

AUGUST 2020



Hi from Julie

Winter is really starting to bite but at Step Ahead the warm welcome doesn't change! We do have a few changes with the seasons to try to tempt you into coming along. Barb's delicious hearty winter soups on a Wednesday are a great way to connect and share a meal with other members. Mosaics and craft classes are more popular than ever just now. Come along and spend an hour or two in the warm at one of our activities.

New Staff Member:

If you see our wonderful new cleaner Georgina please say hi and make her welcome. Georgina will be working Monday, Wednesday and Friday in the Stanmore Road house. We look forward to having her on the team.

Next Steps Forum:

A chance to talk about what Step Ahead does and how we go about it. This new format will give everyone a say. Delicious refreshments will be served. Look for the dates for each base towards the end of July.

Art Exhibition:

We are excited to announce our Art Exhibition this year will look a bit different. The local gallery has been unable to accommodate us but we have found another venue. Stepping Stones Trust, who a lot of you will know, have offered us the use of their house in Domain Terrace. This exhibition will run in October this year. As there is not quite the usual amount of space available we will need to be very strict with the closing date for art work. So please start working on your paintings, crafts, mosaics etc soon and have them ready when the date for accepting art work comes around.

Welcome Laura

My name is Laura Mannex and I am a qualified nutritionist.

I am excited to be facilitating monthly nutrition sessions at Step Ahead Stanmore Road from **August 3rd** on Monday mornings.

I am from Christchurch, and I have been working for Avelinks, Comcare Trust since 2018. In these nutrition sessions, I will share my nutrition knowledge to support you to make healthier choices within a supportive environment.

I look forward to working with you, on your journey to eating well for your health!

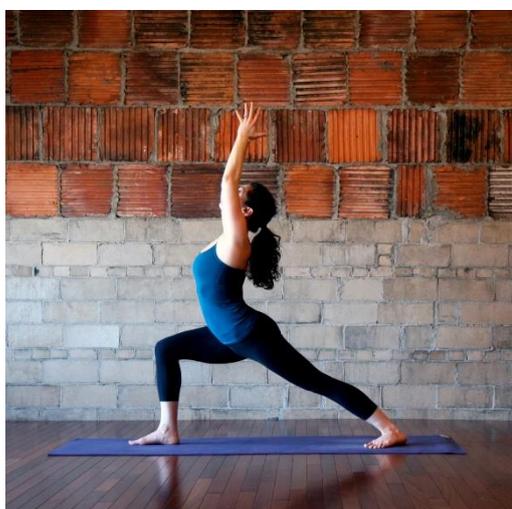


Stanmore Road Yoga/Meditation/Relaxation with Nicole is back!

Great news is that Nicole is back on **Thursday 13th and 27th August**. If you are looking for relaxation while increasing your physical fitness and flexibility come along. Yoga offers the opportunity to learn postures and breathing techniques which will improve your mental and physical well-being by integrating body, mind and breath.

Suitable for all levels from beginners. Wear loose clothing e.g. track pants.

Book in as usual!



New Way of Paying at Step Ahead

Step Ahead now has an EFTPOS machine and can accept payment using eftpos cards.

So that means if you wish to pay for any of your activities using your eftpos card you can ask to use this device and the money can come straight out of your account.

At the moment this machine is just for use at our Stanmore Road house on a trial basis to see how often it is used and if members like to pay this way.



Computers and Technology

The lockdown emphasised the advantage of being connected on-line. With little physical connection between people, being able to communicate with family and friends was very helpful in coping with the isolation. During the lockdown Step Ahead was able to contribute to member well-being by running Zoom group video activities every day and feedback has been very positive.

We have been fortunate to be able to connect to the Skinny Jump programme which provides very cheap internet access for our members. This programme is currently being delivered at Step Ahead in conjunction with the [Digital Inclusion Alliance Aotearoa](#), (DIAA), whose purpose is to make internet access available to people for whom cost would otherwise be a barrier. Step Ahead is working with them to facilitate the provision of 4G modems so that members can access far cheaper data at their homes than is currently available to the public.

There is no contract needed for these modems. The Skinny Jump programme provides a 30 GBytes block of data for only \$5 up to a maximum of 150 GBytes (that's a lot of data!).

Step Ahead has been fortunate to secure funding to provide devices such as Chromebooks (small but powerful laptops), Tablets and Smart Phones to members. Members can either purchase the devices at a subsidised rate or loan them. The roll out of these devices has already begun but there are a limited number of them. There are some conditions that need to be met. Please contact us if you are interested.

We are also working with the DIAA through its daughter organisation [Stepping Up](#) to provide training on how to use and get the most out of these devices. We are looking to provide training through local Christchurch libraries as part of our activities programmes and in due course making this training available at Step Ahead bases.



Stanmore Holistic Wellness How To Get A Good Night's Sleep

Do you have trouble sleeping? Many of us struggle with this issue. At Holistic Wellness this month we are going to look at all aspects of sleeping and how we can achieve a good night's sleep.

Tuesday 4th August at 1pm



Lockdown Time Report

Life has been really kind to me during lockdown time; with everything being totally awesome. With lots of really positive things happening in my life. Being able to save money and getting things totally safe and secure, nothing being able to touch me money wise. My faith and belief in my God getting more totally rock solid on a day to day basis. With things still going from strength to strength, getting better and better with the night time sleeping side of things on a night by night basis. Better than they've been for years. With me keeping really well connected with people using the phone. Things have become safer in my life than they've been for years.

William



General Knowledge Quiz

1. What is the job title of somebody who makes coffee and espresso drinks?
2. Who starred in "Cast Away" and "Big"?
3. What curved instrument is used to ease one's heel into a shoe?
4. What was Franklin Roosevelt's middle name?
5. Which grunge band recorded "Jeremy"?
6. Who composed the "1812 Overture"?
7. What trilogy's second movie starred Robert De Niro and Al Pacino?
8. In which city would you find the districts of Roppongi and Asakusa?
9. What type of sandwich contains corned beef, sauerkraut and Swiss cheese, with Russian dressing, served on rye?
10. What tropical fruit is also called carambola?
11. In which country did goulash originate?
12. In the Disney movie, which of the seven dwarfs wears glasses?
13. In finance, what does the A in APR stand for?
14. To which city did U.S. and British forces airlift supplies after roads were blocked in 1948?
15. A room is 10 feet high, 12 feet wide, and 8 feet long. How many cubic feet is this?
16. What is the name for a Bigfoot-like creature of the Himalayas?
17. What country's highest peak is Aconcagua, at 22,837 feet?
18. What American company has the stock symbol MMM?
19. What is the written name of this symbol: &
20. Fill in the blank: "Mr. Sandman, bring me a ____"





A recent trip with Rangiora members to Nape Nape in North Canterbury. It was a beautiful day!



Suzie's quilt which is proudly displayed at Puriri



Stunning rainbow taken from Stanmore



A relaxing soaking in Hanmer Hot Pools

Step Ahead - Stepping Stones Art Exhibition 2020

For many years Step Ahead has held an annual art exhibition in our local neighbourhood down at the Eastside Gallery. However this year we are going to do things a bit differently. Our art exhibition will be a joint collaboration with Stepping Stones Trust at one of their properties in Spreydon. The exhibition will be held at Barnett House in Domain Terrace and will run from the **12th -22nd October**. The deadline for submissions is **Monday 21st September**.

Our members and those from Stepping Stones will be able to display their artistic endeavours together in a lovely old villa, which is very much an 'on trend' exhibition space in the art world today. We are looking forward to our collaboration bringing new ideas and energy to such a project. As usual artworks will be either for sale or display depending on the artist's preference. The number of artworks to be submitted by each artist will be limited but there is still scope to showcase the wide range of creativity we have here at Step Ahead.

There will be an opening ceremony on the afternoon of the **12th of October** with performances from both Step Ahead and Stepping Stones people. So get those hands busy folks and see what you can create for this exciting new exhibition opportunity.



Christian Fellowship – New Time

This is now from 1–3pm on a Friday afternoon.



Music Concerts in August (\$5.00 per concert)

CBS “Wednesday at One” Concert **Wednesday 26th August** on the Stanmore and Puriri programmes.

Come along and enjoy a concert by Kilmarnock Edition. This group is described as serious, amusing, harmony and instrumental. As a group they were first established thirty years ago and has now been reformed with new members. The group features mainly Scottish and Irish songs and audience participation is welcomed. Their harmonies and instrumentals are a feature of their performances.

The Great Hall Arts Centre Concert with Helen Charlton (Soprano) and Chris Archer (Piano) **Monday 10th August 12:30pm** on the Puriri programme.

Helen has a beautiful voice and Chris is an exquisite pianist, together they're a formidable team. They will be presenting a lyrical programme, rich in arias and art song.

See you there!

Mini Golf at Ferrymead on **Thursday 6th August** on the Stanmore and Puriri Programmes

Come along to what is described as Christchurch's Premier Family Fun Centre on Ferrymead Park Drive for a round of mini golf. Cost is \$5.00



From Karen T

We've been in Alert Level 1 for over a month now. How are you all doing?

Through the different levels of lockdown, we have gone from no freedom to socialise to restricted activities. Whilst some people have flocked to their old activities and social gatherings, such as church and sporting events others are hesitant and have some anxiety about returning.

We are social creatures and keeping contact with supportive, like-minded others is necessary for our well-being. So is doing things that you enjoy. Like a turtle sticking its head out of the shell, we can pop our heads out, check out our surroundings and tentatively re-engage with society.

- We can take things slowly, re-introducing one thing at a time.
- We can take responsibility for ourselves by washing our hands regularly, keeping a metre distance from people if we feel unsafe.
- We can stay home if unwell and stay away from others if they are unwell.
- We can be kind to ourselves and others.
- We can speak to a trusted person about our fears and concerns.
- We can limit our exposure to the news which can increase anxiety.

Whether we are jumping at the chance to return to “normal” or are a bit reluctant, we can take care of our needs and get through this together.



Our entire life consists ultimately in accepting ourselves as we are when people ask: What do you do? I answer “whatever it takes”.

From Geoff T

Member Staff Liaison Meetings

In July we had our first Next Step Forums where we set the afternoon aside to discuss the programmes at Step Ahead in more detail than the member staff liaison time slot has allowed. The plan is for the Next Step Forum to be held every 3 months and for the Member Staff Liaison meeting to be held during the other months. You will see in August that the member staff liaison meeting is scheduled.

Come along to have your say and to hear updates and outcomes from the Next Step Forum and any other news from the staff.

Check your programmes for details of day and time.



Stanmore trampers enjoying Little River

Answers from Quiz

1. Barista
2. Tom Hanks
3. Shoe Horn
4. Delano
5. Pearl Jam
6. Pyotr Ilyich Tchaikovsky
7. The Godfather
8. Tokyo
9. Reuben
10. Starfruit
11. Hungary
12. Doc
13. Annual
14. West Berlin
15. 960
16. Yeti
17. Argentina
18. 3M
19. Ampersand
20. Dream



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