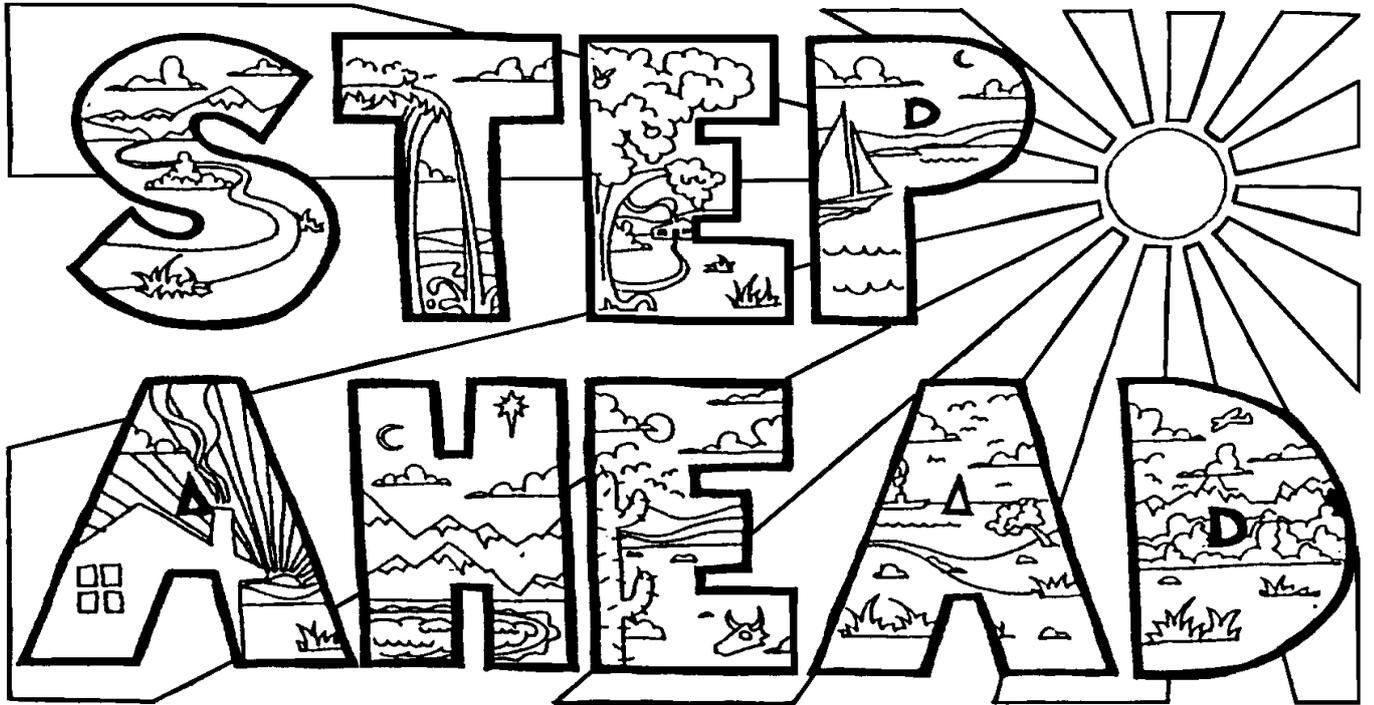


AUGUST 2017



A COMMUNITY BASED REHABILITATION ORGANISATION



Stanmore Road Ski Trip - August 25th
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 and we are hopefully well on the way to Spring.

It was great to meet many family/whanau members, friends and support people during the recent open afternoon at Stanmore Road. Thanks to everyone who came along to have a look at Step Ahead and meet some of the staff and other members.

We have been very fortunate to have received a generous bequest from friends and family of Elaine, who sadly passed away in April. Elaine was well known to staff and members at Stanmore, West and Rangiora. She was also a great friend and supporter to many. After careful consideration about the best thing to buy with this unexpected gift, we have purchased a really nice garden seat which has been placed in the front garden at Stanmore Road where it looks great and can be enjoyed by many.

As well as the usual activities, there are some other great options on this month's programmes including visiting a local radio station and a day trip to Hanmer. Alan from Comcare will be at Stanmore on 24th to provide an information session for people who are thinking about either voluntary or paid employment and how best to proceed. This will be a really good opportunity to explore and consider some options alongside other members and with Alan's expertise.

If you are interested in writing poetry or short stories the Writers and Book group at Stanmore might be worth checking out.

Don't forget about Step Ahead if you are a facebook user. We are Step Ahead Christchurch and you may like to check out our page to help stay in touch and if you follow our page, you will receive regular news and updates which you may also choose to share.

Helen



Stanmore Road 20's and 30's Group

The 20's and 30's group provides a programme for people in this age group to socialise and enjoy the company of their peers while doing activities.

This group is held once a month on a Tuesday.

Members are welcome to suggest activities they would like to do and think others might also enjoy.

Thank you to those members, who completed the recent evaluations for the group and for your feedback and ideas for the programme.



Documentary Group at Stanmore Road

Wednesday 23rd August 1pm

This is a new opportunity for curious brains of all shapes and sizes to get together and learn new stuff. Come along and watch a documentary and enjoy a stimulating discussion; you never know, you might discover some new interests.

If you love to learn or if you just like to watch TV and chat come and be part of this new group. Whether you know a little or a lot, everyone is welcome. See you there

Elizabeth

Plains 96.9 FM Radio Station Visit

On Wed 16th August Stanmore will be visiting Plains FM for a look at their radio studio. You will have the opportunity to see how all the news and music is produced and even try out some voice recording if you want. There will be a small charge of \$2.50 for this visit.



Calling for Interest

Are you interested in joining a group to go out to different places and take photos of the world? Do you own a camera and want to get out and about and use it more? Would you like to share your photos with others who also enjoy photography?



If you answered yes to any of these questions, then express your interest to either Di or Barb.

Men's Group Prostate Health Talk

On Tuesday 27th June we heard from Tony Buckland from the Prostate Cancer Foundation. We had good attendance and all of us came away from the talk informed about this major health risk for men. One in eight men in western countries will get Prostate Cancer. A friendly reminder to get checked regularly by your doctor.

Chris

Bike Repair Afternoon

We would like to find out how many members might be interested in attending a bike repair activity at Stanmore. This will cover basic cycle repair such as fixing punctures and adjustment of brakes and cables. If there is enough interest we plan to run this sometime in the spring.

Talk to Chris or any member of staff if you would like this activity to take place.



Vocational Next Steps

Alan, Peer Supporter from Comcare Job Connect will be known to many of you as he attends budget lunches at Stanmore Rd on a regular basis.

On Thursday 24th August, 1pm at Stanmore Rd he is offering a session for anyone interested "A Commitment to Vocational Next Steps" i.e. volunteer or paid work.

In this group you will be exploring understanding the barriers, moving beyond the barriers, what is my motivation, can I and do I want to make changes, what would changes look like.

Come along to be part of this opportunity in a supportive environment with friendly people.

Stanmore Road Guest Speaker from the Electoral Office

Thursday August 10th 1:30pm

Glen has recently spoken to Rangiora members and the session was informative and enjoyable.

Topics he will cover include how the parliamentary system works and how to:

- ensure you are on the electoral role
- be on the unpublished roll if you choose
- use the easy vote card



This is perfect timing since Saturday 23rd of September sees us going to the polls to cast our votes for the 2017 election.

See you there

Stanmore Road Social Group

The idea for this group originated from members at the member staff liaison meeting and some one on one conversations.

The group met for the first time on 14th June and had a bunch of different ideas about what the group might do.

Ideas included:

Walks & coffee, Walks to feed the ducks, Board Games, Karaoke, Charades, Consul Games, Quizzes, each person bringing a quiz question, Conversation starters, DVD's Documentaries followed by discussion, Speaking about an interest or a hobby, Short speeches on any given subject, a cosmetic make up/colours/fashion afternoon.

Members felt that at each group, there could be a choice of activity so that not everyone needed to be doing the same thing.

This month the group is programmed on Wednesday 9th August. Come along to join in and to see what happens!

Dí and Georgía

Step Ahead Ski Day

Step Ahead is running a ski trip this year to Porters Ski Field on Friday August 25th. 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 looking good this year. Please ensure that you pay your deposit of \$10 by Friday 18th August. Those coming will receive a letter at a later date giving further information.



Contact Chris or Dí for details

Barbara M a Returning Peer Supporter at Stanmore Road

Hi I am Barbara M and after a break in which I completed the National Certificate in Mental Health and work I am now once more available to be a peer supporter at Stanmore Road.

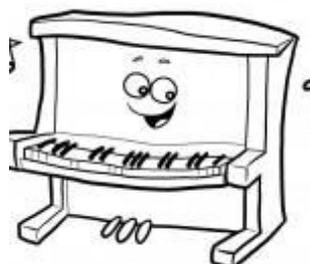
I was among the first members at Step Ahead to do Peer Support training along with Annabel H. It was after doing this training I wanted to go on & do the further training. A few years later my dream came true & I did my training at CPIT followed by 4 years working at Latnam House as a Peer Support Worker both as a paid staff member & volunteer.

I have been a member at Step Ahead for 11 years now. I am available at Stanmore Road on a Monday & Friday morning. I know the importance of having someone to support new members. A cheery hello or a smile is very welcoming when you are new to a group.



Free piano lessons at Stanmore Road

Grace has been offering piano tuition for several years now on a Wednesday morning. She currently has a place for one more student. There is no cost. If you are interested talk to Di.



Christian Fellowship Verse

A Prayer for Patience

God, teach me to be patient-
Teach me to go slow-
Teach me how to "Wait for You"
When my way I do not know...
Teach me sweet forbearance
When things do not go right
So I remain unruffled
When others grow "uptight"...
Teach me how to quiet
My racing, rising heart
So I may hear the answer
You are trying to impart...
Teach me to let go, dear God,
And pray undisturbed until
My heart is filled with inner peace
And I learn to know Your will!

Mid-Winter Swim 2017

Friday 18th at 10:00

The annual Step Ahead mid-winter swim challenge will be held on Friday 18th August at 10.00. This event is open to the brave souls who are willing to brave the elements and the austere and spartan conditions of wind and wave at this inopportune time of the year. Only the toughest need apply!

But be assured on your return from the briny you will be treated to the warming and healing aroma and taste of superb vegetable broth.

Chris



Winter Tips for Staying Well

1. Have the flu vaccination – it may be free
2. Wash your hands regularly – winter illnesses are easily spread by hands
3. Exercise daily – for 20 or 30 minutes
4. Eat healthy foods – it helps build your immune system
5. Get fresh air in your home. (open windows during the day even for a short time)
6. Reduce dampness – keep the bathroom door closed when showering or bathing
7. Quit smoking
8. Cough into your arm, not your hand

If you are not feeling well, please stay away until you are feeling better so as to not spread the bugs.

Use Healthline or your GP clinic after hours for advice. You can get free health advice from registered nurses by phoning Healthline on 0800 611 116



Member Staff Liaison Meeting at Stanmore Road Thursday 29th June 2017

Attendees: Annabel, Tracey C, John D, Alan W, Robin A, Merrin D, Aynsley H, Mel T, Max L, Steve F, Chris R, Alicia R,
Apologies: Elizabeth C, Alan S, Kylie, Helen, Di, Barb, Karen, Chris & Raewyn

Chairperson: Mike T

Highlights from last month:

Men's group speaker on Prostrate Cancer
Golf
Meals
Speaker from Pegasus Health
Social Group
Men's Group trip to Geraldine
America's Cup!



Last Month's New Programme Ideas:

Several members are interested in a bike maintenance session and a speaker from the Cancer Society re mole checks etc. is being arranged.

New Programme Ideas:

Flax weaving
A speaker about your rights as mental health clients
Documentary Group as well as News & Views Discussion Group

Staff notices:

Trip to Sockburn Fire Station on Friday July 19th
Visit the Press Printing Plant on Friday July 14th. Only 5 spaces.
Clip n Climb Friday 21st July
Visiting Plains FM radio station in August
Men's Group trip to Arthurs Pass

Step Ahead's annual art exhibition opens 2nd October. Talk to Karen for more details

A decoupage Group is starting in August

The mid-winter lunch is tomorrow at 12.30

A mid-winter swim is programmed in August

There is an open house afternoon on the last Friday in July. It's an opportunity to bring friends, whanau, support people along to visit

In August there will be a speaker from the Electoral Office re tips for easier voting and the importance of doing so

Anything else anyone would like to say:

We are nearly half way through winter!

Just a reminder that while it's important to get out and about in winter rather than hibernating, but if you are sick stay home. Lots of people get a cold or the flu at this time of year. To help stop the spread if you are coughing, cough into your arm, not onto your hand! Thanks everyone for attending and to Mike for chairing the meeting.

Meeting closed 1.40pm

Step Ahead Art Exhibition 2017

Step Ahead will again be holding an exhibition of members work later this year. It will be at the Eastside Gallery, on the corner of Stanmore Road and Worcester St, opening on Monday 2nd 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



Member Staff Liaison Meeting at Ashburton 23rd June 2017

Attendees: Alan S, Annette B, Diane A and Noelene H, Anna

Chairperson: Sarah T

Highlights from last month:

Visit to Kakahu Bush – the old lime kiln
Mid-Winter Lunch
Timaru trip was a beautiful day



Last Month's New Programme Ideas:

A trip is planned to Ferrymead, Lyttelton and Sumner

New Programme Ideas:

Visit to Willowbank
Gondola Ride and Time Tunnel
Ten pin bowling



Staff Notices:

Will work on some projects for an open afternoon

Anything else anyone would like to say?

Meeting Closed at 2pm



Member Staff Liaison Meeting at Rangiora 12th June 2017

Attendees: Clare H, Warren C, John S, Graham L, Kenneth M, Seaton C, June V Marie B, Anna, Di and Chris

Chairperson: Leanne M

Highlights from last month:

Last budget lunch - Devilled Sausages
New Brighton Working Men's Club Lunch
Day trip to Ashburton
Visit to the Rangiora Museum



Last Month's New Programme Ideas

Will be booking the Oxford Bird Rescue for Spring as well as a visit to a Daffodil Farm

New Programme Ideas

St John – Guest Speaker
Ilam Gardens
Loose Change shop CBD and Memorial Wall
Ferrymead \$3.00 shop
Cheviot and Gore Bay
A tutored art session
Men's Group fishing trip
Day at Travis Wetlands/Picnic Lunch



Staff Notices:

An open afternoon is being planned – what would we like this to involve? Refreshments will be provided.

Anything else anyone would like to say?

Meeting Closed at 11:00am

Member Staff Liaison Meeting at West 30th June 2017

Chairperson: Jessica

Present: Paul M, Jill K, Brenda Mc, Constance B, Susie W, Susan M, Kim H

Highlights:

Quiz was great

Lunch today (Garden Hotel) will be a highlight

Biking and exercise groups

Craft groups

Beginners tramp is fun – being in the outdoor environment

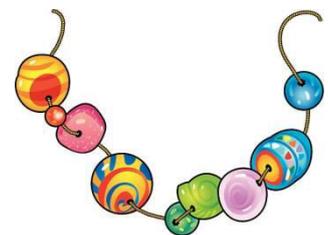
Badminton

Staircase climbing is a good challenge X 2. The view is great

Enjoyed Cheviot trip and 10 pin bowling

It was good seeing my article in the newsletter

Finally finished stringing my neckless at jewellery making!



Last Month's New Programme Ideas:

Laughing Yoga: *Made contact with a tutor of this activity but it is very expensive.*

Everlasting Flowers: *Will develop garden ideas at new site soon*

Outing for lunch: *Will continue to programme these outings on a Wednesday once a month*

Walk in Woolston near The Tannery: *Can do this as part of one of the Monday walking groups*

DVD: *Programmed this on Friday 25th August*

Soup and Toast: *Programmed this on Tuesday 15th August*

Willowbank: *Programmed on Thursday 27th July*

Scones: *have passed this idea on to Tanya for her baking activity*

Orbitor ride around the city: *Programmed this on Wednesday the 2nd of August with a new improved format with more interesting locations*

Budget Lunch options

Pizza: *Programmed Friday 25th August*

Roast

Mince Chow Main

Pasta

Hamburgers

Rice Risotto

Sweet and Sour pork or chicken

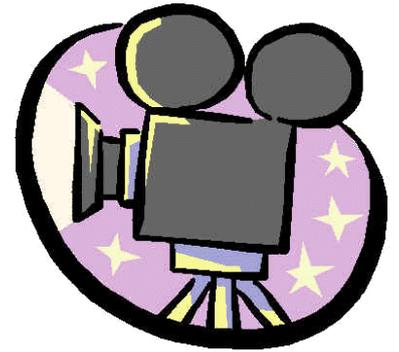
Card Making: *Have purchased some new stamping equipment to provide more card making options*

Kaikoura: *Leave this trip location till the summer and when the roads have less repair works*

Hanmer Springs: *Programmed this in July*

Beach bon-fire: *Could be an evening activity*

Star gazing: *will contact the Canterbury Astronomical Society*



New Programme ideas

Learn to Crochet

Museum and Art Gallery

Craft - cell phone covers

Mini Golf

Real Golf

BBQ

Disco evening event

Meeting Closed 11:30am



Activities in August

This month we have three different mid-day meal options. On Friday the 25th we have our traditional Budget Lunch which is a substantial meal at the West hall that you can help prepare. The Budget Lunch this month is home-made pizza plus fruit.

On Wednesday the 9th we will go to the Papanui Club where you choose from 6 main course meals for just \$13.50 each in a modern dining facility.



This month we have added a light lunch on Tuesday the 15th to get us through the winter. Leek and potato soup with fresh bread will only cost \$2.50

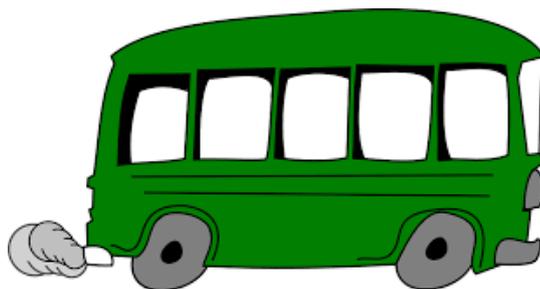
Melissa McCreanor works for Pegasus Health as a Community Worker and will come to talk to us about accessing services from your GP and keeping well, particularly during the cooler winter months. Melissa will be our guest speaker on Monday the 21st at 10:30am



At our liaison meeting both mini golf and normal golf were mentioned as activities of interest. Therefore we have programmed mini golf as an option during our trip to Spencer Park on Tuesday the 29th and on Thursday the 24th we will go to Riverlands golf course near Kaiapoi for an introduction to golf for beginners. Both of these options are priced very reasonably at \$2.00 for mini golf and \$3.00 for normal golf. We have all the clubs and balls needed so come and have a go.

Vickie is back this month for another session of line dancing on Thursday the 24th at 10:30 in the hall. Members who attended previous sessions have had a great time stepping in time to the music.

When I investigated options for an Orbitor bus outing I was impressed at what you could achieve with very little cost, particularly with a metro card. There is a daily limit of \$5.10 charged for all day travel within a very large area. We will take advantage of this on Wednesday the 2nd and visit Papanui, Eastgate, Lyttelton and lots in between.



Look forward to seeing you all at West. Remember to check all the details on the programme and book in.

Kevin and team

Newsletter Contributions

The deadline for the following month's newsletter is the first Wednesday each month, i.e. the deadline for the September newsletter is the first Wednesday in August.

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!

Thank you!



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 H, Sarah B, Louise R, Merrin D, Val S and Barbara M (Stanmore Road members), Sonia at (West), 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.



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.



End of an Era

With the drive and paths around the flats being done an era that has spanned close to twenty years has ended for good. A real life defining era in my life, with it being really hard stuff in my life at times. With me having to dig really deep at times in my life discovering a real resilience, real courage, a real inner strength, I didn't know was there part of my life. Now I've got no regrets/ I've never for a moment regretted doing what I've done over the last twenty years. If I hadn't had a real strong faith with my God being a totally real God, living God in my life I might not have made it or got there. Praise God a era has ended in my life; there will be never be another like it again in my life.

William



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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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