

April 2024



Julie's Views

My last newsletter - how time has flown. I can't believe how quickly the past five years has gone.

We have had some great times and some tough times. Many challenging, thought-provoking, inspiring, puzzling, exciting and heartening activities. I will look forward to seeing you all at my farewell on Friday 22nd March.

Autumn signals the end of Summer and the BBQ season but brings opportunities for different activities. Day trips in April include Castle Hill and Hanmer Springs on the Stanmore programme, Ashburton on the Puriri Programme, and Geraldine on the Ashburton programme. Easter craft activities have been added to our April programme and along with our regular programme means we have another very full month of activities. Don't forget to book in and more importantly let us know if you are not able to make it along.

I'll be following Step Ahead on Facebook and keeping in touch with how everything is going. It's been a pleasure and an honour to know you all.



Julie



Val, John and Nicky showing off the badges that they made at the Christchurch Library Mobile Tech e-Resources Information Session



Leanne, Erin and Geoff at the Devils Punchbowl

Open Craft

Open Craft at Stanmore has become very popular in the last few months with a large increase in people attending.



It's great that this group has grown so much, and hard to imagine now that the much smaller lounge space used to be the venue.

Open Craft is an opportunity to bring along your own craft project and spend time working on it while in the company of an accepting and caring group of members.

If you don't bring your own project you are welcome to use the Step Ahead mandala art colouring in books. If you wish to use Step Ahead paints during this session there will be a (\$2) fee for this which is a contribution towards these resources.

We look forward to seeing this group continue to grow.



Amanda with her decoupage art table

Rangiora Panui

A Health Focus series is happening this month. It will be running on two Wednesdays facilitated by a local health coach.

There is also a Next Step Forum scheduled so bring your ideas and share your thoughts with us, as we value your input.

Following a suggestion from members we have booked in a game of lawn bowls at Woodend which should be lots of fun. You will need (\$2) and flat soled shoes for this activity.



When we are able we would like to continue with our garden project at Pam's place. We will add regular trips out there to our programme so we can share the produce within the group and learn about seasonal vegetables etc.



Easter Eggs on a Branch

Wednesday 10th April at 1pm, Stanmore (\$2)

Come and get creative with some eggs, paint, branches, driftwood. Let your imaginations flow!



Thank You

We would like to extend a huge thank you to Wellington-based company Native Eye for their very generous donation to Step Ahead.

Native Eye was introduced to Step Ahead by Roseanne from Mind, Body and Soul. After learning more about us and the work that we do to support Mental Wellness, Native Eye donated a large number of Paint by Number kits to us. These kits are being distributed through our Art and Craft activities. We have also passed on some kits to other Mental Health organisations.





Making suncatchers at Stanmore

Pétanque

Wednesday 17th April, Stanmore 1pm and Puriri 1:15pm

Pétanque is a simple game to learn. The aim is to throw metal balls (boules) as close a possible to the 'jack', a small wooden ball.

Come and join us for a game at Halswell Quarry.



Mount Cook Briefing

Thursday 11th April at 10:30am, Stanmore

This session is essential to attend in order discuss itinerary, kit lists, expectations etc for the upcoming Mount Cook trip on the 17th and 18th April.

Please only attend this session if you have secured your place on the Mount Cook trip, by paying your deposit and discussing the suitability of this trip with a staff member.

If you know you will not be able to attend this briefing, then please contact Tom to collect the relevant information.

Check in with Tom for more details.



A Gentle Reminder

When we show a new person around Step Ahead, we describe the activities and opportunities that are on offer. As well we want to make sure that we provide a calm, accepting, supportive and encouraging environment at Step Ahead.

This environment of acceptance of others who come to Step Ahead is fundamental to us and we all strive to make sure this is achieved. We need all our members to also commit to this to make Step Ahead a welcoming place to be. Remember to please be kind at all times.



Ashburton News

Wow Ashburton is really growing! Welcome to all our newer members and thank you to our long-time members for making Step Ahead Ashburton such a welcoming place.

We have some great new activities lined up for April! For the first time we are inviting our younger members (18-35) to join the Young Adults group from Stanmore to visit Willowbank.



We are having a go at mosaics, glazing ceramics and croquet at Waireka Club in Ashburton Domain.

We also have some great day trips planned to Little River, Lake Heron and the Roger Mahan Heritage Centre in Geraldine.



Remember to book in early by texting or calling Jen. You can also book and cancel bookings anytime by calling 0800 688 732 and the lovely folks at Stanmore will pass a message along to us.

Jen and Anjie

Fox II Sailing in Akaroa

Thursday 4th April at 8am (\$10)

Come along and enjoy an amazing opportunity sailing on the Fox II sailboat.

An early start but returning around 3pm.

You will need to bring warm clothing (it will be cold on the boat), closed toe shoes, lunch water and something to tie long hair back with.

Priority for this trip will be given to those members who did not get a space on the February sailing.

Check in with Tom or Di for more details.



Thrive Talks

Aspire Canterbury and Braintree have created a series of inspiring talks featuring passionate experts with lived experience, showcasing their resilience and success.



We have planned to attend more of these talks in the April programme.

Monday 15th April at 9:30am, Stanmore (\$2)

Building Resilience with Dr Lucy Hone – a thought leader in the field of resilience psychology and expert in turning complex science into useable tools

Monday 29th April at 9:30am, Stanmore (\$2)

Motivation and Confidence with Gary Endacott – someone who has never let his disability stop his desire to succeed in life. In his words “Attitude is Everything”

For both sessions we will meet at Stanmore Road and then travel to the venue. The cost is \$2 and is due by **Wednesday 10th April** for the first session and **Wednesday 24th April** for the second session.

Book in and pay early to secure your seat – this is limited to nine members in total. Please contact Bryan with any questions.



Beginner sewing - Flower Cushion

Wednesday 10th April at 9:30am, Stanmore (\$2)

Create a beautiful flower pillow for your house. Fabric is supplied, but please bring an old cushion or pillow if you have one for stuffing material.



No sewing experience is needed. Come along and have some fun!

You'll Never Guess

I am a 19th century invention. Several people were working on versions of me but a Scottish man became recognised as my inventor. His work was inspired by his deaf mother and wife, and he later tutored Helen Keller.

- A. Telephone
- B. Radio
- C. Record Player
- D. Telegraph

I am a trophy, the oldest one in international sport. I was first contested in 1853. I was damaged in an attack in 1996 and painstakingly mended by the same London firm that made me in 1848.

- A. Melbourne Cup
- B. FA Cup
- C. America's Cup
- D. Stanley Cup

Answers on the last page of newsletter!

Contributed by Mel T



Parkrun/walk is a free community event where you can walk, jog, run, volunteer or spectate in a 5km challenge that takes place every Saturday morning in North Hagley Park.

Parkrun is positive, welcoming and inclusive. There is no time limit and no one finishes last. Everyone is welcome to come along.

Practice 1: Thursday 11th April, transport available from Puriri and Stanmore (refer to programme for times).

Practice 2: Thursday 18th April, meet at North Hagley Park by the tennis courts, close to the Armagh Street carpark at 8am.

Main Event:
Saturday 20th April at North Hagley Park - 8am sharp!
 Come and share the buzz and enjoy the community!

Ask Kevin about details and registration.

The Rusty Acre

Wednesday 3rd April at 1pm, Stanmore (\$5)

Come and explore the Sculpture Gardens at the Rusty Acre in Mandeville. On our arrival Allan and Andrea will welcome us and have a chat about the two acre garden that they established from a paddock in 1993.

The gardens comprise of a herb garden, orchard, two ponds, border gardens, rhododendrons and many other specimen trees.

Allan will show us his latest piece of art and talk a little about his welding.

There is also a home décor gift shop if anyone is interested in buying something special and unique.



Sisters Teresa and Cilla meet at Erewhon



Our Young Adults Group at The Giants House in Akaroa

Make your own Dreamcatcher

Monday 8th April at 1pm, Puriri (\$2)

Wednesday 24th April at 1pm, Stanmore (\$2)

Using yarn, cane and feathers create a dreamcatcher. These are fun to make and look beautiful hanging in a window or on a wall.



A SMILE

Remember the good and forget the bad
Many things in life make us sad
But to overcome and make life worthwhile
Herald the earth and give just a smile

A smile can project a thought
Even reflect a dream we sought
It can also make us happy throughout the day
And in return we help others along the way

So remember a smile always
And beware of all those days
When this gesture is far from our mind
But in the end, happiness it will find

An original poem by Clare H (Rangiora Member)

Stanmore Member/Staff Liaison Meeting - February

Highlights

- Men's Group trip to Hot Pools
- Fox Sailing Trip in Akaroa
- Erewhon Clydesdale Wagon Ride
- Helicopter Hill Tramp
- Surfing
- Waitangi Day Okains Bay Trip
- Stone Carving & Art Group
- Day at Lake Roto Kohatu
- Roller Skating

New Programme Ideas:

- Tranzalpine Train Trip – this is unlikely to happen again in the near future due to cost
- Ice Skating
- Trip to Hanmer
- Kaiapoi River Boat – expensive as need to have a meal rather than just a cruise
- Fishing Trip
- Yarn & Nail Art
- Stanmore members joining Puriri woodwork groups



YOU'LL NEVER GUESS ANSWERS
A. Telephone
C. America's Cup

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