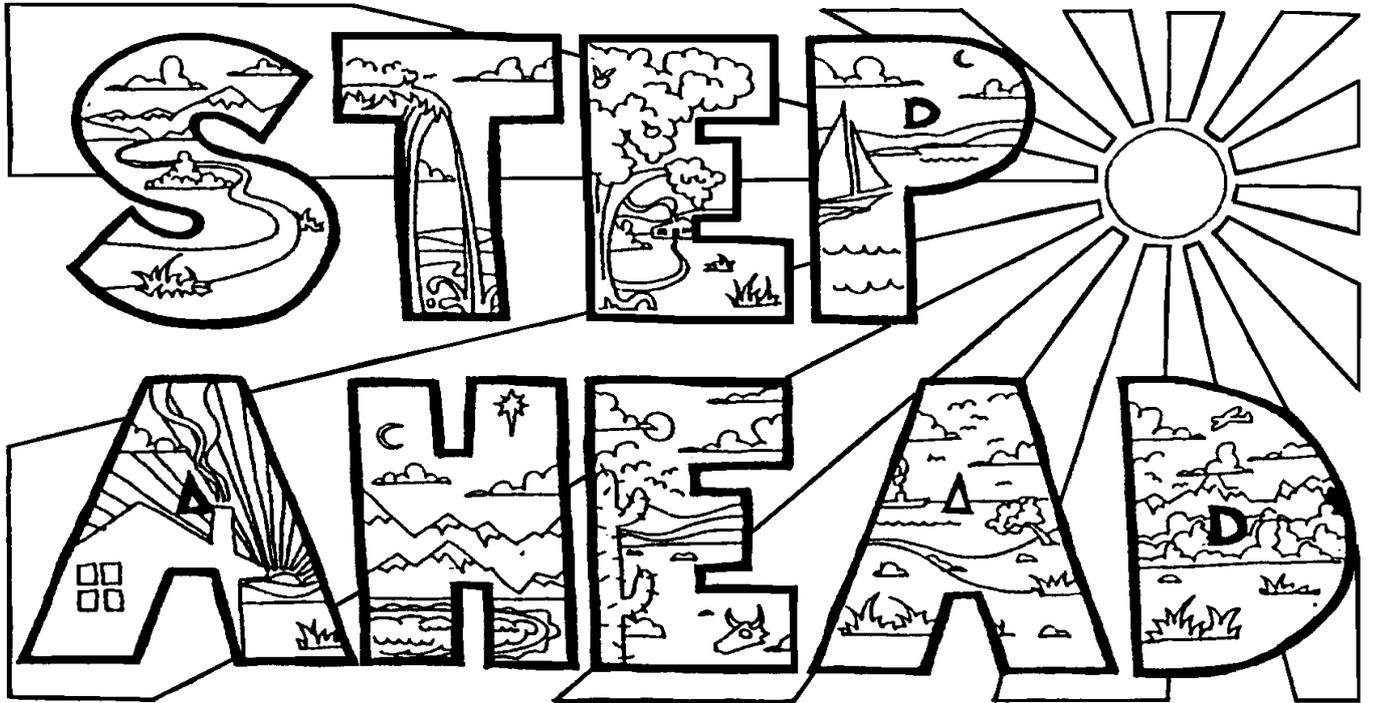


JULY 2018



A COMMUNITY BASED REHABILITATION ORGANISATION



Open Afternoon at Stanmore Road
Bring family/whanau, friends or other
support people
Friday 27th July at 1pm

A Note from Helen

July is nearly upon us and the shortest day has passed so we can look forward to the days getting longer and lighter as we head toward Spring!

The big news this month is that we should have been able to move into the West house, in Puriri Street, hopefully by the time you are reading this. Because of the uncertainties there have been with being able to plan when we can occupy the building, we will be planning an open afternoon/opening function after we have moved in.

An open afternoon at Stanmore Road has also been planned for later in the month so an opportunity to invite your family/whanau members, friends and other support people to come along to meet staff, have a look around and enjoy some light refreshments. Please book so we have a good idea of numbers for catering.

It's a great time to learn to cook some tasty, economical and different winter meals so maybe you might like to think about coming along to West or Stanmore to have the chance to cook something new?

There is a wide variety of great activities on all of the programmes this month so check your programmes for details of this month's tasty treats, outings and other opportunities.

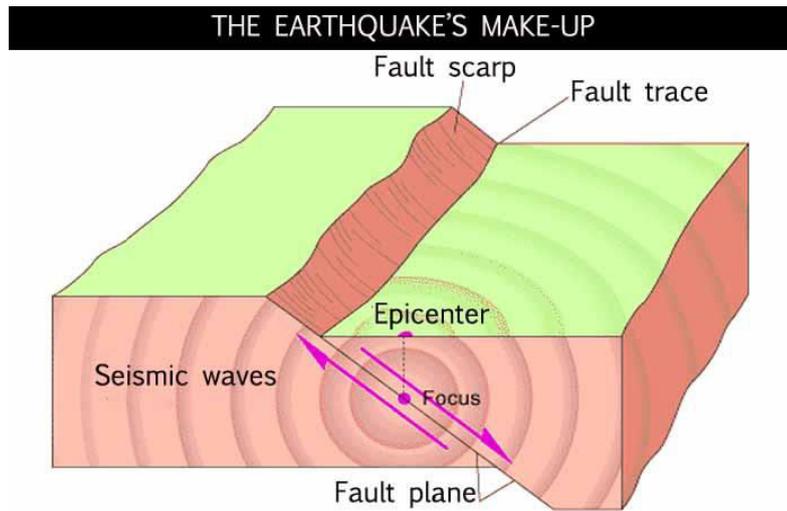
Although it can be a real challenge to get out of the house on a chilly day, it can be much better to be out and about with other people rather than staying at home by yourself! Don't be put off a planned outing by the cold or wet weather! We will always have some alternative options that the group can choose from.

Hope you have a good month and we'll see you soon.

Helen



The 'Wall of Waiau'



On Thursday 5th July Stanmore are having a day trip to the "The Wall of Waiau" This is a 3 m high vertical fault scarp, created by the 14th Nov 2016 Kaikoura earthquake. The trip will also visit a nearby dam created by a landslide that blocked a local river. Getting to the wall involves a 30 minute walk over rough farmland. The fault is located off SH1, mid-way between Cheviot and Kaikoura. The cost of the trip, is \$5.00. Come out for the day to see something a little different.

Please see Di or Chris for details.

Stanmore Road Men's Group

On Tuesday July 10th the group will be having lunch at the Golden Mile Tavern. Meals are from \$10.00. On Thursday July 19th we will be having a day trip out of town and heading down to Methven and then on to Glenfalloch Station. Come along for some great winter scenery fellowship with the guys.

Chris



Step Ahead Art Exhibition 2018

Step Ahead will again be holding an exhibition of members work later this year. It will be at the Eastside Gallery, on the corner of Stanmore Road and Worcester St, opening on Monday 1st October.

We are calling on our many talented members to contribute to the exhibition. Whether you express yourself creatively through art, stone carving, mosaics, craft or your photography, we invite you to take part! The expectation would be that all entries are into Step Ahead by the beginning of September.



Talk to Karen, Selwyn, Kevin or Di for more information.

Stanmore Tramping Group

In May the group had a tramp towards Mt Sinclair, near Hilltop on Banks Peninsula. The weather was not great but all still enjoyed the day. Later in the month we went over to Dracophyllum Flat near Castle Hill and enjoyed the splendor of the mountains in superb weather. In early June we had a more local walk up to the Summit Road, from the Halswell Quarry. In late June we will be heading over for a winter trip to Bealey Spur on the way to Arthurs Pass and in July trips are proposed for the Bridal Path over to Lyttelton and the Kowhai Hut near Porters Pass.

The group always likes to get out of town for a chance to get some great exercise and some fresh air. Newcomers welcome.

Chris



Open House Afternoon at Stanmore Road

1pm - Friday 27th 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.



Flea Protection for your Cat

A member recently let us know that the Cats Protection League provides much cheaper Flea Protections than can be found elsewhere if you have a Community Services Card.



The Last Word

Say these out loud

Stone bone cone hone lone phone tone zone none
Stone bone cone hone lone phone tone zone gone
Stone bone cone hone lone phone tone zone done
Aught brought caught fraught nought sought taught drought

Susie W



Christian Fellowship Verse

The Lasting Gift

God's Love....

The one lasting gift of perfection –
A wonder, a glory, the truest reflection
Of His caring heart for the world He created –
God's love is a gift meant to be celebrated.



How great is the love the Father
Has lavished on us, that we should
Be called the children of God!
1 John 3:1

Guest Speaker on Hoarding at Stanmore Road 1:30pm - Thursday 12th July

Karin who many of you will know, as she regularly takes the Monday walking group, Tuesday music group and evening activities will talk to members about Hoarding. This is a topic that comes up from time to time and a topic that many of us can relate to. Karin will talk about understanding the problem and ways to overcome it.

See you there!

Dí



"Life is a series of thousands of tiny miracles" –
contributed by Geoff T (Rural)

Winter Tips for Staying Well

1. Have the flu vaccination – it may be free.
2. Wash your hands regularly – winter illnesses are easily spread by hands.
3. Exercise daily – for 20 or 30 minutes.
4. Eat healthy foods – it helps build your immune system.
5. Get fresh air in your home - open windows during the day, even for a short time.
6. Reduce dampness – keep the bathroom door closed when showering or bathing.
7. Quit smoking.
8. Cough into your arm, not your hand. This minimizes the spread of bugs because we touch many things with our hands throughout the day.

If you are not feeling well, please stay away until you are feeling better so as to not spread the bugs.

Use Healthline or your GP clinic after hours for advice. You can get free health advice from registered nurses by phoning Healthline on 0800 611 116.



Member Staff Liaison Meeting at Stanmore Road Thursday 31st May 2018

Attendees: Anne W, Kim H, Alan W, Milly C, Karen S, John S, Alan S, Alison M, Hana L, Mark W, Tim P, Robin A, John D, Kim H, Kylie, Barb, Karen, Di, Raewyn, Chris.

Chairperson: Kim H.

Highlights from last month:

Riccarton Racecourse and Cranford Ale House evening meal.

Nutritionist.

Music Group.

Budget Lunch and dinners on site.

Men's Group trip to Kaikoura and Yaldhurst Museum.

Holistic Wellness Group visit from a Homeopath.

Day trip to Hanmer.

Christian Fellowship DVD.

Documentary Group.

Guest Speaker from Community Energy Action.

Craft groups – wind chimes.

Very positive Quiz night.



Last month's new programme ideas:

Arthritis Guest Speaker – have made contact.

Giants Garden is a good summer visit.

Archery is being organised.

Not enough interest in 2 games at 10 pin bowling.



New programme ideas:

Men's Group to movies or a DVD afternoon onsite.

Museum in New Brighton shows old time movies for \$2.

Rangiora Sparks museum (\$5.00).

Crochet – Alison and Milly volunteered during sewing group time.

Will be programmed in July.

Men's Group trip to Rolleston, or Rangiora for example, to have a light lunch.

Fishing trip.

A group that meets more than monthly to discuss healthy diets, eating habits or a Diabetes Speaker.

Staff notices

Helen put her apologies in for not attending.

Holistic Wellness Group is discussing acupuncture, healing herbs and clean eating.

Men's group trip to Akaroa and op shopping this month.

There is a guest speaker on Sign Language on 14th June.

Swimming at Pioneer and Taiora QEII now that it has opened.

Hopefully West Step Ahead will be moving into the new house by the end of June.

Anything else anyone would like to say:

Thank you to Kim for chairing the meeting.

Meeting closed at 1:35pm



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.



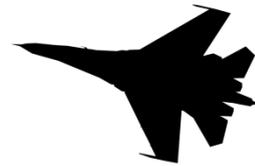
Member Staff Liaison Meeting at Rangiora 21st May 2018

Attendees: Kenneth M, Graham L, Dale B, Geoff T, Leanne M, June V, Di, Anna.

Chairperson: June V.

Highlights from last month:

Visit to Airforce Museum.
Trip to Geraldine.
Visit to Northbrook Museum.
Intro to Mindfulness – very helpful.



Last Month's New Programme Ideas

Planned trip to Christchurch to tour the CBD in July.
Visit to Ashburton Aviation Museum coming up.
Day with West members next Monday.

New Programme Ideas

Visit to Okains Bay Maori and Colonial Museum.
Guest Speaker from Neighbourhood Support.
Oxford Bird Rescue.
Visit to SPCA.
Wee Dram Farm.
Garden Nurseries.



Staff Notices:

Active Life Program to start in July.
Di said how nice it was to be here for the meeting.
Good having Jan helping today.

Anything else anyone would like to say?

Thanks to June for chairing the meeting.
Keep articles coming for newsletter.

Meeting Closed at 2pm

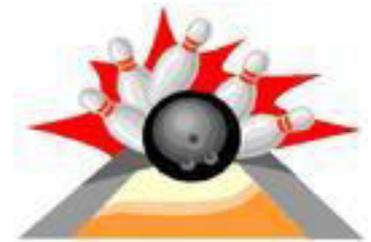
Member Staff Liaison Meeting at Ashburton 25th May 2018

Attendees: Noeline H, Christine H, Annette B, Janet C, Sarah T Anna.

Chairperson: Sarah T.

Highlights from last month:

Visit to Orton Bradley Park.
Ten Pin Bowling in ChCh.



Last Month's New Programme Ideas:

Visit to Rolleston coming up.
A craft day is planned soon.
Pottery at West Melton in August.

New Programme Ideas:

Mid-Winter Lunch.
End of year lunch at The Golden Mile.
Visit to Kura Tāwhiti (Castle Hill).
Adult Colouring at the Art Gallery.
Guest Speaker from Civil Defence.
Balloon Button Bowls for craft.



Staff Notices:

Please be mindful of each other's feelings.
If you are the first one in the room can you please turn the heaters on.

Anything else anyone would like to say?

Thanks to Sarah for chairing the meeting.
Thank you for all your input into the programme.

Meeting Closed at 11am

Member Staff Liaison Meeting at West

29th May 2018

Attendees: William S, Lisa Avery, Carlwyn D, Constance B, Lynne G

Chairperson: William S

Highlights from last month:

Enjoyed badminton

Kaikoura and Orana park trips were fantastic

Meet some nice people while at activities



Last Month's New Programme Ideas:

Dance group
Line dancing



Further discussion about these ideas lead to the suggestion of a dance party in the evening. That suggestion has been taken to the evening activity coordinators with the idea of using the West hall for a mid-winter fling

Netball
Cricket
Softball

These team sports need a minimum number of 6 participants or even more if we want it to last some time and are better suited to outdoors. Will save these ideas for the summer

Volley Balloon
Bowls
Darts
Quoits

These games can all be enjoyed by a smaller group and played indoors. We will programme on Thursday afternoons in the West hall

Indoor bowls: *Already do this at least once a month in the Fetcher Place hall*

Cards: *Currently play cards and board games once a month on Tuesdays*



Bus tour using public bus system: *Have programmed a bus tour to Lincoln and Rolleston at the end of July.*



Antarctic Centre
Adventure Park
Zip Line
Chair lift
Gondola ride
Train Trip at Waipara
Train to Kaikoura

These high cost ideas need to be looked at together because we can only do 1 or 2 over a period of time. Will bring further information to the next meeting with costs.



Tug Lyttelton: *Not in service at the moment*

Comedy night at local pub: *Referred to evening coordinators – these shows tend to start and finish a lot later than we are able to facilitate*

New Programme Ideas:

Museum visit on Tuesday
Badminton hall reopened in Aidanfield
Double Decker Bus outing
Tram in Town
Go to QEII
Mini golf
Roller skating
Ice Skating
Ferrymead visit
Laser strike
Horse riding
Milk a cow
A and P Show
Akaroa
Geraldine
Op shopping outside town
Weaving willow baskets
Swan plant growing for monarch butterflies



Womens Group

- Personal care
- Dress confidence
- Make up skills
- Nail art

Men's Group

- Go to Movies
- Bike ride at McLeans Island or Bottle Lake Forest
- Quail Island Trip

Meeting closed 1.40pm



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 and Susie 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.



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.



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.



Newsletter Contributions and Deadline

The deadline for the following month's newsletter is the first Wednesday each month. The deadline for the August newsletter is the first Wednesday in June.

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!



Low Fat Chicken Curry – 1 serve

- 1 large chicken breast
- 3-4 Tbsp plain unsweetened yoghurt
- ½ tsp paprika
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp turmeric
- 1 Tbsp canola oil
- 1/4 onion, finely chopped
- 1 tsp crushed garlic
- ½ tsp garam masala
- ½ cup tomatoes
- ¼ cup cooked rice



- Slice chicken into 2cm pieces. Place chicken in a bowl with yoghurt, paprika, cumin, coriander and turmeric. Stir well to combine. Cover and refrigerate for an hour.
- Preheat oven to 200C. Place marinated chicken onto an oven tray lined with baking paper. Bake for 8-10 minutes until golden.
- To make the sauce, heat oil in frying pan. Add onion and garlic. Cook for 2-3minutes over a medium heat. Add garam masala and cook for another minute. Add in tomatoes and ½ cup water. Cover with a lid and simmer gently for 5 minutes.
- Add chicken pieces to the sauce. Cover and simmer for another 5 minutes. Serve with rice.

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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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