

# STEP AHEAD

## Membership Information Booklet



## Founding Philosophy (Kaupapa)

*The philosophy of 'Step Ahead' embraces the concept of a progression away from illness and institutional care or dependency, towards wellness and a level of independence in the community.*

*Central to this philosophy is a healthy attitude towards both members and rehabilitation. This means taking a positive, non-judgemental and accepting attitude towards members, rather than 'labelling' them with an illness.*

*Step Ahead uses a 'community development' approach in serving its members. This means encouraging members to do things for themselves rather than having things done for them.*

*Another important aspect of Step Ahead's philosophy is to work with the positive. One expectation this carries is, that members have the right to make decisions for themselves and accept responsibility for the outcome, be it success or failure. Members choose for themselves and accept responsibility as to whether they avail themselves of our services or not, whether to get involved, and to what extent.*

*The task of Step Ahead is not to do for members but to motivate, support, and to enable members to take responsibility for themselves.*



# Welcome to Step Ahead

Step Ahead is a member driven organisation that aims to enhance the wellbeing of people in Canterbury who experience mental illness.

## Values

Hope

Choice

Openness



Respect

Responsibility

## Vision

Step Ahead contributes to the wellbeing of people with mental illness by providing choices, opportunities, support and encouragement to enable them to live well in their communities.

## Mission

To enhance the well being of people who experience serious mental illness by providing community based services that support them in their own recovery

# Background Information

The original idea for a community based rehabilitation programme in Christchurch came from the Schizophrenia Fellowship, who saw a need for the people who attended their drop-in centre to be involved in rewarding activities. From this identified need, Step Ahead began in 1983.

Since its inception Step Ahead has become an independent organisation that is a charitable trust overseen by a Board of Trustees.

Step Ahead's Trust Board is made up of member representatives and representatives from the community. The Trust Board has overall responsibility for the successful functioning of the organisation.



# Client Statement

The clients of Step Ahead are known as 'members' and 'join' the organisation, in much the same way as joining any other club or organisation. There is an annual membership fee of \$10.00.

---

Members and staff work together to plan and provide comprehensive programmes that offer social, educational, recreational, pre-vocational activities and opportunities at several locations across Canterbury.

All members receive a copy of the newsletter and new programmes each month.

Members are people who:

- have a diagnosed mental illness
- are usually aged between 18 and 65 years
- are able to attend and participate independently.

We encourage self-referrals, however you can be referred by your health professional if you choose.



# Activities programmes include the following:

- Art and crafts
- Community participation
- Education
- Employment support
- Evening activities
- Health and fitness
- Personal development
- Prevocational
- Social
- Special trips and outings
- Sport and recreation
- Volunteer opportunities



Socialising, making new friends, participating in activities you enjoy, having a sense of purpose in your day, learning new things and having fun, are some of the reasons current members come to Step Ahead.

## Peer Supporters

Step Ahead Peer Supporters are members who are available to provide support to other members and prospective new members.





# Aims and Objectives

- To provide social and pre-vocational rehabilitation for progression away from illness and institutional care or dependency towards a state of good health, wellness and a level of independence in the community.
- To offer Members an environment within which they can learn to live well in the community and to experience and practice life skills.
- To provide Members with the opportunity to meet people, make friends and have fun.
- To provide the opportunity for the development of work skills and work habits through involvement in activities and in the running of Step Ahead.
- To offer a source of information on community resources.
- To encourage and support Members to make their own decisions and to accept responsibility for the outcome.
- To maintain a partnership between Members, Staff and Management at Step Ahead so that whenever possible, all are involved in the decision making processes.
- To uphold the spirit of the Treaty of Waitangi and New Zealand's multi-cultural heritage.
- To provide a programme of activities aimed at the expressed needs of its members and encourage their involvement throughout the organisation.

## Attendance

Attendance at any activity is voluntary and the decision to attend belongs to the member only.

Members need to book in to activities they wish to attend. Attendance at Step Ahead must be for specified activities. Step Ahead is not a “drop in” centre. Members are however welcome to socialise for short periods before and after activities.

The activities programmes are provided from several locations throughout Canterbury. For more information on locations and contact details, please refer to the back cover of this booklet.

## Hours Open

The hours of the main base and office in Stanmore Road are 9am – 5pm Monday to Friday. A weekly evening activity is also provided and detailed in the monthly programmes, for Stanmore Road and West members.

### West

Riccarton - Monday to Friday

### Rural

Rangiora - Monday

Rangiora - Wednesday

Ashburton - Friday





# Membership

Are you interested in becoming a member at Step Ahead? If so, these are the steps you need to take!

You can refer yourself, or be referred by your support person or clinician at your request. There is no formal referral form.

## **Step 1**

Make contact, give us a call. We would like to hear from you and arrange a suitable time for you to come in for a look around.

## **Step 2**

Attend the look around. You will be shown around, told about our membership criteria, philosophy, aims and objectives, and programme. We are available to answer any questions you may have. A support person can attend your look around visit to Step Ahead.

## **Step 3**

Attend a chosen group / activity by yourself. You need to attend at least one group / activity (excluding day trips or an evening activity) to get a feel about whether Step Ahead can meet your needs, however, you are welcome to attend several groups or activities to help you decide.

## **Step 4**

Membership Interview. This is an interview to find out some personal information about you, what your interests and skills are, and your personal goals. A support person may attend.

## **Step 5**

After our follow up with your health professional, the information from your membership interview is taken to our team meeting where a decision will be made about whether you will be granted membership.

## **Step 6**

You will receive notification of the outcome via letter.

## **Step 7**

Once your membership has been accepted, you will need to pay a \$10.00 annual membership subscription.

# **Some of Step Ahead's Regular Groups and Activities**

As Step Ahead programmes are member-driven, groups and activities may change.

**Bookings for all activities are essential**  
**Check programmes for details of any activity costs**

## **Art Groups**

Guidance provided by experienced, supportive tutors at Stanmore and West. Experience not necessary.

## **Painting Techniques Group**

Focuses on developing individual talents and learning new techniques at Stanmore Road.

## **Writers/Book Group**

Share and learn with others at Stanmore Road or enjoy outings to libraries or book stores.

## **Lunches**

Regular lunches at all bases provide opportunities for members to get together over a meal. Enjoy affordable meals and great social opportunities.

## **Tai Chi**

Weekly tuition provided by an experienced tutor at West. All welcome.

## **Coffee Mornings**

Monday mornings at Stanmore & most days at 10am at West and Rural. A good opportunity for members to get together for a coffee or tea and some social time.

## **Computer**

A computer can be booked at all bases for use by members wanting to browse the internet, check their email, do some word processing, or play games. Tuition or assistance is available for members who wish to learn basic use of a computer or who wish to extend their existing confidence or knowledge.

## **Library**

The library at Stanmore Road contains a selection of CD's and DVDs for no charge loan. Members from all bases are welcome to borrow from the library.

## **Craft Groups**

Craft groups are available at all bases and provide opportunities for members to “have a go” at a variety of crafts.

## **Mosaics Groups**

Creative groups using mosaic tiles (pre-cut) to make colourful decorative projects.

## **Evening Groups**

A weekly evening social activity is available for West and Stanmore members. Transport home from these activities is provided.

## **Community Gardening**

Do you enjoy growing and eating home grown vegetables? Would you like to learn more about gardening? Or do you have skills you could teach us? If so, join our community gardening group. At Stanmore we go to the Linwood Resource Centre.

## **Gym & Weights**

Both Stanmore and West attend community based gyms or fitness groups.

## **Healthy Cooking/Healthy Lifestyle**

Learn more about healthy eating, nutrition, education and information sessions as well as cooking and recipes.

A dietitian also visits Stanmore Road monthly, giving advice and support.



## **Meals on Wheels**

Join others to help deliver prepared meals to people in their homes. Most bases are involved in this community service.

## **Men's Group**

Offers Men the opportunity to get together for social and educational activities of their choosing.

## **Urban or Mountain Biking**

Use your own bike or hire one of ours. We ride off and on road. No experience necessary and great fun.

## **Op Shopping**

Members decide which shops will be visited on the day.

## **Music Groups**

Music groups offer opportunities to sing, play an instrument or just enjoy and appreciate favourite pieces of music.

## **Christian Fellowship/Prayer Group**

A regular non-denominational, member led group, offering prayer, fellowship and biblical teachings.

## **Open Craft**

An opportunity to bring along a craft project of your own or other options are available. These include knitting squares to make blankets for the SPCA, painting and drawing.

## **Sewing**

Provides opportunities to learn new skills, do some alterations or repairs and other sewing or maybe you would like to learn how to sew or knit?

## **Stone Carving**

An opportunity to learn new skills or develop existing ones, working with Oamaru stone at Stanmore Road.

## **Swimming**

Regular groups attend Pioneer and Jellie Park pools, Dudley Park Aquatic Centre in Rangiora, EA Network Centre in Ashburton. Saunas, spas, wave pools, aqua jogging or swim laps.

## **Tennis/Badminton/Table Tennis**

Recreational groups are scheduled regularly at Stanmore Road and West.

## **10 Pin Bowling**

If you've bowled before here's an opportunity to get back into it or to have a go at something new.

## **Introduction to Technology**

Regular opportunities are provided to learn about your computer, cellphone or digital camera.

## **Tramping Groups**

Easy to moderate tramps are planned. Come out and give it a go. Talk to staff regarding clothes, footwear and any fitness requirements.

## **Walking Groups**

Take these walks at your own pace. If the weather is bad still come along as we will always do something. Members decide on the day where the group will go.

## **Women's Groups**

Provides the opportunity to get together and to plan a range of social and educational activities.

**Educational** Guest Speakers and Personal Development opportunities are offered at all bases. Some examples are speakers from the Heart Foundation, Diabetes Centre, Budget Advice, Women's and Men's Health.

## **Employment Support**

A number of members tell us that part time work is one of their goals. Support, advice, exploring options and guidance towards this is regularly available from Comcare Jobconnect staff at Stanmore Road and West.

In addition to these regular activities, Step Ahead also provides day trips to various locations and special events such as skiing, horse riding, Orana Park etc.





## **What Do You Need To Do Next?**

Phone to make an appointment for an initial look around visit if you have not already had one. From there, potential new members are welcome to attend groups or activities (excluding day trips or evening activities).

If you require any further information please contact us at Step Ahead's main office on 389 4001 if you live in the free calling area or 0800 688 732 if you live outside Christchurch.

### **Step Ahead Christchurch**

**Stanmore Road and Office**.....167 Stanmore Road  
**West – Upper Riccarton**.....9 Puriri Street

### **Step Ahead Rural**

**Rangiora**.....(Monday) Thrive Church, 86 Victoria Street

**Kaiapoi**.....(Monday and Wednesday) Transport is available to Rangiora

**Rangiora**.....(Wednesday) War Memorial Hall, Albert Street

**Amberley**.....(Wednesday) Transport is available to Rangiora

**Ashburton**.....(Friday) Baring Centre, Baring Square East

Please phone 0800 688 732 for details

### **Postal Address**

P O Box 32-025

Linwood

Christchurch 8147

**Email** - [info@stepahead.org.nz](mailto:info@stepahead.org.nz)

**Website** - [www.stepahead.org.nz](http://www.stepahead.org.nz)

**Facebook** – Please like our Facebook page listed under “Step Ahead Christchurch”