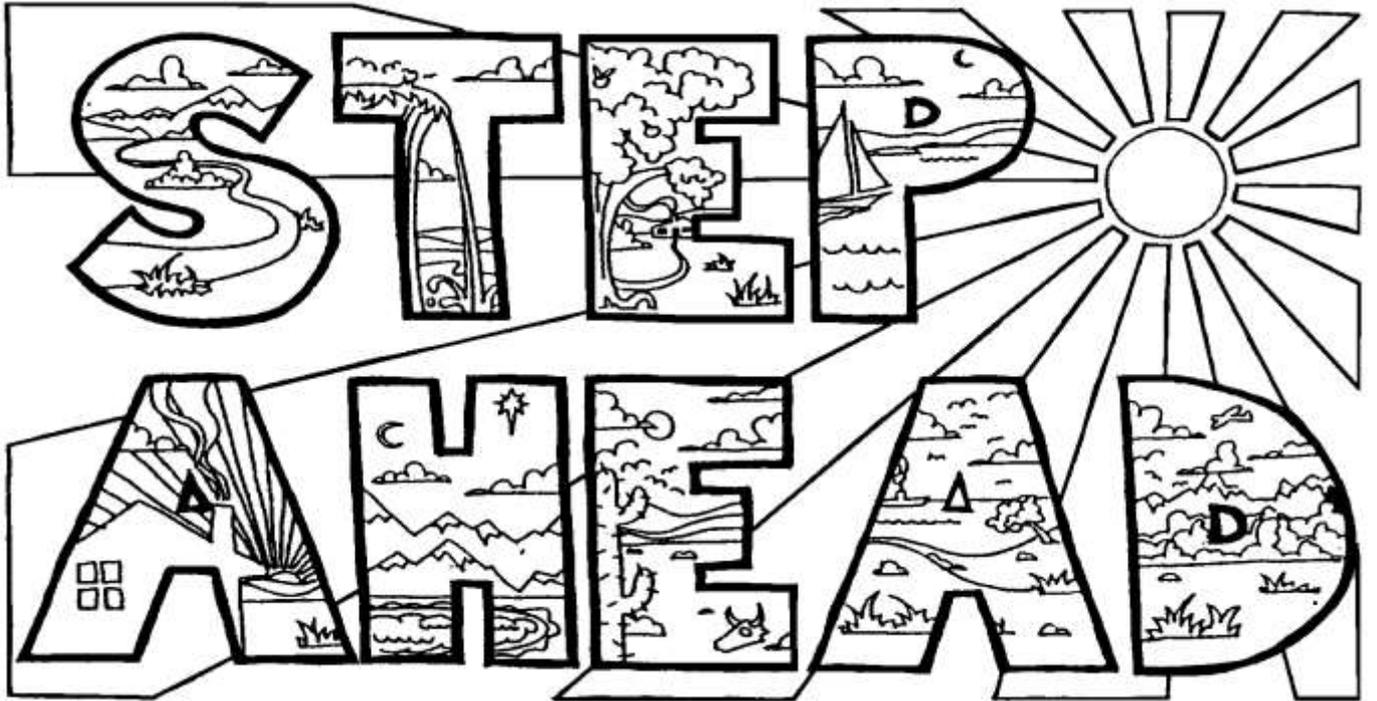
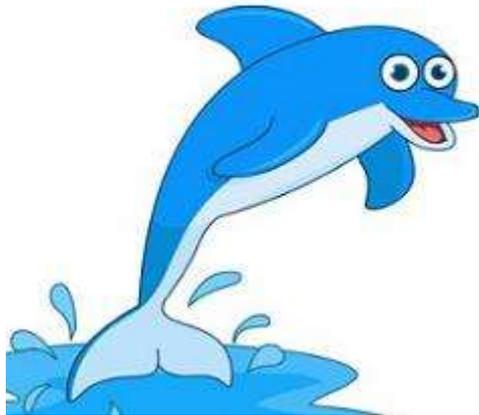


APRIL 2019



A COMMUNITY BASED REHABILITATION ORGANISATION



Black Cat Akaroa Harbour Cruise

Monday April 1st

Stanmore, West and Rangiora are planning a trip on the Black Cat to see the dolphins.

A Note from Julie – New General Manager

My name is Julie and last week I started working at Step Ahead Trust. I was lucky enough to spend the first week with Helen and this week I am in the hot seat for the first time. It was great to meet so many people at Helen's farewell last week and I will look forward to getting to know the other members and associates in the coming months.

I have lived in Canterbury for most of my life, firstly in the country and then in Christchurch. I am married to Chris and we share our home with our two large cats called Enzo and Leo. We have five adult children between us, but only my son lives in Christchurch, all our other children are based overseas which makes seeing them a challenge. We do get together every five years though, with our most recent meeting just last month in Utah which was great fun, lots of laughter, food and late nights chatter catching up on their lives.

For the last 17 years I have worked in the Aged Care sector. For 14 years of these I worked for Health Ed Trust, a Private Training Establishment that produced education materials for staff who worked in residential care facilities. More recently I have managed a residential care facility which was equally challenging and rewarding.

I am looking forward to continuing to meet the goals of the Trust and to provide worthwhile, enjoyable and rewarding programmes for Step Ahead members.

Julie



Newsletter Contributions and Deadline

The deadline for the following month's newsletter is the first Wednesday each month. The deadline for the May newsletter is the first Wednesday in April.

Contributions from members are encouraged! There are lots of different ways to contribute. For example, perhaps you have a favourite poem, joke, verse, or you've enjoyed an activity and would like to write about it and share it with other members.

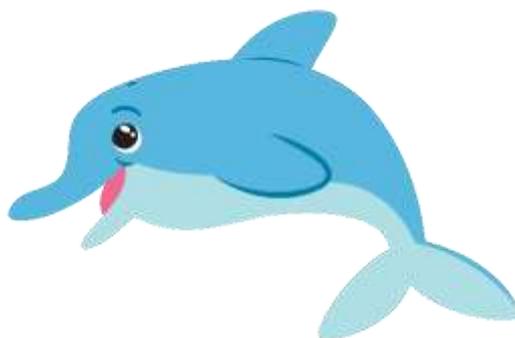
Thanks to members who do regularly contribute!



Black Cat Akaroa Harbour Cruise Monday April 1st

Stanmore, West and Rangiora are planning a trip on the Black Cat to see the dolphins on Monday 1st April. The cost is \$40. If you want to come but have not paid a \$20 deposit please let staff know.

Last time we did this trip was March 2015 so it has been a few years!



Stanmore April Women's Group

Monday 1st – Board Games Afternoon – 1pm



Monday 8th – Lunch at "Salt On The Pier" New Brighton. Meals from \$17 – 12pm



Monday 15th – Afternoon in Kaiapoi – River walk and Op Shopping -1 pm



Monday 22nd - EASTER MONDAY – STEP AHEAD CLOSED



Monday 29th – Visit to "Rekindle" Learn about no waste, Resourceful, Recycled Craft – 1pm



My Adventure to Quail Island

My day started early as I was up before anybody else as I wanted to be prepared for the great day trip with Step Ahead.

I had my breakfast then headed off to Step Ahead of which I walked from where I live in Bromley. It was a great way of helping me to keep fit for when I go to Special Olympics of which I am proud of being long time committed to as I have been to 3 National games. By the time I got to Step Ahead I was an early bird and when Helen arrived she let me in as soon as she had turned off the alarm. When all the people arrived for the day trip we left to go to Lyttelton to catch the ferry to our destination of which was a wonderful day as the harbour was very calm and enjoyable to be at peace and enjoy the scenery. We were then dropped off and walked to our picnic spot and settled down, as some of the members went to see the history of the island. While some of us either went swimming or beach combing. Michelle and myself went exploring for different shells. It was quite a surprise when she found something very interesting as we think it may have come from a shipwreck, as it is rather heavy. It is well presented and has a bolt in it so she gave it to me as I am going to find out from the Canterbury Museum what it could be as I would like to solve the mystery behind this hidden treasure and how old it maybe. I think this was meant to be as on the last trip I found what I thought was a rock but found out it was petrified wood and I will treasure these forever. I think each time I have been to Quail Island with Step Ahead there has always been some mystery for me to find there. I would like to thank the way everyone that we met on that day was very respectful and how we communicated with the schoolchildren as they were very well behaved and had a great attitude. When we were on the Black Cat ferry heading back to Lyttelton the Captain had a great way of explaining about seeing a dolphin, which I missed. I can't wait to the trip to Akaroa to see the Hector Dolphins. My thanks to Chris and Shell. I can't wait for the next adventure in the near future.

Amanda H



Stanmore Road Holistic Wellness

Guest Speaker - Vaccinations

Tuesday 2nd April - 2pm

Sue Whitworth from Pegasus Health will be speaking about the Flu Vaccine and other vaccines for adults. Come along to hear this interesting topic.



Embroidery at West

If people are interested in embroidery please let Kevin know.

We would start by learning simple stitches then progress to making a glasses case or small purse.



My Trip to England

I left in early December for four weeks in England and would like to tell you a little about my trip. I have been over there a few times before with Mum and even lived there for a couple of years in the 1980's. This trip was the first time on my own. I know I am old enough, and my Doctor and friends reassured me 'you will be fine'. I think you do have a few niggling worries when you suffer a mental illness. However my passion for museums, art galleries and my beloved London took over from these concerns.

I had nine days in London, days spent at favourite museums and art galleries and even new ones , like Tate Britain Gallery, where before I even went in I said 'wow' to myself at the grandeur of the building.

After London I went down to Sidmouth to visit my adopted donkey, Walter and his half-brother Timothy at the Donkey Sanctuary. Then it was up to Oxford, Cambridge, York for Christmas. After that Nottingham for New Year and back to London. For New Year's Day. I asked myself, 'would I do this again?' Sometimes I felt lonely but how I felt in my happy place, I want to capture again.

It has been incredibly hard to settle back home and I am still struggling, but I have so many precious memories of places I have been and the kind people I have met, that I have started to look forward to going over again. I do feel proud of myself for travelling on my own and coping with a few obstacles on the way.

Jeanette B



My Great Thursday - Part 2

My great Thursday the last day of my holidays at Kaiapoi started in the best possible way with me feeling really good having my breakfast, cleaning my teeth, going for a walk on the Waimakariri track, hopping on the bus, heading into Christchurch. Walking around the church, touching base with the office people, watering the church vegetable gardens and saying my prayers. I hopped on the bus then got off the bus at Kaiapoi, enjoyed walking around the track at the back of kaiapoi township, enjoying seeing the wildlife on the ponds, had some lunch at McDonalds, having my cheeseburger, fillet of fish burger and an ice cream, getting some money out of the bank, getting some milk from the Countdown supermarket, walked back to my motel, relaxed, reading God's word, doing some reading, having cups of tea, watching T.V. Going for an afternoon walk on the Waimakariri track, relaxing on the river bank by the Kaiapoi river by the track enjoying the sunshine, coming back to my motel, having my tea, doing some writing at the end of a great Thursday.

William S

Christian Fellowship Verse

For I know the plans I have for you says the Lord.
Plans to prosper you and not to harm you.,
Plans to give to a hope and a future.

Jeremiah 29:11



Member Staff Liaison Meeting at Rangiora

Monday 18th February 2019

Attendees: Geoff T, Warren C, Marie B, Seaton C, Leanne M, Jeanette B, Dale B, Ken M, Bruce T and Chris.

Chairperson: Jeanette B.

Highlights from last month:

Orana Park.
New West building.
Orton Bradley Park.
Nutrition with Keira.
Little Akaloa.



Last Month's New Programme Ideas Feedback

Enjoyed the new City library would like to go again.
Train at Ferrymead.
Visit more gardens.

New Programme Ideas

Oxford Museum.
Castle Hill formations.
Hanmer Springs.
Okains Bay.
Ashburton Art Gallery and Museum & Chertsey Book barn.
Rolleston Swimming pool.



Staff Notices:

Helen's farewell.
West house open day March 29th.

Anything else anyone would like to say?

Thanks to Jeanette for chairing the meeting.

Thank You!!



Meeting Closed at 10:55am

Looking for paid or voluntary work?



Many of you know Alan from Comcare Jobconnect, as he has been visiting Step Ahead for several years now on a regular basis. Currently he attends budget lunch 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.



Step Ahead Stanmore Road has a new part time cleaner working every 2nd Friday morning. This is the position that became vacant with Francine's resignation after her 8 years of employment with Step Ahead.

Those of you who attend Stanmore Road on a Friday morning will meet Angela so please make her feel welcome.

Dí



Member Staff Liaison Meeting at Stanmore

Thursday 28th February

Attendees: Merrin D, Karen S, Milly C, Cathie M, Marion N, Robin A, Claire M, Cushla T, Shell, Karen, Kylie, Barb, Di and Chris.

Chairperson: Cushla T.

Highlights from last month:

Swimming at Taiora – QEII.
Art trip to Akaroa.
Quail Island.
Music group.
Painting techniques.



Last Month's New Programme Ideas:

Outdoor Archery – plan to programme later in year.
Calligraphy – could happen in Painting Techniques.
Visit the Honey Factory in Leeston – they are very busy and not doing tours at the moment but will let us know if that changes.
Visit the volunteer centre – programmed in May.

New Programme Ideas:

Zumba – interest at West.
Horse Riding – can happen in spring.
Pamper day with craft or Womens Group.
Jewellery making.
Educational speakers will be programmed in cooler months – Keeping safe in your house and neighbourhood and making wills were suggested.



Staff Notices:

Helen sends her apologies for not being able to attend her last meeting.
Helens farewell – Friday afternoon.

Kevin keen to develop park run activity – let him know if you are interested.

Anything else anyone would like to say?
Thank you to Cushla for chairing the meeting.



Meeting Closed at 1:40pm

Step Ahead on the Internet

For those people who have access to the internet and Facebook, you may be interested in checking out our page at Step Ahead Christchurch or have a look at our website www.stepahead.org.nz if you haven't already. Did you know that you can choose to sign up to receive your monthly newsletter electronically if you would prefer? You can email us at info@stepahead.org or give us a call to arrange that.



Did you know?

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



Member Staff Liaison Meeting at West

February 25th 2019

Attendees: Patrick K, Kim H, Karen E, Brenda M, Constance B, Paul M, Ian P, Susie W, Aynsley B, Linda S, Barb, Kevin, Di and Julie.

Chairperson: Aynsley B.

Feedback from last month:

I enjoyed the visit to the Museum including pounamu and Antarctic dog displays.

The quizzes are getting very popular.

Music appreciation is fun.

The beginner's tramps are great.

Exercise at Hanson Park last week was good.

My favourites are mosaics and indoor bowls.

The West house opening was a memorable occasion, special thanks to Ian P for assisting with formalities on behalf of the members.

Day trips are fun.

Sports with Tanya is great.



Last Month's New Programme Ideas

Tram Trip – Standard adult day pass \$25.00.

The Gondola – Standard adult ride \$30.00.

Adventure Park Chair Lift – Standard adult ride \$25.00, but currently programmed March 15th as part of beginners tramp.

Ferrymead – Programmed 18th of March.

Orana Park – Will do this in cooler months as exposed during hot days.

Blacksmith at Teddington – Will try to locate.

Garden Tour – First option looked into was a bit expensive, looking for another.

Black Cat on Akaroa Harbour – Chosen over the Jet boat ride and programmed 1st April.

Double Decker Bus – Central City Tour = \$35.00 (on/off option) Or Outskirts Tour = \$45.00 (a couple of short stops).



New Programme Ideas

Hanmer Springs – On the programme in March.

Trip to Kaikoura on a Wednesday.

Cycling for general members.

BBQ before winter sets in (off site).

Boulevard markets on a Friday.

Concert at the church on Manchester St. –

Programmed in April.

Guest Speakers on topics like

- First Aid
- Hygiene
- Meditation



Staff Notices:

On Friday, farewell to Helen and welcome to Julie.

Kevin putting a white board up with new programme ideas on it – members can put their names next to the activities they are keen to participate in.

Open house at West for friends and family of members is on 29th March at 2pm.

Anything else anyone would like to say?

Can we have a bookcase for members?

Thanks to Aynsley B for chairing the meeting.

Meeting Closed at 1:30pm



Karaoke - Oh What A Night!!

The March 7th karaoke and dinner evening activity was a night to remember. We mixed things up this time by creating a 'stand up mike' space for which each person/persons could sing at, rather than sticking to the usual safe singing zone, which has been staying sitting in seats. This created an atmosphere where vocals could be heard much clearer and louder, and the confidence of the member's performances was outstanding! There was so much encouragement toward one another and the 'fun meter' went off the scale so many times, I lost count. It was such a delight to see tears of laughter rolling down member's faces, from small incidents, which we were all sharing moments of joy with. Funny little things that were happening with certain lyrics of songs etc.

As always, we all enjoyed a meal together, where there was opportunity for a catch up about general life chitter chatter. This evening activity was just such a lovely evening full of lots of shared laughs and joyful moments. I encourage and invite you to come along and join us next time. Watch out for the evening activities, and remember you don't have to find your own way home because we provide your ride home too! Right to your doorstep... Free of charge!!!

Barb



Our sincere thanks to Rata Foundation for their ongoing financial support



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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