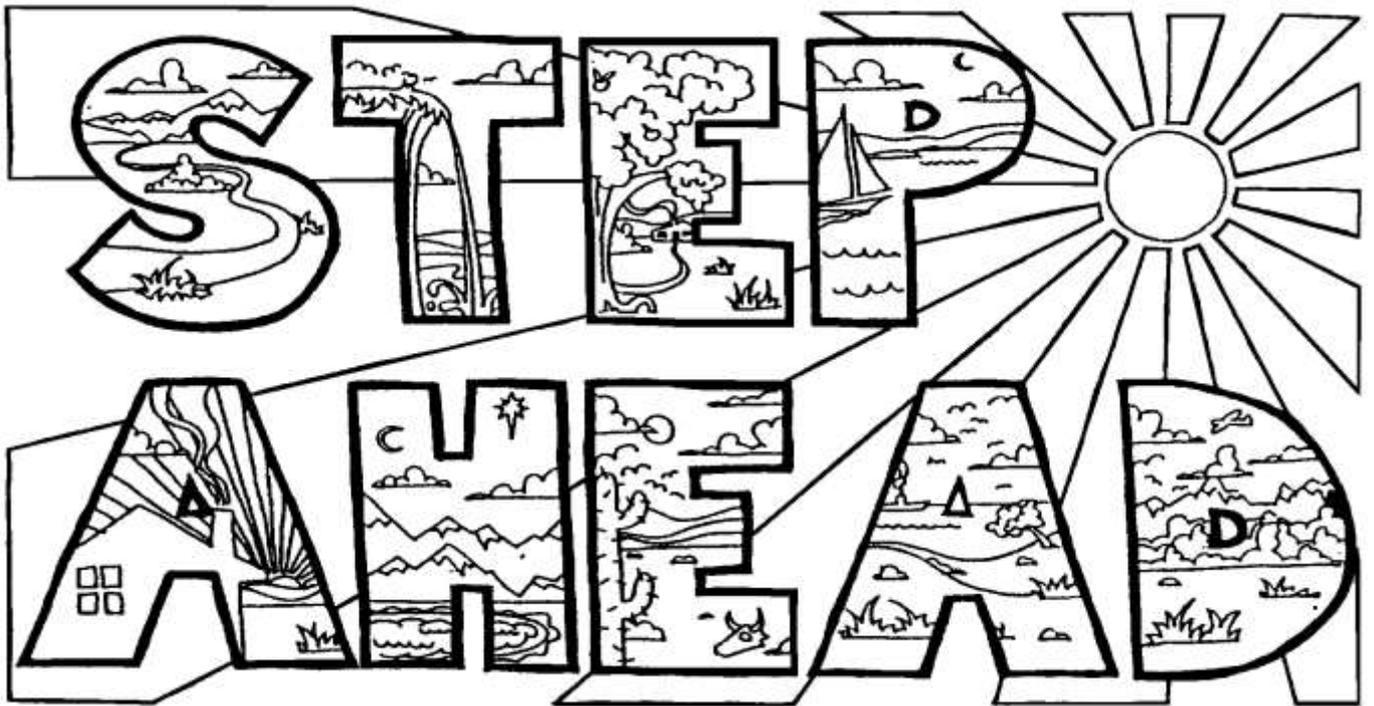


FEBRUARY 2019



A COMMUNITY BASED REHABILITATION ORGANISATION

Friday 1st February

**Day out to Lake Roto Kohatu with
Stanmore, West and Ashburton members.
check your programmes for details**



A Note from Helen

February 2019 already! It's very hard to believe that this is my final newsletter contribution as I am finishing my time at Step Ahead on 1st March. I have been very fortunate to meet, know and work with lots of amazing people, as members and as staff during my time here. Initially as an activities coordinator and then as a Manager for 10 years. Together we have overcome some really big challenges and also been able to celebrate some very significant achievements along the way. I have known many of you throughout the 19 years I have been here and I will certainly miss our regular catch ups a lot.

It's been my privilege to be part of this fantastic organisation, and to have worked alongside so many incredible people. My sincere thanks to everyone who has made my time here so special.

I'm sure you will extend a very warm welcome to the new General Manager and help them feel right at home!

After many months, an official opening for the Puriri Street property is to be held on 8th February.

There are lots of outing opportunities on this month's programmes including a day at Lake Roto Kohatu, a day at Quail Island, Golf and also some evening activities that include Summertimes events. Nice to be able to make the most of the summer weather while it's here. The usual selection of regular activities is also on offer at all bases so hopefully there's something for you. Have a great month.

Helen



Saying Goodbye to Helen

Just to let you know that there will be a farewell function for Helen on Friday 1st March, at Stanmore Road and you are invited.

Helen is going to be very much missed at Step Ahead. She has been a highly respected General Manager and we've been fortunate to have her at the helm over the last 10 years or so. Not to mention her former years as an Activities Coordinator and in particular her love of sewing.

Come along to say goodbye and please book in as usual to help us with catering.

Di



Step Ahead on the Internet

For those people who have access to the internet and Facebook, you may be interested in checking out our page at Step Ahead Christchurch or have a look at our website www.stepahead.org.nz if you haven't already. Did you know that you can choose to sign up to receive your monthly newsletter electronically if you would prefer? You can email us at info@stepahead.org or give us a call to arrange that.



VACANCY

Part time Cleaner



We now have a vacancy for an experienced cleaner to work 4 hours each second Friday at Stanmore Road.

We need someone who is thorough and who takes pride in their work to help keep the house clean.

If this sounds like you, or you would like further information, please see Helen or Di for a job description and application form.

Applications close 16th February.

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



Newsletter Contributions and Deadline

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



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.



Member Staff Liaison Meeting at West

17th December 2018

Attendees: Patrick K, Kim H, Kelly S, William S, Aynsley B, Robert W, Constance B, Ian P, Paul M, Susie W, Kevin & Barbara.

Chairperson: William S.

Highlights from last month:

Paul is enjoying Mosaics and Tai Chi.

Robert loves the challenge of the Fun Quiz.

Constance enjoys old music at music appreciation.

Kelly liked getting out of town on some of the trips.

Kim likes tramping because she is keeping active.

Paul, Robert and Aynsley loved making the Christmas mince tarts.

Ian enjoys exercise in the park.

Next time we do Truffles, Susie would like them to have more of a Christmas flavour.



Last Month's New Programme Ideas:

- Netball idea from last month - will be programmed with the other team sport activities on Thursday afternoons first one 21st February.
- Soccer has also been included in the sport in the park activity on Thursday afternoon.
- Museum visits - will continue once a month on Tuesday.
- Canoeing on the Avon- will have happened in January and is also programmed in February at Lake Roto Kohatu.



New Programme Ideas:

- BBQ at Spencer Park is very popular and programmed for Wednesday 27th Feb.

- Kate Valley Walk - a great idea and location. We need to build up the number of members who can do this by participation in the walking and beginners tramp groups.
- Double Decker bus – will look into price options that are available and report back.
- Warwick Farm – been unlucky with the weather in the past, however in February we have planned to go to Willowbank Wildlife Reserve which is very similar.
- Mosaics Garden in Akaroa – will look into costs and report back.
- Movie afternoon – will keep this as a plan B option during the summer.
- Cycling for fun has been programmed in both January and February - come along and explore lots of easy biking tracks and locations around the city, away from the busy traffic.



Staff Notices:

Looking forward to Christmas meal here at West on Friday.
 For the Monday morning tea on Christmas Eve, please don't bring too much and check what others are bringing.

Meeting closed 1:30pm



Quail Island Day Trip

**Friday 22nd 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. It 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.



Big Day Out at Lake Roto Kohatu

Friday 1st Feb for Stanmore, West and Ashburton members

Come along and spend the day with members from other bases out 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. Let's make the most of summer weather while we can!

Bring your own lunch, sunblock, sunhat and water bottle and book in as usual.

See you there!



Member Staff Liaison Meeting at Ashburton 14th December 2018

Attendees: Sarah B, Annette B, Diane A, Desrae T, George W, Christine H, Janet C & Anna.

Chairperson: Annette B.

Highlights from last month:

Orana Park.

Christmas Lunch with West and Stanmore.

Lunch at the Famous Grouse.



Last Month's New Programme Ideas:

Mini golf in February.

Sarah to look into Tutor from Nutrimetrics.

Plan to visit to Victoria House in March or April.



New Programme Ideas:

Ten Pin Bowling in ChCh and visit to Turanga (new library).

Taiora QEII.

Stone carving with Karen.

Staff Notices:

No BBQ on the 21st Dec as it is our last day at Baring Square and we need to move our things out.

The new location will be advised as soon as we know.

Anything else anyone would like to say?

Hope you have good holidays.

Thanks to Annette for chairing.

Meeting Closed at 1:30pm

Happy
Holidays!

Member Staff Liaison Meeting at Rangiora

17th December 2018

Attendees: Dale B, Bruce T, Kenneth M, Clare H, Marie B, June V, Leanne M, Chris & Anna.

Chairperson: June V.

Highlights from last month:

Lunch at the Five Stags.

Trip to Kaikoura.

Nutrition with Kiera.



Last Month's New Programme Ideas

Going to the new library and Botanic Gardens in January.

BBQ at Spencer Park in January.

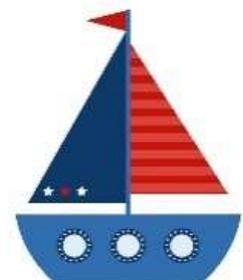
New Programme Ideas

Sailing in Lyttleton Harbour.

Orana Park.

Willowbank.

Guest Speaker from the Arthritis Foundation.



Staff Notices:

Anna is away for February so the programme has been adjusted slightly.

Anything else anyone would like to say?

Thank you to June for chairing.

Enjoy the holidays.



Meeting Closed at 1:30pm

Stanmore Road Painting Techniques

Thursday 21st February

Attention all artists and crafts people. On Thursday 21st there will be a day trip to Banks Peninsula. First stop will be Birdlings Flat to visit a gallery there. Next stop will be Little River and then the furthest destination will be Akaroa where we will have lunch and visit the Akaroa gallery. Our final gallery stop will be at Takamatua before returning to Christchurch. We will be leaving Stanmore Road at 9:30, so bring your lunch or money to buy it.



Book in as usual. See you there!

Karen

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.



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.



My Great Boxing Day

Verse 1

I wake up praising God at the start of a great boxing day. I say my prayers in the memorial garden. At my flat without delay I open my Christmas presents and have a cup of tea as the time I while away.

Verse 2

I walk around to church a visit to the church vegetable gardens. I pay. Have some chocolates watch a DVD, have a cup of tea with everything being okay. Praising God, Boxing Day being such a great day in every way.

William S



Introducing Shell

Hello members and staff

I am Shell Pierre, the newest staff member and am only called Michelle when I did something wrong. That is why I like to be called Shell.

I am married of 21yrs and have 2 children that are adults now.

Each day I enjoy spending time with my family and pup. I like craft, walking, camping swimming in a pool and stone carving along with exercise. I will be working at Stanmore Road on Tuesday and Thursdays and Friday at West.

I look forward to meeting you all and getting to know you.

Shell



Christian Fellowship Verse

God's Love

God's love goes far beyond our dreams,
Beyond our aspirations...
His love surpasses all our plans,
Our hopes and expectations.

I pray that you may grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge.

Ephesians 3:17-19

Stanmore Women's Group

February

MONDAY 4th - SAUSAGE SIZZLE AT SPENCER PARK - 11:30 am - \$2.50

Enjoy lunch in good company, a walk and visit the aviary



MONDAY 11th - WALK AT HARRY ELL WALKWAY AND COFFEE AT SIGN OF THE KIWI (optional) - 1pm

An easy walk followed by a coffee looking out over great views of the city and harbour



MONDAY 18th - AFTERNOON IN RANGIORA - 12:30pm

Bring your own lunch or purchase there then bag a bargain at the op shops



MONDAY 25th - DVD AFTERNOON - 1pm

Relax and enjoy a movie together



Stanmore Craft Group - February

COME AND MAKE COIN CRAFT OR SOME HOMEMADE BODY OIL TO PAMPER YOU OR A LOVED ONE.

Coin Craft

Wednesday February 13th

Time: 1pm, Cost: \$2.50



Home Made Body Oils

Wednesday February 27th

Time: 1pm, Cost: \$2.50



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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