

FEBRUARY 2020



## Big Day Out at Lake Roto Kohatu

Friday the 21<sup>st</sup> of February for Stanmore and Puriri members.

Come along and spend the day with members from other bases out at these little lakes near the Groyne. We will have canoes for hire (\$3.00) 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!



## Rural News

Kia ora koutou

Hi there just wanted to let you know that if there is an event on in the community that you think the group would enjoy, that is perhaps outside our normal hours please let me know as I would be more than happy to facilitate this if there is enough interest.

We've got some great events happening during February, such as trips to a medical museum, Brooklands Lagoon, Lake Coleridge, Motunau Beach, Willowbank, Tinwald, and returning for another visit to Victoria House in Timaru. Please book in as usual.

Later in the year, we are doing two more guided tours of the Canterbury Museum (the first one we did was fantastic!) so please book in for those when they are on the programme.

I would also like to thank you all for being so supportive and understanding with each other, it is lovely to see.

Ngā Mihi

*Anna*

## Photography at Step Ahead

Many of you will know that staff regularly take photos during activities to capture the moment or the creation! The photos are great for publicity and we get a lot of pleasure out of seeing them on the website, Facebook or displayed onsite on the walls or in photo albums.

If you do not agree to being photographed please let staff know.

*Di*



### Update from Chris

A new year is upon us and there are going to be some fun activities happening. The Men's group is having a fishing afternoon on **Tuesday the 21<sup>st</sup> of January**. February will see this group heading up to Hawarden and Lake Taylor for a day trip on **Thursday 13<sup>th</sup> of February**. We will also be having lunch at the Waimairi Golf Course Café on **Tuesday the 25<sup>th</sup> of February**.

The Tramping group has some exciting trips planned with a tramp up the Bealey Valley at Arthurs Pass on the **17<sup>th</sup> of January**. We will be out at Banks Peninsula doing the Nikau Palm Gully tramp on the **31<sup>st</sup> of January**. February sees a shorter trip to the Waterfall at Ashley Gorge, which would be an ideal trip if you are a beginner and would like a taste of what the tramping group is all about. The last day of February will see us having a go at climbing Mt Oxford.

There has been a steady demand for Technology help so if you have any issues with phone, tablet, laptop etc, don't hesitate to book in for this activity which takes place on a Thursday and is run monthly. You are always welcome to make a separate appointment if you have a pressing tech issue.

Looking forward to a great 2020.

*Chris*



### Did You Know?

Members can attend activities at Puriri Street, Stanmore Road or Rural bases, regardless of where you joined.

Please talk to staff for more information if you are interested.



### End of an Era and Journey

With an era, journey lasting 22 years coming to an end last Tuesday in the month of December. With me and my family working really well as a team buying new appliances: furniture and fittings getting new carpet laid, replacing all the appliances furniture and fittings. With the money side of things finally being totally safe and secure in my life. With a new journey with a bright exciting future starting in my life the beginning of the year.

*William S*

### Quotes from Geoff T

*Man's goodness is a flame that can be hidden but never extinguished.*

*Act as if what you do makes a difference. It does!*



*Ashley Gorge walk*

## Celebrating Our Craft Group

What a busy and creative year we had in 2019!! We have put our crafty minds and hands to a long list of activities including picture rock art, homemade oils, decoupage, string art, potpourri, decorative light jars, flax flowers, driftwood succulents and more. We even still found time to visit Creative Junk and many opportunity shops throughout the year to replenish our supplies while recycling towards sustainability.

This year we have started the New Year with pampering ourselves with homemade body oils and lip gloss. We have many more activities to follow in the coming months, including paper buntings and paper flowers.

We meet fortnightly on a Wednesday afternoon in the craft room at the back of Stanmore Road. If you are interested in coming along and need more information, talk to Barbara, or alternatively book in and turn up for a great natter and creative afternoon.

We are also very interested in hearing any craft suggestions you might have for future activities. If you are skilled in any particular craft that you may want to share with the group, chat to Barb and we will do our best to make time for you to share your talents.



## Julie's Views

Ahoy there me hearties, February is all set to be a big month at Step Ahead. Us landlubbers are heading out to sea on Wednesday the **19<sup>th</sup> of February**! Shiver me timbers we are lucky to have the support of Phil Folter from [www.learn2sail.co.nz](http://www.learn2sail.co.nz) who will take 10 lucky seadogs out on the harbour. Register soon so you don't miss out, just \$15 per person for the whole day out.

If you are not the sea faring type then we have plenty of other activities to make the most of the good weather. A day out to Lake Roto Kohatu is planned for **Friday the 21<sup>st</sup> of February**. There will be canoes so you can explore the lake or just play frisbee, chat and relax in the fresh air and sunshine with other members.

We will also be celebrating New Zealand's National day this month on the 6<sup>th</sup> of February. How much do you know about Waitangi Day? Now you can find out as on the **5<sup>th</sup> of February** we will have a talk about the Treaty of Waitangi – maybe even learn a few words in Te Reo Maori to impress your fellow members and friends.

We will look forward to seeing you at Step Ahead soon.

### *Julie*



Ashley Gorge walkers



Ashley Gorge

## Member Staff Liaison Meeting Summaries

*Stanmore – 19<sup>th</sup> December 2019*

### Highlights from last month:

Christmas Lunch at the Richmond Club.  
Visit to Pataka Christmas Shop.  
High Bank Power Station visit.  
Day trip to Art Galleries. Resin Craft at Puriri.  
Open Craft.

### New Programme Ideas:

Education on the Treaty of Waitangi prior to Waitangi Day.

### Staff Notices:

Step Ahead is only closed over the stat days. Come along to the holiday programme as it's a great opportunity to get out and about and enjoy the company of others.

Remember to book in as usual and let us know if you can't make it after all, as this can mean that someone else gets to go.

*Puriri – 16<sup>th</sup> December 2019*

### Highlights from last month:

Patrick really enjoyed the Woolsley track walk.  
Music appreciation is great, listening to favourite songs.  
BBQs are relaxing, hope we have more.  
Quizzes are very popular.  
Tennis has been great in the spring weather.  
Learn new skills doing wood work projects.  
Helping others with meals on wheels.  
I can talk to others while doing my mosaics.  
Indoor bowls in the lounge is great.

### New Programme Ideas:

Movie at New Brighton Museum.  
Museum or Air Force Museum.  
Fishing.  
More BBQs.  
Dancing/Fitness.

### Staff Notices:

There are a few jobs around the Puriri property that members can help with if they have some spare time. Like, sorting the 2<sup>nd</sup> hand clothing bin, empty dishwasher in the morning, watering garden, collecting cabbage tree leaves, gardening, buying milk at the dairy, keep the kitchen area tidy and wiping the bench.

If there are any resources running low or there is a mess somewhere, please let the staff know so it can be sorted straight away.

## Are you being fair?

When you book in for an activity lots of things happen. If the activity involves travel we reserve a seat in the van for you, if it involves food we buy supplies, if it involves going somewhere we book a ticket or a space on a tour. We also close off some activities if all available spaces are booked in.

However sometimes those people who booked in don't turn up and this ends up costing members. The cost can be in empty seats on the van, dollars for tickets, extra food or other members not able to attend. So please please let us know if you can't make the activity you have booked in for, we don't need a reason and are never upset when you let us know, in fact we are really grateful!

You can text 022 173 1673, ring 0800 688732, or even leave a message when we are not here, just as long as we know.

If this doesn't start to happen more this year we do have an option to start a "black list" whereby names of people who don't show up regularly are recorded and then if they reserve a space for an activity then their name goes to the bottom of the list - but we don't want to have to do this.

So please ring and cancel if you can't attend and be fair to everyone!



*Tubing on the Avon*

## Laptop Lending Library

Step Ahead has acquired a number of second hand laptops which are available for members to borrow and take home. You will need to have a short training session with Chris before taking one home.

This will work much like taking a library book out. You will be able to borrow a laptop for a week or possibly longer depending on demand.

If you do not have the internet at home you may still be able to browse the net using your mobile phone as a point of connection. This is fairly simple to set up and once done you will have an automatic connection as soon as the laptop is switched on. This will only work if you have a plan that has data included. If you have only a call and text plan you will be able to use the laptop but not surf the net.

Before borrowing the laptop you will need to have signed Step Ahead's Acceptable Use Policy.

See Chris for details!



Lake Hood



Sack race

## Two services available if you need to talk

Free call or text 1737 any time for support from a trained counsellor.

NEED TO TALK?

1737

free call or text any time

Warmline is a peer support telephone service of people who have had personal experience of mental illness and/or addiction who are able to provide non-crisis confidential support.

Phone anytime between 1:00pm and 12:00am any day of the year: 379 8415 or 0800 899 276.



Totara at Peel Forrest



Egg & Spoon contestants

## Equally Well

**Have you seen the new Equally Well poster in the foyer at Stanmore Road? It's worth a read!**

Step Ahead Trust has signed up to Equally Well, this is an organisations committed to physical health equity for people who experience mental health and addiction issues.

Did you know?

- Around 3 in 5 adults who experience mental health issues report having one or more long-term physical health issues
- Life expectancy is reduced by up to 25 years. Preventable and treatable physical health conditions, like cancers and cardiovascular diseases make up a large part of these figures.
- People experiencing mental health issues are 2-3 times more likely to smoke

**So what does this mean to you?**

It means the staff at Step Ahead are trying to change the above statistics by supporting our members to live as healthy a life as possible.

- If you smoke we can provide support to help you stop smoking
- We work hard to make sure that the food we serve at Step Ahead is healthy, this means no fried food, wholemeal/brown breads instead of white bread, fruit desserts and other tasty food that is low in fats and sugar.
- A dietician visits Step Ahead to provide support and education to members once a month (at no cost).
- Activities include lots of walking, swimming, badminton, tramping and other exercise programmes to increase fitness
- We provide yoga, tai chi and meditation to help with wellbeing.

Is there anything else we can do to help support you to improve your health? Please let us know!

**Equally  
Well** 

**Step Ahead Trust**

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*Tubing on the Avon*