLINGTON REGION

Davis has been at Whitiora for many years. Some might say he doesn't fit anywhere in the community support system due to his multiple layers of need and associated risks. We at Whitiora say everyone fits here if they wish to be here.

Davis had a turbulent childhood and brushes with the justice system. He has experienced layers of addiction, but we continue to engage using a strengths-based model. We listen, hear, and respect tāngata whai ora voices. We look for moments to improve our service delivery, exploring people's outlook and their own perceptions of themselves to enhance their sense of value.

During one of these moments, the team heard from Davis during a regular wellbeing check-in. He casually mentioned he was cooking for a couple of other residents. Unpacking this further, he had been cooking more often than we knew for his flat whānau. He shared ingredients and introduced kai like vegetables, noodles, spaghetti, and various proteins.



Secret pop up restaurant chef Davis

For his friends, this was a nutritional revolution. They normally only had soft foods, eggs, and pies due to poor historical dental care.

When this was shared with me, I sat down with the tāngata whai ora for a cup of tea, making time to let them share whatever was on their minds. This is when I heard more about the kai story, and we all agreed that "Davis cooks a mean feed."

Whitiora has a small budget for "activities and whatever it takes" moments of care. We supported this "pop-up restaurant" at our whare with basic spices to enhance flavours, celebrating his skills and allowing gentle discussions around other kai options.

This is a fine example of tāngata whai ora having their own lives, dreams, and aspirations, even in a residential whare. We aim to respect and advocate for this. A reminder for us all: people just keep getting on with life, with a little support from us.



Story written by
George Farrar, Team Coach, Whitiora,
our housing and recovery service.



Te whakakotahi i o tatou iwi – Bringing our people together

📍 TĀMAKI MAKĀURAU

Waitangi Day holds deep significance as a time of protest, celebration, commemoration, reflection, and at times, grievance. To include our tāngata whai ora Māori in the day's activities, we organised the van from Hamlin Road, and staff brought along the Tino Rangatiratanga flag and the Māori flag to proudly represent their culture.

When we arrived at the Sports Bowl Manukau, tāngata whai ora were excited to explore the food stalls, activity tents, and watch the kapa haka and other performances on stage. Tāngata whai ora and staff even got temporary Māori style tattoos, which they were thrilled about.

Seeing the smiles and excitement on tāngata whai ora faces as they walked around, enjoyed the sun, food, and each other's company was truly rewarding. It was a wonderful day to capture moments of joy, connection, and cultural pride.



Penny's journey 📍 COUNTIES MANUKAU

I'm a Team Coach - Peer at Pathways and bring my lived and living experience to work with me every day. I started as a person receiving support from Pathways and have been given the opportunity to start as a support worker, and train to be a Peer support specialist. I've learned to use my own journey to support others, using our peer values, and then stepping into a leadership role as a Team Coach.

I want to show to all around me, that there is hope for everyone to find their recovery journey, however unwell you have been. Ten years ago, I was in an inpatient facility for almost 6 months, and my partner was told I might never work again. I still pinch myself that I'm now where I am today.

I've transitioned from working in a clinical role (I used to work as a doctor) before being unwell. Now I'm in a role where my lived experience is a strength. I can show up every day as myself. I don't have to hide any part of who I am. I now see the real value of being supported by someone who has




walked their own mental health or addictions journey.

I now hear stories from my team where tāngata whai ora start to feel understood and can begin to advocate for themselves, to have a say in how they're treated. My role is very different to my previous career pathway I love what I now do.



Finding confidence, style and support: Darion's journey with Dee

 NORTHERN REGION

When Darion first began exploring the idea of study, he wasn't sure where to start. What he did know was that he wasn't walking the journey alone. With the support of Dee, a Pathways mobile support worker, each step forward started to feel possible.

"Dee has been there for me every step of the way," he says. "The support I've received has been the best and really uplifting. She goes above and beyond to support me, which I'm really grateful for."

"She even came with me to a meeting at university to support me as well. This really helped me and gave me the confidence to be myself and answer all questions confidently," he shares. "Honestly, I was really nervous going into that meeting, but having Dee there as support made everything easier, and a weight off my shoulders was lifted."

That sense of confidence flowed into the next milestone. On the same day as his orientation, which "went really well" and had him feeling "high on life," Darion visited Fix Up Look Sharp, a community service offering free clothing for men who need outfits for interviews, formal occasions or simply a confidence boost.

What he experienced there was transformative.

"This was probably one of the best experiences I've ever had."

"Trying on new clothes that empowered me to feel respected and dress well and smart. Just being able to wear and try on outfits that make me feel great really helped."

"It's such a good thing they have going on there and should be put out in the community more for men of any age struggling to find clothes for formal occasions and interviews," he says.

Once again, Dee was right by his side.

"Dee picked me up from my place and supported me through the whole process, which really helped. I probably wouldn't have gone on my own. I'm really thankful and grateful for her support."

Darion's journey is still unfolding, but one thing is clear. With belief in himself, a growing sense of purpose and the steady support of someone who genuinely cares, he is stepping into this next chapter with strength and pride.

Making meals on a budget

📍 WAIRARAPA

Michael, a tangata whai ora in our River Road, crisis and respite service, has been working hard on making positive changes, eating more regularly, choosing healthier ingredients, and focusing on portion control to support the training he's been doing at the gym.

As we cooked side by side, he was genuinely surprised at how much we accomplished in just one hour. Seeing the number of meals portioned, packed, and ready to freeze gave him a real sense of achievement and motivation.

By the end of the session, the freezer was stocked, and spirits were high. What began as a simple plan turned into a real confidence boost, and we both agreed that cooking together will become a regular part of his routine. This was the first time Michael and I had cooked together, and it was great to see his enthusiasm grow as the session went on. We made butter chicken with rice and a lazy lasagna: two easy, tasty meals that fit within his budget.



We're currently focusing on portion control, as Michael tends to prefer large servings, and we're gradually expanding the range of vegetables in his diet. To support this, he'll be joining our cooking class starting this week.

Michael's progress shows how small, consistent efforts, like batch-cooking a few healthy meals, can have a big impact. What began as a practical step toward healthy eating has become a source of pride, confidence, and connection.



Our peer mobile team has started the Wellness Recovery Action Plan (WRAP) programme, which helps people recognise early signs of distress and plan how to respond. It's a simple, supportive way to maintain wellbeing and help tāngata whai ora live well.

Cassandra and Brendon completed WRAP and share their stories:

Wellness in action

📍 COUNTIES MANUKAU

"WRAP was a life-changing experience I'll never forget. My books go everywhere with me. I found the coping methods and plans around bad days super helpful. Being pregnant for the first time, I'm quite anxious, but I use my tools to help me through the days I need them. My husband also knows where they are if I ever need it too." - Cassandra

"Since completing my WRAP training, I have learnt how effective planning makes navigating through mental health challenges more bearable. A simple routine that can be followed day to day, including healthy eating, light exercise such as walking and a little mindfulness practice such as meditation, can aid in reducing stress, improve mental capability and overall health.

I have come to realise that support comes in many different forms and the need changes as we grow and learn, which is where WRAP triumphs, because of its ability to be changed with us". - Brendon

A place of safety, a sense of hope

📍 TĀMAKI MAKAURAU

Our family's journey to finding the right care for our brother, Bill.

Our journey with Pathways began after a very difficult time for our whānau. Bill had been staying in another residential care facility when he had a severe reaction to his medication. It took a year to stabilise him. When he returned to the residence, we quickly realised that the environment was not right. There were very few boundaries and not much structure.

Bill would often go for walks on his own. One day he went missing overnight and a member of the public found him lying on the ground. That was the moment I knew something had to change. Bill needed to move somewhere safer, somewhere where he would be noticed and cared for. That's when we were introduced to Pathways.



Bill was reluctant to change, so we visited Hamlin Road, a Pathways residential support service, to see if it might be right for him. The moment we arrived, it felt different. The place had a peaceful, country feel and it's near where we grew up. The staff were warm and welcoming. There were activities, purpose, and a sense of real care. It stood in complete contrast to his previous residence. From that first visit, I felt hope.

The journey since then has been emotional, but mostly it's been comforting. I know he's safe and supported. If anything is wrong, staff contact me straight away. If he is distressed, they call me and I can talk with him. I'm included in planning for his care and asked about what Bill might feel or prefer. It's truly inclusive. The care Bill receives now is unbelievable.

This has changed my daily life. Instead of constant worry, I now feel reassured. When I visit, I see glimmers of Bill's cheeky humour returning. He's more settled than he has been in years. Pathways has given him a quality of life that once felt impossible, and for that I am deeply grateful.

Thai-inspired pumpkin soup

Varshika Patel

Dietitian

This soup is creamy, fragrant, and beautifully comforting. Made with roasted pumpkin, aromatic spices, and velvety coconut cream, it's full of flavour and perfect for cosy evenings.

SERVES 6

GF

V

VG



Prep time: 15 minutes

Cook time: 50 minutes



EQUIPMENT

Baking tray lined with baking paper

Large pot

Knife and chopping board

Measuring spoons and cups

Spoon (for mixing)

Stick blender

INGREDIENTS

1 medium sized pumpkin, peeled, deseeded and chopped

1 onion, diced

1 tsp vegetable oil

2 garlic cloves, diced

(or 2 tsp minced garlic in a jar)

2 tbsp Thai red curry paste

1L reduced sodium vegetable stock

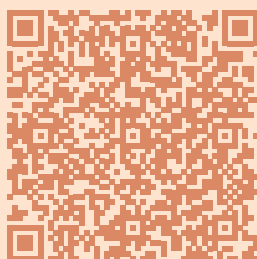
1 x 400ml can coconut milk



METHOD

1. Preheat the oven to 180°C. Place pumpkin pieces on a baking tray and roast for about 30 minutes, or until soft.
2. Heat the oil in a large pot over medium heat. Add the onion, garlic, and curry paste, then sauté until the onion softens and becomes fragrant. Pour in the stock and coconut cream, stirring to combine.
3. Add the roasted pumpkin to the pot and let the soup simmer for 15 minutes. Turn off the heat, allow it to cool slightly, and season with salt and pepper.
4. Use a stick blender to blend the soup until smooth and creamy. Gently reheat if needed, then ladle into bowls and serve warm.

Reminder: Nutrition isn't all or nothing. Foods like coconut milk can absolutely be enjoyed in moderation and still fit into a balanced diet!



You can find more healthy recipes in our free *Wholesome* cookbook. Scan the QR code, or visit www.pathways.co.nz/recipes7





Mindful activities

WHAKATAUKĪ

He kōpikopiko te ara ki te whaioranga
Recovery doesn't go in a straight line

Word search

whakahonohono

harikoa

māhorahora

manako

pou piripono

aroha

māia

tika

t	g	p	s	y	v	v	h	y	b	a	m	n	a	x	
c	f	r	a	g	p	o	h	h	k	i	v	t	n	y	w
s	j	w	h	a	k	a	h	o	n	o	h	o	n	o	s
g	z	h	c	w	v	o	e	v	n	q	c	p	q	h	l
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v	n	a	w	f	a	l	d	t	h	n	z	u	a	a	s
m	o	h	a	z	r	n	z	a	g	d	p	y	h	t	p

Colour in the New Zealand birds Kaurukuhia ngā manu o Aotearoa

Do you know the names of these birds?



Harikoa

OUR WHĀNAU MAGAZINE



pathways **real**
ahakoa te aha

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