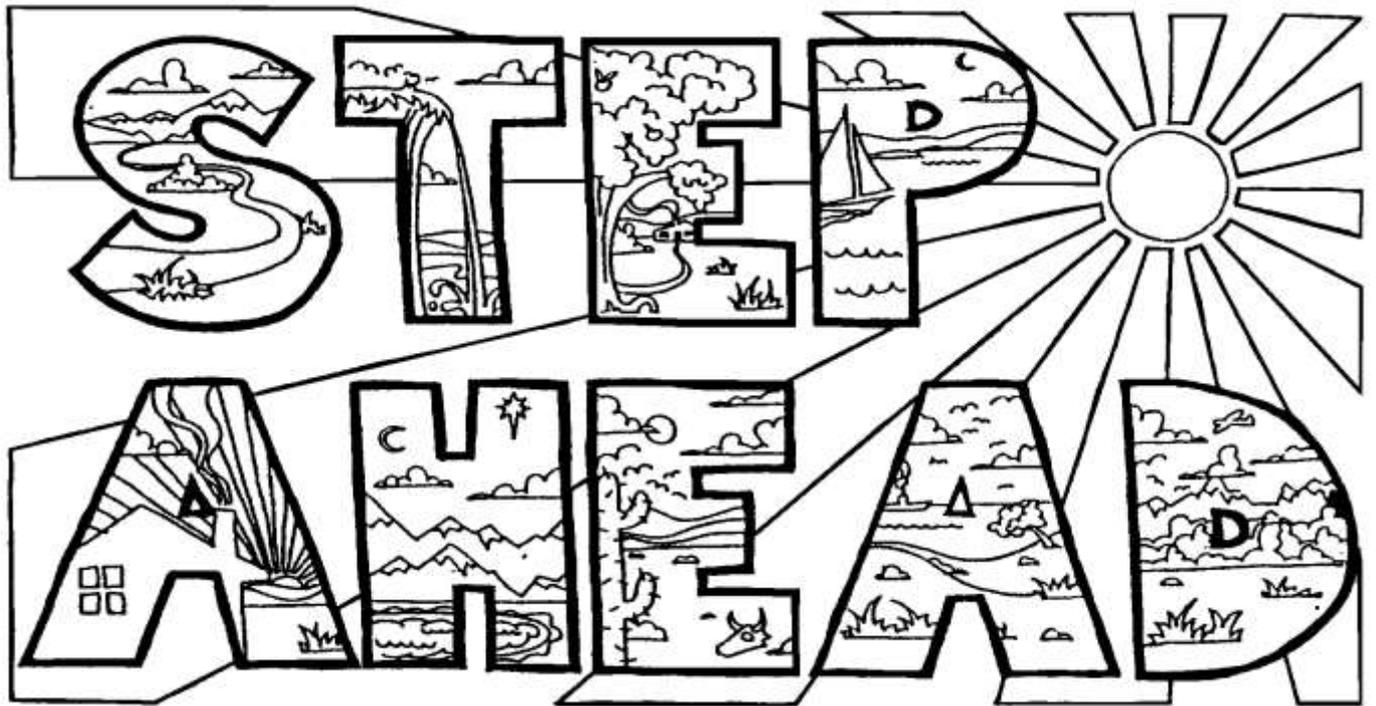


JANUARY 2019



A COMMUNITY BASED REHABILITATION ORGANISATION



A Note from Helen

Happy New Year and welcome to the first newsletter for 2019!

Hopefully you have been able to be out and enjoying some long awaited summer days. Stanmore, West and Rangiora will only be closed for the statutory holidays and so we hope that you are able to join some of the great holiday activities and day trips on all of the programmes. 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 some of the various groups. Staff who are usually based at Stanmore Road enjoy having the opportunity to meet up with members from the various bases during these seasonal get togethers so thanks very much to everyone for the invitations.

Some of you may have heard that I am retiring at the end of February after a very long time at Step Ahead, so it was extra special to see you all this time at what was my last Christmas here! The Board is in the process of recruiting a new General Manager and I'm sure that everyone will welcome the new person into the role when they arrive.

We were very pleased to be able to welcome Michelle to the Activities Coordinator team in late November. She has been working at Stanmore and West and so has already met many of the members at both bases, sharing some of her great creative skills.

The Buskers will be back in town later in January so check for the evening outing to go and see a show or join in with some of the other opportunities to be out and about. Days out, picnics and barbeques and swimming at various locations are all on offer, as well as many of the usual activities based at Step Ahead. It's a great time of year to try something new and also spend some time with others!

We hope to see you soon.

Helen



Changes when phoning Step Ahead

You will have noticed that when you phone Step Ahead now, you hear an automated message asking you to choose whether you want to speak to Stanmore Road or West in Riccarton. If you press 1 your call is received at Stanmore Road and if you press 2 your call goes straight to West. It makes it possible for members that want to talk directly to staff at the West base to be able to do so. At both bases you can leave a message. Staff try to respond to phone messages as soon as possible. Your message at West may not be listened to and responded to as quickly as would happen at Stanmore Road because there are fewer staff available to answer the phone and check messages. Alternatively you can **text** bookings to

Stanmore at 022 173 1673 or
West at 022 038 3721



Mountain Biking

We would like to get the Mountain Bike activity up and running more regularly this year. We tailor rides for the fitness level of those attending so you do not need to be super fit to take part. We will be holding rides around the Christchurch area and further afield if there is the interest. This is an excellent way to get some exercise and to see some great scenery. Give it a try in 2019!

Chris



A Wrap Up for 2018 - Craft Group

The craft group last year was very busy and productive. We have, for the majority of projects, used recycled materials to create crafts ranging from decorated retro teacups to lampshades. We have also had fun creating our own button bowls, wind chimes, scrabble lettered Christmas decorations, luxurious body and face oils, lavender bags, bird feeders and much more. We always have great chatter and a laugh exploring our different creative contributions. We look forward to another creative and fun year in 2019, and welcome anyone who wants to join us to tap into their creativeness and offer support and knowledge to the group. Thank you to all of the members who continue to come with such enthusiasm and support and a real passion for working towards creating gems.



Wishing you all a very merry Christmas and New Year.

Barb

Tramping Group

The tramping group had a great year in 2018 with a number of new members joining the group. In the coming year we hope to tramp in some new areas. Over summer we will sometimes be tramping near water, don't forget to put a towel in your daypack if think you might like to cool off

Chris



Water Tubing Otukaikino River Stream

In January, Stanmore will be running a 'Water Tubing' activity. We will be drifting down the Otukaikino Stream, near the airport lakes. We will be using van tyres as buoyancy aids. This stream is very shallow.

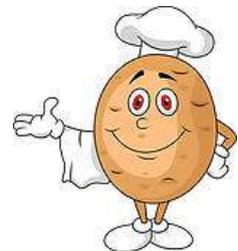
Even though it is summer you will need to wear polyprop or wool longs and top and don't forget sunscreen and sunhat. Come and join us for a relaxing and fun-filled day. See Chris for more details.

Chris



Potato Salad

- 700g baby new potatoes, scrubbed
- 1 sprig mint
- 150g sliced salami
- 1/2 cup Mayonnaise
- 4 tsp wholegrain mustard
- 4-5 gherkins, sliced
- 4 radishes, sliced
- 3 spring onions, sliced
- 1-2 Tbsp parsley leaves



1. Cook new potatoes in boiling salted water with a sprig of mint, cover and simmer gently until just tender, about 10-15 minutes.
2. In a non-stick frying pan, pan-fry the salami until crisp and remove, draining any fat off before adding to the salad.
3. In a small bowl, combine Mayonnaise with mustard and gherkins.
4. Drain cooked potatoes and rinse in cold water, drain well. Turn into a salad bowl with salami, radishes and spring onions, season with pepper, toss with mayonnaise mixture. Serve scattered with parsley leaves.

Member Staff Liaison Meeting at Stanmore Road

Thursday 29th November 2018

Attendees: Anne W, Phillip K, Alan S, Alan W, Tracy C, Nancy M, John S, Kim H, Hana L, Robin A, Marion N, Alex D, Cushla T, Mark W, John D, Mike T, Kylie, Karen, Di, Helen and Barb.

Chairperson: Mike T.

Highlights from last month:

A and P show.

Women's group visit to Northbrook Museum.

Holistic Wellness looking into sugar content in drinks.

Walking Group at Taylors Mistake.

Craft Christmas decorations.

Card making with Barbara M.

Golf at Waimakariri Gorge.

Evening activity DVD was excellent - Temple Grandin.



Last month's new programme ideas:

Unfortunately the Spencer Park BBQ was rained off but had an indoor BBQ.

Anne will talk to Georgia about the possibility of a women's group trip to Glentunnel.

E Scooters could be an activity option once the 3-month trial is over.

There have been visits to the new library but one will be programmed, as the visits so far have been spontaneous wet weather alternatives!

New programme ideas:

New library visit.

Dancing and Singing.

Barrys Bay cheese factory visit – could happen on a trip to Akaroa.

Ice Skating – good winter activity if there is enough interest.

An invitation to visit West was suggested by a West member

Staff notices:

Welcome to Shell (short for Michelle), our new activities coordinator who is working 3 days a week.

Sewing Group is having a welcome back New Year BBQ, rather than end of year. It is programmed on January 11th.

An official opening is planned for early February for West.

This is the last member staff meeting for the year. Step Ahead is only closed for the statutory holidays. Come along and join in on the activities that are planned over that holiday period.

Anything else anyone would like to say:

The windowsill needs a bit of cushioning. Hard when you lean back on the windowsill.

Thanks to Mike for chairing the meeting.

Meeting Closed 1:00pm



Newsletter Contributions and Deadline

The deadline for the following month's newsletter is the first Wednesday each month, except in January the deadline for the February newsletter is Wednesday 9th January.

Contributions from members are very welcome and 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



Member Staff Liaison Meeting at West

26th November 2018

Attendees: Kim H, Ian P, Karen E, Aynsley B, Constance B, Kelly S, Susan M, Rodi B, Toni H, Paul M, Linda S, Hajnalka T, Kevin and Di.

Chairperson: Rodi B.

Highlights and feedback from last month:

10 Pin Bowling.

Swimming.

Tai Chi.

Mosaics.

Art with Karen.

Walking and Tramping.

Badminton.

Cooking for One.

Karaoke and music appreciation.

West Christmas lunch is on December 21st. There will be a hot and cold meat although member's feedback was that just one cold chicken would be fine.

How often are Budget Lunches? Once a month at this stage but there is also a light lunch on one Tuesday per month. There was a request for this lunch to not always involve bread.



Last Month's New Programme Ideas:

Cycling – members can choose the location so that it suits those attending on the day.

Either a clipboard or a noticeboard for members to put their name beside an activity they would be interested in attending will be organised.

Another noticeboard may be purchased for member notices if needed but they can also be placed on the current noticeboard.

BBQ at Spencer Park is an evening activity this month – will also be programmed in January

Sport in the park is happening at least monthly.
Clay or Fimo moulding has good interest. Could it be on Monday rather than Wednesday?
Indoor bowls is going well.
Petanque has been programmed but rained off today!

New Programme Ideas:

Open Craft.
Netball.
Soccer – needs more interest.
Museum visits – these are programmed regularly.
Gym happens at Stanmore Road but at West the Exercise activity is held once or twice a month.
Visit Turanga - new library in the central city
Visit guest speakers such as Kevin McLeod from Grand Designs speaking at the Air Force Museum.
Canoeing on the Avon.
Diamond Harbour walkway – trip to Diamond Harbour on Dec 10th.

Staff Notices:

Karen will be working at West on a Wednesday from December onwards, rather than Friday.
Shell a new activities coordinator is starting this week and will be working at West on a Friday. Her first day will be Friday 30th and she will be working alongside Karen on that day.
Thanks to those members helping each day, emptying the dishwasher etc.
Kevin will make a sign to put on the dishwasher when it is in use.
A regular West tidy up is programmed fortnightly. Thanks to those members who help out.

Anything anyone else would like to say?

Thanks to Rodi for chairing the meeting.

Meeting closed 1:35pm



Member Staff Liaison Meeting at Rangiora

12th November 2018

Attendees: Jeanette B, Dale B, Ken M, Leanne M, Graham L, June V, Bruce T, Chris and Di.

Chairperson: Leanne M.

Highlights from last month:

Castle Hill – 5 people hadn't been to this destination before.
Budget Lunch that had to be indoors rather than a BBQ because of the rain!

Last Month's New Programme Ideas

Maybe the trip to Canterbury Museum could combine with the visit to the Rhododendron Gardens.

Anna will give an update on Matawai Park BBQ, Guest Speakers and a visit to the West house.

Christmas lunch is booked at the Five Stags restaurant on 10th Dec.

New Programme Ideas

New Christchurch library Turanga.

BBQ at Spencer Park.

Christchurch Botanic Gardens.

Visit Ferrymead.

Make the most of the nice weather.



Anything else anyone would like to say?

Woolston Working Men's Club could be a good venue for an evening meal.

Jeanette wished everyone a happy Christmas.

Thanks to Leanne for chairing the meeting.



Meeting Closed at 1:30pm

Member Staff Liaison Meeting at Ashburton 23rd November 2019

Attendees: Grace M, Desrae T, George W, Sarah T, Noeline H, Christine H, Annette B, Janet C and Anna.

Chairperson: George W.

Highlights from last month:

Making wind chimes with Karen.
Visit to Glass Studio.
A and P Show.
Swimming.



Last Month's New Programme Ideas:

Planning to do mini golf at Orari in February.

New Programme Ideas:

Visit to Victoria House in Timaru.
Make up session with a Nutrimetics tutor.
Making flax flowers with Desrae.



Staff Notices:

AGM next Tuesday at 4pm.
Please don't put sharp knives in the sink.
Last day at Baring Square is December 21st so Anna will need some help to clear out our storeroom.

Anything else anyone would like to say?

The cat blankets were a great success.
Thank you to George W for chairing the meeting.



Meeting Closed at 2pm

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 or Kevin.



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

The Splendor Of Beauty

Today, look upon something beautiful...
For beauty is a gift of God,
a touch of wonder, a glimpse of glory,
a hint of great and splendid things,
Eternal things to be.

Every good and perfect gift is from above
James 1:17

Facts

Only 124 left here in grasslands, wetlands and coastal areas.
They breed every 2-3 years.

Fact – the earth is 4.543 billion years old.

One Sumatran Orangatang has lived to the age of 62 years with 11
offspring and hundreds of descendants worldwide

Christine B

Piano Tuition

A space is available for piano lessons on a Wednesday morning with
Grace. No cost. Please phone Di if you are interested.



My Great Monday Morning

My great Monday morning started in the best possible way, with me getting up and getting stuck into doing some gardening in the gardens around my flat. Having a prayer time in the memorial area in my garden. Having my breakfast on my outside table in the patio area in front of my flat. Walking around to church doing some gardening in the church vegetable gardens. Coming back to the flat, having my main meal at lunch time doing some reading, reading Gods word at the end of a great Monday morning

William S

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



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.



Winter Shower

Sitting in the Bathroom
On the plastic seat
I'm on the cold side
There really isn't much heat

So I've turned the heater on
A 1970 Era
I'm sitting rather close
I couldn't get much nearer

I've brought the Temperature
gauge in
And watch the needle climb
It should touch 18°Celcius
By about ½ passed 9

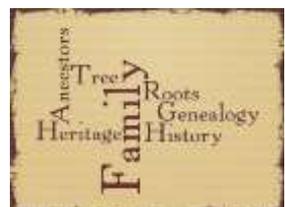
It's not good Electricity in
a bathroom
But if the end is nigh
Then I won't need a heater
On this I can rely

By Paul J

Genealogy

Are you interested in your family tree or genealogy?

See staff or Ian C for further information.



Step Ahead on the Internet

For those people who have access to the internet and Facebook, you may be interested in checking out our Fb 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.



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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