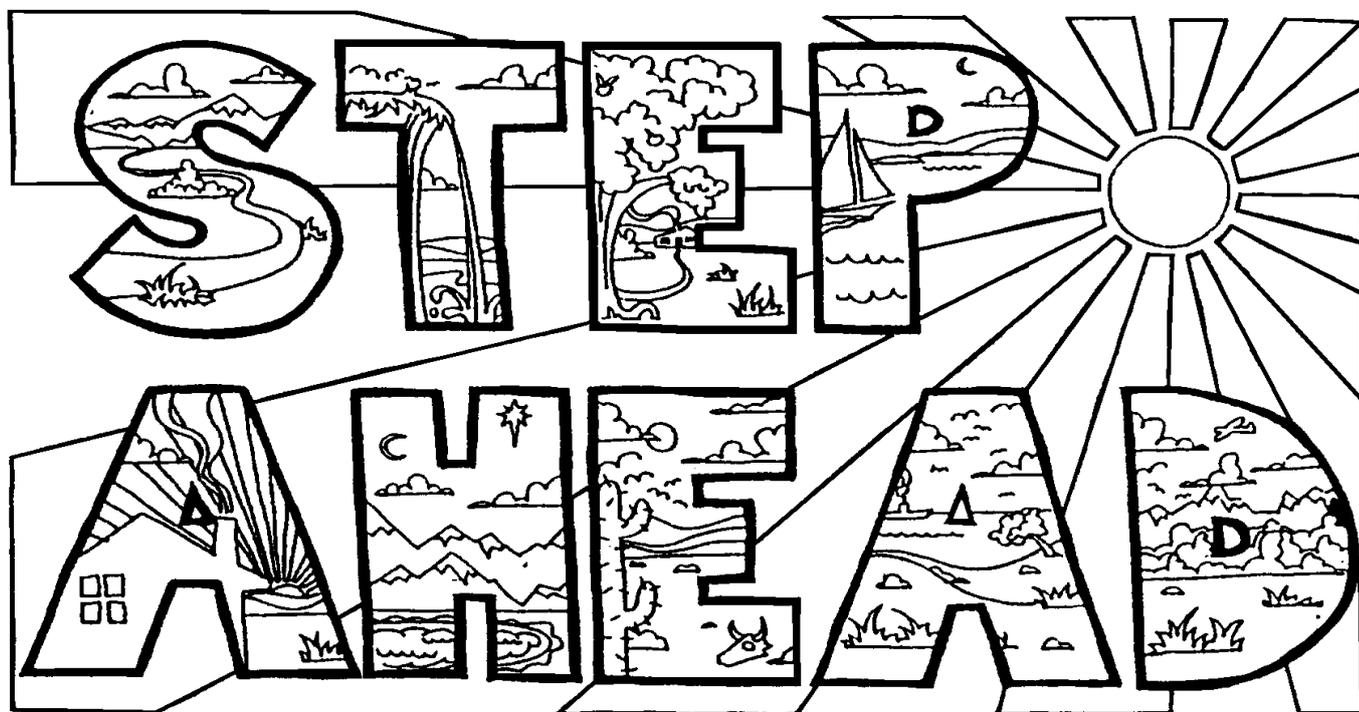


# APRIL 2016



A COMMUNITY BASED REHABILITATION ORGANISATION

**Congratulations to all participants in the  
50k challenge.  
Collectively 124kms was achieved!**



# A Note From Helen

Autumn certainly seems to have sneaked up on us this year (or is that just me!) after an unusual few summer months.

Don't let the cooler days get in the way of you getting out to do things! Check out this month's programmes for some great activities, both indoors and outdoors.

I'm sure many of you will have already met and welcomed Barbara, who joined the activities team early in March. Although she is based at Stanmore you will also regularly see her at West, taking a range of groups. Anna will move into her new role as the Rural coordinator at the beginning of April, taking over from Marilyn, who we will have farewelled at the end of March.

A great time was had by all of the members and staff from three bases, who took part in the 50k challenge in March. The event was like a relay race with everyone's participation contributing to the total distance covered. A fantastic effort and a lot of happy people! Good job everyone and big thanks to all those people who contributed to the success of the day.

If you enjoy music, you may be interested to know that Stanmore, West and Rangiora have regular music groups. The groups often use the computer and big screen to watch music from the internet and there are also karaoke opportunities time to time. You can also learn to play the guitar at Stanmore. These are all really good opportunities to join others and share your enjoyment of music so check the programmes for details.

If you are aged under 40, the 20's and 30's group monthly activity might be of interest to you. Further information can be found on your programmes or talk to Georgia for further details about this group.

Have a great month and we look forward to seeing you soon

*Helen*



# Art Tour

On Thursday 4 February, a van full of enthusiastic members left Step Ahead to visit the Art Exhibition at the YMCA and to visit the newly reopened Christchurch City Art Gallery.

The YMCA Art Exhibition "Spectrum" was focused on Street Art. There were some very clever designs and amazing talent displayed from both New Zealand and overseas artists. Some of the artists also have their art on buildings around the city. The art was varied showcasing some really good works. The variety of images ensured that there was something for everyone to appreciate and admire, considering most of the art was made using aerosol can paint. If you are in the area, pop in to the YMCA in Hereford Street for a look. Cost is by donation and the exhibition is open until 17 April.

We enjoyed a "cuppa" at the botanical gardens with some of Karen's "baking", then walked to the city Art Gallery.

We had an hour to look around the gallery and the time went very quickly. Some of the group managed to join the free Guided tour and others went their various ways to view the art.

Each room had awesome art and the gallery is now able to display pieces that have been purchased since the earthquakes. This includes the huge "Bull on a Piano" exhibit which is in the main foyer and is made entirely out of bronze, including the piano and seat.

Again we saw a huge variety of works and sculptures that were displayed from NZ and overseas artists. The Colin McCahon work was interesting.

One room was dedicated to early landscape pictures of the South Island. A "Pip & Pop" exhibit is made out of caster sugar in pastel colours.

This exhibit took two people two weeks to create and will be swept up at the display end. Other rooms exhibited variety of works that were appreciated.

If you go to the gallery take a look at the lighting above the staircase it is an interesting piece of art in itself. It is a reminder to those who remember formica tables and chairs!

We all gathered together and returned to Step Ahead after having a great trip out. Thank you Karen for giving us the opportunity to visit the Gallery and the YMCA exhibition.

*Merrin D*

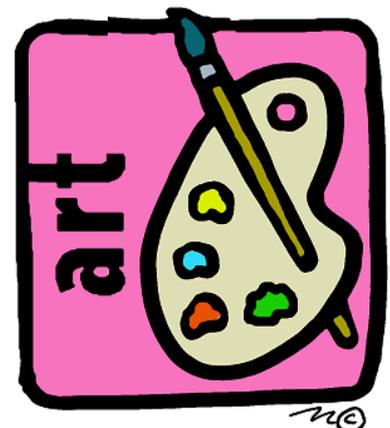


## Painting Techniques at Stanmore Road

On Thursday morning May 12<sup>th</sup> there will be a trip to the Bryce Gallery in Riccarton. There is always a large and varied selection of art to view. Members have come away feeling inspired for their own artistic endeavours.

Departing 9.30am and returning in time for lunch

*Karen*



# Guest Speaker from Community Watch on Stanmore Road programme (Rescheduled from March)

On Wednesday 13<sup>th</sup> April at 1:30 Geoff Chapman will talk to us about his role in the Community Watch Team and share tips for increasing safety in the home environment.

This will be an interesting session so come along to hear about what Community Watch does to try and help make our communities safer.



# **WEST** Member staff liaison meeting, 13th February 2016

Attendees: Linda S, Marie G, Shirley M, Bobby M, Aynsley B, Paul M, Toni H, Jill K, Jan S, John S, Raewyn , Kevin

**Chairperson:** Linda S

## **Highlights and Feedback:**

Corsair Bay was good

Op shopping in Lincoln Road was good for fabric and books

Tai Chi was good on Friday

Ten pin bowling was great yesterday

Hanmer Springs trip was great – enjoyed walk

Jellie Park - outdoor pool was really good

Enjoyed mosaics and wool craft

Tuesday activities are really good

I look forward to mosaics it's good for me, I decorate my home with my mosaics

January activities are a bit boring (Holiday programme).

Monthly Quiz is fun



## **Feedback from last month's programme ideas:**

- Pick your own berries or fruit at Horotane Valley – A bit late for berries but searching for a PYO location for other fruit.
- New Brighton / Esplanade – Programmed in April
- Meet Rangiora Group – Programmed in April
- Picnic at Lake Hood – Will programme in May
- Quail Island - Done in February
- Museum Visit, Leaving at 10:00 in the morning – Programmed in March and April
- Rakaia Hut's and lunch at Southbridge Hotel – Programmed in April
- BBQ at Spencer park – Programmed in April
- Chook Manor – Programmed end of March

- Budget Lunch with Stanmore (some can't make it on Thursday, therefore suggest Wednesday lunch) – Tricky to fit in programme on Wednesday with transfer from Fletcher Place to Puriri St

### **New programme ideas:**

Kaikoura  
 Barbeques  
 Esplanade BBQ  
 BBQ at Spencer Park  
 Men's Shed  
 Music / choir  
 Dance (line)  
 Christian group  
 DVD / movie evening at Stanmore  
 Zumba  
 Orana Park  
 Relaxation techniques  
 Day at New Brighton - library / op shop / lunch / walks  
 Spencer Park - animals  
 Coffee shop + walk (Addington)  
 Addington Op Shops  
 Mini golf  
 Antarctic Centre  
 Arthur's Pass - summer / winter



### **Staff Notices:**

- Please only use the rubbish bins in our meeting room.
- The hot water urn and tea and coffee supplies will be on the table outside the kitchen service counter. This is to help prevent potential accidents with hot water in our smaller meeting / activity room.

*Kevin and Team*

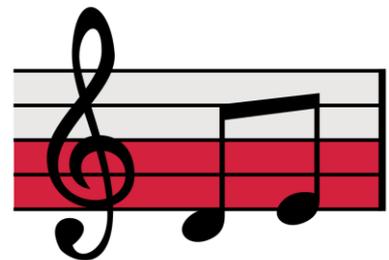
# Member Staff Liaison Meeting at Stanmore Road 25th February 2016

**Attendees:** Robin A, Tracey C, Tara M, Alan W, Jeanette G, Annabel H, Amanda H, John BS, PGH, Mike T, Anne W, Marion N, Kevin W, Merrin D, Alan S, Owen M, Margaret B, George W, Steve F, Rae J, Karen, Di, Helen, Marilyn, Kylie, Anna, Chris and Kevin.

**Chairperson:** Francine H

## **Highlights from last month:**

Wizard of Oz –Summertimes play  
Violinos Music Farm  
Day trip to Quail Island  
BBQ at Groynes  
Ashburton visiting the Alpacas at Temuka  
Airport visit to Hangars



## **Last Month's New Programme Ideas:**

BBQ at Sumner – cannot be booked in advance - maybe Heathcote valley is an alternative  
Car Museum and Mini Golf Course at Saltwater Creek – has closed  
Abseiling at Clip n Climb – scheduled in April for Men's' group  
Adrenalin Forest – maybe programmed at a later date

## **New Programme Ideas:**

Cheese Factory visit at Barry Bays – Akaroa  
Berry picking – Bit late now but apple season coming up  
Decoupage Craft Group, Learning cross stitch, covered lampshades, pin cushion in a tea cup - haven't had programme planning for a while  
Archery  
Woodwork – we don't have the facilities at Stanmore but West has monthly group and Men's Shed is now available at Rannerdale  
Diamond Harbour

Gondola – is a very expensive activity  
Another trip to Giants House in Akaroa  
More evening BBQs

### **Staff notices:**

- Marilyn's farewell afternoon tea on 29<sup>th</sup> March at 3pm.
- 4 people interviewed yesterday for Activities Co-ordinator position to replace Anna who will become Rural Co-ordinator.
- Budget lunch day - kitchen is unavailable part of the time
- The 50K Challenge is on Monday 29<sup>th</sup> with members from Stanmore, West and Rangiora. Each member decides the level of their involvement. You can run or walk short or longer distances and also needing volunteers to help out.

### **Anything else anyone would like to say:**

Mike T biked to Sumner – well done

If enough interest - City 2 Surf is on 20<sup>th</sup> March

Thank you to Francine for chairing the meeting.

Meeting closed at 1.45pm

## **Funny quote**

Of course I talk to myself! Sometimes I need expert advice!



# Member Staff Liaison Meeting at Rangiora 1st February 2016

**Attendees:** Warren C, June V, Kenneth M, Clare H, Dale B, Helen M, John S, Jeanette B and Marilyn

## **Highlights from last month:**

Day trip to Hanmer  
Riverlands Golf and walk  
Budget lunch  
Meals on Wheels

## **Last Month's New Programme Ideas:**

Corsair Bay  
Budget lunch  
Swimming

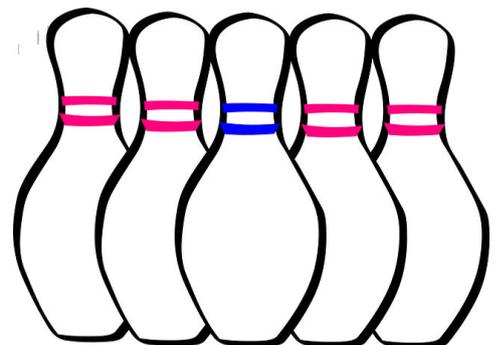


## **New Programme Ideas:**

Budget lunch  
Ten Pin Bowling  
Spotlight and South City  
Art Gallery, Museum and Botanical Gardens in Christchurch  
Mosaics  
Eco Shed

## **Anything else anyone would like to say:**

Thank you very much to all.



# Member Staff Liaison Meeting at Ashburton 5th February 2016

**Attendees:** Janet C, George W, Vicki S, Christine H, Sarah T, Mike A, Julie C, Julie S, Diane A, Noeline H, Grace M and Marilyn

## **Highlights from last month:**

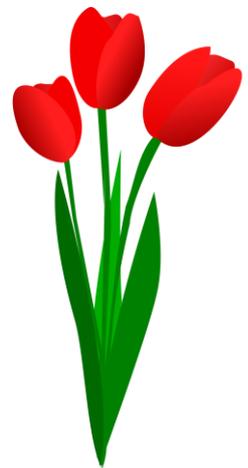
Orana Park  
Peel Forest Day Out  
West members for budget lunch

## **Last Month's New Programme Ideas:**

Tulip / Lillies  
Nursery visit  
Pet shops or animal visits

## **New Programme Ideas:**

Chch Tram  
Ten Pin Bowling  
Ferrymead - Gondola  
Craft Day  
Orari Mini Golf  
Budget lunch  
Woolshed Creek  
Christchurch Rebuild tour with lunch in town



# Sailing the 7 Seas

Sailing the 7 seas on a Ketch were myself, Phil, Susie, Aynsley, Justine, Dan and Chris in a boat 20 years older than the Titanic. Sailing between 3.5 and 5 knots. We went around Quail Island, Diamond Harbour. Our boat was called "Oyster" She had 2 tonne of lead on the keel. At times the keel was 90cm from the bottom. The ketch had a skipper reading wind and a side kick to work the rudders.

Nice day out. The boat is ketch or more technically a 'gaff yawl' and she has 5 sails. We only had 3 up on the day we went out.

Captain Mike ably assisted by his mate Camille ensured our day on the water was a pleasurable one. After returning to land we enjoyed a cup of tea above Lyttelton enjoying the harbour views.



*Alan S*

## Wizard of Oz Review

On Wednesday night a group of members and staff went to Riccarton House to watch the Anthony Webber production of The Wizard of Oz.

Anna took the quick route while Chris took the scenic route. We arrived early so we could get a good viewing space. The production was amazing with plenty of belly laughs. They encouraged the audience to join in, young and not so young. At times I thought Anna was going to lay an egg. The innuendos were so funny.

I can't wait to see the next one.

*Annabel H*



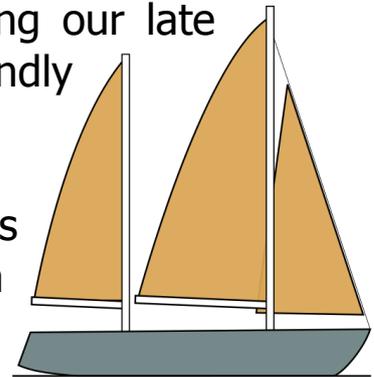
# Ahoy Me Hearties

Chris took 6 very lucky Step Aheaders down to the floating dock, where Skipper Mike and mate Camille with the fine old 1910 ketch Oyster, greeted us. With some seafaring instruction and preparation we were off, and out of port, up went the sails.

A warm day, cloudy, light south west wind and low swell, the perfect weather matched our wonderful day of gliding along, swaying gently for 3 lovely peaceful chatty hours.

Back on land, we tiki toured up to the heights of Lyttelton where we all enjoyed more good times sitting, eating our late lunches and partaking in more friendly conversation and laughter.

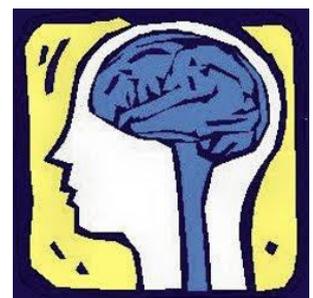
Though a couple felt minor seasickness, it was not enough to detract from the enjoyment of a most pleasurable day out.



*Susie W*

## Resolutions to Keep Brain Healthy

Keep Exercising  
Eat a heart healthy diet  
Eat fish  
Turn off the TV  
Relax



*Contributed by Aynsley H*

# My Great Kaiapoi Holiday

My holiday started in the very best possible way getting up, having my breakfast, finishing packing my things and heading out to Kaiapoi, going for a walk on the Waimakariri track. Hopping on a bus I headed to the Ashley Estuary where I sat in my favourite place in the sand dunes enjoying the plentiful birdlife. I got some things from the store at Waikuku. I then hopped on the bus and headed back to Kaiapoi and checked into the motel I was staying at. I relaxed, chilled out, did some reading and watched the TV in my room. There were ponds at the back of the Kaiapoi township. I enjoyed the plentiful birdlife at the ponds then headed back to my room, having a cup of tea, my dinner at the end of a great day. I finished off my great holiday with a walk on the Waimakariri track first thing in the morning on my last day. I then packed my things, hopped on the bus and headed home at the end of a totally great holiday at Kaiapoi.

*William S*



## Christian Fellowship Verse

**Judges 18:6**

Go in Peace. Your journey has the Lord's approval

I can't change the direction of the wind – but, I can adjust my sails to always reach my destination.

*Contributed by Ian C*



# Comcare Jobconnect at Step Ahead

Many of you know Alan, as he has been visiting Step Ahead for several years now on a regular basis. Currently he attends budget lunches at Stanmore Road and lunch on a Monday at West once a month. If you are thinking about the possibility of paid or voluntary work, come along and talk to him.



## Would you like to Stop Smoking?

If you want support to cut back or quit, talk to staff. Anna has completed some training with Quitline and is a registered Quitcard Provider, able to provide support. Nicotine patches, gum and lozenges are also available



## Did you know?

Members can attend activities at the West, Stanmore Road or Rural base, regardless of where you joined. Talk to staff for more information if you are interested.



# Peer Support at Step Ahead

Members at Step Ahead regularly provide support to one another. Some members have taken another step and completed some training in peer support. We call these members "peer supporters". Currently they are Annabel, Sarah B, Ian, Kevin, Phil (Stanmore Road members), Elaine (Rangiora and Stanmore member) and Janet, (Ashburton member)

These members can provide support in a number of different ways. They might just listen, be a buddy to new members, offer encouragement, steer you in the right direction to someone who may be able to help or share their own experience of what has been helpful to them.

If you would like to know more about peer support at Step Ahead, including who the above mentioned peer supporters are, if you don't know them already, talk to Di or any staff member.



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*The views and opinions expressed in this newsletter are not necessarily those held by Step Ahead. Comments and contributions are always welcomed. The editorial team reserve the right to edit any submissions.*

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