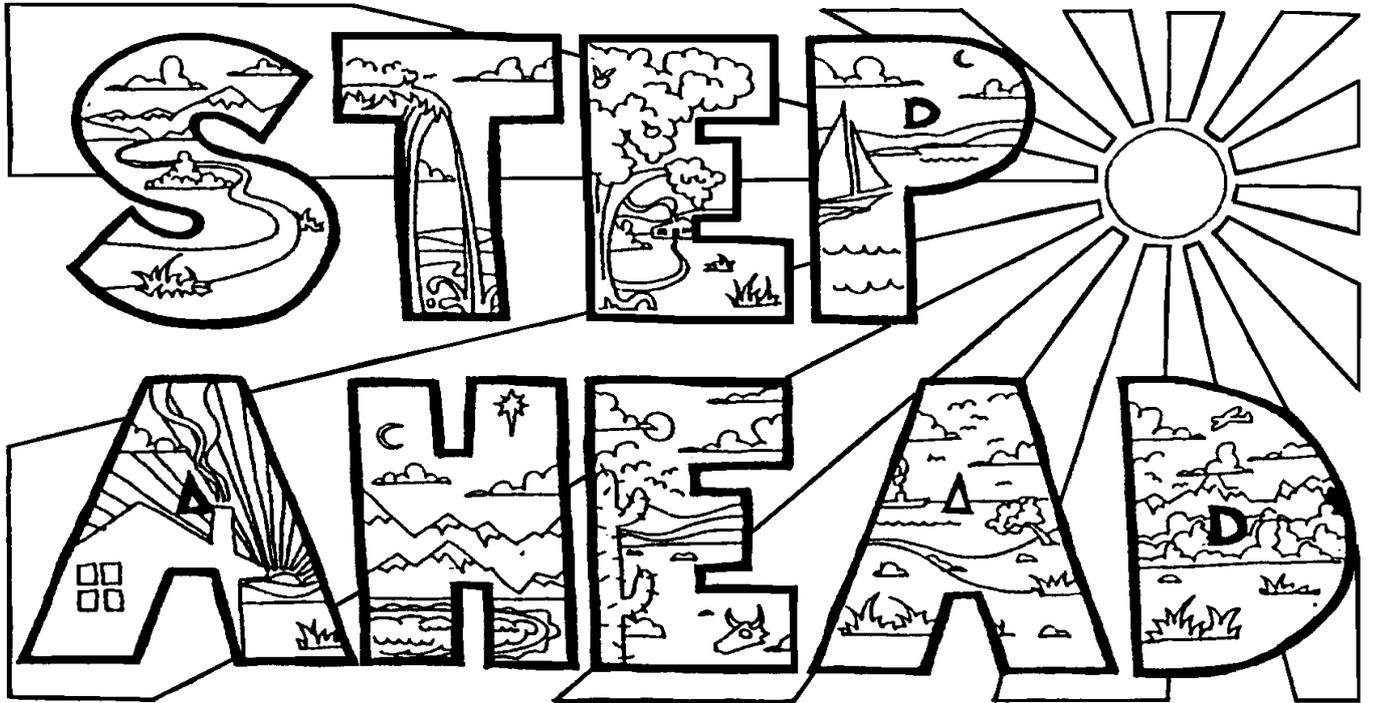
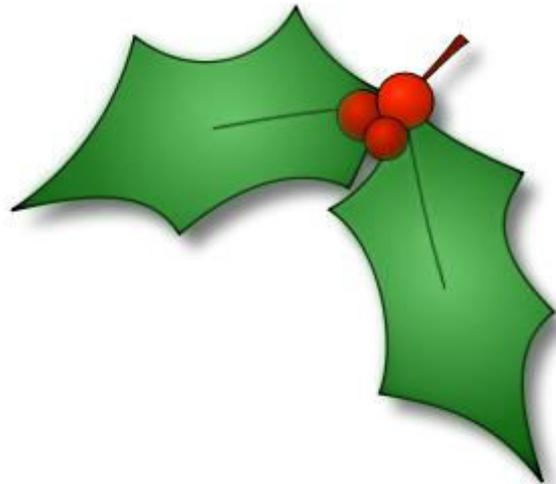


# DECEMBER 2016



A COMMUNITY BASED REHABILITATION ORGANISATION



Wishing you a relaxing and enjoyable  
Festive season

# A Note from Helen

It's great to see summer activities on programmes over the next month or so, which includes the Christmas holiday break.

Your invitation to the annual Step Ahead Christmas lunch is enclosed and we hope you will be able to join us for a buffet lunch at the Garden Restaurant in Marshlands Road on Thursday 15th December.

All of the bases have plans for end of year outings, lunches and special activities too so check your programme for details of these.

Step Ahead at Stanmore, West and Rangiora will only be closed for the statutory holidays. There will be some day trips to a variety of different places as well as other options for members to choose from during those weeks. A number of staff will be away on holiday, but there will still be a great selection of activities and opportunities to get out and enjoy some fun and relaxing times with others.

Check your programmes for details of activities for the holiday period. 2017 will be here before we know it!

Best wishes to everyone for a safe, happy and enjoyable holiday season. We look forward to catching up with many of you soon.

*Helen and the team at Step Ahead*



# Step Ahead Art Exhibition

I just want to congratulate everyone who put an entry into the Step Ahead Art Exhibition. I enjoyed collating such a wide range of art and craft items. It was good to see people bring in items they had made at home, not just in our groups. To top it off there were a number of pieces sold which is fantastic.

Well done everyone.

*Karen*



## Golf

This group has been popular this year with a core group of budding golfers seeing improvement in their skills. We have visited a range of Canterbury courses and seen some stunning scenery.

Highlights include playing at Waimakariri Gorge and at the Hororata Golf Club course at Glentunnel. Kaiapoi Golf Club nearer home has been a local favourite. We are always keen to have more players join us.

Remember that although this activity is found on the Rangiora programme, Stanmore members are welcome to attend.

*Chris*





## **Member Staff Liaison Meeting 13<sup>th</sup> October 2016**

**Attendees:** Robert W, Susie W, Karen E, Constance B, Linda S, Bobby M, Jo D, Kevin, Georgia, Tanya

**Chairperson:** Susie W

### **Highlights from the past months activities:**

Timaru trip and art gallery visit was great  
Baking banana bread  
WEAS activities at Leithfeild pub and quiz evening at Stanmore  
Badminton  
Mosaics  
10 pin bowling  
Softball in the park was very enjoyable  
Waikuku Beach BBQ

### **Lowlights from the past months activities:**

Tour of Fudge Cottage. Brief tour with very small samples offered. Therefore very expensive - Fudge Cottage have been given this feedback.

### **Last month's new programme ideas:**

Budget Lunch with yoghurt and fruit for desert – Actioned in Oct.  
Flax flower making – programmed Nov 24<sup>th</sup>  
Orana Park or Willowbank – will programme again before the end of the summer  
Old MacDonald's farm or another farm visit – Rare breeds farm visit rebooked for 8<sup>th</sup> Dec.  
Pressed flower tealights – programmed Nov 4<sup>th</sup>  
Tennis – Programmed in Nov. and for rest of the summer

Mega jump – concerns over safety

Canoeing on Avon – programmed Nov 9<sup>th</sup>

Summer biking group – programmed Nov 25<sup>th</sup>

Scrap booking – Expensive activity to provide. A Christmas card craft session in Dec is programmed.

Christian Prayer group – Will check with Stanmore Road Christian prayer group and see if this is possible.

### **New programme ideas:**

Spencer park

Park activity day. Could use YMCA community trailer which includes different activity gear and BBQ

Sumner

Waterfall at Staveley with short walk

Staff Vs Member tug of war

New Brighton visit

West Vs Stanmore at 10 pin Bowling

More Badminton

Sausage Sizzle

Chocolate for gifts in December

### **Staff notices:**

Pressed flower tealights – a craft activity coming in November

Canoeing on the Avon – happening on a Wednesday in November

Line Dancing – We have found a tutor and need 6 members to commit for 2 sessions. Please let me know if you are still keen.

Alpine Ice Skating – we have added names to the list and will contact those members to confirm numbers before programming

Visit Marae on Springfield Road – Kevin made contact. They suggested we would need a pre-visit education session. Kevin looking into this

**Meeting Closed**

**1:30pm**

**WEST**

Christmas is here and we have many opportunities to join in the fun, catch up with some friends and share seasonal treats.



### **Monday 5<sup>th</sup>**

1pm: Budget Christmas Shopping. Check out shops that may not be on the main bus routes and are priced at the lower end of the scale to allow us to find simple gifts where the thought is the main thing.

### **Wednesday 7<sup>th</sup>**

10:30am (Fletcher Pl.) Part 1

1:30pm (Puriri St) Part 2

Christmas Card Craft is an opportunity to create personalised Christmas cards, gift cards, name cards or decorations. (\$3.50)



### **Thursday 8<sup>th</sup>**

1:00pm Healthy Baking - Baking Christmas Slice with traditional ingredients like mixed peel and mixed spice (\$2.50)

### **Friday 9<sup>th</sup>**

10:30am Craft – Christmas Decorations including paper tree decorations, small Christmas trees for table or shelves and a simple Christmas tree angel (\$2.50)

1:00pm Visit the Christmas Grotto at Spreydon Baptist Church.



We have booked a time to view the amazing inventive scenes that have been created over many years. (Gold coin donation)

### **Thursday 15<sup>th</sup>**

11:00am Depart for Step Ahead Christmas Lunch at the Garden Hotel Restaurant. An opportunity to catch up with other members at Step Ahead from all our bases. Or, arrive at the Resturant at 11:30am (110 Marshlands Road) Bookings essential (\$15.00)



### **Friday 16<sup>th</sup>**

10:30 Craft – Christmas sweet treat making. Coconut and chocolate balls and truffles (\$3.50)

1:00 Craft – Gift wrapping sweet treats. Present your food creations in a decorative parcel that is easy to offer as a present.



### **Monday 19<sup>th</sup>**

10:30 Hall decoration or lunch preparation

12:30 WEST Christmas Lunch at Puriri St. Roast chicken and potatoes with vegetable's followed by dessert (\$8.00). 1:30 Christmas carols and music. Join in and sing some traditional carols and modern anthems to celebrate Christmas.



### **Thursday 22<sup>nd</sup>**

1:30 Baking – Shortbread. Easy but delicious. Shortbread keeps very well and can be handy when out and about or for unexpected visitors. (\$2.50)



### **Friday 23<sup>rd</sup>**

10:00 Christmas Morning tea and Tai Chi. (\$1.50) A last chance to relax before Christmas with the calmness of Tai Chi.

*Kevin and Team*

# Tramping Group

This year the tramping group have had some awesome trips away around the far flung reaches of Canterbury. We have also had some excellent local trips e.g., in the Port Hills. We are keen to attract more members to this fun activity. If you are a bit concerned that this activity may be a little too physical we usually run the trip so that there are two groups with the fitness requirements of one of the groups being lesser than the other. In December we will be tramping in the Craieburn Range and will also have a local beach walk trip nearer to Christmas. If you'd like to try this group out, contact Chris or Di and give it a go.



## Thanks

Thanks to those members who completed and returned their Stanmore Road Budget Lunch evaluations and also those who completed the entry form for a chance to win a voucher for Budget Lunch.

The winners were drawn by some members at Budget Lunch on 27th October.

The lucky winners were:

Ian C  
Paul C  
Alan S  
Mary B  
Brad G



Thanks again for taking part in our evaluation; your feedback is really appreciated.

# Mosaics Group Costs Increase

Those of you who have been attending the mosaics groups recently will know that the cost of the group has had to be increased. The boards and tiles have both increased in price so unfortunately it's become necessary to make this change.

Indoor boards will cost \$5 and outdoor boards \$14. They need to be paid for before starting the project. As well the mosaics group will cost \$4.50 per session.

Boards that have not been finished within 3 months of being started will be recycled. If you know you have started a board and want to finish it but haven't been able to attend, let staff know so they can hold onto it for you.

*Dí and Raewyn*



## Men's Group

In October the Men's Group had a guided tour of the Rangitata Diversion Race irrigation scheme and the Montalto Power Station. Locally we also had a look at the Tannery followed by a trip over to Lyttelton. In early November we enjoyed a trip down to Geraldine. An end of year BBQ at Waikuku Beach later in the month is bound to be a highlight. Our final event for the year will be a trip to Hanmer on Tuesday 6<sup>th</sup> December.

Come along and enjoy these events to cap the year off.

*Chris*



# Member Staff Liaison Meeting at Stanmore Road 27<sup>th</sup> October 2016

**Attendees:** George W, Anne W, Allan W, Tracey C, Kim H, Justine B, Merrin D, Karen, Annabel H, Di, Raewyn, Robin, Chris

**Chairperson:** Jessica S

## Highlights from last month:

Mosaics  
Open Craft  
Ten Pin Bowling  
Soap Making  
Museum visit to Air NZ Exhibit  
Art Exhibition  
Table Tennis  
Quiz night



## Last Month's New Programme Ideas:

Supporting members get work – Alan from Jobconnect usually attends two budget lunches a month and provides this support.  
Guest speakers from Pathways happening in November.  
Orana Park programmed 18<sup>th</sup> November.  
Exercise in the park – happening fortnightly on Fridays.  
Building up to the 100kms challenge in March.  
Childhood games e.g. quoits, hopscotch, knucklebones, petanque - can do these when out and about over summer.  
News, Views and Discussion Group programmed in November.  
Visit a High Country Sheep Station – being looked into.



## **New Programme Ideas:**

Sushi making

Chess games

Gift boxes in craft

Kayaking on Lake Roto Kohatu

Women being able to attend men's group?

Music Group - themed afternoons? E.g. Irish, Reggae music

Dance Party at the West Hall

Trip to Timaru



## **Staff notices:**

Next Thursday 3<sup>rd</sup> is the visit to the Tai Tapu Sculpture Garden.

The cost of the mosaics group is going up. Members in the group are being spoken to about this.

Step Ahead AGM is on 23<sup>rd</sup> November. Everyone is encouraged to attend.

Horse riding is programmed on 30<sup>th</sup> November.

There was a reminder to clean up after yourself when getting drinks etc.

The Drama Group is starting next week.

## **Anything else anyone would like to say:**

George is moving back to Ashburton next week. He thanked everyone for their friendship and support.

## **Meeting closed at 1.55pm**



# Member Staff Liaison Meeting at Ashburton 21<sup>st</sup> October 2016

**Attendees:** Janet C, Noelene H, Diane A, Angela H, Julie C, Vicki S, Anna

**Chairperson:** Sarah T

## **Highlights from last month:**

Mystery trip to Daffodil Farm  
Swimming at EA Network pool



## **Last Month's New Programme Ideas:**

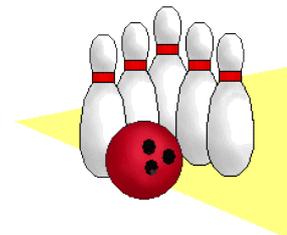
The Toy collector museum can be visited on a day trip to CHCH  
Several craft days are planned to make some Xmas gifts

## **New Programme Ideas:**

Visit to Orana Park  
Visit to Ferrymead op shop followed by a BBQ in Heathcote Domain  
Make wind chimes for craft  
Ride on the CHCH tram and Ten Pin Bowling  
Day trip to Akaroa and Lyttelton  
Programme swimming once a month

## **Staff Notices:**

AGM on Wednesday 23<sup>rd</sup> November



## **Anything else anyone would like to say?**

Organise a xmas lunch at the MSA Restaurant. Sarah to look into cost of meals

**Meeting Closed at 2.00pm**

# Member Staff Liaison Meeting at Rangiora

Monday October 10<sup>th</sup> 2016

**Attendees:** Graham L, Dale B, Leanne M, Helen M, June V, Bruce T, Kenneth M, Elaine B, Jeanette B, Anna, Chris

**Chairperson:** Ellie N

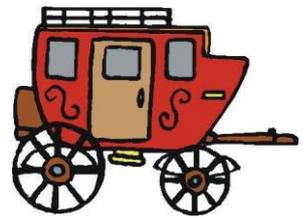
## Highlights from last month:

Trip to Orton Bradley Park

Arthurs Pass trip with Stage Coach Ride

Golf at Kaiapoi

Going to the Brick works for coffee for newsletter volunteers



## Last Month's New Programme Ideas

The Community Development Adviser Guest Speaker from the Waimakariri District Council is planned.

A trip to Geraldine in the summer months is planned.

## New Programme Ideas

Day out to Hanmer

Sailing at Lyttelton

Xmas lunch at the Garden Restaurant

A BBQ budget lunch

A visit to the Buddhist Temple on Marshland Road

Visit Pataka shop and the Listening Post



## Staff Notices:

Golf will continue to be fortnightly over the warmer months.

In the craft groups we will be making some xmas gifts so think of some ideas of things you would like to make.

## Anything else anyone would like to say?

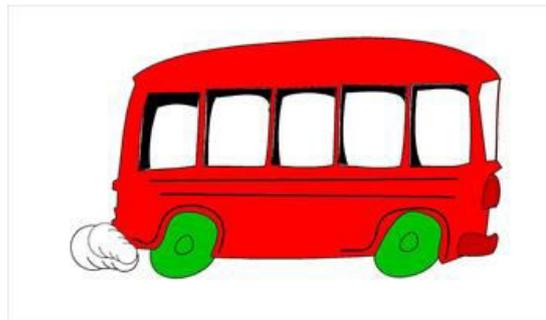
Elaine thanked the group for all the ideas.

Ellie said it's nice to be in a new group.  
Jeanette is looking forward to the in house activities as it's nice to be local some of the time.

**Meeting Closed at 1:15**

**Step Ahead's Christmas Lunch at the  
Garden Restaurant -  
110 Marshlands Road  
Thursday 15th December**

Please plan to make your own way to the restaurant as only limited Step Ahead transport will be available for those that cannot make their own way.



Bus 60 and 150 go past the restaurant but several others go to the Palms which is a short walk away.

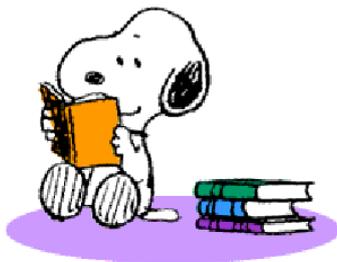
Payment in advance (\$15.00) would be appreciated by Friday 9<sup>th</sup> December. Bookings are essential.

Talk to staff if you need more information

# Step Ahead Holiday Programme

Step Ahead is only closed for the statutory holidays.

Between Christmas and New Year and for the first week in January we have a holiday programme planned. We will do lots of day trips, visiting our favourite destinations. Hopefully the weather will be kind to us and we'll be able to take advantage of all the opportunities the great outdoors offers in the warmer weather. E.g. walking, swimming, biking, tennis, cricket etc. There is also plenty of opportunity to relax and read a book in the shade or sun. Don't miss out, come along, be with other members and enjoy the company, the ride, the scenery and activity.



*Di*

## Christian Fellowship Verse

I bring you good news of great joy that will be for all the people.

*Luke 2:10*



# Newsletter Contributions

The deadline for the newsletter is the first Wednesday each Month. I.e the deadline for the January newsletter is the first Wednesday in December.

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!



## 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.



# 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), Bonny and Sonia (West), Elaine (Rangiora and Stanmore member) 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.



## 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.

## 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 Soaky Friday Morning

My totally great soaky Friday morning started in the best possible way after a good night's sleep. Having a cup of tea, doing some piano practice; playing the piano, composing some music. Hopping on the Rangiora bus, heading out to the Styx Mill Reserve, enjoying the wildlife and walking along the Styx Mill road and doing a drawing of the countryside, with my pencil on my pad, ready for doing painting when I get back to the flat. Hopping on the bus and getting off for the flat at Northlands, buying some things from Countdown Supermarket and getting some money out of the bank. Then coming back to the flat, painting a picture and having my main meal at lunch time; at the end of a totally great soaky Friday morning.

*William S*



## Drama Group

Have you ever watched "Whose line is it Anyway"? The Drama group is trying out some Theatre Sports involving short skits. Come and try a fun new activity which will help you push your boundaries and increase your confidence. We are looking for people to join this group. We meet on a Thursday afternoon at 1:00 pm at Stanmore.

*Chris*



# Exercise in the Park, Softball and Cricket

There are two new outdoor exercise activity options programmed at both Stanmore Road and West over the last few months.



Fortnightly exercise in the park on Friday afternoon and the first Thursday of the month either playing softball or cricket.

Make the most of the good weather and being able to be outdoors playing sports.

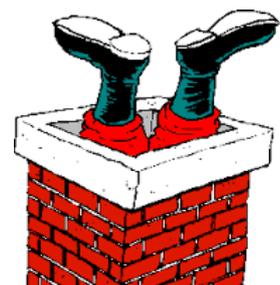


See you there!

## Christmas Jokes

Why does Santa Claus go down the chimney on Christmas eve?  
Because it soots him.

Why are Christmas trees so fond of the past?  
Because the presents beneath them!



# My Stomping Ground

Shimmering, shiny sunlight  
I step out my front door  
Seeing butterflies, flying back and forth  
Some settling on dahlia flowers  
I take a walk under the trees  
along the flowing river  
Sunlight is filtered through the leaves  
A canopy of cicadas start their morning chorus  
Many people greet me  
People with dogs, some taking a dip  
Dad with kids bike along the trail  
On the pond, Sam and Samantha  
The local white swans spot me while  
Gliding past  
They look annoyed, as if thinking  
Don't come too close  
Strolling along on a summer morning  
Thinking and reflecting and smiling



*Max L*

++++  
*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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