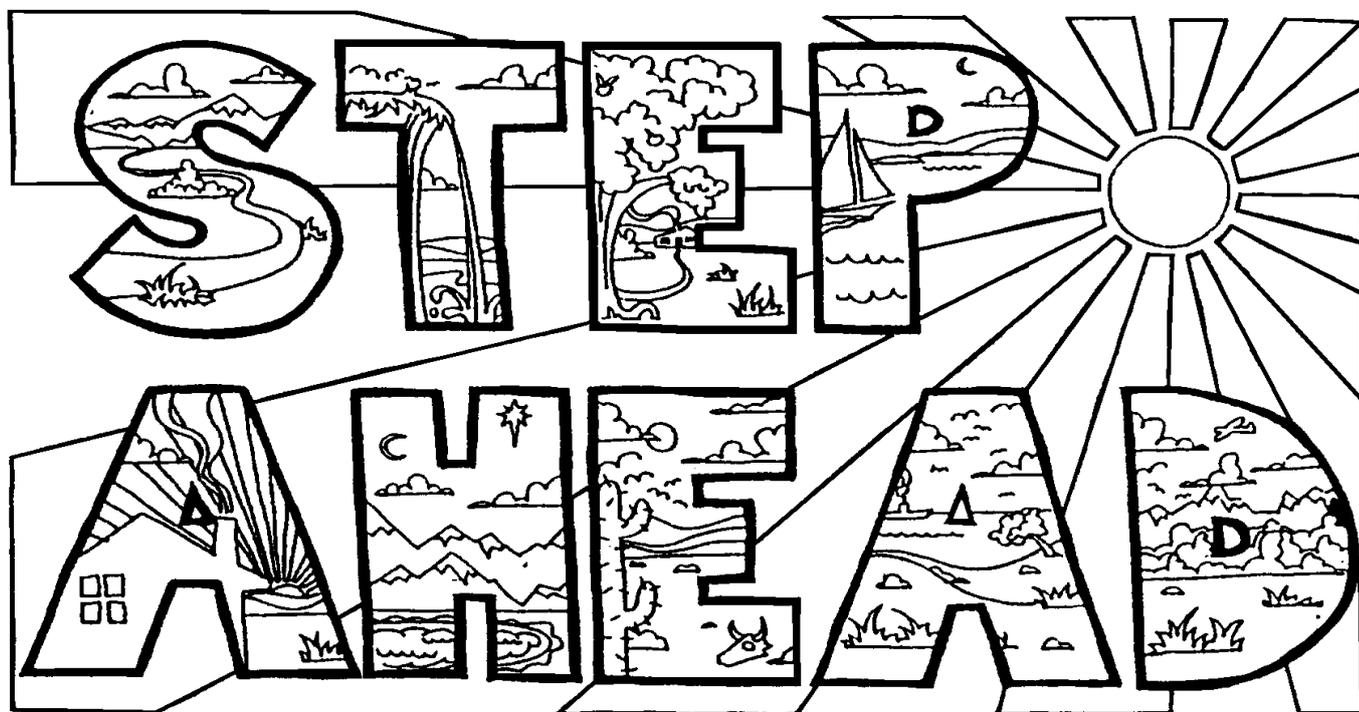


JUNE 2016



A COMMUNITY BASED REHABILITATION ORGANISATION

Thank you!



A big thanks to everyone who volunteers
for Step Ahead

A Note from Helen

After an exceptionally warm autumn, it's a bit hard to believe we are now in June!

Volunteer Awareness Week is this month and provides us all with a great opportunity to say thank you to all of those board members and members who give their time so willingly to Step Ahead. We are very fortunate to have so many people who contribute so much to the organisation and its members. Members of the Trust Board are all volunteers and their roles are essential to provide oversight and make some of the important decisions that ensure Step Ahead runs smoothly. Helping with meals, running groups, mowing the lawn, maintaining the garden, supporting others, doing dishes and spring cleaning are just a few of the other ways that volunteers make a difference. There is also a number of members from all bases who regularly volunteer out in the community in various ways. Thank you all so much for everything you do. Your contributions and involvement make a real difference and we are very fortunate to have you on the Step Ahead team.

A mid-winter lunch at The Garden Restaurant is planned for 24th so make sure you book early so numbers can be confirmed. These special outings provide a great opportunity to catch up with others, especially if you haven't been in for a while.

The Men's groups and Women's groups have a great selection of activity options on the Stanmore, West and Rangiora programmes. Stanmore also has a regular monthly 20's and 30's activity. These groups are a great way to get to know others a bit better and maybe try some different activities.

Mark from the Fire Service will be at Stanmore this month to talk about Fire Safety at home and Rangiora and Ashburton members will be out in their own areas finding out more about some other community services. There are lots of great options on this month's programmes though, so no need to hibernate! An alternative activity will always be offered if the weather gets in the way of the programmed one.

Have a great month and hope we see you soon.

Helen



Volunteer Awareness Week

19th – 25th June

The Volunteer Canterbury website (volvan.org.nz) lists 9 reasons to volunteer.

1. Help the community
2. Meet people
3. Gain experience & skills
4. Support a cause & change
5. Keep active
6. Gain confidence
7. Feel useful & be part of
8. Have fun
9. Boost your CV



Thank You!

Thank you to all the members who volunteer for Step Ahead and to community board reps who serve on our Trust Board. We wouldn't be able to function without you and you are a big part of what makes Step Ahead the special place that it is.

Thank you

Stanmore Road Gym Group

This month there is going to be a second gym activity every second Friday at 10.15am. This will build on the regular Wednesday group and will enable members to build a greater degree of fitness.

See you there!



Member Staff Liaison Meeting Rangiora

Monday 18th April 2016

Attendees: Graham L, Dale B, Owen M, John S, June V, Ken M, Jeanette B, Helen M, Anna & Chris.

Highlights from last month,

Ten Pin Bowling

Visit to Stanmore for lunch

Last month's programme ideas

Golf is now regularly scheduled on Wednesdays, Arthurs Pass and Stagecoach to be a combined activity in July/August.

Visit to Ashburton Art Gallery scheduled for the end of May.

We will be booking some Guest Speakers over the coming months - the first one being from Community Energy Action, Diabetes and a Vet visit to follow.

Visit to Airfield programmed for June.



New programme ideas

First Aid Training – calling for expressions of interest

Trip to Hanmer Springs, Geraldine, Methven, Kaikoura.

DVD movie afternoon

Music Appreciation



Member Staff Liaison Meeting Ashburton

Friday 22nd April 2016

Attendees: Owen M, Noelene H, Sarah T, Vicki S, Jane C
Grace M, Angela H, Julie S, Julie C & Anna.

Highlights from last month:

Marilyn's Farewell and her surprise present
Setting up for the church fair

WE WILL MISS YOU



Last month's programme ideas

Cellphone and camera use - we have encouraged this activity to be member run as some members have the skills to assist each other with this. We will do this on site over the winter months.

We will discuss visiting the CHCH rebuild again as walking around is a good way to do it.

Ten pin bowling will be programmed soon in combination with another activity to do in CHCH.

New programme ideas

Crafts activities; knitting/crochet

Pool at local RSA

Glass artist shop Tinwald

Day trip to Timaru - Caroline Bay

Visit to the new community centre

Inviting some of our local contacts for budget lunch

Visit to local SPCA

Recycling shops

DVD afternoon

Afternoon completing unfinished art and craft projects

Table tennis



Is there anything anyone would like to say

Can Rural have a page in the Step Ahead Newsletter?

WEST *Life*

June tends to be a bit cooler and less conducive to going out and about, but at Step Ahead we can turn this into an opportunity to take advantage of. During the month we will have lots of meetings between all the bases and share activities like Budget Lunches, Guest Speakers, Music Appreciation, Walking Groups and lots more...

Thursday 9th: Stanmore members will join us at 12:30 in the West hall for First Aid Training. This is a 4 hour introductory First Aid course which only costs \$2.50.



Friday 10th: Ashburton members will join us at midday for a Budget Lunch followed by Music Appreciation or a walk in the Botanical Gardens.

Monday 20th: A van will depart from West at 10:30am to go Rangiora Step Ahead for a Budget Lunch followed by a walking group or pool at the RSA.

Thursday 23rd: Departing at 12:00 to join Stanmore for their regular Budget Lunch followed by Op Shopping or listening to a guest speaker, on Fire Safety.

Friday 24th: At 12:00 departing for the Step Ahead Mid Winter Lunch at the Garden Restaurant with Stanmore members.



Not to mention the regular and popular activities we share with Stanmore of Table Tennis and Evening Activities.

During June you could be so busy catching up with members at other bases you won't notice the cooler temperatures!

Other things of note

Over the summer months we often replace Badminton with tennis on the programme.



During the summer this year the Badminton facilities had an upgrade which included a new playing surface. It is great having access to excellent facilities like this and it makes having a go all the more enjoyable. So come along and check it out on Wednesday the 1st, 22nd and 29th.

Another facility which has had recent upgrades is the Papanui Club where we have played pool and darts in the past. Our first visit recently was very successful and the staff were very friendly, so we will go again on Thursday the 16th at 1:00pm.

At this time of year, monarch butterflies have been known to winter over in some of the parks around Christchurch. On Thursday the 9th at 10:30 a group will go on a butterfly hunt to try and locate them.



On Thursday the 2nd the Women's Group will enjoy a pamper afternoon. Bring along nail polish etc. or treats to share and take time to spoil yourself with some friends at Step Ahead.

More people are taking advantage of the great Zumba class we are attending at the Bishopdale YMCA. It is an introduction to dance and movement to music, just perfect for getting started and active. Come along on Thursday 23rd at 10:00am.



One thing that is very important with winter weather, is keeping warm with good clothing. On Thursday afternoons fortnightly sewing with Petra is a great opportunity to repair your favourite garments and learn some new skills while on Thursday the 23rd we have Op Shopping in the afternoon where you can upgrade your winter wardrobe at a minimal cost.



Looking forward to seeing you and members from all the bases during June.

Kevin and Team

Member Staff Liaison Meeting at Stanmore Road 28th April 2016

Attendees: Annabel H, Francine H, John B S, George W, Steve F, Milly C, Karen, Kevin, Barb, Kylie, Raewyn, Di, Ann W, Alan W, Jeanette G, Russel B & Brad G

Chairperson: Mike T

Highlights from last month:

Quiz night

Button Tree Craft

Stone Carving

Painting Techniques

Cooking for One

Men's Group trip to Hanmer

City 2 Surf in March

Music Group when Mike was in charge of the computer



Last Month's New Programme Ideas:

Rangitata River Mouth Salmon Hatchery – schedule later in year since we recently visited another hatchery

Driving range & Ferrymead mini golf- happening in June

Longueville Gallery and Sculpture Garden - will be a good spring outing

Tie Dying - happening at West in June

Laser Strike - will call for expressions of interest

Disco dance evening activity - can combine with karaoke at West Hall if there is enough interest

New Programme Ideas:

Housie – Bring a \$2 prize

Mid winter lunch

SPCA/Cats Protection League visit

Poultry show in Ashburton



Ice Skating
Gym twice a week
Ham Radio and Search and Rescue
Mid-winter swim at Sumner
Little River Rail Trail bike ride



Possible guest speakers could include someone re fire safety at home, Bull Breed rescue re how to approach dogs

Staff notices:

Scaffolding is going up today or tomorrow for roof repairs – use back door or lounge sliding door

Firs Aid training planned for Thursday 9th June. – Need a minimum of 10 members. Will be at the West Hall, leaving Stanmore at 12:15. There will be a \$2.50 cost and you will receive a certificate of attendance

Michael from Community Energy Action is speaking in two weeks time

Anything else anyone would like to say:

Will there be another overnight trip for members? Not this year as the work load for moving into our West property etc. is huge. We can reconsider again next year.

Meeting closed at 1.55pm



To Step Ahead Members St Luke's is Calling for Volunteers

The St Luke's Centre is a mental health provider a bit similar to Step Ahead. We wish to invite members from Step Ahead to be part of the volunteer team. As a volunteer you do various duties but the main focus is about connecting with St Luke's members whilst playing board or card games, doing art, serving lunch, and afternoon tea, tea and coffee.

There are also light duties such as dishes and cleaning. There are four afternoon sessions for three hours.

Please contact Grace M at Step Ahead or any member of staff if you would like to know more.

Volunteer

First Aid Training Thursday 9th June at West Hall

Cost: \$2:50

12:15 Departure from Stanmore Road

12:30 at West

This is a great opportunity to either learn or brush up on some basic first aid skills. The course will finish at 4:30pm.

You will receive a certificate of attendance. There needs to be at least 10 members for the course to go ahead. Please book in and take advantage of this good opportunity!

Dí



Please let staff know if you are interested in the following activities:

Archery: Last winter we held an archery session at the West Hall. It was a very successful event, thoroughly enjoyed by all the members who attended. There is a cost, likely to be \$5.

Disco Dance evening: This could happen at the West Hall and be combined with karaoke.



Evening Mid-Winter Beach Barbeque: This has been a great night out in previous years!

Laser Strike – (\$6 for 15 minutes or \$8 for 30 minutes)

If there is enough interest they can be scheduled on the programmes.

Stanmore Road Guest Speaker Fire Safety at home Thursday 23rd June 1:30pm

Mark Thomas is a community educator with the fire service. He will talk to us about how to stay safe at home and what to do if there is a fire, including an oven fire. Mark is an interesting speaker so come along to hear what he has to say.

See you there.



Step Ahead Art Exhibition

Yes, folks, exciting news! Step Ahead will again be holding an exhibition of members work later this year. It will be at the East side Gallery, on the corner of Stanmore Road and Worcester St, opening on Monday 10th 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.

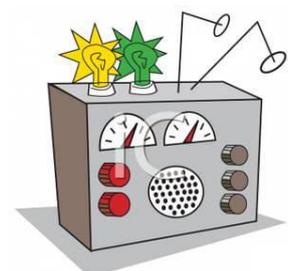
Talk to Karen, Selwyn, Kevin or Di for more information



Stanmore Road Men's Group

There are two men's groups planned in June. The first is a trip to Geraldine leaving at 9.30am on Thursday 9th June. We will travel via the inland road and stop at the Mayfield Emporium.

The second event will be on Tuesday 21st at 1pm to visit Geoff Chapman, a "Ham" radio enthusiast. He will show us how he contacts other operators around the globe. One of the few methods of communication that do not involve the internet! Geoff will also bring along his Search and Rescue vehicle and show us some of his gear.



Mid-Winter Lunch on Stanmore Road and West programmes

We hope you will be able to join us for lunch at the Garden Hotel Restaurant at 110 Marshlands Road on Friday 24th June. Arrival time at the Restaurant is booked for 12 noon, with dining at 12.30.

Cost is \$15.00 per person and you will need to book by Friday 17th so we can confirm the numbers.

Payment before the day would be appreciated.

Please make your own way to the restaurant if at all possible. The number 60 bus travels down Marshlands Road or a number of other buses stop at The Palms.

Hope to see you there.



Christian Fellowship Verse

My grace is sufficient for you, for my power is made perfect in weakness.

2 Corinthians 1

Grace

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.



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



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, Sarah B, Ian, Grace, Phil (Stanmore Road members), Elaine (Rangiora and Stanmore member) 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.

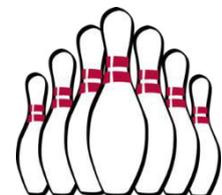


"DI - ing" To Win

Ten Pin Bowling on 20th April 2016.

10 of us had a great afternoon with Andrew making 200 points, 2 points off his best. Di got her best score of 88 (without gutter guards). As for myself let's not talk about that!

Koro Al (Alan S)



Guard Yourself

Guard your thoughts because they become your words.

Guard your words because they become your actions.

Guard your actions because they become your character.

And guard your character.

Why?

Because it determines your destiny.

Contributed by Ian C



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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.

Step Ahead Trust

P O Box 32 025
167 Stanmore Road
Christchurch 8147

Phone 389 4001
Freephone 0800 688 732
Fax: 389 4042

www.stepahead.org.nz

Email: info@stepahead.org.nz

Facebook: Please like our Facebook page – Step Ahead Christchurch