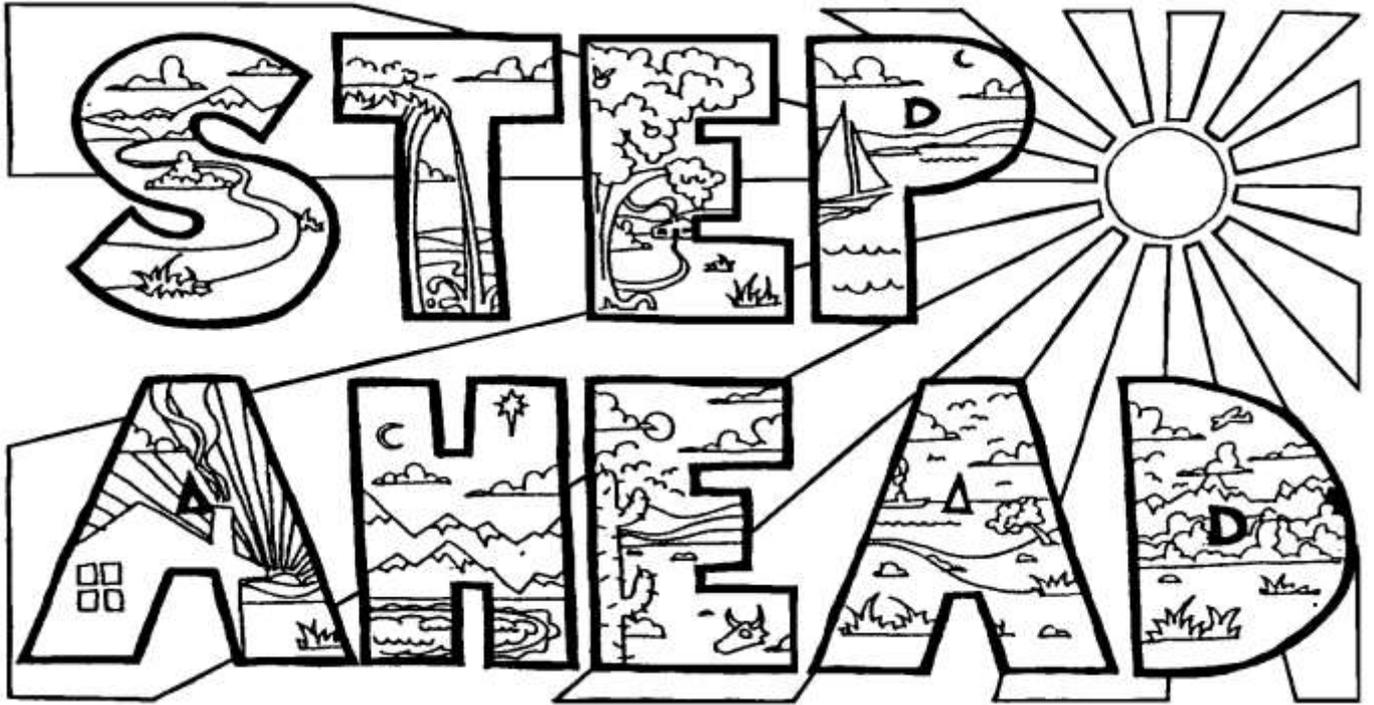


DECEMBER 2018



A COMMUNITY BASED REHABILITATION ORGANISATION



Wishing you a safe and relaxing
festive season

A Note from Helen

Christmas month is upon us again and there are some great summer activities on programmes over the next month or so, as well as some celebratory lunches and outings.

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 Marshland Road on Thursday 13th 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 and book in if you would like to go along and catch up with friends. 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 and Ashburton members will have the opportunity to join some of the holiday activities too so check your programmes for details of some of the great activities on offer for the holiday period.

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.

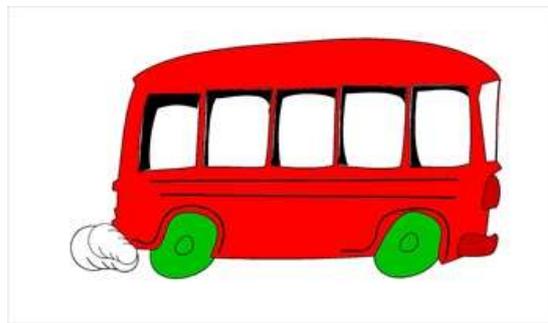
Best wishes from the staff team to everyone for a safe, happy and enjoyable holiday season. 2019 will be here before we know it!

Helen



Step Ahead's Christmas Lunch at the Garden Restaurant - 110 Marshland Road Thursday 13th 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 (\$20.00) would be appreciated by Friday 7th December. Bookings are essential.

Talk to staff if you need more information.



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Stanmore Holistic Wellness Group December Outing

For our last holistic group of the year we are going to have our lunch outdoors while we commune with nature. So bring your lunch, we will leave at 12pm, back by 3pm. The venue for our nature experience will be the Botanic Gardens.



Karen

Newsletter Contributions and Deadline

The deadline for the following month's newsletter is the first Wednesday each month. 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!



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. Do not miss out, come along, be with other members and enjoy the company, the ride, the scenery and activity.



Step Ahead Art Exhibition 2018

Our annual art exhibition opened on Monday 1st October. We had a fantastic turnout of people with about 65 attendees counted. It was great to see so many Step Ahead members bring their family members along to the opening.

Yet again, we were exhibiting a diverse range of artworks and had had a lot of positive feedback about the works on display. 14 pieces sold on the opening day, and quite a few more throughout the exhibition. Well done to all the artists and crafts people.

Karen, Selwyn and DÍ



Member Staff Liaison Meeting at Stanmore Road

Thursday 25th October 2018

Attendees: Alan S, Robin A, Alexis C, Alan W, Mel T, Dale O, Alan S, Cushla T, Anne W, Merrin D, Karen E, Raewyn, Kylie, Barb, Di and Karen.

Chairperson: Tracey C.

Highlights from last month:

Meals at Tai Tapu Hotel, Riccarton Racecourse.

Men's Group trip to Arthurs Pass.

Visit to Justice Precinct and the Buddhist Temple.

Craft groups Christmas Tree decorations.

Mosaics and Budget lunches.

Darfield Art Exhibition.

Opening of Step Ahead Art Exhibition.



Last month's new programme ideas:

Craft – coloured flowers. The craft group could look into this.

Horse Riding. Haven't been able to do it this year but could in 2019.

New programme ideas:

Trip to Spencer Park for BBQ – 28th November.

Trip to Glentunnel with Women's Group.

App for new E Scooters. Need to ask for expressions of interest in the newsletter.

Visit the new library.

Staff notices:

Raewyn's last day is November 15th after 15 or so years of employment at Step Ahead.

Men's Group have a trip to Akaroa and a BBQ at Waikuku next week.

The AGM is on the 27th November. Everyone is welcome. Come along to hear and celebrate the year that was. The Holistic Wellness Group will be watching a documentary on effects of sugar on the body.

Anything else anyone would like to say:

Merrin thanked Raewyn for everything that she has done over her time at Step Ahead.

Thanks to Tracey for chairing the meeting.



Meeting Closed 1:35pm

Looking for paid or voluntary work?

Many of you know Alan from Comcare Jobconnect, as he has been visiting Step Ahead for several years now on a regular basis. Currently he attends budget lunch 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.



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

29th October 2018

Attendees: Lynne G, Constance B, Paul M, Ian P, Michelle B, Kim H, Ros M, Val P, Patrick K, Aynsley B, Toni H, Kevin, Barb and Di.

Chairperson: Kim H.

Highlights from last month:

Meal at Racecourse Hotel.

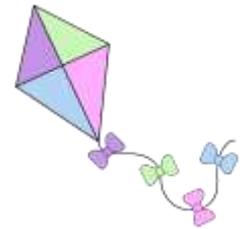
Castle Hill Rocks.

Kite flying.

Table Tennis going well and is a cheap price, \$1.

Half day tramping is great.

Documentary groups were not able to happen but look forward to them.



Last Month's New Programme Ideas:

Fun Cycling – will be programmed as enough interest. Could do either track or urban biking depending on interest.

There will be a noticeboard for member notices.

BBQ at Spencer Park, has been programmed.

Sports in the park is programmed for 22nd November.

Clay projects/Colourful Fimo – needs enough support to programme.

Indoor bowls could be programmed twice a month.

Petanque happening on November 26th at Halswell Quarry.

New Programme Ideas:

Beach walks.

Buskers Festival.

Mosaics twice a month on Tuesday mornings.

BBQ day trips to location that can also swim.

Pot Luck lunch.

Lunch meal at restaurant.



Outdoor mini golf.

Ten Pin Bowling on a Friday – will need to be enough interest.

Indoor Cricket – Is a expensive and need 6 to 7 people. Plan to continue with outdoor sports over summer and look at indoor sports during the winter months.

Horse riding – has not been able to happen this year but can do so next year.

Staff Notices:

The toilet room door at the far end of the house locks properly now. You have to push the button in to lock it.

There will be planned workdays involving staff and interested members to tidy up the section.

A committee is organising an Opening Function to celebrate the opening of the West House. This will probably happen in February.

Meeting closed 1.40pm

Peer Support at Step Ahead

Members at Step Ahead regularly provide support to one another. Some members have taken another step and completed some formal training in peer support. Members can provide support to one another in a number of different ways. They might provide a listening ear, be a buddy to new members, offer encouragement, steer someone in the right direction towards 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, talk to Di.



Member Staff Liaison Meeting at Ashburton 19th October 2018

Attendees: Desrae T, George W, Annette B, Grace M, Christine H, Dianne A, Janet C, Julie S, Noeline H and Di.

Chairperson: Janet C.

Highlights from last month:

Day out 10 Pin Bowling.

Visiting Anne Frank Exhibition at Wigram Airforce Museum.

Visiting Annette's farm and seeing spring lambs.



*"How wonderful it is
that nobody need wait
a single moment
before starting to
improve the world."*
ANNE FRANK

Last Month's New Programme Ideas:

Members would like to have a BBQ at Tinwald Domain in December instead of a Budget Lunch. Need to check the gas.

Ideas for a venue for the Christmas lunch included Tinwald Tavern, Topp Country Cafe, Golden Mile, Chequered Flag Rangitata, Templeton Hotel and Bush Inn Lone Star. The choice of venue needs to be affordable for everyone.

Table Tennis will be programmed in January or February.

New Programme Ideas:

Programme craft, board games and cards at the same time so that members have more choice about what they can do.

Mini golf at Orari.

Staff Notices:

Thank you for all your ideas. They are very much appreciated. Please give as much information as you can when putting forward ideas.

Day trips to places more than 1 and ½ hours away are too far but there are places of interest to visit that are not so far away.

Anything else anyone would like to say?

Thanks to Janet for chairing the meeting.

Meeting Closed at 1:30pm

**Member Staff Liaison Meeting
at Rangiora
15th October 2018**

Attendees: Geoff T, June V, Bruce T, Dale B, Graham L, Marie B, Leanne M, Kenneth M, Jeanette B and Anna.

Chairperson: Jeanette B.

Highlights from last month:

Boulevard Day.

Ten Pin Bowling.

Visiting the Rainbow Warrior in Lyttelton Harbour.

Filled Rolls.

Nutrition with Keira.

Anna from Epilepsy NZ.



Last Month's New Programme Ideas

Little Akaloa for fishing in November.

BBQ at Spencer Park coming up.

Trip to Kaikoura in December.

Orbitor Trip in January.

New Programme Ideas

Guided Tour of Canterbury Museum.

BBQ Lunch in Matawai Park.

Speakers from Arthritis Foundation/NZ Police.

Christmas Lunch.



Visit to West House.



Staff Notices:

Keira back again in November.

Christmas Morning Tea 24th December (bring a plate to share).

Anything else anyone would like to say?

Thank you to Jeanette for chairing the meeting.

Meeting Closed at 11:15am

Christian Fellowship Verse

Hand of Love

Let me take nothing for granted, Lord,
especially the small and simple things,
the pure and lovely
but often inconspicuous things...
Help me to see in all things
Your creative hand of love.

The whole earth is full of his glory.

Isaiah 6:3

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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