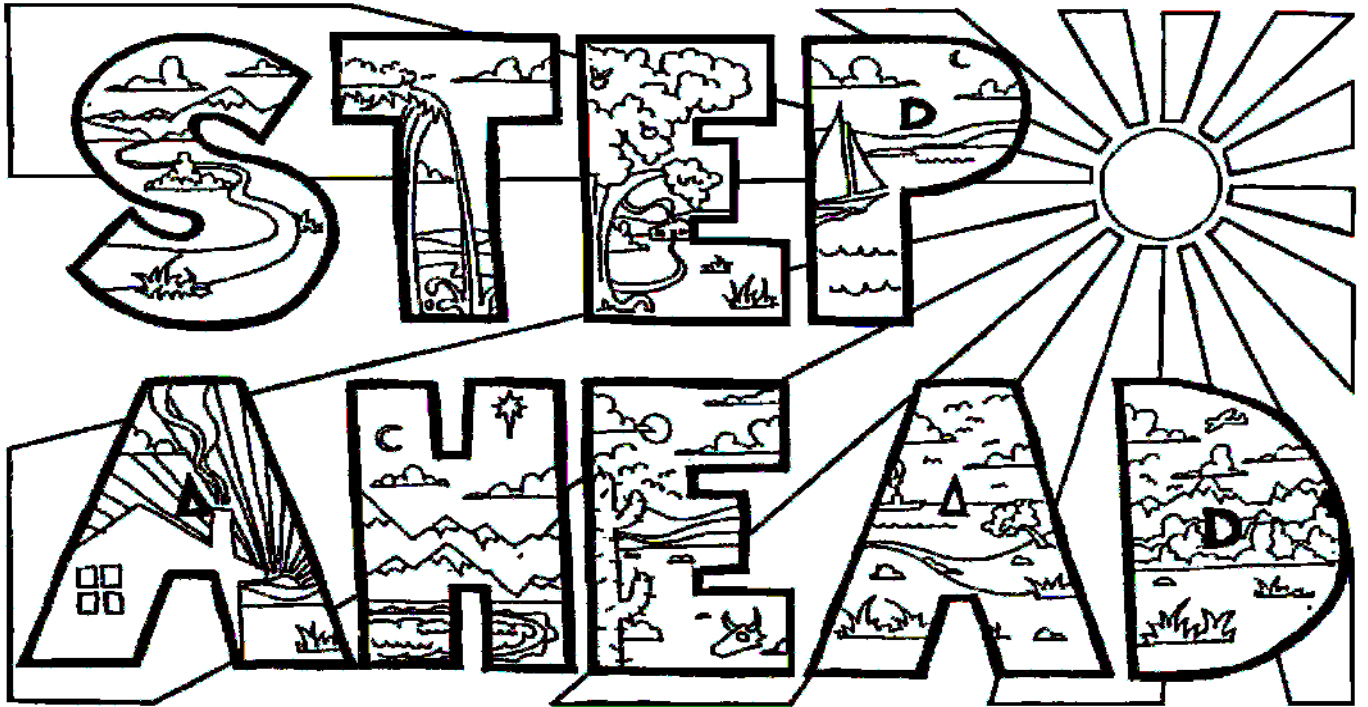


JANUARY 2018



A COMMUNITY BASED REHABILITATION ORGANISATION



A Note from Helen

Another year has been and gone and here we are in 2018! Doesn't seem very long ago that we were talking about the 2017 New Year!

Our big news is that we expect to be able to move the West programme into our Riccarton house later this month or early next, after many delays, complications and frustrations along the way. It will be a very exciting time for staff, the Trust Board and West members to finally move in and have a permanent location!

By the time you are reading this, I will have caught up with many of you at Stanmore's big Christmas lunch at the Garden Restaurant and at the various group outings or meals out.

We really enjoy the opportunity to meet up with the members from various bases that we may talk to on the phone, but don't get to see very often. Thanks very much from Di, Kylie, Roger and myself.

Stanmore, West and Rangiora will only be closed for the statutory holidays, and there are great holiday activities and day trips on all of the programmes for the other days. Days out, picnics and barbeques, mountain biking and swimming at various locations are all on offer, as well as some of the usual activities based at Step Ahead. It's a great time of year to try something new and spend some fun and relaxing times with others.

Check your programme for details or phone the office to find out more and also to book. Hopefully the weather stays really nice and you will be along to join in!

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!! In January, the group will meet on Wednesday 10th at 1pm

Georgia



Welcome to Kiera (Nutritionist)

Over the last year Lucy Carey, a Pegasus Health dietitian has visited once a month and met with members. Lucy is going to be off work in the year ahead on maternity leave. We are sorry to lose Lucy, and have wished her all the best, but very pleased to welcome Kiera who will continue to provide a service to members.

“My name is Kiera Joblin and I am a qualified Nutritionist. I carried out my Nutrition work placement with Step Ahead last year. I loved it so much I have returned to run a monthly Nutrition session on a permanent basis! I can’t wait to share some ideas, and work together with you all. Looking forward to seeing you on Wednesday 31st January at 1.15pm.

Kiera



Magician

I have been asked to write something for the newsletter. I am a magician. As a magician I have been performing semi-professionally for the last five years, mainly for children. I got into magic through my Dad. One day he showed me a magic trick. He took a piece of string and a ring. Then he tied the ends of the string together then put the ring on it. Then he put the string on my thumbs and proceeded to magically take the ring off the string. Dad then showed me how to perform the trick and it's been fooling people ever since. From then on I was hooked on magic.

I used to buy lots of magic tricks with my pocket money. When I started work most of my pay went on magic tricks. When I was around fifteen I got my first motor bike so magic took a back seat. Through the years I still played with magic for my kids but not seriously.

The Monday after the first earthquake in Christchurch, I was heading to Dunedin to see my new granddaughter. I had a major car accident on the way. I was off work for seven months. My wife said to me after four months that I needed to do something with my time. I started watching magic on You Tube. My love of magic was back and I started performing magic again. I had two years of playing with magic doing some shows, but still had to learn a lot. My wife and I went to a magic show where I met a man named Dick. He was part of the Canterbury Society of Magicians. He invited me to come along to their next meeting. I went to my first meeting and loved it. After about three meetings I asked to join the club. I had to perform a fifteen minutes show and answer a few questions. It was nerve-wracking. I passed with flying colours. I have been a member for the last five years.

If you enjoy magic I will be performing a show at the evening BBQ at Stanmore Road on Wednesday 28th February so come along and be amazed.

My name is TONY HAND and this is A HANDFUL OF MAGIC.



Evening Activity - BBQ, Magician and Variety Show

Wednesday 28th February

Tony will perform some magic for us. Can you sing, read poetry, play the guitar or are you good at telling jokes or playing charades? If you have a talent, come along and help to make this "Variety Performance" a fun evening. Talk to staff if you would like to share a talent and for more details.

See you there.



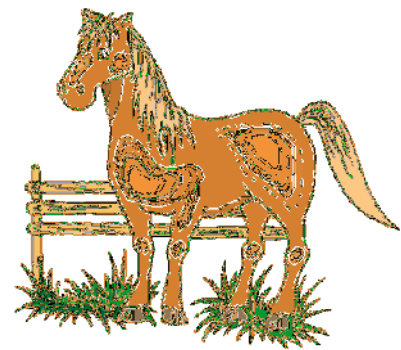
Member Staff Liaison Meeting at Stanmore Road 30 November 2017

Attendees: Milly C, Anne W, PGH, Tracey C, Merrin D, Annabel H, Marieke VB, Alan S, Di, Kylie, Barb, Karen, Raewyn, Helen, Kevin

Chairperson: Alan W

Highlights from last month:

A & P Show
Horse Riding
Music Group and Karaoke night
Golf afternoon
AGM - lots of members attended
La Porchetta - Women's Group
Papanui Club and playing pool
Archery
Working Bee at Stanmore Rd



Last Month's New Programme Ideas:

The Sign Language Guest Speaker will be rescheduled

New Programme Ideas:

Wigram Airforce Museum
A speaker on Hoarding
Rescheduling the visit to the Council Chambers



Staff notices:

A reminder to pay for the Christmas lunch in advance
The West house may be finished by Christmas and we expect to move in, in January
Step Ahead is only closed on the statutory holidays. The holiday programme in between Christmas and New Year and the first week in January is a good opportunity to spend some quality time with other members.

A trip to the White Flipped Penguins is happening Friday 8th Dec.

Anything else anyone would like to say:

A big thank you to staff for the year that's been.
Thanks to Alan for chairing the meeting.

Meeting closed 1.35pm

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 February newsletter is the first Wednesday in January.

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!



Big Day Out at Lake Roto Kohatu

Wednesday 31st January for Stanmore, West and Rangiora members

Come along and spend the day with members from all 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!



My Special Olympic Trip

Thank you for all the support that Step Ahead has given me, helping me attend the 2017 National Special Olympics Summer Games in Wellington, in late November.

Everyone had a safe trip. I won two golds, one for Softball, the other for 100 metres race, a bronze for the 15 metres race and a third place ribbon for the relay.

On our last day we went to Te Papa and had a ride on the cable car. I celebrated my 46th birthday in Wellington. There were 4 of us that had birthdays during our trip. Each of us got a birthday cake, and we shared our cake with all the other athletes.

Another highlight was seeing photos of Geoffrey Palmer (former Prime Minister of NZ) and Shortland Street actor (Sam Bunkall) who plays Dr Boyd Rolleston, on the wall where we were staying at Victoria University.

I'd like to visit Wellington again as it was a worthwhile trip.

Amanda H



Joke

Why don't you wear socks on a golf course?
Cause you might get a hole in one!

John H



Member Staff Liaison Meeting at Rangiora

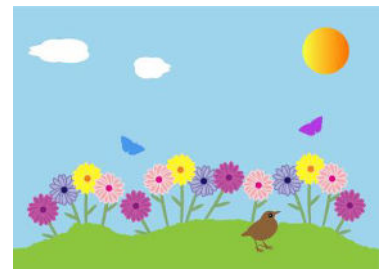
27th November 2017

Attendees: Clare H, Marie B, Seaton C, Dale B, Graham L, Bruce T, Geoff T, June V, Anna, Di, Chris

Chairperson: Barbara S

Highlights from last month:

Trip to Lake Coleridge –enjoyed by all
Afternoon in Amberley (after newsletter)
Visit to Breedenbroek Gardens
Red Cross afternoon tea
Awa Awa Reserve – good day out



Last Month's New Programme Ideas:

A visit to the Ferrymead Heritage Park - is programmed in January

New Programme Ideas:

Visit to Orana Park and day out to Charteris Bay
4hr First Aid Course – courtesy of the Red Cross, also a tour of the kitchen at Hillmorton Hospital where Meals on Wheels are prepared
Ferry trip to Diamond Harbour
Trip to Akaroa and day out to ChCh Botanical Gardens

Staff Notices:

Reminder to book in for the Christmas Lunch
Members were asked to think about what activities they would enjoy if they were not attending Technology, Lunch Shopping and preparation or MOW's on Budget Lunch Mondays.

Anything else anyone would like to say?

Thank you to Barbara S for chairing the meeting

Meeting Closed at 11am

Member Staff Liaison Meeting at Ashburton 24th November 2017

Attendees: Annette B, Noelene H, Grace M, Julie S, Diane A, Vicki S, Julie C, Anna

Chairperson: Sarah T

Highlights from last month:

A&P Show – great day out
Trip to Castle Hill – very interesting



Last Month's New Programme Ideas:

In December, flower arranging, mini golf and a Christmas morning tea - have all been programmed.

New Programme Ideas:

Tour of the Darfield Fonterra Plant
Visit to local Men's Shed
Make Lavender and Wheat bags for craft



Staff Notices:

Book in for the activities over the holiday period as usual.
In January West members are visiting.
Swimming is also programmed (cost \$3.00)
Keep the newsletter items coming - as it has been wonderful to see them printed.

Anything else anyone would like to say?

Thank you to Sarah for chairing the meeting.

Meeting Closed at 2pm

Member Staff Liaison Meeting at West

14th November 2017

Attendees: Brenda Mc, Constance B, Karen E, Robert W, Jill K, Susie W, Karen E, Kevin M

Chairperson: Karen E

Highlights from last month:

Walk with earlier departure to include lunch allowed more time overall – worked well

SPCA visit was excellent including full power point presentations with very good information on animal health

Badminton is great

Boulder Bay and Crater Rim walks were both excellent



Last Month's New Programme Ideas:

- Swimming in the sea – *Can only happen at beaches where there are life guards plus the Corsair Bay outing during the holiday programme. Communicate with staff on the day of the activity about swimming in the sea.*



- Christmas morning tea – *Programmed for Friday 22nd December. (bring a small plate to share)*
- Day Trip to Ashburton – *Programmed for January 26th*
- Men's group to visit local Men's Shed – *Happened early November*
- Old time movies at New Brighton – *Programmed 29th January*
- Spencer Park BBQ – *Happened November 20th.*



- Guest Speaker at Stanmore road from the Deaf Society – *This had to be postponed, but due to a good number of bookings we will programme again in February.*

New Programme Ideas:

Talent show including Tony (magic) and Jill (keyboard)

New Brighton beach outing

Warwickz farm

Possibly change walking group to the morning to avoid heat of the day in the summer

Outing at Lake Roto Kohatu with canoes

Willowbank

Handmade Concrete pavers

Clay moulding,

Line dancing

Zumba -

Knitting -

Crochet

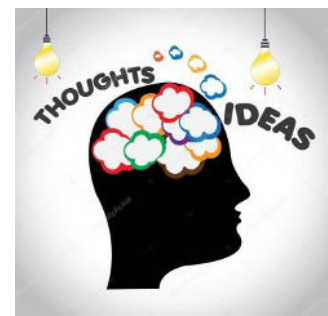
Akaroa

Pick your own fruit, berries, and tomatoes for preserves, sauce or jam



Staff notices:

Karen would like the crafty members to let her know what they would like to create in the next few months on Fridays.



Meeting closed 1.30pm

West - Notices for January

At the beginning of January we share a lot of social time with Stanmore and other members of Step Ahead in the week following New Year's Day. Later in the month we have some more great outings to take advantage of summer conditions including a visit to Warwickz Rare Breed farm, meet Ashburton members at Tinwald Domain, a day at New Brighton and Canoeing at Lake Roto Kohatu.



On Monday the 29th the West Men's Group will go to the Groynes for a sausage sizzle followed by games or a walk along the river towards Belfast and the new motorway.



By the end of January we should be a lot closer to using our new building and we will have lots of small jobs to tidy the site up after the builders have finished their work. Therefore we have programmed 2 working bees at the end of January. If you are able to assist it would be much appreciated.



This month our Liaison Meeting will move to a Wednesday (24th) to ensure we get feedback and ideas from a variety of members. This morning starts with fresh scones (\$1.50) for morning tea.



On Thursday the 18th the Women's group will tour the best op shops in town to help budgets after the expensive Christmas period.



If you have a new or upgraded technology gadget or you are just interested in them and need some assistance with setting it up, come along to the technology group on Friday the 5th or Monday 22nd and we will work out the answers to your questions, most probably with Mr Googles help.



Just a reminder that Swimming on a Monday now starts at 10:00am to enable us to get back to the hall by 12:00 and still have plenty of time in the pool.



After a very positive visit to the SPCA we have come up with a great woodwork project that can help support them and the animals they care for. We will use recycled pallet wood and build a kennel that we can then gift to the SPCA so they can use it or offer it to a customer who is taking a new pet home. Woodwork projects - Friday 26th at 10:30



After the busy Christmas and New Year season we will quickly get back into our routine that keeps us grounded with Tai Chi on Friday the 5th, Meals on Wheels on Thursday 11th and Wednesday 17th, Sewing with Petra on Thursday 11th, Swimming on Monday the 8th, 10 pin bowling on Tuesday the 9th and Budget lunch on Friday the 12th to name just a few.



See you soon at West.

Kevin and the team



On Tuesday 30th January we are going to watch the Super League U19 Cricket Semi Final at Hagley Oval. Last year the day we had at the cricket was a big success and we expect this event, which has free admission to be a hit too. Don't forget to bring along a hat, sunnies, plenty of sunscreen, and maybe even a seat. Van leaving Stanmore at 11:00am and back in afternoon.

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.



Gone Fishing Tuesday 3rd October

Well all I can say is the one that got away at Port Levy tall stories were boasted but came to nothing oh well at least I was not there to hear the excuses and at least the guys that went tried.

Thursday 19th October Men's group goes West

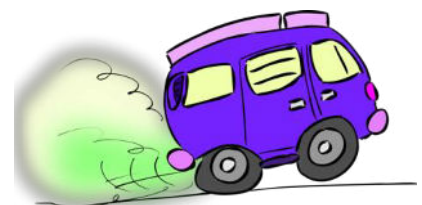
Up and away at 8:00 am heading west, with a full load of guys and special goodies. At that stage we had no idea where we would end up, even our driver Chris must have been a bit in the dark but west we went. First place we came to Arthur's Pass, no on we went. hmmm Otara no - on we went westward onto Lake Brunner, some say that no one knows just how deep this lake really is.

Thanks to a special donor, lunch was supplied in the form of delicious bread rolls and donuts yummy to all of us.

Lunch at 11:00 am what are we going to do now in this swamp slushy area - one person or two or three lets go further west where? Greymouth!!! "Well I never been there" said I, Will we have time? Yes so on we go west, until we arrive at Greymouth and the Tasman Sea and the mouth of the river that is located at Greymouth. To me is so dirty and dangerous why did they put a port and township there well that is my opinion. Well we cannot go any further west yet some of the guys started coming up with interesting ideas but I will leave those thoughts to myself.

Well back home we began coast to coast, well nearly so, arriving back at 6:00 pm from a very successful day. Many, many thanks to Chris for this successful day and to the sponsors of goodies that they supplied for the day's journey.

Ian C

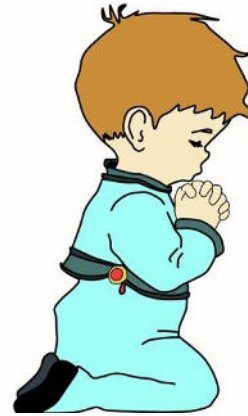


Prayer of Serenity

God grant me
the Serenity
to accept the things
I can not change

Courage to change
the things I can

And the wisdom
to know
the difference



Contributed by Bruce T

Did you know facts

Chewing gum while peeling onions stops you from crying

Venus is the only planet that rotates clockwise

Babies can only see in black and white for a few months

Contributed by Sarah T



The Garden Mag

Pretty as a Picture
Ideas ever page
Look at the Flowers
Some the current rage

Spring is proudly knocking
And practicality stirs
Dads planting Potatoes
Kids plots his and hers

Mum's in the kitchen
Peelings up to knees

Apple Pie for dessert
Everyone is pleased
Dads cleaned out the Sprayer
Hung it up to dry
Everyone is happy
Under the clear blue sky

Paul J



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.



Christian Fellowship Verse

For I know the plans I have for you says The Lord!
Plans to prosper you and not to harm you, plans to give you hope
and a future

Jeremiah 29 verse 11



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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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