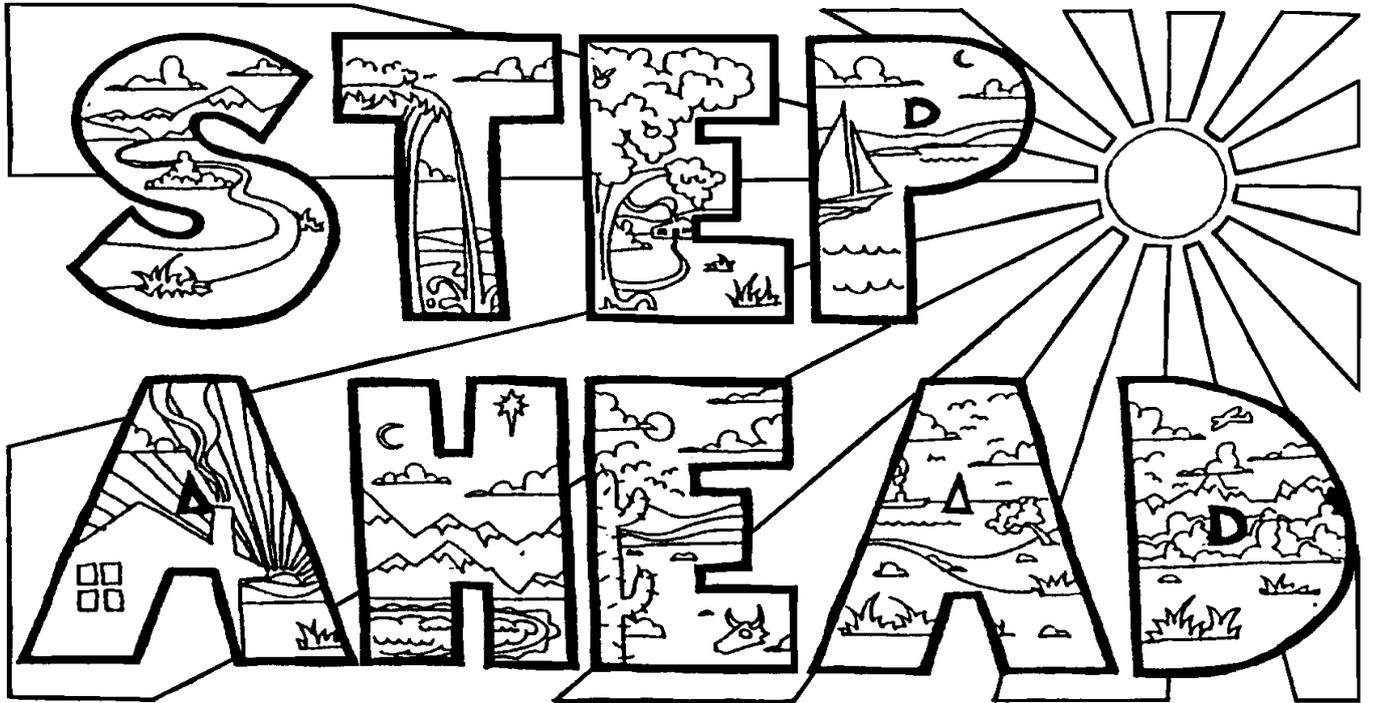


# FEBRUARY 2017



A COMMUNITY BASED REHABILITATION ORGANISATION



**McLean's Island Big Day Out**  
**Wednesday 8<sup>th</sup>**  
**Sausage Sizzle (\$2.50) and**  
**Team Sports Games**

# A Note from Helen

I hope that you were able get out and about during January and enjoy some of the great weather and holiday activities. Maybe you were able to join in some of the opportunities to get out of town for the day or join others for a picnic or barbeque or maybe just a relaxing day out of town.

Big thanks to everyone for the Christmas messages and cards, they were really appreciated! By the time you are reading this newsletter, a number of staff will have had some holiday time and an opportunity for a bit of a recharge after a very busy 2016.

Many of the members from all of the bases enjoyed some great Christmas celebrations at a number of locations in December. About 80 members attended a very enjoyable lunch at the Garden Restaurant in December. As well as many West and Stanmore members there was a group who travelled from Ashburton and several board members! Thanks for coming! It was great to catch up with everyone. Di, Kylie and Roger were also able to join some of the rural members at their special lunches. It's really good to have an opportunity to catch up with members who we may often speak to on the phone but don't see very often, so thanks for the invitations!

After many months of delays, we are really looking forward to being able to move the West programme into the new Step Ahead property in Puriri Street. We are hopeful that this will be within the next few months. There have been a number of hold ups along the way that have delayed progress a lot, but hopefully we are nearly there!

There are lots of opportunities to be out enjoying the sunny days on this month's programmes including day trips, golf and some evening activities too so hopefully there's something for you. Have a good month. We hope to see you soon.

*Helen*



# WEST Life

Did you know!!!

West members can attend evening activities at Step Ahead and you can come to West to join these activities. Check the time on the West programme and book in. You will get a ride to Stanmore for the activity. At the end of all evening activities members are dropped off at their home or to the West hall.

This month the evening activities include:

- Wed. 1<sup>st</sup> at 4:00pm Depart for Anthony Harper Festival – Robin Hood at Riccarton House. BYO dinner
- Wed. 8<sup>th</sup> at 4:00pm Depart for BBQ at Waikuku Beach (\$4.50)
- Thurs. 16<sup>th</sup> at 4:00pm Depart for Dinner at 808 (Meals from \$14.00)
- Wed. 22<sup>nd</sup> at 4:00pm Depart for Dinner at Tai Tapu Hotel. (Meals from \$14.00)



We are making slow and steady progress with the development of the new West property. Up till now this has mainly involved paper work and emails. We need to keep our new site tidy and there are some small but important jobs to do before we can start using the building. Therefore I have included 2 working bees this month, one on a Friday and one on a Monday.



I would like to thank those who have helped out already. We have had a lot of fun trimming trees, cutting lawns, weeding the drive and recycling pavers. Great job



February has some of the best summer weather and we have lots of great outings on the programme to take advantage of this.

- Wed. 1<sup>st</sup> at 12:00 midday. Depart for cricket at Hagley Oval, BYO lunch. This is a Ford Trophy one day match between Canterbury and Northern Districts. We may not see the whole game but with free entry it is a great opportunity to see the new home of cricket in Christchurch.



- Wed. 8<sup>th</sup> at 10:30am. Day out at Mc Leans Island with Stanmore and Rangiora members - Sausage Sizzle (\$2.50) followed by team games. We have secured the use of a community activity tailor from the YMCA which will provide some new fun group games.

- Fri. 10<sup>th</sup> at 9:30am. Day trip to Quail Island with Stanmore members – BYO lunch, sunhat, water bottle, togs etc. (\$15.00). This outing includes a great ferry ride across the harbour.



- Wed. 15<sup>th</sup> at 10:30am. Day at New Brighton - BYO lunch, walks, op shops, library and sand art. One of our most popular destinations.

- Thurs. 16<sup>th</sup> at 10:00am. Depart for day at Orana Park. BYO Lunch, sunhat etc. (\$8.50). Come and see the new Gorillas



- Fri. 17<sup>th</sup> at 10:30am. Day out - Lake Roto Kohatu (near the Groynes) with Stanmore and Rural members. Optional canoes hire (\$2.50), walking, swimming, relaxing etc. BYO lunch

- Wed. 22<sup>nd</sup> at 10:15am. Visit Warwickz Animal Farm (\$5.00). This farm specialises in rare breeds of farm yard animals and because they are regularly handled you can get very close

- Tues. 28<sup>th</sup> at 9:30am. Depart for outing to Peel Forest. BYO Lunch. Forest walks. Peel Forest has some of the biggest trees in New Zealand and they are believed to be 1000 years old.



Due to members request we now have Zumba at the YMCA twice a month on Thursday. Come along and see what others are enjoying. This is a beginner level exercise and dance group.

Also on Thursday we are going to try a new fun sport which is a combination of two other activities. If you put golf and Frisbee together you get disc golf and Jellie Park has a purpose designed course for us to have a go for free, can't lose!



This month we have moved the member / staff liaison meeting to a Monday to get input from as many different people as possible. So come along with your feedback and ideas to create future activities for our programmes

We have several physical activities during the month which could be used to prepare for our 100 k Challenge in March.

- Fri. 3<sup>rd</sup> at 1:00pm. Urban Bike ride (\$2.50 bike hire or BYO)
- Fri. 24<sup>th</sup> at 1:00pm. Exercise in the park
- Wed. 1<sup>st</sup> and 22<sup>nd</sup> at 10:30am. Gym at Redwood (\$3.00)
- Every Mon. at 1:00pm. Walking Group
- Every Thur. Either walking group or Zumba at YMCA (\$3.00)

All those involved in the above activities (plus others) will enjoy our 100 km Challenge in March by being part of a large group and sharing support whilst achieving personal milestones.

*Kevin*

# 100 Km Challenge

**Monday 6<sup>th</sup> March -at Halswell Quarry**

Last year we achieved just over 100kms even though our goal was 50! So this year we are aiming for 100 and let's see how much we can beat that by!

Our objective is to walk, run or bike 1 or 2 laps of a short course which added together will be a significant distance, like 100 km. A challenge that we may struggle with individually, but together we may be able to exceed!!



Step Ahead members from West, Rangiora and Stanmore will have the opportunity to join in a fun activity, where we support each other to do what we can towards our overall goal of travelling the longest distance possible.

At Halswell Quarry a 1km and a ½ km loop will be marked out. Members will take turns at carrying a baton around either the short or the long course by walking, running or biking. Then pass one of the batons on to another member to carry, and so on.



Remember, this challenge will not be measured by the speed that you complete a lap in or the number of laps you do, but by the overall distance travelled by the whole group.

**Up 4 it? Last year it was great fun!**



# Quail Island Day Trip

**Friday 10th February - West and Stanmore Members  
(\$15.00)**

Please pay a \$5.00 deposit by Friday 5<sup>th</sup> to secure your place.

Quail Island is an inner harbour island and is Canterbury's largest island but is easily explored in a day. Easy graded walks make for enjoyable walking and the main beach is sheltered so great for swimming.

The island is steeped in history: In 1875 it was a quarantine station for new immigrants and in 1907 a small leprosy colony was established, housing several patients until 1925, when remaining "lepers" were sent to Fiji. It was the only leprosy colony in NZ.

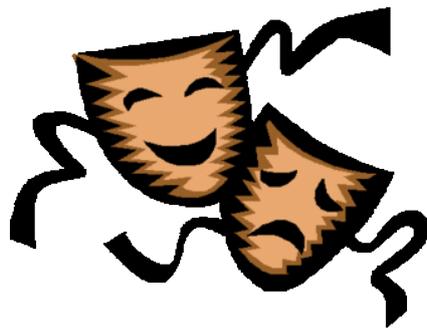
On the western side of the island is a "ships graveyard" where the remains of 8 shipwrecks can be spotted. Kennels used to quarantine the famous Antarctic Explorer Robert Scott's dogs are also on the island.

The Ferry leaves from Lyttelton at 10.20am and returns at 3.30. Bring lunch, water bottle, togs, sunblock and sun hat etc. Check programmes for departure times from each base.



# Stanmore Road Drama Group's Latest Alphabetical Story

A black cat decided enough fun gambling, however its jacket kept leaning moderately not obviously protruding quietly resisting Superman's thoughts, usually victimising women's x-rated youthful zebra's.



Have you thought about joining the Drama Group? Come along for a laugh and push your boundaries. This group kicks off again for the New Year in February. See Chris for details.

## Stanmore Road Painting Techniques Day Trip

On Thursday February 2nd there will be an art trip visiting Christchurch galleries around the city. For stone carver/artists we will be visiting sculpture galleries at Heathcote and West Melton. The plan for lunch is to have it on the banks of the Avon River. So come along to get ideas and inspiration for the New Year of creativity coming up.

*Karen*



# Stanmore and West Warwickz Rare Breed Animal Farm Visit Wednesday 22<sup>nd</sup> February

We last visited this farm in March last year. We were rained off when we tried to go in October and December of last year, so we hope for much better weather in February! The farm is home to a gorgeous herd of Alpaca's among a host of other farm favourites, miniature horses, Saanen and Angora goats, a flock of coloured sheep, Arapawa sheep, Gotland Pelt sheep, a donkey, the very rare Endeby Island rabbits, Guinea Pigs, Ring Necked Doves, Geese, Peacocks and more!

There is also a range of hand crafts, crystals and gems available for purchase in the farm craft and crystal gallery as well as the award winning 30year old country garden to explore.

Bring your lunch

Come along for a great day out.  
There is a \$5 entrance fee

See you there



# **Big Day Out at Lake Roto Kohatu**

## **Friday 17<sup>th</sup> February for Stanmore, West and Ashburton members**

Come along and spend the day with members from all bases at these little lakes near the Groynes. The canoes we have hired in previous years are no longer available. We hope to have new canoes for hire (\$2.50) for those that would like to have a paddle on the water. Alternatively we may be able to source tyre tubes for a float or making a raft.

Otherwise we will walk, swim, play Frisbee or relax in the sun and fresh air etc. Let's make the most of summer weather while we can.

Bring your own lunch, sunhat and water bottle. Book in as usual. Check programmes for departure times.

See you there!



# Big Day Out at McLean's Island with Stanmore, West and Rangiora members

Wednesday 8th February

Come along for a great day out and a sausage sizzle lunch (\$2.50). There will be Frisbee, biking, walking, relaxing, tug of war and other games that will get us moving and make us laugh! Check your programmes for departure times. Ask staff for more details or those members who attended Games in the Park on 6<sup>th</sup> January. It was a lot of fun!



## Day out at the Cricket

On Wednesday 1<sup>st</sup> February members will have the opportunity to watch Canterbury playing Northern Districts at Hagley Oval. Vans are leaving from all Stanmore, Rangiora and West. Bring some lunch and a hat, sunscreen and enjoy a relaxed day out on the embankment. This is a free event which can be enjoyed by all.



# 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



## Did you know?

Members may 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.

## 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.



# Newsletter Contributions

The deadline for the following months newsletter is the first Wednesday each Month, i.e. the deadline for the March newsletter is the first Wednesday in February.

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

For where two or three are gathered together in My name, I am there in the midst of them.

**Matthew 18:20**



# Stanmore Road Discussion Group - News and Views

We are now well into this new group and have had a variety of discussions including: the recent Kaikoura earthquakes and the effects they may have on Cantabrians, the seabed and paua issues, Middle East territories, Christmas time consumerism, different church denominations, news topics from the newspapers, and we have made a plan for future groups. These include listening to snippets from DVD's or news you tube talks, and discussing topics relating to these, climate change, mental health issues, role play, sharing personal experiences and much more. In our up-coming group we are going to take a walk around Christchurch city to observe the rebuild and then come back to discuss our findings. Come and join us if you think you would like to contribute to our discussions, or have any ideas to add to our group.

123456 dialling Heaven

1 Be care full for **no** thing

2 But in **every** thing

3 By prayer

4 and supplication (I need you Lord)

5 with thanksgiving

6 Let your requests be made known unto God

And the PEACE OF GOD which passes all understanding

Shall KEEP your hearts and minds

Through CHRIST JESUS



**Philippians 4:6&7**

*Contributed by Aynsley H*

# Ashburton are visiting Victorian Wood Works in Arundel on Friday 24<sup>th</sup>

James Foster has been working with wood in various ways for over forty years. He trained as a cabinet maker before becoming a builder with his own company for many years.

His main business now is making garden art and children's toys, designed for the individual.

You can see the types of things that James makes by looking at the website [www.victorianwoodworks.co.nz](http://www.victorianwoodworks.co.nz)

Come along for an interesting visit of the garden and wooden art works



# 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, Louise, Merrin (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.



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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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