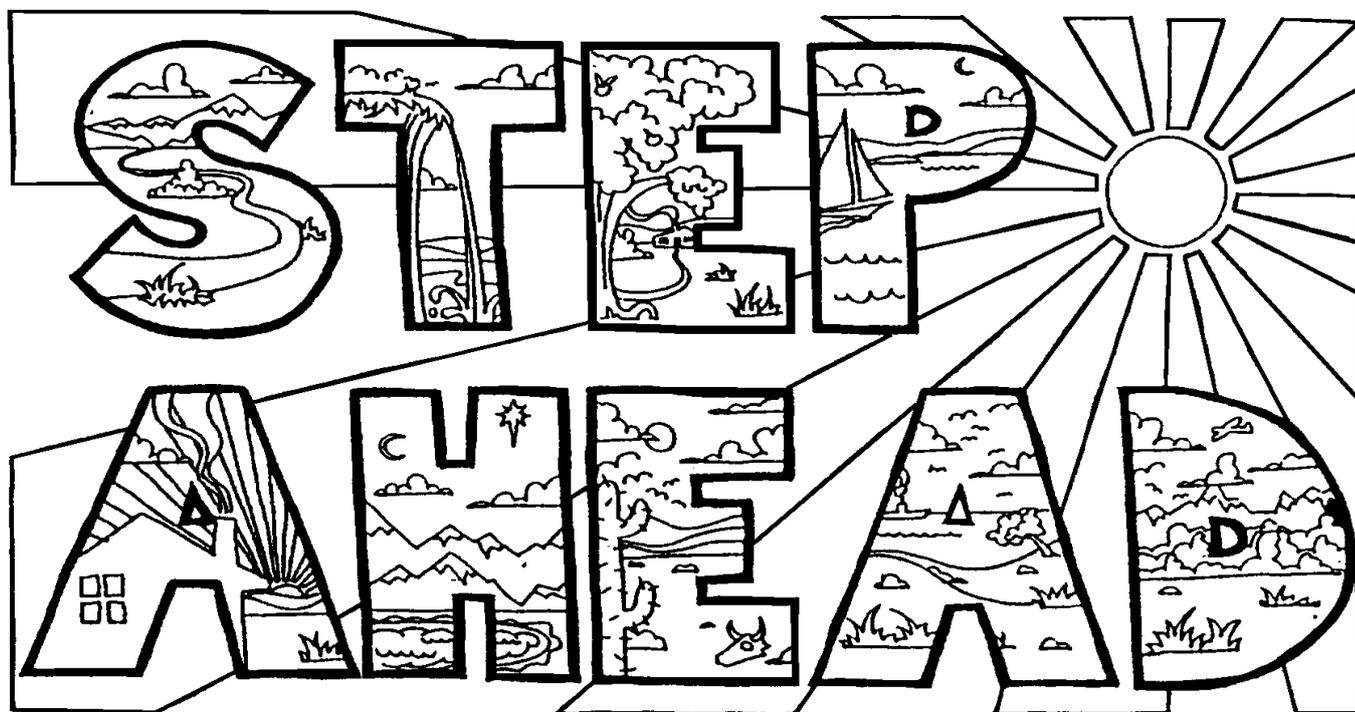


AUGUST 2016



A COMMUNITY BASED REHABILITATION ORGANISATION



Stanmore Road Ski Trip - August 12th
Details in newsletter

A Note from Helen

August already and supposedly the last month of Winter! It's certainly a bit lighter in the mornings and evenings. We have been spoiled with lots of sunny days, which have made it much easier for people to be out and about enjoying a variety of activities at all bases.

The recent open afternoon at Stanmore Road was a great opportunity for members to bring family/whanau members and friends along to find out a bit more about what we do and meet some of the staff. It was really nice to meet many visitors and welcome them to Step Ahead.

All members will receive a letter and an invitation to attend a special meeting planned for later in the month so members can consider some changes to the structure and composition of the Trust board.

If you are a facebook user you may like to check out our page to help stay in touch. We are Step Ahead Christchurch and if you like and follow our page, you will receive regular news and updates which you may also choose to share.

The cooking groups at Stanmore and West will be making some very tasty treats this month, so if you don't enjoy cooking at home, this can be a really good way to get motivated and try some new recipes too.

The speaker at Stanmore this month will be sharing information about the Green Prescription personal programmes for people who are wanting a healthier lifestyle so come along and find out some more about what this might be able to offer you.

Some day trips to chillier locations are on Stanmore, Rangiora and West programmes during the month too so check for details of a Skiing day with Stanmore and also the Rangiora trip to Arthurs Pass.

A busy month ahead at all Step Ahead bases so we hope to see you soon.

Helen



Fire Safety in the Home

Guest Speaker- Mark Thomas

Thursday 23 June

Today, we had Mark Thomas come and share his knowledge with us about fire safety. He has had many years work experience as a fire fighter, and gave us a very informative talk, which lead into a DVD on the main causes of fires in homes. We also had time to ask questions and add to his discussion. The main fire safety advice we gained, arising from the DVD were the following points:

Never leave kitchen/cooking unattended. Always stay with elements and ovens when they are turned on.

1 metre heater rule. People and clothing should be at least 1 metre away from heaters or fires to avoid them catching fire or burning.

If you have a fireplace that is being used in the home, have it professionally cleaned once a year. A buildup of soot, or cracks in the chimney can cause house fires.

If you notice an electrical appliance is faulty, then throw it away and buy a new one. Never use second hand electrical appliances without having them tested first.

Do-not overload power points. Multiple power boxes should only be used with appliances that draw small amounts of power. Appliances that draw large amounts of power such as fridges or vacuums should be plugged directly into the wall.

If using an electric blanket, warm the bed before using it, and turn the electric blanket off when getting into the bed.

If using a clothes dryer, clean the filter after EACH USE. The buildup of lint can prevent air circulation and cause a fire.

ALWAYS HAVE WORKING SMOKE ALARMS IN YOUR HOME. These need to be tested yearly or replaced as needed. The alarm will beep continuously if the battery needs replacing.

Please note: Mark mentioned that if anyone does not have a working smoke alarm in their home they can phone their closest fire department and they will organize a time to come and install a smoke alarm that will last for ten years.

Thank You

Thank you to Step Ahead for providing the opportunity for members to update their First Aid Skills. The course was really interesting and it was great to see how the defibrillators work. We found that the machines take you through each step of the process through voice commands, and that there is an APP called "Locate AED" where you can go on line and see where the defibrillators are in Christchurch near you. We learned about current changes in first aid and how to apply various techniques covering a variety of situations.

It is really appreciated that we were given the opportunity to undertake the course to be upskilled. We recognize that the course was subsidised by Step Ahead making the course affordable for members thank you.



Recipe Book?

It has been brought to my attention that we have a Cooking for One Group. I would love to see a recipe book produced to support this. Are there any other members that would benefit from this or have recipes they could share?

Please feel free to talk to myself or the staff with your ideas.

Thanks

Louise R



Member Staff Liaison Meeting at Ashburton

Friday 24th June 2016

Attendees: Vicki S, Grace M, Noelene H, Angela H, Sarah T, Christine H, Owen M & Anna.

Highlights from last month:

Walking in the Botanic Gardens.
Music Appreciation with West.
Budget Lunch with West.



Music

Last Month's New Programme Ideas:

Visit to Glass Artist in Tinwald has been programmed for July.
Easy Baking on programme in July also the visit to Rolleston township.

New Programme Ideas:

Swimming at EA Networks Centre, charge members \$3.00.
Visit to Chertsey Book Barn and Rakaia Shops.
Day Out to Darfield, Oxford.
Mayfield Retro Shop.
Christchurch Art Gallery and Arts Centre.
Trip to Timaru.
Visit to Rangiora Township.



Anything else anyone would like to say?

Food Activities to increase by 50c in July.
Where we could go for a lunch out one day? (somewhere under \$20)

The Members would like to have a catch up with Marilyn.

Meeting closed 1:30pm

Member Staff Liaison Meeting at Rangiora

Monday 27th June 2016

Attendees:

Warren C, George W, Dale B, Helen M, Leicester S, Leanne M, June V, Louise R, Graham L, Kenneth M, Jeanette B, Clare H, Ellie N, Chris, Anna & Di.

Highlights from last month:

Trip to Hanmer Springs.
Good team doing the newsletter this month.
Visiting the Novelty Garden at Kaiapoi.



Last Month's New Programme Ideas

Trip to Geraldine programmed in July.
Orana Park and Toffs Garden in the spring when the weather is better.

New Programme Ideas

Visit to Akaroa with a stop at Barry's Bay Cheese Factory.
Fishing trip and open craft on a Wednesday.
Guest speaker from local vet.
Crash fire at Christchurch airport on a Wednesday.
Visit Army Base at Burnham.
Meal out at the Rockpool café and pool tables.
Lunch out at the Papanui RSA, or Kaiapoi Golf Club.
A whole day of crafts.



Anything else anyone would like to say?

We are trying to get new ideas for the Wednesday group so please let us know if you have any.
Please remember to book in and cancel for activities.
Promoting Golf Trips on a Wednesday. An alternative is going to a driving range if the weather is bad.
We also need some ideas for some more physical activities.

Archery Is Returning

Thursday 1ST September
1:30 at the West Hall

Vicky from the YMCA will run a two hour archery session. We last had this activity in September 2015 and it was very popular and a lot of fun.

Vicky gives very good instructions so come and have another go or come for the first time to try something new.

Cost \$5:00

Book in as usual. See you there!



Would you be interested in a discussion group at Stanmore Road?

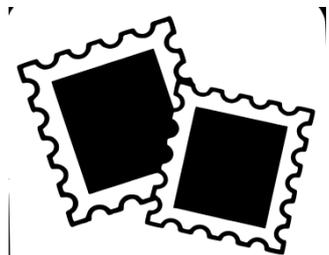
A suggestion has been made for a discussion group maybe once or twice a month, which could include chatting about current events, hobbies, interests and any other things the group would like to talk about.

If this sounds like something you would be interested in please let staff know.



Missing

12 CD Cases filled with clear craft stamps have gone missing from the arts space. If you know anything about there whereabouts please let staff know.



Member Staff Liaison Meeting at West 3rd June 2016

Attendees: Bobby M, Amanda H, Constance B, Toni H, Paul M, Tracey D, John H, Jan S, Shaun R, Jill K, Ian P, Jessica S, Karen E & Kevin

Chairperson: Jessica S

Highlights from last month:

Enjoyed outings this month.

Enjoyed Tai Chi, Mosaics and Healthy Cooking.

Enjoyed my first time attending Jewellery Making.

The fellowship here is great.

I like Tuesday and Thursday at Step Ahead.

This is my first Member Staff liaison Meeting at West and I have made some new friends here.

Things have gone well at Tai Chi.

Art with Kate was excellent.

I've learnt a lot since attending Step Ahead and Stepping Stones, a definite plus.

Would be good to do more things with Stanmore.

Craft groups have been great.

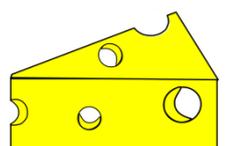
Jewellery Making was great with interesting conversation.

Cheese factory outing was fun.

Budget Lunches have been very nice.

Tai Chi tutors are excellent.

Would like to do outings if my walker will fit in van?



Last Month's New Programme Ideas:

Homebush visit.

Harry Ell walkway/ Day out and BYO lunch.

Midday Meal out.

Ceramics.

Live fish display at wholesale/retail outlet.



Gebbie's Pass and Summit Road tour including Charteris Bay or Lyttelton.

PMH war time tunnels.

Fudge Cottage Tour.

Airport visit.

Wigram Museum.

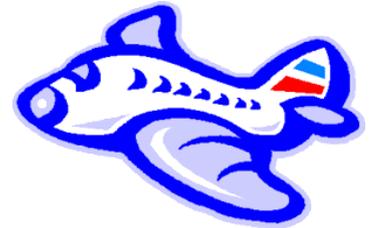
Ferrymead.

Ice Skating.

Toy Shop exhibition.

Gym session at SA in Hall.

Line dancing (music and movement)



New Programme Ideas:

Day out to Waikuku, Amberley and Rangiora. Snow trip

Trip to Timaru. BBQ/Sausage sizzle.

Badminton. Make a masquerade mask.

Op shopping. Stanmore Road market day at St Vincent de Paul.

Meal at La Porchetta. Confidence course.

Adrenaline forest. Craft – learn to crochet.

Craft – make a lamp shade. Public speaking.

Paper Mache craft. Ferrymead.

Floristry speaker display. Line dancing.

Guest speaker on budgeting. New Brighton Museum

\$2 cuppa tea and black and white movie.

Pool and Darts. New Brighton for day.



Staff notices:

Progress is being made with our west property next door. We now have the consent from the Christchurch City Council and we can start renovating the property to include basic features such as parking and disability access etc.

Meeting closed at 1:30pm



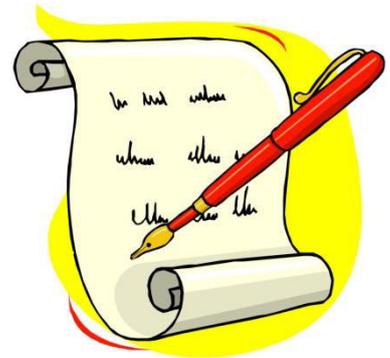
Member Staff Liaison Meeting at Stanmore Road 30th June 2016

Attendees: Tracey C, Max L, Merrin D, Milly C, Alicia, Alan S, Aynsley H, Karen S, Jessica S, Amanda H, Louise R, Anne W, Di, Robin, Raewyn, Barbara, Chris & Anna.

Chairperson: George W

Highlights from last month:

Papanui Club and Hornby Working Men's Club.
Tramps.
Writers & Book Group.
Mosaics.
First Aid.
Decoupage.
Hanmer Trip and hot pools.
Golf trips.
Meeting people at dinner at Stanmore.



Last Month's New Programme Ideas:

Green Prescription speaker - coming in August
Men's group day trip to Kaikoura - in July
Ski trip planned 2nd Friday in August
Men's and Women's group visiting the Toy Collector museum this month
The Flip Out Trampoline is not up and running yet
Not enough interest in William's DVD as yet

New Programme Ideas:

Barry's Bay Cheese Factory
Discussion Group – Max to write something for the newsletter calling for interest
Members Cooking for One Recipe Book – Louise to write something for the newsletter calling for interest

Craft ideas; Xmas Wreaths, Alternate Decoupage group
Chocolate Making (Christmas themed chocolates)
Housie more often – happening at the beginning and end of August
Book Reading Group, sharing books you have read
More jewellery pieces needed. – will get when jewellery making on the programme
George W would like jigsaw puzzle pieces for wreath making
Horse Riding
Guest speaker - Budgeting
Introduction to different ideas, sports, hobbies etc – Green Prescription offers this
Women's Group pamper day – held recently
Mystery Van Trip with clues, scavenger hunt etc

Staff notices:

Golf is happening fortnightly on the Rangiora programme – any Stanmore members welcome

Guest Speaker - Abby from Bull Breed Rescue happening on 21st July.

In July there is a mid-winter swim for all keen members and an Open House Afternoon programmed

The review of the Step Ahead Trust Board over the last year or so is nearly complete. A special meeting is planned for later in August regarding the proposed changes to the composition and structure of the Board. Members will receive a letter advising of more details and the date, after the July Board meeting when details will be confirmed.

Members were asked if they would support having a volunteer doing some hours at Step Ahead. She is a Social Work student who is also a consumer of mental health services. Members agreed to this possibility.

Anything else anyone would like to say:

George was thanked for being chairperson

Meeting closed at 1.55pm

Step Ahead Ski Day

Step Ahead is running a ski trip this year to Porters Ski Field on Friday August 12th. Options will include skiing or snowboarding. The cost of this activity is \$20 for skiers and \$25 for snowboarders, which includes hire of boots, poles and skis/snowboards. The snow conditions are a bit unpredictable but hopefully there will be a major dump before we head up there. Please ensure that you pay your deposit of \$10 by Friday 5th August. Those coming will receive a letter at a later date giving further information.



Contact Chris or Di for details

Winter Beach BBQ Waikuku

Come along for a great night out at the beach BBQ at Waikuku beach. This is the evening activity on Wednesday 10th August and we will be cooking the meal on the beach. We had this activity a few years ago and it was a great success so come along and join in.

If the weather is bad we will have an indoor barbeque at Stanmore Road.



Men's Group

This month the group will be off to Hanmer on Thursday 19th August. Swim at the hot pools will be optional. Come along for a great day out with the guys. Later in the month, on Tuesday 30th August the group will have an afternoon at the new trampoline park. Put some bounce into your life!



Step Ahead Art Exhibition

Step Ahead will again be holding an exhibition of members work later this year. It will be at the East side Gallery, on the corner of Stanmore Road and Worcester St, opening on Monday 10th October.

We are calling on our many talented members to contribute to the exhibition. Whether you express yourself creatively through art, stone carving, mosaics, craft or your photography, we invite you to take part! The expectation would be that all entries are into Step Ahead by the beginning of September.



Talk to Karen, Selwyn, Kevin or Di for more information

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, Grace, Phil (Stanmore Road members), Elaine (Rangiora and Stanmore member) and Janet, (Ashburton member). This month we also welcomed Bonny S and Sonia D as peer supporters at Step Ahead West.

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.



Guest Speaker at Stanmore Road Green Prescriptions

1:30 - Thursday 11th August

A green prescription is a health professional's written advice to a patient to become more physically active, as part of the patient's overall health management

A green prescription gives you access to personalised physical activity, advice and support including

1. Free consultations with a qualified and experienced physical activity coach
2. Access to participate in "Be Active" programmes
3. Entry to join "Have a Go" sessions to try an activity at low costs

Come along to hear more and get inspired or share your experience if you have been on a green prescription programme.



Christian Fellowship Verse

For in Him we live and move and have our being.

Acts 17:28



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.



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



My Great Monday

My great Monday started in the very possible way after a good night's sleep. Putting on my winter clothes, a woolen hat and two fleeces, one fleece on top of another fleece. Hopping on the bus and heading out to Kaiapoi, having a medium hot chocolate at McDonalds, then hopping on the next bus heading out to Waikuku, enjoying the abundant bird life at the Ashley estuary. Getting some medicine from the chemist and doing some shopping at the supermarket at Merivale, on my way home. Making myself a cup of tea, having a cup of tea and watching a Star Trek DVD. Finishing a great Monday, finishing doing the house work vacuuming & dusting the lounge, ringing a church friend, talking to a church friend on the phone; having my tea and doing some writing at the end of a great Monday.

William S



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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.

Step Ahead Trust

P O Box 32 025
167 Stanmore Road
Christchurch 8147
www.stepahead.org.nz

Phone 389 4001
Freephone 0800 688 732
Fax: 389 4042

Email: info@stepahead.org.nz

Facebook: Please like our Facebook page – Step Ahead Christchurch