

DECEMBER 2019



Donation Thanks

Recently we were lucky enough to be the recipient of a donation from a friend of a member. The donor wanted to thank and acknowledge Step Ahead for the help that we had given her friend. It's lovely to hear that we are making such a positive difference in someone's life.

We have purchased some picnic cups and mugs so that we will no longer have to use flimsy, one-use throw away plastic cups. We would like to pass on our thanks and appreciation for the generous donation. Now every time a member has a cuppa while out on a walk, tramp or an outing the money you gave will be not only helping members of the Trust but also contributing less plastic to the environment.



Findex – Thank You for your Sponsorship

Recently the Mental Health Awareness Walk Challenge was held. This walk challenged Step Ahead members to walk from the Stanmore Road house to the Puriri Street house. We were delighted with the response of approx. 55 people taking part in the walk. Every member who walked received a free T-Shirt and the sponsorship for this came from our Accounting partner Findex. Walking together in the same T-shirt meant that everyone felt a sense of unity and pride in the activity, not to mention having the T-shirt as a lasting reminder of the walk. So thank you Teresa Harris and Findex for arranging this for us.

Also there are still some funds left from the Findex sponsorship which will be spent on some outdoor furniture for our Puriri Street house. This will be much appreciated and used often during the coming summer.



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



Julie's News

I've just finished reading a book that has a survey on happiness. One of the results suggests that the happiest time of the year is Spring. With new growth, warm weather and daylight saving you can understand the results. I hope you have all felt a surge in happiness this Spring!

This year I have been surprised to see Christmas decorations appearing in shops in October. Each year this seems to happen earlier. It's not that I don't like Christmas but to me October is too soon! It is so easy to get overwhelmed with the commercial pressures of Christmas, the ads for expensive presents, the flashiest food and picture-perfect family moments around an exquisitely decorated Christmas tree. Reality is not like that! Don't let yourself be caught in this consumer trap but celebrate Christmas in a style that best suits you and what you like to do.

We hope you can join us to help celebrate the season at Step Ahead on the **13th of December** at the Richmond Club. We can promise some great company, festive music, dancing, good food and a chance to connect with members, staff and Board Trustees.

We'll be running our holiday programme of trips and picnics at picturesque Canterbury locations from 27th December through to 6th January so make sure you put your name down if you are interested.

Julie

Calling All Knitters at Puriri - Knitting Group?

I am interested in starting a knitting group at Puriri Street. Knitting is my passion and I'm a qualified teacher. I have taught many people to knit successfully. I know that many members already know the basics but I thought they might be interested in knitting bigger projects such as a Jersey for winter. I can help with altering patterns too. So if you are interested get in touch with staff at Puriri Street and, if there is enough interest, we can make it a regular event on the programme.

Lynette



Rural News

Kia ora koutou.

It has been a busy year for the Rural Programme, lots of new things happening as well as an influx of new members and visitors. We are working hard to continue our community involvement and getting out and about doing different activities.

Activities will continue over the Christmas period for Rural members to attend, joining with Stanmore and Puriri members.

Pickups will be available from Kaiapoi and Rangiora on **Monday the 30th of December** and **6th of January**.

Ashburton will be meeting up as usual on the **27th of December** and **3rd of January**.

If you would like to attend, please book in as usual and come along for some fun outings.

I am away over December so I will see you all in the New Year. Best wishes for the holidays.

Ka kite anō,

Anna



Annette B got 2nd prize for her bag (behind her)

Congratulations!!

Christmas Lunch

Richmond Club, Avalon Street

Friday 13th December at 11:30am

Please make your own way to the restaurant, if possible, as there may be more members needing a ride than we are able to provide transport for.

Lunch will be followed by entertainment. Payment in advance (\$10.00) would be appreciated by **Tuesday 10th December**. **Bookings are essential.**

Talk to staff if you need more information.



Could you be interested in work in the rest home industry?

1:30pm – Wednesday 4th December at Stanmore Road

Maria from Jobconnect will talk to us about the kind of jobs available in rest homes and other residential settings. This will include what the work involves, hours, working conditions, the experience, qualifications and personal qualities you need to do this work and how rewarding it can be.

Maria will also talk about how to get the jobs, completing applications and cold calling. This is a great opportunity to talk to someone who has a lot of experience supporting people into work. Come along to find out if this could be an option for you.



Tramping Group

Calling all those who thought they might like to give tramping a go. It's summer so if you want to find out what all the buzz is about, why not get in touch and inquire about coming out on a hike. We hope to visit some new locations while we have warmer weather, so keep your eyes posted on the programme or for our posters on Facebook and our website if you have online access. Remember we have a computer available at Step Ahead for your use.



Chris



Te Araroa Trail



Castle Hill Rock formations

Writer's and Book Group

We used pictures as prompts for writing. Grace M wrote a poem about this frog laying on a lily pad.

A frog
green and horrid
croaking with others
lying in the sun
grown from tadpoles
we collect them
and pet them
Kermit the frog, our favourite on TV
we watch them grow wild
and walk through lupins and bushes
to find their homes, their ponds
or adventure into the beech forest
our place
where our frogs grow
the frog mother or father
to the tadpoles we collect
to grow up into frogs
to croak, jump and play
in the lupin beech forest
our place to play
with the tadpoles and frogs
in the forest
the frogs



A Note from Selwyn re the Art Exhibition

This morning a group of us from both Step Ahead and the Eastside Gallery met and spent a very enjoyable time together hanging and placing all the elements of the annual Step Ahead exhibition.

Later, when all was in place, we stood and looked at the skills, talents and abilities represented on canvas, card, mosaics, quilting, stone carving, wood working, knitting and crochet. I, and I'm sure all of us were, so pleased and proud to be associated with such an inspired group of artists and with this letter comes my sincere thanks to all of you who helped to make this exhibition equal to the high standard the Step Ahead Exhibition is known for.

As an Eastside Gallery member I know we are thrilled with the standard of diverse works we are displaying to the public.

Sincere thanks and admiration to you all!

Selwyn



Horse Riding – October 23rd

The day started out with pouring rain and hail, as well as a bitter cold wind. It looked pretty bleak for the planned horse-riding afternoon ahead. However we trusted the not so reliable weather forecast, deciding to go ahead with the event. The weather took a turn for the better around lunchtime. By the time we were out at the Waimakariri Horse Trek the sun was shining, the wind had eased and it looked to be a lovely afternoon ahead.

There was a group of ten members all looking forward to trying their hands at riding. There were mixed emotions. For some it was their first time, while others remembered daunting experiences of riding from years ago. The riding school staff showed the group in detail how to mount, dismount, balance and steer the horses. Some members chose to ride for one hour while others were happy with a half hour ride.

The ride consisted of taking the horses along a track which led to another track providing a lovely view of the Waimakariri River. It was very relaxing and enjoyable, even for those who were walking. Once back and dismounted each rider was given a carrot to feed to their horse to say thank you. We had a cuppa and chat while also patting the two beautiful border collies that lived at the Horse Trek.

The horse riding induced a real sense of achievement, as many were quite nervous before mounting the horses. Others voiced that it felt great to be doing something they hadn't tried before.

All in all it was a great afternoon that left everybody with their own sense of fulfilment.

Barb and Anna



Stanmore Men's Group

All ready to go at 9:00am for a day's outing to Shearer's Quarters in Temuka South Canterbury when at 9.05 our beloved leader Chris fell ill and the trip was at that moment in jeopardy of being called off, into the gap stepped (wearing a fake wig, moustache and a superman cloak) Barb after a quick vote of acceptance and welcome aboard (look out Chris you are being replaced – start shaking in your boots, we loved the replacement 150%).

We were away southward bound. With rest breaks on the way south to stretch our legs our journey south was very entertaining with stories galore from a delightful Barb and other team members – lunch was held at the Temuka Domain, then the highlight of our trip to Shearer's Quarters reserve feeding the numerous variety of animals and playing Petanque interesting game it was, before making the journey north again stopping in Ashburton again to stretch our legs and to do some op shopping before hitting Rolleston and traffic jams again.

A beautiful day had by all with beautiful weather (I wonder if it was the driver who brought the fine weather there and back). See Barb for pictures of the trip.

Ian C

Stanmore Volunteer Group Update

The Volunteer group is a good way to learn new skills, especially beneficial if you are looking to join or re-join the workforce, meet new people and benefit the community and environment.

Coming up in December we will be gardening at the Community Garden in Smith Street.

In January we are spending an afternoon at the SPCA, sorting donations, washing vehicles or gardening followed by a guided tour and time with the animals.

Come along and enjoy some new experiences whilst making a difference.



Member Staff Liaison Meeting Summaries

Ashburton – 25th October 2019

Highlights from last month:

Little River trip. Step Ahead Art Exhibition.

New Programme Ideas:

Collage Pictures. BBQ lunch in the park.
New Barkers shop in Geraldine.

Stanmore – 31st October 2019

Highlights from last month:

Art Exhibition – highest number of exhibits to date!
Horse Riding. Enhancing Communication Skills.
Men's Group Trip to Shearers Quarters.
Badminton with Comcare. Decoupage.

New Programme Ideas:

Green Card guest speaker from Sport Canterbury.
Laser Strike at Coin Cascade. Police dog guest speaker.
Creative therapy Group – short stories, poems, songs,
vision boards around mental illness. Perform at schools
to educate.

Staff Notices:

The next Holistic Wellness Group is visiting the Herb farm.
Jet boating happening on 27th November.
Memorial to Christine B on Monday 4th at 3:30pm.
Two guest speakers in November, Alpha Employment Consultants and Kiwi Saver.
Thank you to those who came to the AGM. Bruce H elected as a community rep and Tony H as a member rep.
Have new permanent plastic mugs. Let staff know if it is better to have mugs with handles or without.
Christmas lunch is booked for Friday December 13th.
The report on Government Change for the Mental Health & Addiction Sector is available.

Puriri – 21st October 2019

Highlights from last month:

The Immunisation guest speaker was very interesting and informative.
"I've gained knowledge and confidence from the Art and learning."
"I'm loving the open craft – great to work alongside others".
Podcast group is interesting.
Walking group and cooking group are great.
Many members enjoyed the Music appreciation group.
Learning basic stuff at technology group is really helpful.
Art exhibition showed how talented all the members are.
Friday exercise group is excellent.
New Tai Chi tutor is great.

New Programme Ideas

Another Park Run preparation session (one off).
BBQ on a Wednesday. Sew more often.
Loom knitting.
Go to Peel Forest as it was cancelled in September – programmed 3rd January 2020.
Crochet. Decorating lamp shades.

Staff Notices:

Craft space has been made larger by joining two rooms together.
AGM of the Step Ahead Board tomorrow – we can provide transport.
The dishwasher needs emptying first thing in the morning – please assist if you can.
If something is running low in supply or there is a mess somewhere – please let staff know so we can fix it straight away.
Parking: There is a new sign at the entrance to the gravel car park saying "St Ninian's only parking". We have permission to use the gravel car park **except for Wednesday morning** when St Ninian's have a lot of people using their facilities.

Anything else anyone would like to say?

I would like to say thank you to Step Ahead because it is really making a difference in my life.

Rangiora – 14th October 2019

Highlights from last month:

Ferrymead Heritage Park. Filled Rolls.
Mental Health Awareness Week Walk.
Afternoon in Sumner. Walk at the Groynes.

New Programme Ideas

Cheviot & Gore Bay.
Orana Park. Geraldine.



Waimak Horse Trek

I think most of us on arriving to be paired up with our horses for the trek, were feeling a little nervous. But with the thorough demo of what we needed to know with our horses I'm sure most of us felt a lot more confident.

For me with my horse Rocky, it was a very special, fun day. We met interesting friendly people who loved their horses. I would go again. Felt we were lucky to have had this opportunity.

Thanks to Anna & Barb too who helped.

Jan J



Stanmore Men's Group Visit to Winstone Quarry

On Tuesday 15th October the Men's group visited this large quarry, one of five adjoining quarries situated off the Old West Coast Rd on the outskirts of Christchurch.

We were ably shown around the Quarry by Glen, the quarries Lab Manager. This quarry is very large and supplies metal materials for roading and construction for the whole region. The quarry has a large range of screening and crusher machinery which produces graded rounds and crushed product. A wide range of materials are produced in a range of sizes, used right through from highway base course, to chip for bitumen sealing and finer materials for concrete production.

The quarry has been subject to a number of environmental concerns. Neighbours have been concerned about the level of silica in dust raised by operations. Groundwater contamination issues have also been raised. The quarry can only 'mine' down to a depth of 10 metres because of these concerns. It was interesting to learn that the resource consent for the quarry ends next year. The maximum amount allowed to be removed from the ground has just about been reached. After that Winstones will have to begin remedial operations. The possible plans for the future use of this large area include recreational park and even a large lake. All in all a very educational visit and one which the guys much enjoyed.

Chris



Winstone Quarry loading truck

Exciting Management Opportunity for all Members

Have you ever thought about running or working in a small business?

Step Ahead is planning on starting a small social enterprise and we are looking for volunteer members who would like to be involved. We are not looking for specific skills at this point, more a desire to be involved. The aim of the social enterprise is to provide members with an opportunity to upskill into the many different roles a business needs to run smoothly. This first group of volunteers will become the management team who will make the decisions about how the social enterprise will be run, including a business plan, resources needed and the various requirements of how to get underway. It's an exciting opportunity to take part in building a business from the very ground up.

Of course, if you already have some experience in any of these areas you will also be most welcome. We will be looking for people who would like to learn about marketing, computer use, budgeting, accounting, recruitment and how to run a business - training will be provided if you have no experience.

At this stage the social enterprise we are planning will be for a sewing and clothing repairs workshop that would also be open to the local community. This however is open to change depending on what the members want. If you would like to know more about this come along to our no obligation information session at Stanmore Road on Thursday 5th December at 2pm. Any questions please come and see Julie.

Cooking

Recently I decided I've been getting into a bit of a rut cooking the same things all the time. With me getting out the cooking books, enjoying the challenge, cooking new things meal wise. Following recipes in my cooking books. Really enjoying trying new things, cooking meals.



William S

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