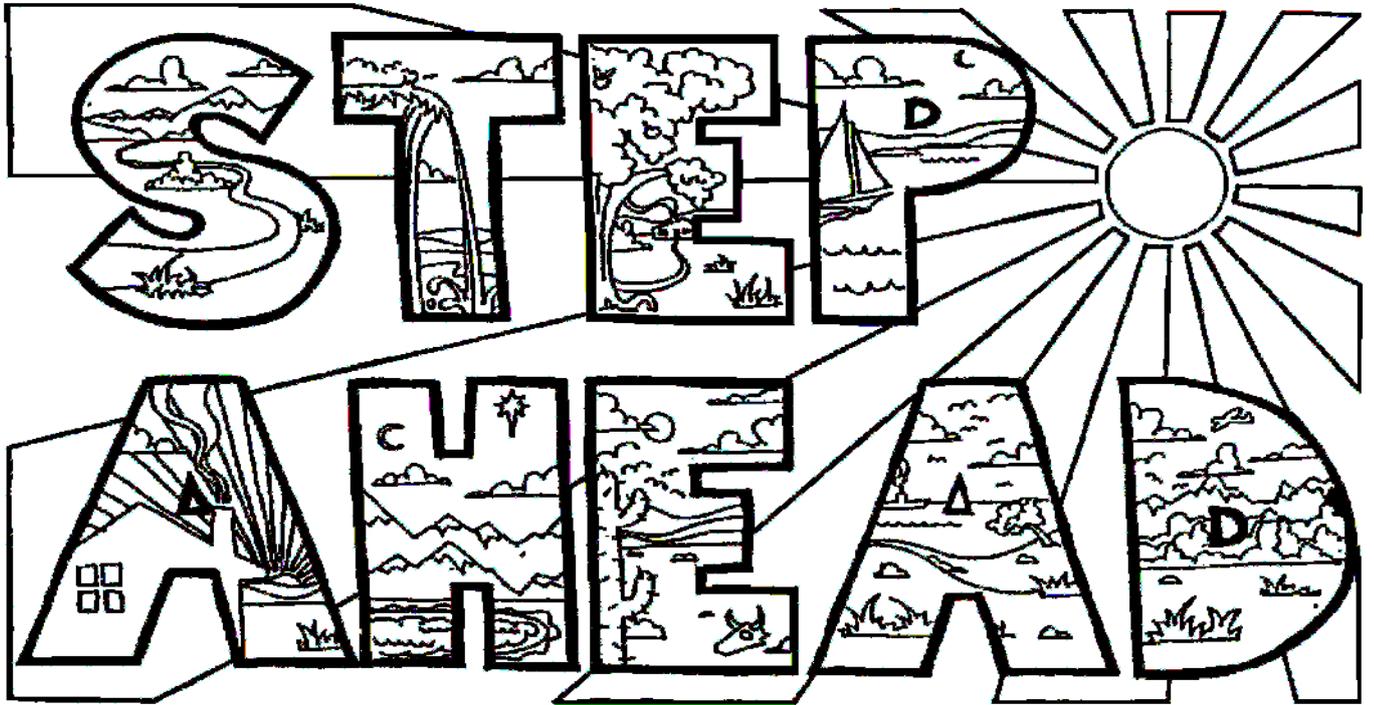
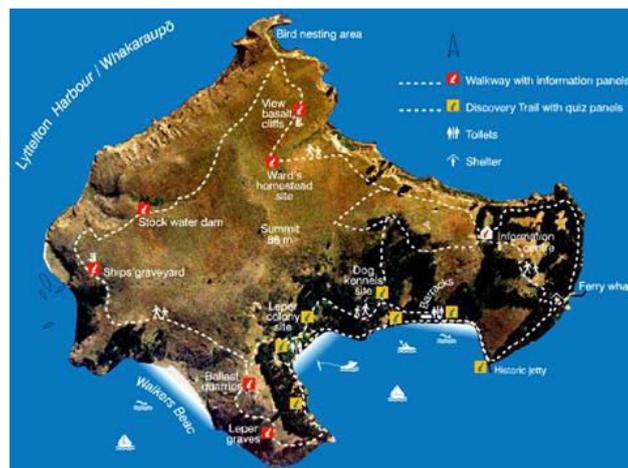


FEBRUARY 2018



A COMMUNITY BASED REHABILITATION ORGANISATION



**Day Trip to Quail Island
February 9th
See programmes for details**

A Note from Helen

Maybe you were able to join in some of the opportunities to get out of town for the day or joined others for a picnic or barbeque or maybe just a relaxing day out of town.

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, Roger and I were also able to join some of the Rural and West 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 very soon. There have been a number of big 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 a day at trip to Quail Island, golf and some evening activities that include Summertimes events. The usual selection of regular activities is also on offer at all bases so hopefully there's something for you.

Have a good month. We hope to see you soon.

Helen

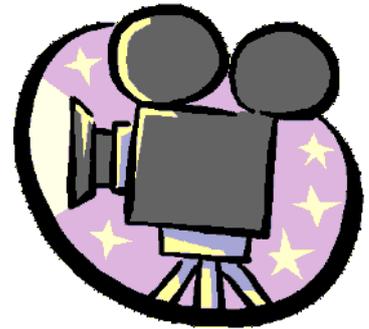


Stanmore Road Documentary Group

Good news for members who enjoy the documentaries and following discussions at the Documentary Group!!

As requested by you, the group will change from once a month to fortnightly, on Wednesday afternoons, from February onwards, so look out for this on your programme!!

Georgia



Art Day Trip

On Thursday 15th February there will be a day trip to North Canterbury. We will be departing at 9:30, first stop is the Art Box Gallery in Papanui. Then to Rangiora to visit a professional artists studio. If there is enough interest we will call into the Rangiora Recycling Centre on the way. Then onto Oxford to the Art Gallery, returning to Stanmore by 4pm.

Bring your own lunch.

Karen



White Flipped Penguin Visit

On Friday 9th December a group of Step Aheaders visited a penguin colony on Banks Peninsula to look at some white flipped penguin chicks. We started from Taylors Mistake and walked eastward on the coastal track for about 45 minutes towards Boulder Bay, before descending via some steep ladders to the rocky beach below.

We were met by Dr Chris Challies, Elizabeth's father, an ornithologist who while now retired, takes a very keen interest in monitoring this species of penguin.

We were able to handle two pairs of chicks, which Elizabeth retrieved from their burrows in the rock. The first pair were still covered in grey downy like feathers and were around 3 weeks old. The second pair had shed their early feathers, were considerably larger and had the blue sheen of their adult form. This pair was around fifty days old, wriggled a lot when we held them, and were only a few days away from leaving their burrows and disappearing out to sea. When they do this their little feet won't touch land again for the next 10 months. Their territorial range is right along the East Coast of the South Island. Dr Challies gave us a most informative talk about these intriguing birds which we all found most worthwhile.

Temperatures had risen to above thirty degrees on the way back and we were glad of the shade and cool provided by the easterly and some shading trees. After lunch some went down to the beach for a paddle. All in all a great day out.

Chris



Stanmore Road Men's Group Historical Landmarks Van Quiz



On Tuesday 27th February the Men's Group will be off on a Van Quiz around the Christchurch area. Come along for a fun afternoon out and learn about some of Christchurch's more interesting landmarks. We leave Stanmore at 11:30 am.

Stanmore Road Cave Stream & Castle Hill Trip

On Friday 23rd February, on the Stanmore Road programme there is a trip to Castle Hill, where parts of Narnia were filmed, and Cave Stream. The trip through Cave Stream involves walking upstream. Apart from a short point at the entrance where the water could be waist deep, it is a shallow underground slightly uphill climb through the stream for about half an hour. You will need some woolen or thermal long johns, thermal top and a torch. There is a short climb up a steel ladder at the end of the cave, to get out of the cave system.

Talk to Chris or Di about this trip for more details before you book in.

Chris and Di



Quail Island Day Trip

**Friday 9th February - West and Stanmore Members
(\$15.00)**

Please pay a \$5.00 deposit by Friday 2nd 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 3.30pm. Bring lunch, water bottle, togs, sunblock and sun hat etc.

Check programmes for departure times from each base.



Stanmore Road Christian Fellowship DVD

Introducing a new Christian DVD teaching/movie group. It commences on the 5th February from 1-3pm and runs monthly on the first Monday of the month.

For further information please contact Alison or Ian.



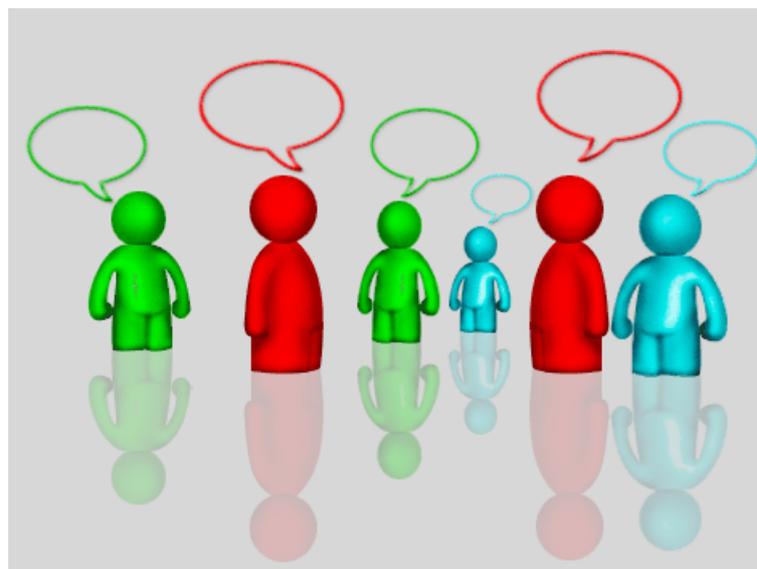
Stanmore Social Group

Held once a month, the Social Group next meets at 1pm on Wednesday the 14th February.

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



Big Day Out at Lake Roto Kohatu

Friday 2nd March for Stanmore, West and Ashburton members

Come along and spend the day with members from other bases at these little lakes near the Groynes. We will have canoes for hire (\$2.50) for those that would like to have a paddle on the water.

Otherwise we will walk, 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, sunblock, sunhat and water bottle. Book in as usual.

See you there!



The White Flipped Penguin Experience

Two vans of happy Step Ahead troopers took off for Harris Bay in early December to visit and learn about the local White Flipped Penguin colony. Climbing out of the vans at Taylors Mistake we soon ascended the walking track above sea level and shimmied down the steep wooden steps to rock level.

There we met Elizabeth's father who is the sole custodian of this penguin colony. He continued to inform us about these rare penguins habits. We learnt there is usually up to 120 of them, and that they spend their first 8 months at sea without even touching land and then somehow with homeing instincts on find their way back to their wooden man made burrows where they were born.

The bay is easily accessible in only a 30 minute walk from Taylors Mistake.

It was hot sunny day so we really appreciated the shady trees in the car park and picnicked upon our overdue lunch. We very happily took home with us photos of the two, two week old fluffy grey chicks having got to experience holding them fondly. We saw one other older blue youngster who had the white edging along its flippers and hence their name.

Many thanks to Elizabeth's father who at length, shared his knowledge with us.

Christine B



Member Staff Liaison Meeting at Stanmore Road 21st December 2017

Attendees: Milly C, Mike T, Max L, Robin A, Di, Kylie, Barb, Karen, Raewyn, Chris and Georgia.

Chairperson: Tracey C

Highlights from last month:

Christmas lunches at all bases
Horse Riding
Writers Group
Tramping
White Flipped Penguins
Christmas Crafts
Mosaics – completing projects
New members at Painting Techniques



Last Month's New Programme Ideas:

Will carry forward and be programmed in the New Year.

New Programme Ideas:

Philosophy Group – Max to raise in News and Views discussion group to see if interest.
Wellness Group – discussions on medications, nutrition, exercise etc.

Staff notices:

Loom knitting at West if any Stanmore members are interested.
Dietitian now finished and Nutritionist will be starting end of January.
Reminder about holiday programme – come along and be with others.

Anything else anyone would like to say:

The documentary group is enjoyable.
Merry Christmas and happy holidays.



Thanks to Tracey for chairing the meeting.

Meeting closed 1.40pm

Stanmore Road Discussion Group for people interested in Holistic Wellness

At our recent member/staff liaison meeting the question was raised, if anyone was interested in forming a discussion group to look at alternative and mainstream health practises that may benefit people. Max has a particular interest in ionised water and there are many other health initiatives that we may like to look at.

The group would be on a Tuesday afternoon once a month if there is enough interest.

Please let staff know if you are interested.

Karen



New DVD's at Step Ahead

Fatso a DVD rental company recently went out of business and gifted us lots of DVD's! We've added these to the DVD library. Come and talk to staff if you'd like to know what movies are available. We've created a library so that they can be borrowed and watched at home.



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 month's 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

All things work together for good for those who love the Lord and are called according to his purpose

Romans 8:28



Member Staff Liaison Meeting at Rangiora

11th December 2017

Attendees: Di, Anna, Jeanette B, Bruce T, Dale B, Graham L, Helen M, Kenneth M and Leanne M.

Chairperson: June V

Highlights from last month:

Christmas Lunch at the Five Stags Restaurant – good time had by all, a pleasure to have Helen, Kylie and Roger's company.

Last Month's New Programme Ideas

A speaker from St Johns is booked in January.

New Programme Ideas

Mini Golf at Ferrymead
Speaker from Civil Defence
Day out to Okains Bay
Visit to Oxford Bird Rescue
Speaker from Budget Advice
Tram ride in Christchurch



Staff Notices:

There are two Wednesdays available to you for the holiday period so ring and book in if interested in going along – we can arrange a pick up from Kaiapoi.

Thank you for a good year.

Anything else anyone would like to say?

It's been a good year for Leanne at Step Ahead.
Thank you to June for chairing the meeting.

Meeting Closed at 1:30pm

Member Staff Liaison Meeting at West

12th December 2017

Attendees: Robert W, Jill K, Constance B, Karen E, John S, Barbara and Kevin

Chairperson: Susie W

Highlights from last month:

A score of 140 at Ten Pin bowling last week.

BBQ at Waikuku, which included a great walk along the beach.

Women's group had a good walk at the beach and stop at Scarborough for a drink, very talkative group – great.

Enjoyed the badminton.

Housie was good today.



Last Month's New Programme Ideas:

Talent show including Tony (magic) and Jill (keyboard): *Need more offers from members to perform.*

New Brighton beach outing: *Have been there regularly, will programme in March.*

Warwickz farm: *programmed in January.*

Possibly change walking group to the morning to avoid heat of the day in the summer: *Will choose cooler locations on hot days like the beach or shelter on windy days in the forest. There is less time in the morning to achieve a good walk.*

Outing at Lake Roto Kohatu with canoes: *Programmed in January and March.*

Willowbank: *will book for March.*

Handmade Concrete pavers: *Could include this in landscaping of new site.*

Zumba: *Needs more interest from members.*

Crochet: *Needs more interest from members.*



Knitting: *Currently on Wed morning fortnightly using looms – slightly easier way to knit, come and try.*

Clay moulding: *Need more interest and looking for examples of possible projects with clay.*

Line dancing: *With interest building we could programme in the winter.*

Akaroa: *Programmed in February.*



New Programme Ideas:

Have two ten pin bowling games each visit.

Fun quiz more often.

Vegetable garden at new site.

Sausage sizzles and BBQs.

Cold water available at new site and when on outings.

Fancy dress event.

DVDs in the winter.

Buskers.

Summertime's concerts.

Kite making and flying.

Orchestral type music concerts.

Birdlings Flat plus museum.

Golf.

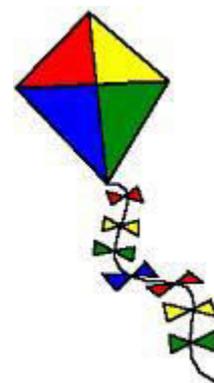
Sign language.

Guest speaker on wills.

Meditation.

Chocolate making and gift wrapping.

Laser strike or sports in the park instead of 10 pin bowling on Tuesday occasionally.



Staff notices: no

Meeting closed 1.30pm

Karens Kraft Korner

Coming up in February we are going to be making some fun new crafts. Read your programme carefully for the dates so you don't miss out.

CUSHIONS - We are going to make some cushions for our new base in Puriri Street. I have some design ideas so everyone can be involved. There will be no charge for this activity.



FIMO CLAY BOOKMARK - For those of us who enjoy reading you may like to make a bookmark with coloured Fimo clay and ribbon. These would also make a great present for someone else.



GLASS BEAD WIND CHIME - These wind chimes hang off a piece of driftwood and look great in the sun.



BUTTON BOWL - In the past we have made bowls with Fimo and paper mache. This one with buttons looks really cool.



100 Km Challenge

Monday 26th March

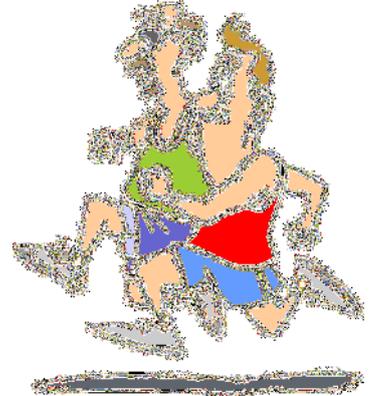
Last year we achieved 146.5 kms even though our goal was 100! So this year let's see how much we can beat that by!

Our objective is to walk, run or bike 1 or 2 laps of a short course which added together will be a significant distance. 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 1/2 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 for it? Last year it was great fun!

Kevin and the team



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, Sarah B, 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.



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.



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.



Nutritional Information from the UK Mental Health Foundation

Magnesium can help with anxiety, depression, stress, irritability and insomnia. Foods that include magnesium: Spinach, watercress, avocados, peppers, broccoli, brussel sprouts, green cabbage, almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecans, pumpkin seeds, sunflower seeds, poppy seeds, oats, bran, long grain rice, buckwheat, barley, quinoa, plain yoghurt, baked beans, bananas, kiwi fruit, blackberries, strawberries, oranges, raisins and chocolate.

Vitamin B3 can help with stress and depression. Foods that include Vitamin B3, brown rice, rice bran, wheatgerm, broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash, peanuts, beef liver, beef kidney, pork, turkey, chicken, tuna, salmon and sunflower seeds

Tryptophan can help with depression, sleep problems. Foods that include Tryptophan: Skinless turkey, skinless chicken, plain yoghurt, milk, eggs, cheddar, gruyere, swiss cheese, cottage cheese, almonds, pistachios, pecans, hazelnuts, peanuts, soy nuts, poppy seeds, pumpkin seeds, sesame seeds, lentils, chickpeas, kidney beans, lima beans, soya, spinach, watercress and cabbage.

Zinc can help with lack of motivation, poor appetite and depression. Foods that include Zinc are oysters, mussels, shrimp, fortified breakfast cereal, cashews, walnuts, almonds, mozzarella, swiss cheese, cheddar cheese, low fat yoghurt, chickpeas, kidney beans, baked beans, lima beans, lentils, miso, chicken (dark meat), turkey, lamb, pork, minced beef, pumpkin seeds, sesame seeds, spinach, mushrooms, squash, asparagus, broccoli, blackberries and kiwi fruit.

Contributed by Bruce T - www.mentalhealth.org.uk/food

Squeezing more out of your Food Budget

- Write a shopping list - and stick to it – and know your budget.
- Take a calculator to keep track of your spend.
- Use the cheapest supermarkets, fruit stores or butcheries in your area.
- Watch out for specials.
- Cheaper fruit and vegetables can always be found at local markets.
- Branded products do not necessarily mean better quality. Give supermarket's own brands a try as they could be made by the same manufacturer.
- Look for the best value by checking the price per 100g or litre.
- Reduce the amount of processed and snack foods you buy.



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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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