

January 2024



Julie's Views

The new year is almost upon us and I'm sure before we blink it will be December again! What are your plans and goals for the year? It's been proven that if you write them down they are more likely to happen. So now is a good time to think about the year that is coming and make some plans. It's great to have something to look forward to as well so make sure there are some treats in your plan.

We have been looking for a Te Reo Māori translation for "members" - the word for people who attend Step Ahead. We have had several suggestions but the two that staff like the most are:

- 1) "*tangata mauri*" - the translation for mauri is life force, essence, and your members are the life force of Step Ahead Trust. Tangata means one person.
- 2) "*tangata whai ora*" - is the term that is used a lot in mental health and means person seeking well-being.

Maybe you have another suggestion? Please talk to me or any staff members and let them know what you think!



Julie

Ashburton News

It's hard to believe that a year ago Ashburton was only open one day a week with one activity co-ordinator. Now we run on Wednesdays and Fridays with Anjie and Jen and starting in January we offer the choice of two activities on some days!

We have fun times ahead with trips to Ashley Gorge, Castle Hill and a chance to meet some friendly horses in the Rakaia Gorge. There is also a tour of the new Ashburton Library and some fun crafts to start the year.

See you there!

Jen and Anjie



Ashburton members enjoying a cuppa by Taylors Stream

Young Adults Stanmore and Puriri

Tuesday 16th January Stanmore

Afternoon at Sumner Beach - walk, swim, relax. A van will be leaving Puriri at 1pm and going past Stanmore Road at 1:15pm. Bring a towel, togs, sunscreen and a drink bottle.

Friday 16th February

Tie Dye - bring along a pale coloured cotton item (clothing, hats, tote bags etc) and have a go at doing some custom dyeing (\$2). Please wear dark clothes or anything you dont mind being potentially stained!

Tuesday 20th February

Aqualand! We will take a van from both Stanmore and Puriri bases at 2pm and head to Kaiapoi for some water activity fun! (\$10) per person. Bookings essential.

From March onwards we will go back to two Young Adult groups per month. We look forward to seeing you all again soon!



Kaylee, Tom and Rachel



Rangiora members enjoyed a lovely outing to Awa Awa reserve

Highlights from 2023



Rehua Marae



Packhorse Hut



Step Ahead 40th Anniversary



We made the cover of Tonic – a National Government Organisation Magazine



Step Ahead Art Exhibition



Mental Health Awareness Week Walk



Jet Boating on the Rakaia River

Fox II Sailing in Akaroa

Thursday 1st February (\$10)

Come along and enjoy an amazing opportunity to sail on the Fox II sailboat. We will be leaving Stanmore Road at 8am and returning around 5pm.



You will need to bring warm clothing (it will be cold on the boat), closed toe shoes, suncream, lunch, water and something to tie long hair back with.

There is a limit of nine members for this activity so please remember to book in.

Check in with Tom or Di for more details.

Functional Fitness

For the months of January and February I will be trialing functional fitness on a Tuesday afternoon at 1pm as the fortnightly Friday clashes with many other great activities.

Functional Fitness is held in Beverley Park. It is a mix of body weight movement and cardio while listening to motivating music! If you want to come along, move your body, and get your heart rate up. Let me know.

Kaylee



Waiora Trust

Tuesday 30th January at 1pm Puriri

Waiora is a self funded organisation which operates out of a 17 acre property in Harewood, Christchurch.

We will meet with Tesh who will show us around and tell us more about the Waiora Trust. We will visit the Community Gardens and maybe meet with some locals, who might appreciate a little help.

Bring garden gloves if you have any, otherwise we can provide some.

We will have a cuppa afterwards.



Growing Roses the Organic Way

Roses have been traditionally grown using man-made fertilisers and highly toxic insecticides and pesticides.

A more organic way though can be used using an animal-based fertilizer called "blood and bone".



Store bought fertilisers are made using sulphuric acid as this is the cheapest cost and most effective way of producing large amounts of fertilizer. The acid from the fertilizer then goes in to the soil killing the worms and microorganisms in the soil. The acid also causes the dirt to get thinner and thinner, more like sand and this affects its ability to retain moisture.

Using autumn leaves that have dropped from the trees around the base of the rose bushes. The rain breaks down the leaves making it good compost for the roses.

I use a non-toxic organic spray to keep the pests at bay - one part cooking oil, one part dish washing liquid added to one litre of water.

Companion planting around the rose bushes draws in the good insects and keeps the unwanted ones like aphids away. Good companion plants for roses are lavender, penstemons and lilies.

William S

Rangiora Panui

Tena Koutou, we hope you are enjoying the warm weather! We are doing a lot of outdoor activities this month so come along for some days out. We are going on some fun outings to make the most of the sunny days! Remember to bring a water bottle, a hat and sunscreen.

For the Orana Park outing you can buy lunch from the cafe or bring your lunch, please plan for a long day outdoors. There is a shuttle for those not keen on walking too much.

With our Embroidery Craft we will supply the materials & teach you some simple stitches, but you will need to bring along your own item to monogram. Either an item of clothing, hat, tote bag, tea towel etc

Anna and Rachel

Evening Activities

BBQ season is upon us. We have two outings in January that will be more like a picnic. We will still supply all the food – we ask that you help with the setting up and packing away.

Wednesday 10th January - we head to Godley Heads picnic area. The views are spectacular up there and after our meal we can go for a short stroll around the walking tracks or just take in the views and chat.

Wednesday 24th January - we go to Corsair Bay. Please be aware that there is a short stroll down some steep steps to get to the beach so please prepare for that and book accordingly. Everyone will need to carry a deck chair down to the beach with them (we will supply the chairs).

Puriri News

Friday 12th January we have an afternoon outing to The Rusty Acre Sculpture Garden in Mandeville. It is a lovely garden to stroll around to look at the flowers, an artist working on site making steel sculptures and a wee gift shop to peruse too.



For something a bit different and from a discussion among members, we have organised a day trip **Friday 26th January** to Diamond Harbour taking public transport. This is a great opportunity for members who are keen to branch out and explore independently but need some support to navigate using the bus and ferry routes. We will leave Puriri at 10am sharp to catch the first bus, then will move together as a group following a timetable to get ourselves to Lyttleton, then onwards to Diamond Harbour for a picnic, then return. Please bring along a packed lunch and your Metro Card if you have one with at least (\$6) loaded on there, or (\$20) cash to purchase onboard tickets.

Come talk to the staff beforehand if you would like to organise a Metro Card for yourself.



Stanmore Staff/Member Liaison Meeting - November

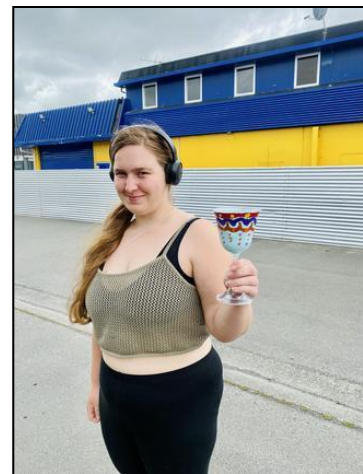
Highlights:

- Volunteering in the kitchen
- AGM
- Art at the library
- A & P show
- Step Ahead's Got Talent
- New Brighton hot pools
- Kaikoura Men's Group day trip
- Tom's cycling trip
- Women's Group Great Hall Concert



New Programme Ideas

- The Giant's House in Akaroa
- Buddhist Temple
- More Beginners Sewing
- Craft Workshops at the Arts Centre
- Fishing Trips
- Ice Skating
- Ferrymead Historic Park
- Afternoon art
- Another decoupage art group
- Stone carving earlier in the week
- ARA classes
- Raft making



Ashburton member Larissa with her painted glass

Sun catchers

Monday 8th January at 1pm Puriri (\$2)

What can you make with driftwood, old forks and marbles? A beautiful suncatcher!



Come along to Puriri and make one of these for your garden.

Look out on the February programme for making one at Stanmore.

Farewell Note from Alice

Many members, particularly those of you who attended mosaics and tramping at Stanmore will remember Alice who was a student last year. She wrote a note to us all to say goodbye:

"Thank you all so much for being so welcoming during my time here on placement." I learnt so much, and I am grateful to have met so many people with such incredible stories. Step Ahead is an amazing place, and I hope you all get to enjoy it for years to come."



PADDLE BOARDING

at Lake Roto Kohatu

Come and learn how to use a stand up paddle board.

Please wear swimwear and bring a towel and a change of clothes for later

Thursday 11th January 1pm Puriri and Stanmore

Beginner Sewing

Wednesdays at Stanmore, 9:30am – 12pm

We have some great summer projects coming up in January. Make a hooded beach towel using old towels, give new life to an old pair of jeans by turning them into a pair of summer shorts, and make an awesome cutlery holder for your summer picnics. You do not need to have any sewing experience to come along, but you do need to book in as spaces are limited.

Kate Sheppard House

The trip to Kate Sheppard House was very interesting. The house is very beautiful. Her life was extraordinary. She



arrived in New Zealand from England to settle in Christchurch. Kate Sheppard fought for the right to vote for women in New Zealand. She wanted all women to be able to have their say as at that time it was men who made decisions about everything and that a woman's place was in the home looking after the children. It was very hard for women in the early 1900's as they were told what to wear, to respect men at all times and were not allowed to have an opinion on anything. I really enjoyed learning all about how Kate Sheppard contributed to making sure that women have the same rights as men.

Amanda H



Bryan, Futi and Tom sporting their real (and not so real) moustaches for Movember!



Step Ahead Staff ready for the Christmas Lunch!

Ashburton, Rangiora, Puriri and Stanmore Erehon Station Trip

Wednesday 7th February

Erehon Station is a picturesque 35,000 acre sheep and beef property nestled right amongst the Southern Alps of New Zealand. This back country provided a magnificent backdrop for the Lord of the Rings movie "The Two Towers". Edoras, the capital of Rohan was located on Mt Sunday at neighbouring Mt Potts Station.

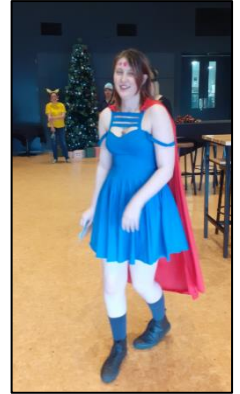
We will travel around the station by wagon led by the Clydesdale horses observing the breath-taking landscape of rivers, tussocks, mountains, and glaciers. This is an opportunity to experience the high country at the horse's pace. Erehon is a three hour drive from the city so come prepared for a big day out.

Bring lunch and wear warm clothes. Spaces are limited so book early.

Cost \$20 (\$10 deposit required by Thursday 1st February).



Step Ahead Christmas Lunch



Step Ahead Trust

P O Box 32 025 Phone 389 4001
167 Stanmore Road Freephone 0800 688 732
Christchurch 8147 Fax: 389 4042
www.stepahead.org.nz
info@stepahead.org.nz