

Harikoa

OUR WHĀNAU MAGAZINE

Issue 2, 2026



Kua ea! Sights set
on IronMāori 2026

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A NOTE FROM OUR TOIHAU

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

Tēnā koutou katoa,

Welcome to the latest edition of *Harikoa*. This issue focuses on something that is fundamental to our overall wellbeing, yet often doesn't receive the attention it deserves: our physical health.

At Pathways, we know that supporting someone with their mental health and addiction needs can never be separated from supporting their physical health. Too often, physical symptoms are overlooked or dismissed because of a person's mental health diagnosis – something known as *diagnostic overshadowing*. The consequences of this can be significant.

That is why our mahi extends beyond mental health and addiction support. We work to ensure that tāngata whai ora and taiohi are enrolled with primary healthcare services and are supported to attend regular appointments, receive age-appropriate health assessments, and access the care they need. Alongside routine health checks, we encourage access to vision, hearing, dental, and podiatry services, recognising that good health is about the whole person.

We were proud to be among the first organisations to sign the Equally Well consensus, and that commitment continues to guide our work today. Equally Well challenged all of us to address the significant health inequities experienced by people living with mental health and addiction challenges.



Sal-fie with kaimahi at the poroporoaki for Helen Te'o who worked with us for many years.

You can read more about this important kaupapa in Helen Lockett's article on page 4.

Of course, none of this happens without our kaimahi looking after their own wellbeing. When our people are supported to care for themselves, they are better able to support others. This year, during our Heart Health Month, teams participated in a step challenge, and many of our services continue to nurture flourishing vegetable and sensory gardens. Healthy eating, physical activity, and living well within our means are all part of the conversations we encourage across our organisation.

Like many people, I don't always have a perfectly regular routine, but I try to prioritise my own wellbeing where I can. Weekend yoga, long walks with friends, and nutritious meals lovingly cooked by my husband help keep me on track.

Thank you to all our whānau, supporters, partners and staff for the role you play in supporting our mahi. I hope you enjoy this edition of *Harikoa* and the stories it shares.

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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Mental health and physical health deserve to be Equally Well

Helen Lockett

Chief Science Advisor – Te Kaiārahi Pūtaiao, Wise Group

Tēnā koutou katoa. Ko Helen Lockett taku ingoa, nō Ingarangi ahau, ko Whakaoriori taku kāinga noho. Ko te Kaiārahi Pūtaiao, Chief Science Advisor, ahau ki te Wise Group.



If you're supporting whānau navigating a journey through mental health conditions and/or addiction, you probably already know their wellbeing involves far more than their mental health alone. Yet for too long, the physical health of people with lived and living experience of mental health conditions and addiction has been overlooked, and the consequences are not acceptable.

People with lived and living experience are significantly more likely to develop preventable physical health conditions. This isn't about individual choices. It's the result of systemic inequities, health policies that have historically failed to prioritise physical health, and something called diagnostic overshadowing. This is when a person's mental health or addiction history causes their physical symptoms to be dismissed or missed altogether by health practitioners. It's not okay, and it can be changed.

That's exactly why Equally Well was launched in Aotearoa in 2014. This is a collaborative movement of people and organisations committed to addressing these inequities. Pathways and Real were among the very first to sign the Equally Well consensus position paper, pledging to take action. Over the past decade, that commitment has driven real results. For example, in 2022, Equally Well champions successfully worked together to have mental health conditions and addiction included in the health conditions funded by Pharmac for the influenza vaccination, a practical win for the people we support.

A growing campaign, called 'SEE US', is giving voice to lived experience, along with resources developed from NZ research to help shine a light on diagnostic overshadowing and support people to get the care they deserve.



Scan to watch

Today, Equally Well has inspired a global movement. But change also happens close to home, in everyday moments.

As whānau, you can be part of this too. If you ever feel physical health concerns aren't being heard, you have every right to speak up and ask questions. Sharing what you've noticed, attending appointments when welcome, and encouraging regular health checks all make a real difference.

Our kaimahi are committed to holding both physical and mental health in mind. People deserve to be equally well in every sense.

To find out more about the Equally Well movement, visit **equallywell.co.nz** and explore the guiding Māori health strategy: **Ngā Waka o Matariki**



Our commitment to Being Well

Ross Phillips (He/Him)

Pou Pākihi Matua (Business Operations Manager)

Supporting the physical health needs of those we care for takes more than good intentions, it's about what we do every day. Over the past decade, we've taken practical steps to improve the physical health and wellbeing of tāngata whai ora and whānau through our commitment to Equally Well and our Being Well strategy.

Across our services, we're making physical health a normal part of everyday support.

Kaimahi are helping people to:

- get regular health checks
- connect with GPs
- stay up to date with health screenings
- keep track of important health needs.

We're also continuing to support people to:

- reduce smoking
- include exercise and movement in their routine
- make healthier food choices
- grow and share kai within their communities.

At the same time, we're strengthening our connections, with whānau, community health providers, and kaupapa Māori services.

Our Māori Health Plan focuses on improving access to services, providing culturally grounded support, and strengthening whānau-centred approaches so tāngata whai ora and taiohi can achieve better health outcomes.





From bikes to backyard Olympics: Wellbeing in motion

Sandy Perera (he/him) – Team Coach
Niki Garbe – Service and Relationship Manager

The Housing and Recovery service in Manawātū developed a partnership with Sport Manawātū that has been helping bring physical wellbeing to life – creating opportunities for tāngata whai ora to move their bodies, connect with others, and have fun along the way.

One recent highlight saw the team from Sport Manawātū arrive with a trailer full of bikes and scooters, instantly transforming the atmosphere. Tāngata whai ora began coming out of their units, drawn by the laughter, activity, and anticipation of the day ahead. For many, these visits have become a highlight on the calendar, and it is easy to see why.

The group headed to the bike track where everyone had the opportunity to get involved in a way that suited them. Some eagerly jumped on bikes and scooters and took to the track, enjoying the freedom of movement and the fresh air. Others preferred to cheer from the sidelines, watching friends have a go and enjoying the social atmosphere.

There were smiles, encouragement, and plenty of laughter throughout the day. Tāngata whai ora supported one another, celebrated successes, and shared in the enjoyment of being active together. Whether riding, scootering, or simply watching and chatting, everyone was included.

This focus on fun and inclusive physical activity was also at the heart of the first-ever Backyard Olympics Day, held in March. With the generous on and off field support of SRM Niki and the Sport Manawātū team, the event brought together tāngata whai ora and kaimahi in teams of two, competing in a range of challenges that tested teamwork, resilience, and determination.





After exciting heats, the top teams competed for medals. Jade and Joyal (Street Fighters) claimed Gold, Lance, Charles, and Alicia (Team Toa) took Silver, and Niki and Karl (Team Bossies) earned Bronze. The atmosphere was electric, with strong support from the Pathways whānau, especially kaumātua from Yaxley.

The day ended with a blindfolded piñata challenge, where Kerianne's winning strike sent a shower of lollies flying. As everyone packed up, still smiling, one thing was certain – this was not the end of a journey, it was the beginning of an annual tradition.

These initiatives show the powerful impact of combining movement with meaningful social connection. Through their partnership with Sport Manawatū, the Manawatū service is creating inclusive, engaging experiences that support both physical and mental wellbeing for tāngata whai ora.



Fun and games at the Backyard Olympics.

A journey to better health

Franziska Kerdemelidis

Service and Relationship Manager – Christchurch

In December 2024, a prompt from a friend started a journey to transform my relationship with food, exercise and some core beliefs about myself.



Leading from the front

Buying scales helped me become comfortable with understanding my body. It's no longer a scary idea to see the numbers fluctuate, but instead just one metric for keeping myself aware and consistent.

I've also spent time changing lifelong beliefs about food. If I was sad, I reached for comfort food. If I had succeeded, I celebrated with food. Time with friends, whānau, or colleagues often revolved around sharing food. Eating felt central to marking all aspects of life and shifting that mindset has taken time.

Now I reward myself in other ways: buying a new book, getting a new pair of tights for the gym, treating myself to flowers, choosing walking dates with friends instead of coffee and cake, and celebrating new fitness milestones.

It's also taken everyone around me getting on board as my support crew. Both my children have been instrumental in helping me make these changes, step by step. My daughter came with me early in the mornings to walk the dogs until I was in a routine to go on my own. Our eating habits at home changed, new recipes were researched, and my son came shopping with me to help read food labels.



The Pathways kaimahi in Ōtautahi have also been encouraging, from accepting that I wouldn't be eating food in meetings, to sharing their observations of my achievements and their own stories about food and exercise.

Where I am now

Exercise and healthy eating are now a consistent part of my daily life. I attend the gym four nights a week with my son, and I walk my dachshunds every morning for an hour. I've lost 30kg over the last 12 months. I'm now proud to call myself a beginner runner, having just completed my first 5.5km fun run in May together with my daughter.

Next, I'm aiming to complete a 10km run in August and to keep pushing myself to be the best person I can be for me.



Small steps, big impact

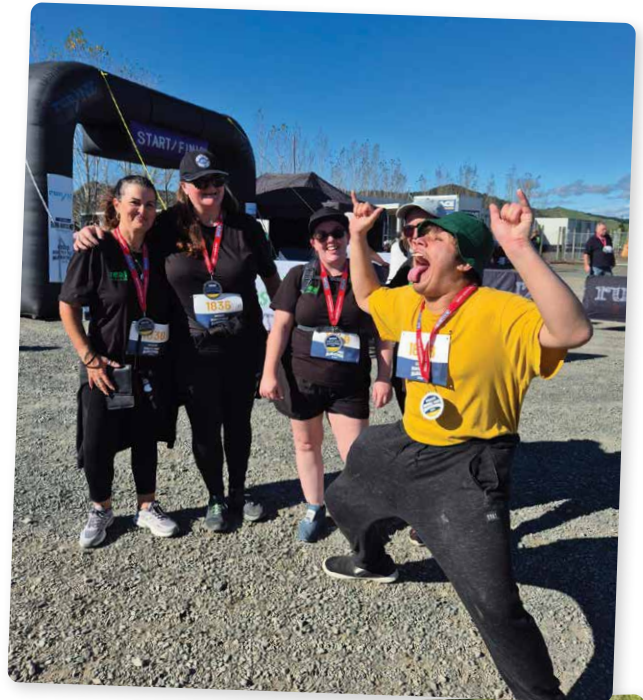
Jennifer Vernon

Youth Worker – Hauraki

On a crisp morning in Huntly, one determined taiohi and some supportive kaimahi stood side by side at the starting line of the Huntly Half Marathon. They weren't there to race for a podium finish or beat records – they were there to challenge themselves, support each other, and prove that every step forward matters.

Together, they chose to walk 6km of the half marathon. At first, the distance ahead felt huge, but with every kilometre came laughter, kōrero, encouragement, and moments of reflection. The taiohi shared how nervous they had been, unsure if they could really finish. The kaimahi reminded them that strength isn't about speed, it's about perseverance.

Wellbeing journeys are a lot like marathons – some days are hard, some steps feel slow, but with support, resilience, and belief in yourself, you can keep moving forward.



As the walk continued, the stress they had been carrying slowly started to lift. Being outdoors, surrounded by positive people and working toward a shared goal, gave them a sense of calm and achievement. It became more than just a walk – it was a reminder of how movement, connection, and support can impact on mental health and wellbeing.

By the final few kilometres, tired legs were replaced with proud smiles. Crossing the finish line together was emotional. They had completed the Huntly Half Marathon – not by running fast, but by refusing to give up and that was the real victory.



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



WHAKATŪ | NELSON

Our kaimahi in Whakatū came together to celebrate Pink Shirt Day in May, an important anti-bullying kaupapa which we celebrate every year. They couldn't resist frolicking in the autumn leaves and showing off their crochet hens!



TE WHANGANUI-A-TARA | WELLINGTON

Wellington kaimahi representing Pathways at an Equally Well event, which focused on improving physical health outcomes for tāngata whai ora.



ROTORUA & TAUPŌ

In the spirit of physical health, our teams from Rotorua and Taupō organised a friendly (and sometimes competitive!) pickleball tournament. The teams enjoyed learning new skills to take back to the taiohi they work alongside.



NATIONAL

Our Te Kāhui Kōkiri team...



PĀRĀWAI | THAMES

Kaimahi and taiohi from Real Hauraki supported the local SPCA by holding a community sausage sizzle fundraiser. The funds raised contributed directly to the care and rehoming of animals, positively impacting community wellbeing.



ŌTAUTAHĪ | CHRISTCHURCH

Kaimahi from Ōtautahi travelled to Okains Bay to visit Okains Bay Museum, where they learned the history of the waka held there, how these are used as part of the Waitangi Day celebrations, and what powhiri at the wharehau look like. They even had time for some wildlife spotting.



WAIRARAPA

Tangata whai ora Lyall (left), who has been supported by kaimahi at the AOD & OST services. Lyall said being referred to Pathways was one of the best things that has happened to him and that the support has been "life-changing".

Moving your way

Miriam Swanson

Child and Youth Director

Whatever format it takes, regular physical activity supports mental wellbeing, especially for taiohi. It helps with stress, anxiety, sleep, focus, and even school performance. It's also a great way to feel connected with people, identity and culture.

However, not everyone has the same access. Costs, uniforms, puberty, and gender diversity can all be barriers. Shifting the focus onto how movement feels rather than how it looks can make it more accessible. Whether it's kapa haka, hip hop, bush walks, or scooting with mates, all movement is valuable. It's not about being sporty, it's about feeling good in your own skin.



At Real, our Whetū Marewa services focus on engaging taiohi through physical activity. We constantly seek new ways to empower young people to be active in a way that supports their wellbeing and keeps them in control.

Youth Week 2026: Our voices matter

Ella Duxfield

Dietitian – Taupō

Youth Week in Taupō continues to grow, and 2026 was our biggest yet. Fifteen youth organisations from across Taupō and Tūrangi visited seven schools and community locations, showcasing the ways we support taiohi. Each organisation brought something unique. On offer were free sausages (very popular), games, giveaways, chill spaces and plenty of kōrero.

The theme for this year was *"Our voices matter, we deserve to be heard"*. Throughout the week, young people had the opportunity to share their perspectives through surveys. Our team delivered two surveys: one focused on identifying barriers to accessing primary health care, and the other exploring taiohi relationships with food.

The week concluded on a high note with an hour-long performance from student bands at Taupō Nui a Tia College which was a fantastic celebration of youth voice and talent.



In a show of unity, kaimahi from participating organisations proudly wore a special Youth Week t-shirt, representing our shared commitment to supporting taiohi in our community.

This year's collaboration included: Anamata, Taupō Bluelight, Budget House, Taupō Police, Tūrangi Rangatahi Hub, Taupō Family Centre, EmployNZ, Taupō District Council, He Kahui Tāngata, Rugby 101, Sport Waikato, Sport Bay of Plenty, Waiora House, and Youthtown.

Bring on 2027!

Tools for tomorrow

Ben Percy

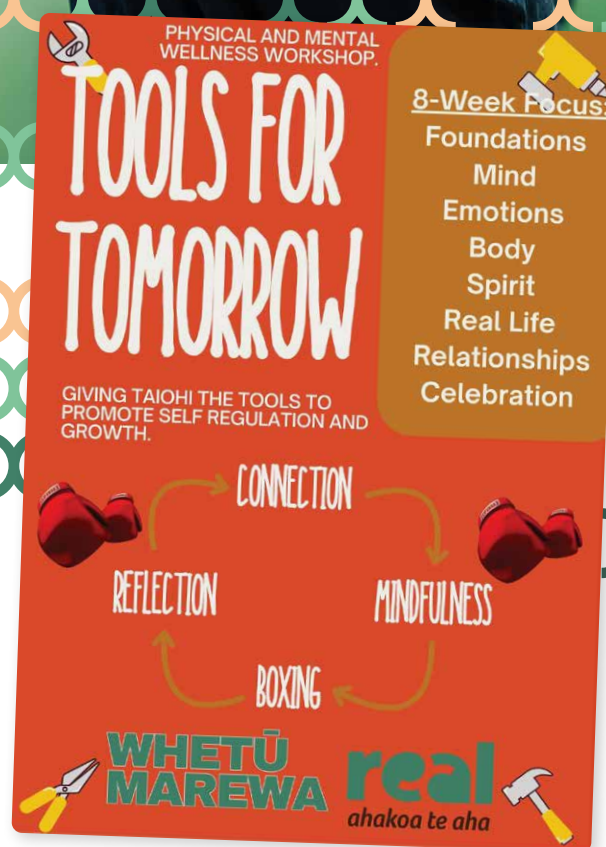
Youth Worker – Bay of Plenty

Tools For Tomorrow was created to give taiohi a space to build practical skills for self-regulation through connection, conversation, mindfulness, and physical challenge. While boxing is a key part of the programme, the goal has never been to create fighters. Instead, it provides a positive outlet for stress, frustration, and excess energy while teaching discipline, resilience, and self-belief.

Many taiohi who attend arrive feeling unsure of themselves or reluctant to engage in traditional support services. Physical activity helps break down those barriers. Boxing in particular provides immediate feedback, achievable goals, and a strong sense of accomplishment. Whether learning a new combination, improving fitness, or completing a challenging workout, taiohi can see and feel their progress in real time.

An important part of the programme is partner pad work. Taiohi learn not only how to punch correctly, but also how to hold pads for one another. This encourages communication, trust, teamwork, and mutual respect. Participants quickly learn that success comes from supporting their partner as much as focusing on their own performance.

“The group is something that I created upon starting with Whetū Marewa, pulling on my past work and life experiences to bring it together.”



One taiohi who initially struggled with motivation and confidence began setting personal fitness goals during the programme. Week by week, they pushed themselves outside their comfort zone, celebrated small achievements, and became more willing to participate in group discussions. Their growth was not only physical but also emotional, demonstrating how physical wellbeing can positively influence other areas of life.

By combining physical activity with reflection and support, Tools For Tomorrow helps taiohi develop healthier habits, stronger relationships, and practical tools they can carry into their future.



Kua ea! From finish line to start line

Renee Newton – Kaiwhakaputahua, Pathways
Locky Campion – Kaiwhirimuka, Real

Karen Whatuira, a support worker in Tauranga Moana, crossed the finish line as one with her teammates, Ella Duxfield, a dietitian in Taupō and Locky Campion, Kaiwhirimuka, Te Whanganui-a-tara.

Last November, three teams of kaimahi dived into the cold waters of Ahuriri, Napier, and came out the other side of the IronMāori Quarter Triathlon changed. Our teams came from right across the motu, and if you ask any of them about race day, nobody talks about times.

Kenihia Rei-Maynard, a team coach – Peer in Kirikiriroa, remembers stepping out of the cold water and spotting Gaylene Haru, a support worker in Tāmaki Makaurau, and Tau Thompson, an alcohol and drug practitioner in Taupō, through the crowd of cheering whānau. They linked arms and finished together.

“It was never about winning,” Kenihia reflects, “but about the journey and the people who walked alongside me.”

For Gaylene, it was a heart-led journey marked by aroha and genuine whakawhanaungatanga. Tau felt that same connection. Sharing nerves and receiving tautoko from everyone, including our executives. He reckons having to zip-tie his wetsuit back together added a certain something to the day too!

*That's the magic of this kaupapa:
whanaungatanga does the heavy lifting,
and every finish line is celebrated.*

There's another victory worth celebrating too. One that happened before training even began. Every participant completed essential health checks with their GP, and for some of our whānau, those checks showed there was mahi to do on their hauora first. That's not a setback; that's the kaupapa working exactly as intended. Knowing where our health is at early on, and without judgement, is one of the most powerful steps any of us can take. Their start line is still coming.

And it matters. Māori in Aotearoa still live around seven years less, on average, than non-Māori. Those numbers don't shift through worry. They shift when our people are connected to care and experience what's possible, together.

So, here's the exciting part. In 2026, we're going back, and this time we're taking teams of tāngata whai ora, the people we walk alongside every day. The hope we carried into last year's event, that tāngata whai ora would one day stand proud on that start line, is no longer a dream. It's a plan.

Ka mua, ka muri. We carry everything 2025 taught us into the future.

See you at the start line!



Anaru Hawkins (our Kaihautū) and Esther Edmonds, a team coach in Kirikiriroa, summed up the atmosphere: electric – music, cheers, and pride for every single team.



The Pathways and Real IronMāori participants with the colleagues, leaders, and supporters who backed them every step of the way.

Ngā Hirahira o Haukilcoa

Stories of joy, growth and connection across Aotearoa

Walking for heart health

📍 TĀMAKI MAKĀURAU | AUCKLAND

The Manukau Botanic Gardens were buzzing with energy as Monique (registered nurse) and Olivia (occupational therapist) led a heart-smart outing for tāngata whai ora. Part walk, part wellbeing workshop, and part laugh-out-loud challenge, the event got everyone moving while bringing heart health to life in creative and memorable ways.

One crowd favourite was a lively bouncy-ball 'egg and spoon' relay, which sparked conversation about how protein helps keep hearts and muscles strong. Next came a tapping rhythm circle that started gently, then sped up and became wonderfully chaotic, an eye-catching way to show how heart rhythms can sometimes become irregular.

The learning kept flowing with balloon-passing activities that demonstrated how pressure moves through the body. As the challenge stepped up,



Left: Amy, Team Coach, Te Whare Toi Aroha with Anaru, tāngata whai ora. Right: Robert, tāngata whai ora, balances his bouncy ball during the 'egg and spoon' relay.



so did the discussion, with kōrero about systolic and diastolic blood pressure, what a reading like 120/80 can mean, and why knowing your usual baseline matters for heart health. The final challenge, passing the balloon without using hands, brought teamwork, clever strategy, and plenty of laughter to a memorable finish.

Our specialist clinical services provide group programmes that help tāngata whai ora and taiohi build wellbeing skills through activities, learning and community participation in supportive environments.





SUNDAY MENUS - Fortnightly	
SUNDAY 19th APRIL	Chicken Stir Fry with Vegetables & Noodles
SUNDAY 3rd MAY	Cottage Pie with Lentils, Carrots & Potatoes
SUNDAY 17th MAY	Fried Rice, with either Bacon, Chicken or Pork
SUNDAY 31st MAY	Curried Sausages with Mashed Potato or Rice
SUNDAY 14th JUNE	Chicken Pasta Bake
SUNDAY 28th JUNE	Beef Chow Mein
SUNDAY 12th JULY	Bacon Hock Vegetable Soup



Cooking up connection

📍 WHANGANUI

At our Nixon Street housing and recovery service, we are focused on improving the physical health and wellbeing of our tāngata whai ora. As part of this, we reintroduced a fortnightly Sunday cooking group, which has been a real success.

Our aim was to create meals that are balanced, healthy, nutritious, and appealing to everyone. Tāngata whai ora also contribute ingredients for each meal, encouraging participation, shared ownership, and teamwork.

With a budget of around \$25 per meal, we buy affordable ingredients such as mince, chicken, and sausages. Vegetables are often sourced from our Nixon Street garden, thanks to support worker Tingi, who plants and maintains this valuable source of fresh, healthy kai.

Support worker Lola facilitates the cooking group, with each meal prepared in a different tāngata whai ora unit. Tāngata whai ora are encouraged to help with preparation, cooking, and serving, creating opportunities for connection and skill-building.



When it is time to eat, there is always excitement in the air as everyone enjoys a generous portion, spends time together, and often comes back for seconds.

After the meal, a strong sense of connection and achievement through shared kai remains. A big thank you to Lola for creating the menu and preparing such delicious meals.

This story is from our residential service which provides a home in the community where the goal is to optimise independence and provide support to live a full and flourishing life.



Nuku's return to the green

📍 WAIRARAPA

For Nuku, returning to Lansdowne Golf Course in Masterton has been about much more than playing a game. It has been a chance to improve his physical wellbeing and achieve a goal he worked hard to make a reality.

Growing up, golf was a big part of Nuku's life. His grandparents cared for a golf course in Mangakino and taught him how to play. Time spent with them on the course created lasting memories, a strong sense of belonging, and the confidence to compete in tournaments, where he even won several competitions.

After moving to Kuripuni House in Masterton, opportunities to play were limited. Despite this, Nuku never lost his passion for the game. Determined to return, he worked with his support worker and an external budgeting service to plan how he could save for golf clubs and equipment. After around two months, he was able to purchase everything he needed and sign up for membership at Lansdowne.

Today, Nuku regularly heads to the course when he is not volunteering with the Māori Wardens or spending time with Mauri Tangata. Being back on the green keeps him active, focused, and connected to the outdoors. He is motivated by "the exercise and getting around the rolling hills".

"Golf keeps me connected to my ancestors and the game," says Nuku. "I'm proud that I still remember what I was taught."

His story is one of determination, connection, and rediscovering what matters most.



Our housing and recovery service supports tāngata whai ora and taiohi towards full lives, connected to what matters to them. How long people stay depends on their individual needs.

"Golf keeps me connected to my ancestors and the game," says Nuku. "I'm proud that I still remember what I was taught."

More than an outing

📍 TĀMAKI MAKĀURAU | AUCKLAND

Every week, our Saturday Social Group at the Waitematā Mobile team meets for an outing. Most weeks we go for a walk somewhere scenic around the North Shore or West Auckland, and other times we mix it up with activities like bowling, mini golf, or a visit to the zoo or museum.

For many of our tāngata whai ora, these outings are more than just an activity. For those who spend much of their time alone, having a regular opportunity to get out of the house, connect with others, share a laugh, and build friendships has benefits that extend far beyond what we can see. The walks are also a great way to support physical wellbeing, with everyone encouraged to keep moving while enjoying nature and fresh air.

One of the best parts is seeing our tāngata whai ora interact and come out of their shell. It's always nice seeing conversations flow naturally and people encouraging each other. The group has become something that we all genuinely look forward to each week.

Our Mobile services provide personalised support for tāngata whai ora, taiohi and whānau to build wellbeing, achieve goals and stay connected to their community.



A place to call home

THAMES

For many people accessing mental health and recovery services, having a place to truly call home is about more than housing – it is about dignity, independence, connection, and hope for the future.

Over recent months, our Housing and Recovery Service has supported several tāngata whai ora as they prepare to move into more independent living arrangements, with around eight people currently at various stages of this journey.

These transitions are the result of consistent support, strong relationships, and a belief that people can achieve their goals when they are empowered and well supported. Kaimahi have worked alongside tāngata whai ora to build confidence and practical skills such as budgeting, maintaining tenancies, developing routines, attending appointments, and managing medication more independently.

An important part of this journey has been preparing “glory boxes” filled with household essentials and personal items to help transform a new house into a home. Staff and whānau have worked together to gather items that reflect each person’s individuality and aspirations.



Bernice enjoying her new couch.



Terry (top) and Bernice are getting set up for independent living.

While practical supports are important, the greatest changes have been in people’s confidence and self-belief. Some who once doubted independent living was possible are now planning for their futures, reconnecting with communities, and taking pride in what they have achieved.

These transitions are not simply housing outcomes; they are milestones in recovery, identity, and creating meaningful lives within the community.

This story is from our residential service which provides a home in the community where the goal is to optimise independence and provide support to live a full and flourishing life.



Winter wellness:

Keeping it simple with the Healthy Plate

Varshika Patel

Dietitian – Pathways and Real

Winter can influence how we feel and what we eat. Colder weather often leads to cravings for comfort foods, while shorter days can leave us feeling less motivated to cook. Rather than making major changes, winter is a good time to focus on simple, balanced meals that support overall wellbeing.

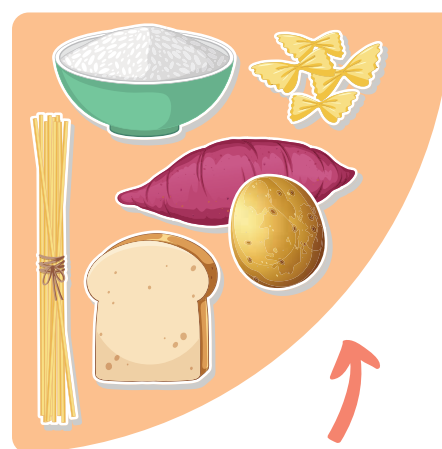
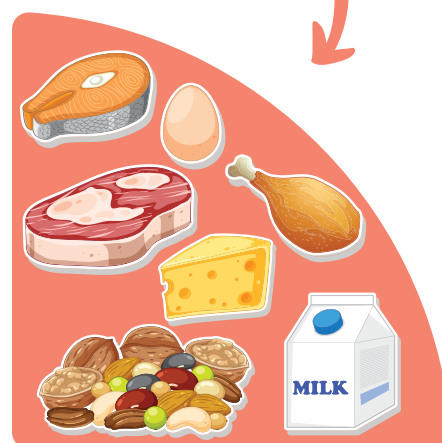
The Healthy Plate Model is an easy way to support healthy eating during the colder months. Aim to fill half your plate with vegetables, a quarter with protein-rich foods such as meat, eggs, tofu, beans, or lentils, and a quarter with carbohydrate foods like rice, pasta, bread, potatoes, or kūmara. This approach helps create satisfying meals while providing the nutrients our bodies need.

Winter is also the perfect time to enjoy seasonal vegetables. Pumpkin, carrots, broccoli, cauliflower and leafy greens are widely available, affordable, and easy to include in everyday meals.

They work well in soups, curries, pasta dishes and roasted vegetable meals. **Check out page 22 for a winter inspired recipe.**

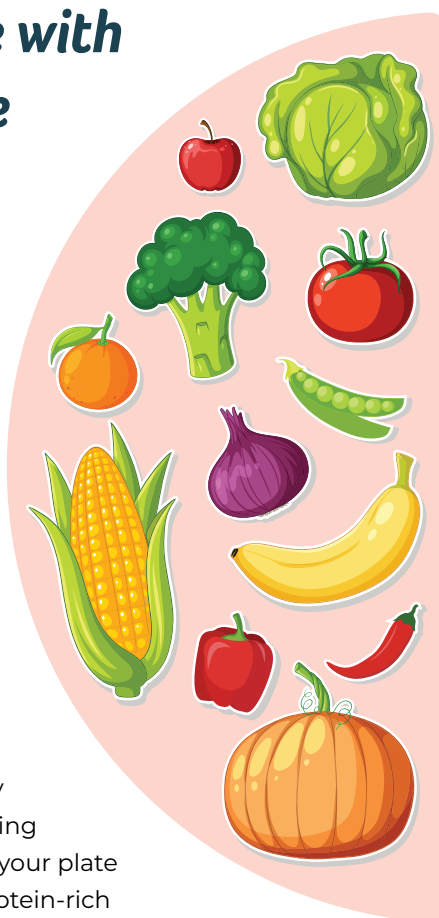
Simple habits can make healthy eating more achievable. Planning meals before shopping, cooking extra portions for later, and keeping frozen vegetables on hand can all save time and reduce costs. Adding vegetables to favourite recipes is another easy way to boost nutrition without making meals more complicated.

1/4 protein-rich foods



1/4 carbohydrates

1/2 vegetables



Based on the Healthy Eating Plate®,
Harvard T.H. Chan School of Public Health.



At Pathways and Real, we know healthy eating needs to be realistic. Small, sustainable changes can help support wellness through winter and beyond.

Cauliflower and chickpea curry

Here's an easy curry to make that meets the healthy plate balance. This is for six people, so you can put some away in the freezer for a future meal!



Prep time: 30-45 minutes

Cook time: 45-60 minutes



Recipe from the Heart Foundation www.heartfoundation.org.nz

SERVES 6

V

GF

INGREDIENTS

- 1 tsp vegetable oil
- ½ medium onion, diced
- 2 cloves garlic, crushed
- 2 tbsp curry powder
- 165 ml low fat coconut milk
- 1 cup water
- 1 medium carrot, peeled and sliced
- 2 cups butternut pumpkin, peeled and diced
- ½ head cauliflower florets
- 1 cups peas
- 1 can canned chickpeas, drained and rinsed
- 375 ml light evaporated milk
- ¼ cup fresh coriander, chopped (optional)

INSTRUCTIONS

- Heat the oil and gently fry the onion until soft.
- Add the garlic and curry powder and cook for 1 minute, stirring often.
- Add water and coconut milk.
- Bring to a boil, then reduce to a gentle simmer.
- Add carrot, pumpkin, and cauliflower.
- Cook until the vegetables are almost cooked through.
- Add peas and chickpeas. Stir in the evaporated milk.
- Simmer gently for another 3-5 minutes until everything is heated through.
- Remove from the heat and garnish with fresh coriander if using.
- Serve with rice.



You can find more healthy recipes in our free *Wholesome* cookbook. Scan the QR code, or visit www.pathways.co.nz/recipes8



Mindful activities

Word search

Find the words from our kupu list in the word search below

whakaaro	pakeke
mauriora	wairua
tautoko	tari
kaupapa	hui
taiohi	

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

Colour in the New Zealand birds Kaurukuhia ngā manu o Aotearoa

Do you know the names of these birds?

Kei te pēhea koe?
How are you?

Original artwork by @joannebowe



Harikoa

OUR WHĀNAU MAGAZINE



Upcoming events

10 September

World Suicide Prevention Day

The theme 'Changing the Narrative on Suicide' is about moving from a culture of silence and shame to understanding and support.

14-20 September

Te Wiki o te reo Māori

The 2026 theme, 'Ake, Ake, Ake – A Forever Language', focuses on creating "Te Reo Towns" where te reo Māori is seen, heard, and used every day.

12-18 October

Mental Health Awareness Week

Helping Kiwis understand what boosts their wellbeing and improves mental health.

7 November

General Election

Check your enrolment status and update your details if needed – every eligible person has the right to vote.

📷 Front cover photo: Kenihia Rei-Maynard, Gaylene Haru and Tau Thompson – IronMāori 2025

📷 Back cover photo: Graeme Murray – Napier, Hawke's Bay

pathways **real**
— ahakoa 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*