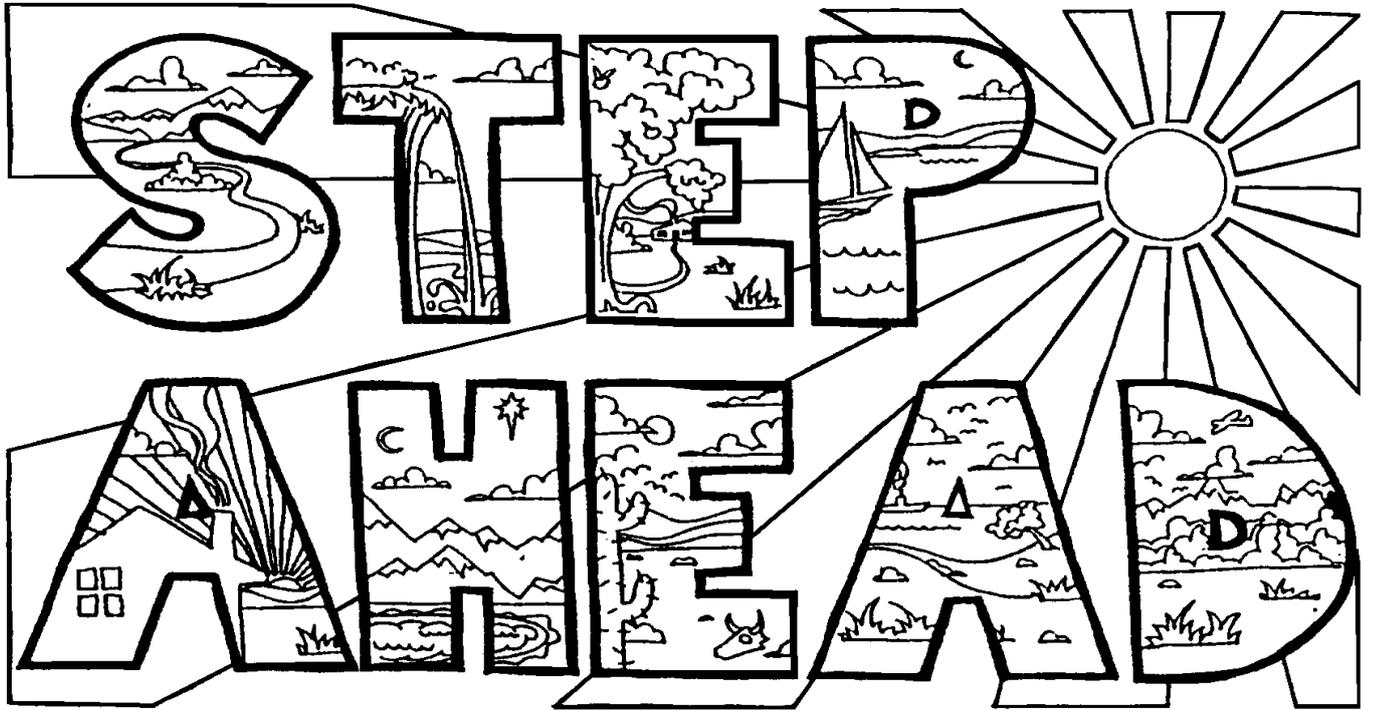


# JULY 2017



A COMMUNITY BASED REHABILITATION ORGANISATION



Open Afternoon at Stanmore Road  
Bring family/whanau, friends or other  
support people  
Friday 28th July at 1pm

## A Note from Helen

The shortest day has passed so now we can look forward to the days getting longer and lighter as we head toward Spring!

It was great to catch up with members from Rangiora, Stanmore and West at the recent mid-winter lunches. It's really nice to be able to see many members I don't usually have the opportunities to see, so thanks for the invitations!

We were very pleased to have finally been granted the necessary building consents for the West property in Puriri Street. This has been a very long and slow process but we are now able to get the building work underway. The extensive work is estimated to take about three months to complete, so I will keep you posted on progress.

There will be an open afternoon at Stanmore on the last Friday of the month so if you have a whanau/family member or another support person you would like to bring along to have a look at Step Ahead, please let them know they would be very welcome. Rangiora members and staff are also planning to have one in the not too distant future.

New on the Stanmore programme this month is a guided meditation group. We are very fortunate to be able have the sessions provided by a very experienced practitioner. The group will be held each fortnight, so here's an opportunity to come along and try something new.

Although it can be a real challenge to get out of the house on a chilly day, don't be put off a planned outing by the cold or wet weather! It's worth the effort to get out and spend some time with others rather than staying at home by yourself.

There are always some alternative options that the group can choose from if the weather isn't great so come along.

Hope we'll see you soon. Have a great month.

*Helen*



## Open House Afternoon at Stanmore Road 1pm - Friday 28th July

This is an opportunity for members, family members, friends and support people to come along for the afternoon, visit our house, meet staff and one another as well as see and hear more about what happens at Step Ahead.

Light refreshments will be served.

Book in as usual.

See you here.



# Member Staff Liaison Meeting at Stanmore Road Thursday 25<sup>th</sup> May 2017

**Attendees:** Annabel H, Mike T, Merrin D, Grace M, Robin A, Alan W, Marc G, Di, Helen, Karen, Kylie

**Chairperson:** Tracey C

## **Highlights from last month:**

Salmon Hatchery  
Woodlands Restaurant  
Hanmer Trip  
Golf  
Little Saigon  
Quiz Night  
Gardening & Working Bees  
Piano Tuition with Grace  
Women's Group at Woodlands and petting zoo



## **Last Month's New Programme Ideas:**

There have been a lot of new ideas so staff are slowly seeing what can be organised including a speaker on car maintenance, Nurse Maude, a Radio Station, Astronomy visit and Council replanting initiatives

## **New Programme Ideas:**

Bike Maintenance  
Speaker on skin care, re mole checks – planned for late spring

## **Staff notices:**

Building Consent has been received for Puriri St – renovation is to start next week. The building should be ready for us to move into by September.

The guest speaker in June is Melissa McCreanor from Pegasus Health. She will talk about how GP's can help, with your health including free immunisations.

A visit to Press printing plant and a fire station is planned.

A meditation group is starting on Friday 7th July and will run fortnightly at 11am.

The midwinter lunch is on Friday 30th June.

The Men's Group is having a guest speaker on Prostrate Cancer.

### **Anything else anyone would like to say:**

Annabel thanked everyone for the positive feedback she receives about cooking budget lunches.

Tracey was thanked for chairing the meeting.

**Meeting closed 1.40pm**

## **Fire Station Visit**

On the afternoon of Wed 19th July at 1pm Stanmore will be visiting the Sockburn Fire Station.

If you are interested in seeing how a working fire station operates, then come along for an informative and fun afternoon out. We may hear a little of the challenges in putting out the recent Port Hills scrub fires.



# Meditation Group at Stanmore Road

We have a volunteer Angela, who is running a fortnightly Meditation Group starting on Friday 7<sup>th</sup> July at 11am.

Angela has been practising regular daily meditation for about three years. She uses meditation music to help keep the atmosphere relaxed.

Come along to experience the benefits of meditation. Book in as usual.

See you there.



## Press Printing Plant Visit Friday 14<sup>th</sup> July at 1pm

A very limited number of 5 members will be able to join the group to visit the plant where The Press and other newspapers are printed.

This will be highly educational. Members need to wear covered in shoes. We will be given high Vis vests as we tour the plant.

If there is a big demand we will be able to book another visit but get in quick to ensure you don't miss out.



# Stanmore Road Guest Speaker from Community Public Health

On 20<sup>th</sup> July at 1:30pm, Meg Christie will come and talk to us about ways to stay well and promote healthy living especially over winter time.

Meg is an avid cyclist and has spoken to us before. Come along for an interesting afternoon.



See you there.

## Tramping Group

Our trip to Washpen Falls was something a little different. This walk is on private land but afforded a very picturesque walk through a range of landforms including a very rocky gorge and past a beautiful waterfall. We split into two groups with the fitter group ascending Snowy Peak for some fantastic views over the foothills of the Alps. The other group enjoyed a quieter walk down amongst natives and pines. A proposed trip to Peak Hill at Lake Coleridge was postponed but instead we went to the Hinewai Reserve on the Banks Peninsula. We parked at Long Bay at the bottom and walked up through some beautiful native bush following a stream.

Our first tramp in June was over the Bridal Path to Lyttelton. Some chose to remain over there doing some sightseeing while a hard core slogged it out back over the hill to the van parked at the Gondola.

Coming tramps in June include a trip up Mt Grey and a winter trip up the Craieburn Ski Field Rd and down via a bush track. This trip is always popular. Last winter we tramped through a carpet of snow. Reminded me of the movie 'Snow Falling on Cedars'. Come along for a fun day out of Christchurch

# Men's Group

In May we headed over to Akaroa for the day. The fish and chip shop on the waterfront provided a welcome relief to our growling stomachs. We enjoyed a walk up the hill and got some fantastic photos overlooking the town.

This month the Men's Group is heading down to Geraldine. We will be going down via the inland route which is very scenic and coming back via State Highway 1.

Come along and join the guys for a fantastic day out in this picturesque rural town.



## Clip n Climb

On Friday 21<sup>st</sup> July Stanmore and West members are combining for a trip to Clip n Climb in Byron St. If you haven't had a go at this very safe climbing activity yet then come along and give it a go.

The cost is \$6.50.

Stanmore Rd will be leaving at 9.45am, West at 10am and back before lunch.

See Chris or Kevin for details.



# Christian Fellowship Verse

## Don't Let Me Falter

Oh Lord, don't let me falter-  
Don't let me lose my way;  
Don't let me cease to carry  
My burden, day by day...  
Oh Lord, don't let me stumble-  
Don't let me fall and quit...  
Oh Lord, please help me find my "job"  
And help me shoulder it.



## Newsletter Contributions

The deadline for the following month's newsletter is the first Wednesday each month, i.e. the deadline for the August newsletter is the first Wednesday in July.

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!



# Member Staff Liaison Meeting at Ashburton 19<sup>th</sup> May 2017

**Attendees:** Noelene H, Julie S, Janet C, Sarah T, Annette B, Angela H.

**Chairperson:** Grace M

## **Highlights from last month:**

Last Friday was lots of fun despite West not able to make it down  
Enjoyed doing Meals on Wheels

## **Last Month's New Programme Ideas:**

Mid Winter Lunch - booked at The Stables on June 2<sup>nd</sup>  
Cost \$8.00

## **New Programme Ideas:**

Day trip to Lyttelton  
Orari Mini Golf  
Visit to Ferrymead Op Shop and Sumner  
Aviation Museum



## **Staff Notices:**

Think about what you would like an open afternoon to look like and who you would like to invite.

I am able to bring a sewing machine down for craft or sewing just let me know when.

## **Anything else anyone would like to say?**

Can we think about a celebration for Ashburton's birthday?  
Been running for about 18 years!

**Meeting Closed at 2pm**

# Member Staff Liaison Meeting at Rangiora 8<sup>th</sup> May 2017

**Attendees:** Bruce T, Kenneth M, Geoff T, Clare H, June V, Jeanette B, Dale B, Graham B, John S, Anna, Chris.

**Chairperson:** Leanne M

## **Highlights from last month:**

Willowbank was a great day out

Clare H enjoyed doing the newsletter at Stanmore Rd

## **Last Month's New Programme Ideas**

Guest speaker from the Electoral Office booked and also one from the Waimakariri District Council

## **New Programme Ideas**

Day trip to Kaikoura

Bird Rescue Oxford

Daffodil Farm

Rebook Community Energy Action

Warwickz Animal Farm

Antarctic Centre

Lavender Farm



## **Staff Notices:**

Mid-Winter Lunch at 808 Belfast June 12<sup>th</sup> \$5.00 deposit by 29<sup>th</sup> May (Full price \$15.00)

Citizens Advice Speaker next Monday

**Meeting Closed at 1:30**

# Member Staff Liaison Meeting at West

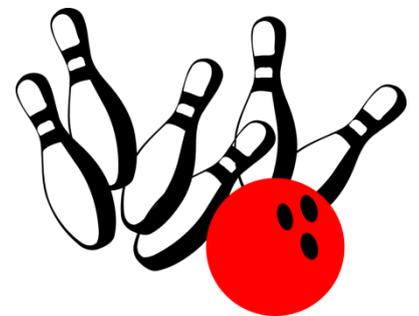
8<sup>th</sup> May 2017

**Chairperson:** Kim H

**Present:** Sharon R, Karen E, Constance B, Kim H, Aynsley B, Robert K, Susie W, Paul M, Patrick K, Jan S

## Highlights:

- Badminton: *programmed fortnightly on Wed. afternoon*
- Budget lunch – *Bacon and egg pie*
- Beginners Tramp: *This will continue monthly on Friday afternoon*
- Walking Group: *Continue Mon. and Thurs. weekly*
- Anything that makes me laugh. E.g. quizzes: *Will continue monthly on Mon. morning*
- Fun interaction with others
- 10 pin bowling: *Will continue weekly on Tues. afternoon*
- BBQ: *Will programme later in spring*
- Little River trip
- Tai Chi and Mosaics
- Big range of things to pick from
- Sport activities
- Line dancing: *After trial in May we have re-booked Vickie to take Line Dancing in July*
- Art with Kate: *Continuing fortnightly on Wed. afternoon*
- Music appreciation: *Continuing monthly on both Mon. and Thurs.*



## **Last Month's New Programme Ideas:**

- Clip and Climb: *Programmed Fri. 21<sup>st</sup> July*
- Volley balloon in the hall: *Will continue on Thurs. morning occasionally*
- Museum/Airforce Museum: *Programmed monthly on Tues. morning*
- Art Galleries (not necessarily Wed.): *Programmed Fri. June 9<sup>th</sup>.*
- Airplane spotting: *Will use this as a bad weather alternative*
- Clay moulding: *Reprogrammed Mon. 17<sup>th</sup> and 24<sup>th</sup> July*
- Macramé: *Programmed Fri. 2<sup>nd</sup> June*
- Antarctic centre
- Willowbank: *Programmed Thurs. 27<sup>th</sup> July*
- Video clips, similar to music appreciation: *A good bad weather alternative*
- Press building tour: *Programmed Fri. 14<sup>th</sup> July*
- Cheese factory
- Cookie time tour: *Tours not available*
- Visit Rangiora Base: *Rangiora are coming to West on Mon. 26<sup>th</sup> of June.*

## **New Programme ideas**

- Laughing Yoga – St Albans Hall: *These regular classes are held on Sundays*
- Everlasting flowers: *Karen looking into*
- Gardening at West: *Definitely will have regular gardening at the new property.*
- Outing for lunch: *Have found a good spot for this in the programme that will not affect other activities. Monthly on Wednesday morning at 10:30 and returning by 1:30 for afternoon activities.*
- Walking the Woolston Walkway, passing the Tannery



- DVD: *Definitely on alternative activity list for bad weather*
- Soup and Toast : *Could link this with DVD above*
- Willowbank: *Programmed Thursday 27<sup>th</sup> July*
- Baking scones (Tanya – Thurs.) Date, cheese, savoury: *passed this suggestion on to Tanya*
- Budget Lunch ideas
  - Pizza
  - Roast
  - Mince chow main with pasta and cabbage
  - Pasta
  - Hamburgers
- Card Making: currently programmed monthly on Wed. afternoon
- Kaikoura trip: *Will delay until spring when weather and road conditions are better*
- Hanmer Springs: *Programmed Wed. 5<sup>th</sup> July*
- Beach Bon Fire: *Need consent, will suggest to evening activity staff*
- Star Gazing: *Will look at options available from West Melton Observatory*



## Meeting Closed 1:30pm

### PLEASE NOTE

On Tuesdays when the morning activity needs more time (Mosaics or Museum visit) and finishes at 12:30 for lunch, the afternoon Ten Pin Bowling will depart from West at 1:30 not 1pm.

### West Activities in July

After trialling Line Dancing in May we have enough support to continue Line Dancing with Vickie monthly on Thursday. In July, it will be on the 20<sup>th</sup> at 10:30am. Come along and get moving to music



On Monday the 24<sup>th</sup> we are pleased to have a Guest Speaker from the Citizen's Advice Bureau. This organisation helps thousands of people from all walks of life with simple information, usually about where to find help for an equally varied range of problems.

On Monday the 3<sup>rd</sup> we will take advantage of the wintery conditions and travel towards Arthurs Pass in search of snow to play in. This could include building a snowman or tobogganing but will definitely include adventure in great scenery. BYO lunch and warm clothing.



In May we had a go at clay moulding with Barbara on Monday's and created some great ornaments plus came up with more ideas for future clay moulding. Therefor we purchased a new slab of clay and programmed two sessions in July on Monday the 17<sup>th</sup> and 24<sup>th</sup>. Come along and have fun turning a blob of clay into your favourite thing.



We are very luck at West to have a large space in the hall plus a kitchen which allows us to have a mid-winter function on site. On Monday the 31<sup>st</sup> we will prepare a meal and the hall for a summer holiday themed lunch and games (Booking and payment by Thurs. 27<sup>th</sup> please)



After a suggestion at our liaison meeting we have secured the opportunity to visit The Press Printing Plant on Friday 14th of July. Come and see how the news is printed into thousands of copies every day at their new hi tech plant. Please wear sturdy covered shoes.

*Kevin and team*



# Val introducing herself as a new peer supporter at Stanmore Road

Hello one and all. My name is Val and I am a new peer supporter at Stanmore Road.

I have been coming to Step Ahead for 6 years now and thought I'd join the peer support team to gain more experience in this area.

I also volunteer for an organisation called Warmline which is a Telephone Intentional Peer Support. I have been volunteering for Warmline for 5 years and have been challenged and still enjoy being a volunteer.

I am available as a peer supporter at most evening activities so I hope to meet you on this journey I call life.

## 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 Annabel H, Sarah B, Louise R, Merrin D, Val S (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.



# 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.



## 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



## Did you know?

Members can attend activities at the West, Stanmore Road or Rural base, regardless of where you joined. Talk to staff for more information if you are interested.



# Bird Cake

Rummaging around in my kitchen I found all sorts of old stuff that I hadn't gotten round to using up – long past their best before date! Rolled oats, flour, desiccated coconut, cereals, muesli etc. Deciding it was too much to throw out I decided to make a cake for the birds.

So, a couple of cups of assorted old stuff, some oil, salt, sugar and an egg – I mixed it all up, to make it sloppier I added some milk. Then into the microwave cake ring and into the microwave for a few minutes to cook.

When cooler I emptied it onto the driveway and went inside to watch all the birds come and feast knowing they would all survive the next cold night.

Hint: to use up the last of the golden syrup in the squeezey bottle just pop it in the microwave for a few seconds until it melts. Add a bit of water, shake it up and volar! There's the "sugar and milk" for another cake.



# Do you Drive?

If your car is a bit sluggish and chewing through the petrol you may need to stop and put air in the tyres. Some of my tyres were down to 20 (one was 15) now that they are all 30 again I can drive twice as far on a tank and feel safer too.

*Susie W*



# My Great Tuesday Holiday at Spencer Park

My totally great Tuesday started in the best possible way getting up having my breakfast etc. Going for my daily walk; getting the money out of the bank for my two day holiday at Spencer Park, coming back to the flat doing some piano practice; playing the piano. Then Malcom my case worker picked me up and we drove out to Spencer Park and spent some time enjoying the plentiful bird life.

Then we went our separate ways with me checking in for my 2 day holiday at Spencer Park, and having my lunch unpacking my things. And deciding to end the day going for a walk on the beach. Being very excited being in the right place at the right time; seeing a meatball of fish with lots of birds about feeding in the area with my binoculars just offshore; including seeing a dolphin feeding on the fish in the meat ball of fish coming to the surface twice with my binoculars.

Then I came back to my flat. Had my tea, did some reading and writing at the end of a great Tuesday.

*William S*



# Beef Casserole

- 120 to 150gms of stewing beef (eg gravy beef, blade steak)
- 1 to 2 onions or leeks
- 1 to 2 carrots (optional vegetables: mushrooms, potatoes)
- Garlic to taste
- 1 tablespoon tomato sauce
- 1 tablespoon Worcester sauce
- 1 teaspoon beef stock



1. Cut meat into 1 inch cubes.
2. Cut veggies into slices or dices to suit vegetable.
3. Put a saucepan or frying pan on a med to high heat, add tblsp of oil.
4. Fry meat in small batches to brown on all sides.
5. Remove meat and sauté veggies in the pan.
6. Add meat, tomato sauce, beef stock, Worcester sauce and water to cover meat and veggies.
7. You can cook this recipe in a pot on top of the stove, on a low heat for two hours or in a casserole dish in the oven at 180 degrees for 2 hours.
8. Add salt and pepper to taste. Then thicken with a little corn flour.

The secret to the success of this recipe is to brown the meat.

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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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