

# STEP AHEAD

## Membership Information Booklet



Stanmore Road House



Puriri Street House

# Philosophy (Kaupapa)

Step Ahead seeks to promote and support the holistic wellbeing of people who experience mental health issues.

The aim is to work with members to empower and enable them to have the belief and ability to develop life skills so that they can achieve the best possible level of independence, resilience, confidence and quality of life.

Members can expect to receive the highest level of support while at Step Ahead. The services offered will be in line with current evidence-based mental health research.

At the heart of Step Ahead's philosophy is a positive and inclusive attitude which incorporates kindness, understanding, acceptance and being non-judgemental towards member recovery.

Step Ahead supports the Whare Tapa Wha approach throughout recovery that includes engaging with community, whanau and other like-minded organisations.



Members have the right to make decisions for themselves and accept responsibility for the outcome, be it success or failure.

The task of Step Ahead Trust is not to make decisions or complete tasks for members but to motivate, support, and to enable members to take responsibility for themselves.





## **Mission**

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

## **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.



## 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 beginning 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.



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 and it is also available on the Step Ahead web page.

Members are people who:

- primarily have a mental health illness
- are usually aged over 18 years old
- are able to attend and participate independently

We encourage self-referrals; however, you can be referred by your health professional or other support person if you choose.



## Activities programmes include the following:

- Art and crafts
- Community participation
- Education
- Employment support
- Evening activities
- Health and fitness
- Personal development
- Prevocational skills
- Social opportunities
- 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, becoming work ready and having fun, are some of the reasons current members come to Step Ahead.

## Member Peer Support

Members 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.

Members 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, however members are 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.

## **Days and Hours Open**

Hours are 9:00am – 5:00pm Monday to Friday.

- Stanmore Road main office
- Puriri Street

A weekly evening activity is held at Stanmore Road and Puriri Street

## **Rural Activities**

Hours are 10:00am – 3:00pm

- Rangiora - Monday and 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. A support person may bring you to your activity and introduce you to staff.

## **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 first visit.

## **Step 2**

At your first visit you will be shown around, told about our membership criteria, philosophy, aims and objectives, and how the programmes work.

## **Step 3**

Attend your chosen activity. You need to attend at least one activity (excluding day trips or an evening activity) to help you decide whether Step Ahead can meet your needs. You are however welcome to attend several activities to help you decide.

## **Step 4**

Meet with a staff member so we can gather necessary information, including your interests and goals to be able to process your application for membership.

## Step 5

After a follow up with your health professional, and provided you meet the membership criteria your application for membership will be approved.

## Step 6

You will receive notification of the outcome of your membership application via letter.

## Photography at Step Ahead

Staff regularly take photos during activities to capture the moment or the creation! The photos are great for publicity and we get a lot of pleasure out of seeing them on the website, Facebook or displayed onsite on the walls or in photo albums.

If you do not agree to being photographed please let staff know.



## Step Ahead's Regular Activities

As Step Ahead programmes are member-driven, groups and activities may change. Some activities may not be available at all bases. Talk to staff for more details.

Bookings for all activities are essential.

Check programmes for costs – most are less than \$5

## **Art Groups**

Guidance provided by experienced, supportive tutors or staff. Experience not necessary. Caters to all abilities to develop individual talents. Learning new techniques is encouraged.

## **Writers and Book Group**

An opportunity to learn, create and explore writing. E.g. How to write short stories, read, study and discuss authors, and poetry. Includes trips 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 Puriri. All welcome.

## **Coffee Mornings**

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.

## **Technology Support**

Several staff are able to provide help with your digital device, whether that be a lap top, phone or digital camera.

## **Library**

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

## **Crafts**

Various craft groups provide opportunities for members to experience a range of craft activities.

## **Mosaics**

Creative groups that use mosaic tiles to make colourful decorative projects.

## **Evening Groups**

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

## **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 gardening groups.

## **Gym, and Exercise**

Attend a community-based gym or join a Step Ahead exercise group. Programmes are designed for members.

## **Healthy Cooking/Healthy Lifestyle**

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



## **Meals on Wheels**

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

## **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**

Provides opportunities for budget conscious shopping.

## **Music Groups**

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

## **Christian Fellowship**

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

## **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 or other sewing. Maybe you would like to learn how to sew or knit.

## **Stone Carving**

A regular opportunity to learn new skills or develop existing ones, working with Oamaru stone.

## **Swimming**

Regular groups attend Pioneer, Jellie Park or Taiora QEII pools in Christchurch, Dudley pool in Rangiora and EA Network pool in Ashburton. Saunas, spas, wave pools, aqua jogging or swim laps are also available.

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

Recreational groups are scheduled regularly.

## **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.

## **Tramping**

Talk to staff regarding appropriate clothing, footwear and any fitness requirements. Easy to moderate, full and half day tramps are planned. Come out and give it a go.

## **Walking**

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

## **Meditation**

Meditation is a form of relaxation and provides an opportunity to take a break from the daily stresses in life. It is also suggested that meditation can have many flow on health benefits for the mind and body.

Meditation Groups provide the opportunity to relax and de-stress. They may vary from body scan visualisation, to listening to a YouTube de-stress meditation video, sometimes with a topic such as reducing anxiety and are 30 to 50 minutes duration.



## **Women's Group**

The women's Groups meet regularly. Come along and enjoy the warmth, friendliness and mutual support of one another whilst enjoying a variety of outings and activities.

## **Men's Group**

Men's Groups meet regularly. Come along and enjoy the comradery of an all-male group, enjoy the mutual support of one another whilst enjoying a variety of activities and trips off-site.

## **Educational**

A range of 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 available from "supported Employment Agencies".

## **Project Connect**

A tablet, smartphone or chromebook is available at a subsidised price which can be paid off over several months. Help with how to set the device up and use it is provided. Staff also check you are on the current best internet plan available.

## **Documentary Group**

An opportunity to watch a documentary on a topic of interest that has been agreed upon by the members present at the time, followed by discussion and sharing of knowledge.

## **Other**

In addition to these regular activities, Step Ahead also provides day trips to various locations and special events such as skiing, horse riding, jet boating, Black Cat cruise's, kayaking, Orana Park etc.

## What do you need to do next?

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

If you require any further information please contact us at Step Ahead's main office on Ph 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  
Puriri Street – Riccarton.....9 Puriri Street

## Step Ahead Rural

Transport is available to Rangiora from Kaiapoi and Amberley

- Rangiora Monday Thrive Church, 86 Victoria Street
- Rangiora Wednesday War Memorial Hall, Albert Street
- Ashburton Friday Community House, 44 Cass Street

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)

**Text:** 022 173 1673

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

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