

APRIL 2020



### The Step Ahead Philosophy

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.



### Member Staff Liaison Meetings – Next Steps Forum

Member Staff Liaison Meetings changes – free vouchers!

The first of these will be on **30<sup>th</sup> April** the usual monthly Member Staff Liaison meeting will undergo a change and a refresh. From now on it will be called the "**Next Steps Forum**".

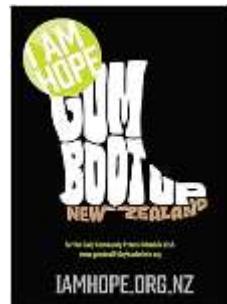
We are inviting all members along to a fun and interactive forum about where Step Ahead is going, what you like about Step Ahead and just as importantly what you don't like about Step Ahead. We expect the Forum to take about an hour.

As a thank you for coming along we will give away a free Step Ahead voucher to every person who attends (up to the value of \$5).

We look forward to a lots of members coming along to join in and having a say in where Step Ahead is heading!

### Gumboot Friday - April 3rd 2020

For people struggling with depression, it can feel like walking through mud every day. This is why wearing gumboots was chosen. Show your support. Put your gumboots on or give a gold coin donation. This helps provide free counselling for kids through the "I Am Hope Charity" ([iamhope.org.nz](http://iamhope.org.nz)).



### Black Cat Akaroa Harbour Cruise

Monday 6th April

Stanmore, Puriri and Rangiora are planning a trip on the Black Cat to see the dolphins on **Monday 6th April**. The cost is \$40. Please pay a \$20 deposit by **Tuesday 31<sup>st</sup> March** to secure your seat, or let staff know if you want to come but can't meet the deadline for payment. This is a great day out dolphin spotting as well as seeing and learning about other wildlife and fauna in the harbour area.

Check your programme for details.



### Cultural Focus each month starting in May with a focus on Polynesia

Ni sa bula

Malo e lelei

Talofa lava

Halo

As mentioned in the March newsletter every month for the next few months Step Ahead will be having a theme where some activities will have a focus. Usually this will be a country and we will learn about the culture, values, food, language and activities from that country. We have decided our first country to find out about is really more a group of countries and we will be focusing on Polynesia in May. We would love some member input so if you are from a Polynesian nation or know something about Polynesia please come and have a talk to us about how we could incorporate that into our programmes. It could be a recipe we could cook, some language, types of dress or a cultural game or craft, we are keen to hear about them all.

Polynesia is part of the broader Asia Pacific (APAC) region. Some of the countries that are classified as Polynesian are the Cook Islands, Hawaii, Niue, Norfolk Island, Pitcairn Islands, Samoa, Tokelau, Tonga and more. Interestingly, the term Pasifika is used to describe Pacific Island migrants to New Zealand from Samoa, Tonga, the Cook Islands etc.



### Photography at Step Ahead

Many of you will know that 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.



### Weka Pass Railway Train Trip

Staff are looking into the possibility of having a trip on the Weka Pass railway on a **Sunday** in May or June. This is described as a "trip back in time on Canterbury's Premier Heritage Railway".

The cost is likely to be \$15. Please let staff know if you would be interested if such a trip is able to go ahead. The train leaves Glenmark at 11.30am, is 45 minutes long and there is a 45 minutes stay in Waikari before the return trip.



### Pegasus Health Speaker at Rangiora

Melissa talked to us about the importance of being enrolled with a GP and all the benefits that are available through your medical practice.

These include access to courses such as Appetite for Life, a weight management and healthy lifestyle programme, Senior Chef for people over 60 providing help with cooking for one or two, Green Prescription, for help with free or subsidised exercise and Step Up Service, for help with work readiness and moving back into work. As well in some cases up to five free sessions with a mental health clinician is available.

An annual physical health check is recommended and funding may be available to help with the cost.

Talk to your GP or practice nurse if you are interested in these or any other support available.



## Julie's Views

It seems that all of a sudden I need to turn the light on in the morning, autumn has crept up very quickly this year and the mornings are getting darker. That's no reason to stop coming to Step Ahead though! We have a full programme of fun and creative events lined up in April. A day trip to Korukai Organic Herb Farm will be a highlight as well as our regular activities.

Most days I spend in front of the computer at Stanmore Road so it was great to spend a day with members out of the office at Lake Roto Kohatu last month. Watching members overcoming their fears and take up the challenge of getting in a kayak for the first time was inspiring. Have you tried a new Step Ahead activity lately?

Our Wednesday evening activities are a popular event each week. In April we will be exploring two different cultures by visiting the following restaurants. Firstly, we will take a dip in the Mediterranean with a visit to a restaurant with the intriguing name King of Charcoal. This will be followed two weeks later with a meal at Joyful Restaurant for a taste of delicious Chinese cuisine. The ever popular evenings at the house feature Karaoke and a quiz night. Don't forget to book!



## My Great Wednesday

### Part 2

My great Wednesday the second day of my holiday at Kaiapoi, starting in the very best way, having my breakfast, doing some reading, Gods word, hoping on the bus, heading into Christchurch dropping into the office, touching base with everyone, having a prayer time with the pastoral care person in the vegetable garden area, watering the church vegetable gardens, walking up to Merivale, having lunch at McDonalds, heading back to Kaiapoi, going for a walk around the back of Kaiapoi township, enjoying the wildlife on the ponds, having a hot chocolate at Mc Donald's walking back to my motel room, having a cup of tea, doing some writing , watching TV at the end of a great Wednesday.

### William S

## Puriri Women's Group

The Women's Group had a lovely and relaxing time cuddling cats at the Catnap Café on Thursday. A regular café is combined with a cat area, a large comfortable room with resident cats and cats that are available for adoption. Highly recommended for any cat lovers!!



## Stanmore Volunteer Group

Volunteering is giving your time to work for the betterment of the community.

Mary, Sharon and I spent a worthwhile afternoon at South Brighton Domain picking up rubbish, beer bottles, drink cans, pizza boxes, paper and many other items left behind to blow around the domain catching in the long grass and bushes and detracting from the beautiful surroundings. We collected 3 rubbish bags full, leaving the domain looking lovely again. Well done volunteers!!

### Georgia



## Puriri Craft



These prints were made using the dye from the flowers only, Lots of hammering went on to achieve this. Well done they look great!

## Update from Chris

Over the summer we have had two water tubing trips, both down the Avon River alongside Hagley Park. Both days were well attended and a lot of fun. The first day we tubed from Helmores Lane alongside the northern and eastern boundaries of Hagley Park. It was a very relaxing time as we drifted passed some great urban scenery.



We received some interesting comments from members of the public some of whom seemed surprised to see such a sight. After an hour's paddling we finally got out at the Armagh St Bridge where Di was waiting for us.

Our second trip started further upstream at Mona Vale and the weather that day was a lot warmer making for a very pleasant float. It was good to warm up on the sun-warmed pavement after getting out. Wonderful to see people pushing their boundaries and some having a go at something they had never tried before.



The day at Lake Roto Kohatu went well too, with seven members from Stanmore and six from Puriri St attending. We were able to get hold of some new kayaks this year and some of the members spent the day paddling around the lake. Those on-shore relaxed, sitting under the warm skies and eventually we put up a gazebo as the sun came out. A number of people went for walks around the lake. We didn't have the lake to ourselves that day as there was a kayak group from the Polytech and a group of year 10 outdoor education students from Kaiapoi High School who built rafts out of plastic drums and fence posts all roped together. They then conducted races across the lake which made for interesting viewing.

The tramping group's trips have been going well. On our trip up the Otira valley at Arthurs Pass we saw a large rock fall coming down off the Otira face.

We were in the centre of the valley and well away from the fall but it did look and sound spectacular. Another trip this summer was to Nikau Palm Gully near Akaroa. It was a pleasant days walking amongst farm and bush. We had lunch at the foot of the gully above the ocean, while observing the numerous Nikau and the steep rock faces that ascended skywards around us.



Another popular activity this summer was the sailing day on the Lyttelton Harbour. Captain Phil Folter sailed ten of us around the Harbour for the afternoon ably helped by the boat's owner Mark. Most had a go at steering the 37 foot yacht which is capable of going anywhere in the world. We all learnt a bit about the basics of sailing and had a go at using the on-board winches to raise the mainsail and to tack using the genoa. Lunch was on board after we dropped anchor at Diamond Harbour. Later in the afternoon we escorted a very large container vessel back to port. A great day out.



There has been good support for the gym over the past year and those going are benefiting from the once weekly event which is keeping them fit. We are fortunate to have the Shoreline gym at New Brighton as it is well equipped and user friendly. We would encourage you to come along and give it a go.



*Chris*

## Stanmore Women's Group visit to Orton Bradley Park

Mary, Susie, Jennifer and I enjoyed a picnic lunch at Orton Bradley Park with views to Charteris Bay and to the farm on the surrounding hills. After lunch we set off to walk the Arboretum Loop Walk across farmland and forest, which is home to the largest tree in NZ, a huge macrocarpa.

The walk turned out to be a little more challenging than we first thought, some hilly bits, stiles over fences, avoiding cow pats, ducking under the electric fences and crossing rudimentary bridges made from macrocarpa slabs. The women met the challenge admirably!

We met up with Laura and her lovely herd of cows which was a treat. Laura runs a dairy that produces organic milk and grazes her cows at the park.

Warm weather, beautiful views and good company made for a lovely day out

### *Georgia*



*Mary and Jennifer beside the huge macrocarpa tree*

## Member Staff Liaison Meeting Summaries

*Ashburton – February 21<sup>st</sup>*

### **Highlights from last month:**

Paper Craft enjoyed by Diane.  
Enjoyed trip to Lake Pearson, very peaceful, enjoyed feeding the ducks.  
Going to Lake Hood was nice watching people on the water.  
Leeston Art Gallery was lovely to visit.

### **New Programme Ideas:**

Decoupage objects. Button Bowl craft.  
Christchurch Museum Exhibition.

*Puriri – February 17<sup>th</sup>*

### **Highlights from last month:**

The cat cafe was really good with the cats being very friendly and interactive. Badminton was great on Wednesday. Making kites was fun. Orana Park visit was a great day out. Budget lunch was very healthy. The lamp shade activity was very creative, personalising an everyday object. Jewellery making was cool. Meditation last week was excellent.

### **New Programme Ideas:**

Drama or skit performance group, which could prepare to perform at midyear function. Charades included during quiz session. Visit the church at Little Akaloa. City to Surf. Canoe on Avon. Rare breeds farm. Scrap booking. Walk at Cheviot. Craft session doing wheat bags. Art gallery visit on Tuesday. BBQ onsite to allow for an easy plan B option. Trip on Wednesday to Geraldine or Methven.

### **Staff Notices:**

Check out our Facebook page for up to date information about what is happening at Step Ahead.

*Stanmore – February 27<sup>th</sup>*

### **Highlights from last month:**

Sailing on Lyttelton Harbour.  
Tubing down the Avon.  
Lake Roto Kohatu.  
Waitangi Day education session.  
News & Views discussion group.  
Tramps.  
Writers & Book Group.

### **New Programme Ideas:**

Kaiapoi River Queen trip. Hanmer Day Trip.  
Laser Tag. Clip n Climb.  
Trampolining. Biking at Hagley Park.

### **Staff Notices:**

April crafts are Easter baskets and making a paper flower wreath for Anzac Day.

Holistic Wellness is making red cabbage pickle  
Members are invited to a website review on March 16<sup>th</sup>.  
A police dog handler is speaking on March 11<sup>th</sup> and a speaker from the Epilepsy Society on 25<sup>th</sup> March.  
Black Cat cruise is on 1<sup>st</sup> April.

100km challenge planned on 9<sup>th</sup> March.  
A cultural theme is planned each month, starting in May with Polynesia. Let staff know if you have some ideas about how we could celebrate this culture.  
Budget lunch is now going to be called Midday Meal to better reflect that it is a healthy meal.



## Halswell Quarry 100km Challenge

Congratulations to everyone that took part in the 100kms challenge. It was a fantastic day and great to see so many members having a go, either walking, biking or running. Collectively we managed to achieve 141kms! Well done everyone!

*Di and Kevin*



## Stanmore Road Education Session - Keeping yourself well - Corona Virus - *Thursday 2nd April at 2:00pm -*

Come along to hear about the Corona virus that is currently in the News. Find out about how to keep this at bay, what is happening in other countries, and things you should and shouldn't do. For example, should I wear a face mask?

**Help prevent the spread of germs**



**Sneeze into the crook of your arm**



**Wash your hands with soap and water frequently**





**KoruKai**  
HERB FARM



**Holistic Wellness Group Tuesday**  
**April 7<sup>th</sup>**  
**Visit to Organic Herb Farm Pigeon Bay**  
**\$3 per Person**  
**BYO Lunch and suitable footwear to walk on hillsides**  
**Departing Stanmore at 9 and Puriri at 9:30am**

### Step Ahead Trust

P O Box 32 025  
167 Stanmore Road  
Christchurch 8147

Phone 389 4001

Freephone 0800 688 732

Fax: 389 4042

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

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

## Canterbury

District Health Board

Te Poeri Hauora o Wairarapa



**MINISTRY OF SOCIAL DEVELOPMENT**  
TE MANATŪ WHAKAHIAITO ORA

 **Rātā**  
Foundation