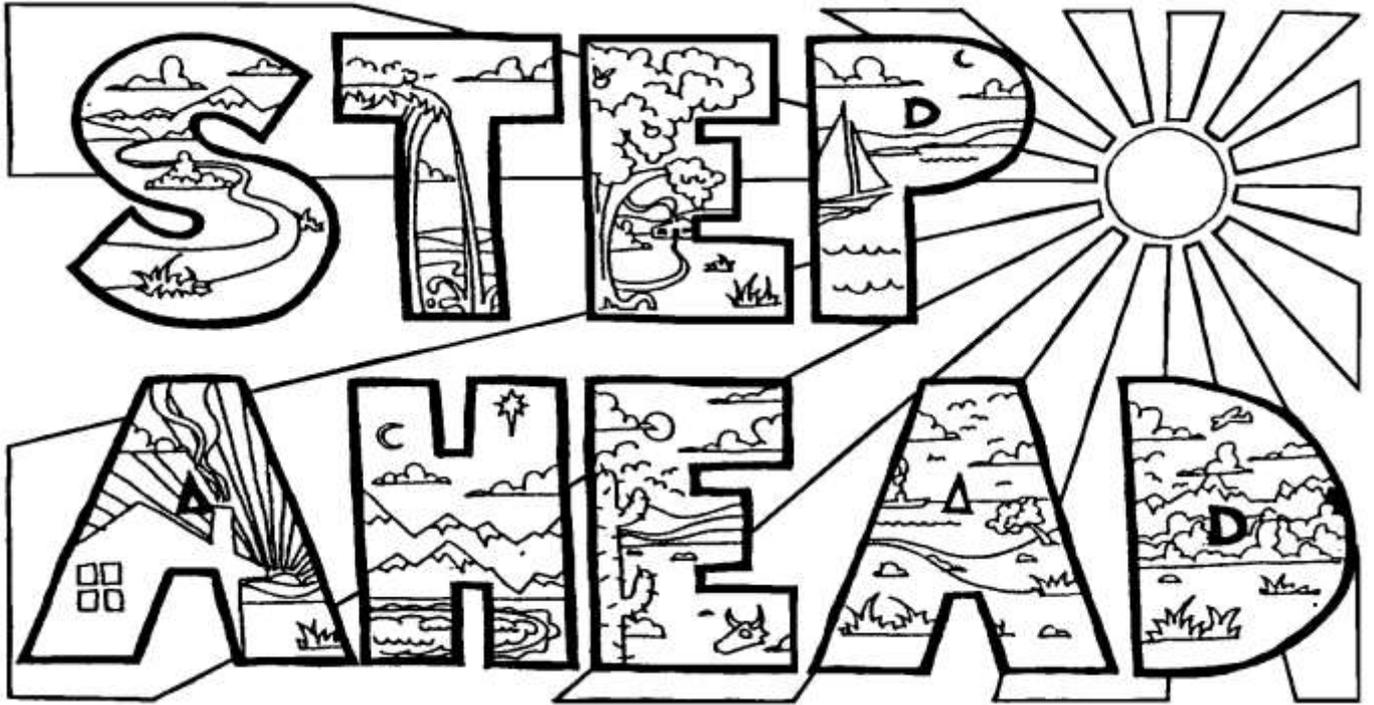


DECEMBER 2017



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 14th 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 too.

Step Ahead at Stanmore, West and Rangiora will only be closed for the statutory holidays and there will be some day trips to a variety of different places as well as other options for members to choose from during the other days in those weeks.

Rangiora members will also have the opportunity to join some of the holiday activities so check your programmes for details of some of the great activities on offer.

Although a number of staff will be away on holiday at various times over the break, there will still be a great selection of activities and opportunities to get out and enjoy some fun and relaxing times with others.

Best wishes from the staff team to everyone for a safe, happy and enjoyable holiday season. 2018 will be here before we know it!

We look forward to catching up with many of you soon.

Helen and the Staff Team



Visit White-flipped Penguins at Taylors Mistake on the West and Stanmore programmes

Friday 8th December

Dr Chris Challies is an expert on the white-flipped penguin and has done many years of research on a colony at Harris Bay, next to Taylors Mistake.

He has offered to show us "his" penguins at his colony. This is an amazing opportunity to see the penguins up close. There will be plenty of chicks around of varying ages as well.

It's a 30 – 40 minute walk along the Taylors Mistake to Godley Head walkway. Then the path departs from the track heading downwards steeply and involves walking down a "stairway" (i.e. a ladder) to get to the rocky shoreline at sea level.

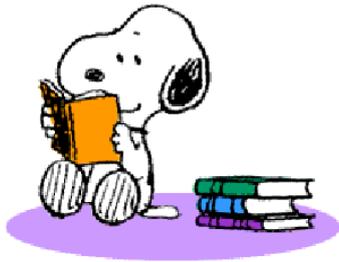
For those of you who have easy access to a computer you can read more about this on www.stuff.co.nz/travel/news/96955455/the-long-wait-for-a-whiteflipped-penguin-tourist-attraction.

Talk to Di or Kevin for more details.



Step Ahead Holiday Programme

Step Ahead is only closed for the statutory holidays and so 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.



Stanmore Road 20's and 30's Group

The 20's and 30's group is for members aged under 40, to socialise and enjoy the company of others of a similar age. This group is usually held once a month on a Tuesday.

On December 12th the group is ending the year with a lunch at La Porcetta restaurant – Pizza and Pasta meals from \$12.

Ideas for activities you might like to do and think others will enjoy can be suggested during the groups or let a staff member know.



Georgia

Stanmore Social Group

Held once a month, the Social Group next meets at 1pm on Wednesday the 6th December. The group has decided to go for a walk on the which will be followed by tea or coffee out and about. Bring \$\$ if you want to buy yourself a hot drink or icecream!

Activities for the group are decided on by its members, with facilitation by a staff member. New ideas for group activities are always welcome.

If you'd like to socialise and get to know others in a relaxed atmosphere this could be a group you would enjoy.

Georgia



My Favourite Banks Peninsula Trip

Hi, my name is Leanne and I live with my parents and Tabbys the cat. On Monday the 2nd October we went to Okains Bay. We stopped at Little River for a break. When we got there we had lunch outside the Okains Bay store, which wasn't open. After lunch some of us went to visit the Maori Colonial Museum and had a look around and the others went to the beach. It was a most enjoyable day had by all.

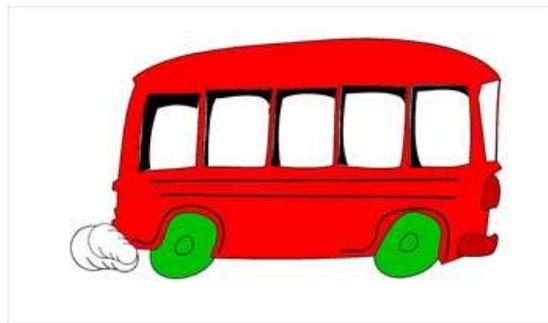
I would like to thank Anna and Chris for taking us.

Leanne M - Rangiora member



Step Ahead's Christmas Lunch at the Garden Restaurant - 110 Marshland Road Thursday 14th 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 and several others go to the Palms, which is a short walk away.

Payment in advance (\$18.00) would be appreciated by Friday 8th December. Bookings are essential.

Talk to staff if you need more information.



Men's Group 2017

A great year for the Men's Group.

January – Visit to CCC noxious plant control in Canterbury. We also had a day trip to Arthurs Pass and Otira

February – BBQ at Spencer Park and a day trip to Cheviot and Gore Bay

March – Golf at Ferrymead and day trip to Kaikoura

April – Mystery Afternoon and a day trip to Hanmer

May – Movie at the Palms and a day trip to Akaroa

June – Day trip to Geraldine

July – Golf afternoon and trip to Arthurs Pass and Otira

August – Mystery Trip

September – Hanmer Springs day

October – Fishing afternoon to Port Levy and Lake Brunner trip

November – BBQ Lunch at Waikuku and day trip to Timaru

December – Swim and walk at Corsair Bay planned

I hope everyone has a great Christmas and looking forward to seeing you all again in the New Year.

Chris



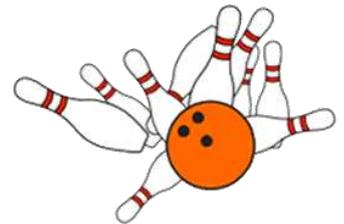
Member Staff Liaison Meeting at Stanmore Road 26 October 2017

Attendees: Tracey C, Christina G, Merrin D, Alan S, Margaret B, Milly C, Tony H, Linda H, Annabel H, Alan W, Robin A, Kylie, Helen, Karen, Kevin, Barb

Chairperson: Aynsley H

Highlights from last month:

Leithfield Hotel evening meal
Art exhibition
Swimming in Ashburton Pool
Painting Techniques is challenging
Craft group with tree branches and decoupage
Ten Pin Bowling – need more females though!
Guest Speaker from MHAPS
Swap meet at McLean's Island



Last Month's New Programme Ideas:

Archery planned on 1st November with a club at Ellesmere
Little River Festival is only on the weekend
Card making happened at Stanmore yesterday

New Programme Ideas:

Christchurch City Council Chambers will be re programmed.
Visits to the SPCA, Pet Shops or Willowbank.
Speaker re "less stress Christmas".
Speakers on; budgeting, our new MP's, Women's Centre or Next Step Centre at Polytech.
Visit to Council Treatment Centres – West has been to composting, sorting & recycling.
Yoga, Pilates.
Tai Chi and Meditation are both available at West and Meditation is also at Stanmore.

Staff notices:

- Sign Language Speaker on 9th November.
- Horse Riding on November 29th.
- AGM next Tuesday at 4pm -The profiles of the two new Community Representative nominees are on the noticeboard and Steve F is also to be re-elected as a member representative.
- Members Christmas lunch is on Thursday 14th December.
- The development of the West property is progressing. Consent has now been granted for storm water and the interior painting has been almost completed however no final completion date as yet.
- Risingholme runs courses that members may be interested in. See the November newsletter for details.
- Guest speaker on Communication Skills at West (Fletcher Place) on Wednesday December 13th (Gold coin donation)
- Archery - programmed on 1st November at Ellesmere Club.



Anything else anyone would like to say:

The Daffodil Farm was a really good visit a few months ago.
The outdoor pool at Jellie Park opens in December.
Aynsley is doing a course at Catholic Social Services.

Thanks to Aynsley for chairing the meeting.

Meeting closed 1.45pm

Did you know?

Members can attend activities at West, Stanmore Road or Rural bases, regardless of where you joined. Please talk to staff for more information if you are interested.



Member Staff Liaison Meeting at West

10th October 2017

Attendees: Brenda M, Constance B, Karen E, Robert W, Kim H, John S, Karen and Raewyn

Chairperson: Karen E

Highlights from last month:

Tuesday Toasties
Speaker from the Electoral Office
Serviette Canvases
Meal at Papanui Club
Visit to Willowbank
Natural Skin Care Products in craft group



Last Month's New Programme Ideas:

Op Shopping - on last month's programme.
Eco Store and Bryce Gallery planned next week.
Golf had to be cancelled.
Cathedral Square lunch time Food Market visit needs more support.
Horse riding is booked for 29th November.
Need more interest to continue with Clay Modelling.
Outdoor bowls programmed for 9th November.
Paper Craft trip on 22nd November to Ellbee Crafts in Woodend.
Christmas paper craft planned for November 29th.
A guest speaker from Toastmasters is planned.

New Programme Ideas:

Swimming in the sea – can happen at beaches where there are life guards and also Corsair Bay. Happens during the holiday programme.
Christmas morning tea - planned for Friday 22nd December.
Day Trip to Ashburton.
Old time movies at New Brighton.



Staff notices:

Archery planned at Ellesmere Archery Club on 1st November.

A BBQ at Spencer planned 30th November.

The new men's group is visiting the Men's Shed on Monday 6th November.

Sign language speaker programmed on Thursday 9th November.

Members were asked for craft programme ideas on a Friday -two ideas were adult colouring books and making Poms Poms.

Anything else anyone would like to say?

Meeting closed 1.05pm

West Christmas Lunch

Monday 18th December at 12:30

Roast chicken and potatoes with seasonal vegetables and gravy followed by dessert.

(Bookings essential and payment by Wednesday 13th - \$8.00)



Followed by Christmas carols and music appreciation.



West Guest Speaker from Toastmasters

Wednesday 13th December at 10:30 - Fletcher Place

Danny is a specialist at networking in the business sector and is a member of the Toastmasters, an organisation that helps many different people develop their communication skills so they can get more confidently involved in all types of situations. Danny is super positive and can make challenging, social interaction fun.



My Great Soaky Friday

My great soaky Friday morning started in the best possible way with me having a cup of tea and my breakfast watching a Star Trek DVD. Ringing, touching base with the person who works in my church office and the person who works with me transposing the music I compose. Painting a picture, and doing some piano practice, practicing playing my piano, doing some reading and going for my daily walk, doing a rubbish round, picking up rubbish; coming back to the flat; having my main meal at lunch time, me at the end of a great soaky Friday morning.

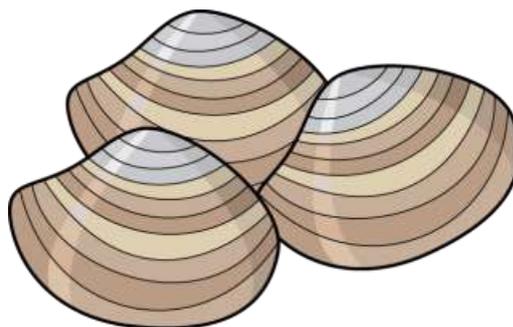
William S



Beaches

When most people think of beaches they think of places where they do things like swimming and fishing, but with me spending a lot of times on beaches and at the beach at Spencer Park. I have learnt there's a lot more to beaches. Having their own ecosystems with different things happening, on the beach at different times of the year, on seasonal cycles. With the winter storms bringing shell fish like pipi's, macomona wedge shells and venus shells to the surface and washing them up on the beach, being a big really important food source. Source of food for black backed gulls congregating on the beach in big numbers with the main species of seaweed being washed up on the beach being sea necklace seaweed, bladder seaweed and kelp seaweed, providing a home breeding ground for beach flea and kelp flies being a food source, source of food for coastal birds like dotterels, with sea animals like sea mantises coming to the surface being food for birds like oyster catchers and Godwits with the sea weed breaking down and minerals going back into the sand enriching the sand. With summer time the seeds marram grass tussock ripens up; with flocks of sparrows and other seed eating birds moving through the area feeding up the abundant supply of margin and tussock with flocks of welcome swallows moving through feeding on the abundant supply of insects in the area.

William S



Writings from the Stanmore Road Writers and Book Group

The writers group did a study on idioms (An idiom is a phrase or an expression that has a figurative, or sometimes literal, meaning.) For example: "It's raining cats and dogs" or "Let sleeping dogs lie"

We read idioms and discussed their meanings and origins, then wrote poems or prose about them.

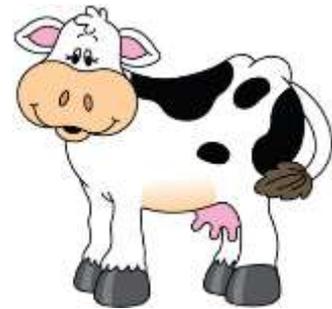
Max L wrote:

Don't have a cow

Unless you want a row

When you cry

About spilt milk



Wild goose chase

Chasing geese wildly

While goosing around



The elephant in the room

Don't mention it

Just leave it in

The corner



Jokes

Q: How many people did it take to open a pancake?

A: None. It just flipped.

Q: Why did the chicken cross the road?

A: To get to KFC.

Q: Why did the banana go to the doctor?

A: Because he was not peeling well.



Q: Why are frogs always happy?

A: They eat whatever bugs them.

Q: What happens when you illegally park a frog?

A: You get toad away.



Sarah T - Ashburton 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.



Member Staff Liaison Meeting at Ashburton 20th October 2017

Attendees: Christine H, Janet C, Julie C, Noelene H, Sarah T, Annette B, Anna

Chairperson: Vicki S

Highlights from last month:

Swimming
Glass Painting
Sausage Sizzle at Lake Hood



Last Month's New Programme Ideas:

Flower arranging planned in December.
Christmas Lunch will be on either the 8th or the 15th of December at the Stables Restaurant.

New Programme Ideas:

Mini golf at Orari
Another BBQ at Lake Hood
Visit to Annette's parents Farm
Visit to Julie's Mum's garden in Mandeville near Rangiora
Mystery Trip
All Day Craft
Pool at the RSA



Staff Notices:

AGM - 31st October at 4pm at Stanmore

Anything else anyone would like to say?

Thank you to Vicki for chairing the meeting and for all your input.

Meeting Closed at 2pm

Member Staff Liaison Meeting at Rangiora 9th October 2017

Attendees: Marie B, Bruce T, Dale B, Graham L, June V, Barbara S, Geoff T, John S, Anna

Chairperson: Leanne M

Highlights from last month:

Trip to Okains Bay
Ashburton Trip Boulevard Day
Day out to Diamond harbour



Last Month's New Programme Ideas:

Horse Riding - scheduled for November (\$25 half hr/\$35 1hr).
Visiting the Ilam Gardens, also in November.

New Programme Ideas:

Documentary Group.
Visit to the SPCA.
Day out to the Ferrymead Heritage Park in January.
Going to the Awa Awa Reserve in November.



Staff Notices:

AGM -31st October at 4pm.
Speaker from Neighbourhood Support on November 20th.

Anything else anyone would like to say?

Thank you to Leanne for chairing the meeting.

"Life is not waiting for the storm to end but learning to dance in the rain" – Geoff T

Meeting Closed at 11am

Naked Crabs

At the seashore, every pool and puddle left by the retreating tide seems to have a crab in it. Little ones scuttle sideways, squeezing under rocks, pecking from a patch of seaweed, occasionally venturing out to nibble on unwary human toes.

Now and then you may see bigger crabs in deeper, safer pools. With ponderous majesty, they wave huge claws as a warning to stay away.

On the beach, hells of crabs lie washed up by the waves. Some are from crabs that died. Others are simply discarded, a dwelling too small for its growing occupant. That's how crabs grow bigger – when their shells get too tight, they split and grow a new one.

I've never talked with a crab. But I imagine the process of splitting open a shell must be painful. I'm sure that until they grow a new shell, they feel terribly defenceless and vulnerable. Because that's how we humans feel when we crack open our shells.

Our shells aren't visible, like crabs'. But they are there, just the same, shells formed by years of habit, shells that protect us from other people, shells that are the roles we play as parents, or children, or bosses, or employees.

Every now and then, we crack our shells open and emerge into a new world, quivering and defenceless.

Teenagers do it as they become adults. Adults do it as they learn to stop running their children's lives. Or when they get laid off work. Or when a wife or husband dies and they have to start over again, alone. When an investment fails. When a dream disappears.

In all these traumas of life, a shell is broken. A new, vulnerable life is started.

Like a crab, the longer that shell has been growing around us, the harder it is to break open, to start again. The more painful the breaking becomes.

No one looks for painful experiences. To avoid pain we may prefer to stay locked into our shells that no longer fit very well, rather than risk the vulnerability of cracking them open.

But when a crab's shell becomes too thick, too protective, too tough to crack open and start again, then the crab can't grow any more. That's when he dies. So do we.

James Taylor

Contributed by Bruce T - Rangiora Member

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.



Newsletter Contributions

The deadline for the following month's 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!



Christian Fellowship Verse

Jeremiah 1:5

Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as prophet to the nations."

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.



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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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