



## Whiringa-ā-nuku/October 2025

### Kōrero with Bryan

Kia ora koutou,

October is always a special month in the Step Ahead calendar. With spring in full bloom, there is a sense of lightness and renewal in the air. Longer days, brighter mornings, and new growth in our gardens remind us that change is not only possible but beautiful. This season captures much of what we aim to foster at Step Ahead - hope, choice, and opportunities for fresh beginnings.

This month also carries particular significance as **Mental Health Awareness Week** falls in October this year. Each year, this week provides us with the chance to pause, reflect and celebrate the progress we are making as a community in reducing stigma and supporting wellbeing. It is a reminder that mental health is not something experienced in isolation - it is nurtured through relationships, through connection and through the strength we draw from each other. I am proud that Step Ahead continues to play a role in building safe and supportive spaces where people feel seen, valued, and encouraged to flourish.

One of the highlights of the week is our **annual walk from Linwood to Riccarton**. This tradition is more than just a walk - it is a visible expression of unity, strength and community. Each step taken is a statement that mental health matters, that no one should face challenges alone and that together we can create a society where openness and

understanding replace stigma and silence. It is always a joy to see members and staff walk side by side in solidarity.

October also brings another much-loved tradition - our **Annual Art Exhibition**. This event is always a standout, showcasing the incredible creativity, talent and courage of our members. Art has a unique ability to express what words sometimes cannot. The works shared at the exhibition are not only inspiring but also a testament to the resilience and imagination that lives within our community. For many, it is a chance to be recognised not for a diagnosis, but for their artistry and vision. I encourage everyone to come along, support our artists, and celebrate the power of creativity as a pathway to wellbeing.

As we move further into spring, I want to thank our members, staff and supporters for living out our values of Hope, Choice, Openness, Respect and Responsibility. Whether it's through participating in activities, contributing time and energy, or standing alongside Step Ahead in other ways, each of you add to the strength and vitality of our community.

Together, we are proving that wellbeing grows best when it is nurtured collectively. October gives us the perfect backdrop to continue that journey - reminding us to look ahead with optimism, embrace new opportunities and keep building a future where everyone has the chance to thrive.

Ngā mihi nui,

*Bryan*

## Step Ahead Newsletter Masthead Design Winner

We are delighted to announce the winner of our new newsletter masthead design competition!

Many thoughtful, creative and artistic designs were submitted, each reflecting unique perspectives on who we are as a community. We extend our sincere thanks to everyone who shared their time and talent- it was not an easy decision to make, as the quality of the entries was truly inspiring.

After much consideration, the winning design has been selected by a panel of staff and a member, and we are proud to congratulate Andre M on his outstanding work. His design beautifully captures the spirit of Step Ahead and Aotearoa New Zealand.

You will see this new masthead featured in our newsletters from now on, giving our communications a fresh and vibrant look.

Once again, thank you to all who participated- you have helped make this an exciting and meaningful process.

## Rainbow Online Discussions

Thursday 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> October at 12:15pm, Stanmore

This educational series with MHERC continues throughout October. Each session will cover a different topic related to LGBTQIA+. This is a great opportunity to learn more about how we can make Step Ahead a more welcoming space for everyone!

See Olivia if you have any questions.

## Mindfulness and Meditation

Wednesday 8<sup>th</sup> October at 1pm, Stanmore

Join us for a session that will introduce you to some basic mindfulness and meditation exercises. These tools are simple and can be used to help calm the nervous system and relieve stress.

See Olivia if you have any questions.



## Welcome Peggy

Peggy is a new Activity Co ordinator.

Tēnā koutou katoa - hello to all! I bring a diverse background in supporting learners and community members of all ages, and I'm excited to contribute my experience to the Step Ahead team.

After living on the West Coast for more than ten years, I moved to Christchurch two years ago. I'm happiest when surrounded by nature and love being hands-on and creative. I look forward to being part of the Step Ahead community and the activities we share together.



## Peggy

## Mental Health Awareness Week Walk

Friday 10<sup>th</sup> October, leaving Stanmore at 12:30pm

This event has become one of our most popular, not to be missed! We walk from Step Ahead Stanmore Road, to Step Ahead Puriri Street.

We will take a scenic route along the Avon River and through Hagley Park and Deans Bush. There is an option to walk halfway and be picked up at Hagley Park if the whole distance is too far to walk. We finish with refreshments at Puriri and a sense of achievement.

**Why:** The walk allows us to do something out of the ordinary, to celebrate being part of Step Ahead and to raise awareness of Mental Health

**Who:** Members and staff from all bases of Step Ahead

This event is a lot of fun so don't miss out on taking part. Book in as usual.



## Ashburton Pānui

Hello from Ashburton. Who can believe we are heading into October? This month's programme is packed full of fun and exciting activities with something for everyone.

We have all the old favorites - cooking class, mosaics, upcycling, felting, paper mache, tai chi and housie and of course, we have the very popular ceramics (creating and glazing) and we are lucky enough to have Rangiora join us for one of these ceramic activities.

We have a day trip to Christchurch to attend the Step Ahead Art Exhibition which will be fun to see the other branches art exhibits, also there is another trip to Rolleston and Burnham to visit local attractions.

Agate hunting is back on this month as it was so popular last month, and we have a new regular monthly horse therapy session.

We are very lucky to have a free day up at Mt Hutt Ski Field where members will be able to ride a snow mobile and ride the chair lift up and back down again.

It's show time again and we finish the month with a trip to the local A & P show which is always well attended and one of the group's favourite activities.



Enjoying mini golf at Jurassic Park

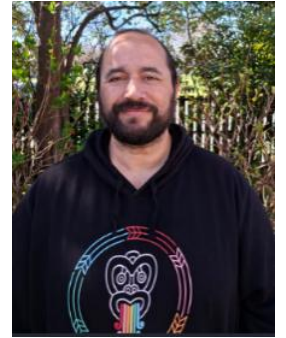


Members met Larry and Rocket – the miniature horses

*Jen, Anjie and Malakai*

## Welcome Ewart

I'm originally from Tauranga in the Bay of Plenty where I grew up. My background is in IT and I've also worked in local government. Right now, one of my passions is a tech lab project for a local kura kaupapa school, helping enable learning through AI.



I'm currently a student on placement completing my Level 4 studies, and I really enjoy the vibe at Step Ahead and being part of such a supportive, fun group of people.

Outside of work and study, my interests range from building push bikes and making pizza to exploring technology, tikanga Māori, and much more when time allows. I'm married with four kids and love spending time with family.

I enjoy listening and connecting with people through activities where they can feel relaxed and just be themselves. I'm excited for where the road takes me and for the journeys we'll share together.

## Welcome Cherie

I've recently joined the Step Ahead Team in the new role of Tech Support. I'm here to help staff and members with any technical issues, making technology a little easier for everyone. I have a long background in IT support, most recently working in a school environment. I'm really looking forward to getting to know everyone in the Step Ahead Community.



Originally from Auckland, I moved to Rolleston nearly eight years ago. I'm married and have a teenage daughter and a young adult son. I love spending time with my family and our pets; we have two cats and a dog. My daughter is a keen horse rider, so you'll often find me out in the paddock with her and the horses in our spare time.

## Tech Group

Wednesday 1<sup>st</sup> October at 1pm and Thursday 23<sup>rd</sup> October at 2:30pm, Stanmore

Not sure how to set up or use the new Step Ahead Bookings App? Come along - we're still running sessions!

Make sure to bring your device so that you can download the app.

Also available via video conference. Speak to Olivia in advance to arrange.

## Day Trip to Diamond Harbour

Wednesday 15<sup>th</sup> October at 10am, Stanmore (\$10)

We will take the ferry to Diamond Harbour and explore the township, historical buildings and beautiful walking tracks. Tracks involve uneven terrain and some incline.

Wear walking shoes, bring lunch and drink bottle. Pay for ferry with your Metrocard or bring (\$10) cash.

## Enabling Good Lives

From October, booking appointments with me will become easier in the new Bookings App. You will be able to view my availability and where I will be. At this stage you cannot book yourself in, you will need to call me on 0800 688 732 to confirm your time.

### Base Visits

Ashburton - Monday 6<sup>th</sup>

Rangiora - Monday 20<sup>th</sup>

Puriri - Thursday 30<sup>th</sup>

### One-on-One Tech Support at Stanmore

Friday 3<sup>rd</sup>

Friday 24<sup>th</sup>

Friday 31<sup>st</sup>

Times available will vary. Reach out if you need support.

*Kaylee*



## Health and Wellbeing

Kia ora,

The month of October will see Cooking for One back on the programme at Stanmore! We will be heading to Ōtautahi Sport Association (just two minutes away by van), where a fully equipped commercial kitchen will be available for us to elevate our cooking skills.

Spaces will be limited to a maximum of six members a session, so do book in as soon as you can (or add yourself to the waitlist).

During the sessions I will be including nutritional information related to the preparation and cooking of the recipe. The first session will be on Tuesday 28<sup>th</sup> October at 1pm and we will be making fresh pasta!



Hope to see you behind the stove!

*Marco*

## Rainbow Group

Thursday 16<sup>th</sup> October at 2pm, Stanmore (\$5)

### Mini Putt at Ferrymead

Try out the 18-hole outdoor mini putt on real grass at the Ferrymead Golf Course!

Wednesday 29<sup>th</sup> October at 1pm, Stanmore (\$2)

### Beaded Friendship Bracelets

Come along for a social craft activity where we will make beaded friendship bracelets.

LGBTQIA+ members and allies always welcome at our Rainbow Groups.



## Rangiora Pānui

Our whakataukī of the month is:

Me mahi tahi tātou  
Mō te ora o te katoa

*We work together for the wellbeing of everyone*

Some highlights in the October Programme:

### Wednesday 1<sup>st</sup> Frisbee Golf

Have a go at Frisbee Golf at the Kaiapoi Domain. Wear walking shoes and bring a hat and water bottle

### Monday 6<sup>th</sup> Day Trip to Ashburton

Join the Ashburton members for activities and community building

### Wednesday 8<sup>th</sup> Guest Speaker

Teaching techniques to help with anxiety

### Friday 10<sup>th</sup> Step Ahead Art Exhibition and Annual Mental Health Awareness Week Walk

Head into Christchurch to visit the Step Ahead Art Exhibition, then we will take part in the Mental Health Awareness Walk – from Stanmore Road to Puriri Street

### Monday 13<sup>th</sup> Gratitude Cards

We will be making gratitude cards to send to people who assist Step Ahead Trust

### Monday 13<sup>th</sup> Swimming

Swimming is back on the programme at Dudley Park. Please attend if you want to keep the activity on the programme

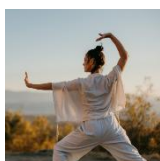


### Monday 13<sup>th</sup> Mindfulness or Forest Bathing at Northbrook Reserve

Forest bathing is a Japanese practise focusing on sound, smells, sights and tactile sensations in nature to relax and de-stress

### Monday 20<sup>th</sup> Qigong with Lee

Join us for this brand new activity. Qigong is coordinated mind and body movements, controlled breathing and meditation.



### Wednesday 22<sup>nd</sup> Hand Sew Lavender Bags (\$2)

We are making our own little handsewn Lavender bags to hang in our wardrobe or put in the draw, with fresh Lavender. No sewing experience needed

### Friday 24<sup>th</sup> Day Trip to Christchurch

Explore Godley Head war defence bunkers, picnic with a view and a game of Kubb. Afternoon walk on Sumner beach or browse Op Shops.

### Wednesday 29<sup>th</sup> Chair Yoga

Join in for a class of mindfulness, gentle movement and strengthening for all abilities. No prior experience necessary. Wear loose/stretchy clothes and bring a drink bottle.

### Friday 31<sup>st</sup> Catnap Café in Christchurch (\$8)

We have our second visit to the Catnap Café to cater to those who missed out last time, please book and pay by 17<sup>th</sup>. If you come along, you will be in Christchurch for the day.



## Outdoor Skills at Stanmore

Wednesday 22<sup>nd</sup> October at 1pm

Native plant identification and foraging around the Port Hills. Expect gravel paths and uneven terrain as we explore some of the bush just off the tramping tracks.



Suitable for those who are comfortable on beginners tramps. Wear sturdy shoes, bring sunscreen, drink bottle and snacks.

## Day Trip Agate/Crystal Hunting

Friday 24<sup>th</sup> October at 9:30am, Stanmore

We will be hunting for agates/crystals in riverbeds near Mayfield and Mt Somers with Ashburton members.

Wear gumboots or shoes you can get wet. Bring lunch, drink bottle and sunscreen. Return to Stanmore by 5pm.



## Step Ahead Art Exhibition

Our exhibition opens on **Tuesday 7<sup>th</sup> October at 2pm** and runs to **Sunday 12<sup>th</sup> October at 4pm**.



This year for the first time, the venue is a busy shopping mall! The exhibition is being held at **The Palms Shopping Centre**, corner of Marshland and New Brighton Road in Shirley.

The opening event will include entertainment provided by Step Ahead's talented musicians.

Our usual Tuesday activities won't be programmed on this day (Tuesday 7<sup>th</sup>) so that as many of us as possible can attend the opening and support the artists.

Please book in for the exhibition opening as you would any other activity.

If you have any questions, please talk to Jen or Di

## Weka Pass Train Trip

**Sunday 19<sup>th</sup> October**

Join Step Ahead as we ride the Weka Pass Train. There are 27 spaces available. **Payment of (\$20) to be paid by the 10<sup>th</sup>** will secure your place.

Vans will be leaving Puriri at 9:15am, Stanmore at 9:30am and Rangiora at 10am. All vans will be returning around 3:30pm.

Bring lunch and water.

Any questions please see Tom.



## Snorkelling

During a recent Member/Staff Liaison Meeting at Stanmore, a suggestion of snorkelling was made.



We have looked at the options available and the opportunity for a day of tuition with Dive HQ out near Wainui (Banks Peninsula) is available. The total cost to members would be \$30. We would not expect members to pay this all at once, this cost could be paid overtime via installments leading up to the activity.

This would be a great opportunity to gain skills and experience directly from certified instructors, giving you the skills and confidence to snorkel in your own time.

We would need a minimum of nine members to make this activity happen, so if this is something you would be interested in attending, please let Tom know.

## Upcycled Windchimes

**Wednesday 29<sup>th</sup> October at 10am, Puriri (\$2)**

Celebrate windy Spring by making some upcycled windchimes from materials such as a tin can and tent poles!



## Beeswax Wraps

**Wednesday 15<sup>th</sup> October at 10am, Puriri (\$2)**

Practice sustainability by learning to make some beeswax food wraps. These are great for wrapping food and covering bowls. You can use cold water and mild soap to clean them and use them many times over.



## Young Adults

Thursday 2<sup>nd</sup> October at 1pm, Puriri (\$2)

### Craft - Beaded Critters

Come along for a social craft activity where we will be making beaded critters to hang as keyrings or charms.

Thursday 9<sup>th</sup> October at 1:30pm, Stanmore

### Icebreakers

Get to know other young adults through fun games and challenges.

Monday 20<sup>th</sup> October at 12:30pm, Stanmore

### Blokarting

No experience required, just come along and have some fun! Please pay (\$15) by the 13<sup>th</sup> to secure your place. Book at Stanmore and make your own way to Stanmore.

Wednesday 29<sup>th</sup> October at 4:30pm, Stanmore (\$4.50) Van leaving Puriri at 4pm

### Dinner and Nintendo Switch Night

Join us for a night of Nintendo Switch games, socialising and having fun with other young adults.

Please book at Stanmore Road and make your own way there.

Vegan Burgers and sides will be served for dinner.

A ride home will be provided at the end of the night within the city limits.

## Singing for Wellbeing

Singing at the Phillipstown Community Hub is super fun and has been well received by the members who have tried it.

Join us for the joy of singing on **Thursday 9<sup>th</sup> and 23<sup>rd</sup> October**. Book at Stanmore. No prior experience necessary. Give it a whirl!



## Women's Group at Stanmore

Monday 6<sup>th</sup> October at 1pm

### Gratitude Cards

Make gratitude cards for those who assist at Step Ahead.

Monday 13<sup>th</sup> October at 1pm

### Walk and a cuppa in the Botanic Gardens

Enjoy the rhododendrons and other spring flowers

Monday 20<sup>th</sup> October at 1pm

### Visit New Brighton

Go for a stroll, look at wall art and have a cuppa, bring spending money.

## Women's Group at Puriri

Thursday 23<sup>rd</sup> October at 10am (\$3)

We are taking another bus ride as our last one was such a success!

This time we are heading to Kaiapoi to visit a cafe called "A Weekend in Paris". Then we will take a stroll along the river and admire the scenery. So come prepared with your Metrocard (or bring \$3) for the bus, money for lunch or bring your own, and wear walking shoes.

We look forward to seeing you!

## Welcome Moana

Kia ora, I'm Moana and I'm currently a student studying towards a Certificate in Health and Wellbeing at Ara.



I am looking forward to meeting everyone and becoming involved in Step Ahead.

Next year I am hoping to start the Bachelor of Social Work to further my career.

I enjoy singing, acting and dancing and I am very passionate about mental health.

I grew up in Ashburton but recently moved to Christchurch and I absolutely love being in the city!

I look forward to getting to know everyone.



Members at Hinewai Reserve

## Sew a T-Shirt

6<sup>th</sup> and 20<sup>th</sup> October at 12:30pm, Puriri  
17<sup>th</sup> and 24<sup>th</sup> October at 12:15pm, Stanmore  
(\$2) per session

This is a two-session class, so you will need to be able to book into both sessions to attend. Over the two sessions you will sew your own t-shirt.



We have all the materials you will need. However, if you wish to bring your own fabric, please contact me and I will let you know how much you will need.

You do not need any sewing experience to come to this class. You will learn to read a pattern and sew a stretch fabric. There will be some ability to alter the basic shape of the t-shirt.

Any questions talk to SoonMay.

## Day Trip to Lyttelton

Friday 31<sup>st</sup> October at 10am, Stanmore (\$3)

We are going to catch the bus from Stanmore to Lyttelton. Once there we will explore the township and then choose a sunny spot to have lunch and enjoy the scenery and surroundings.



Bring your Metrocard or \$3, lunch, hat, water bottle and wear walking shoes to enjoy a fun day out together!

For further information please contact Anna.

## Tie Dye a T-Shirt.

Monday 6<sup>th</sup> October at 10am, Puriri  
Wednesday 8<sup>th</sup> October at 1pm, Stanmore  
Wednesday 29<sup>th</sup> October at 1pm, Rangiora

Bring along a white t-shirt or a pillowcase and have some fun trying different tie dying techniques.



Tie dying involves folding, twisting and tying the fabric. It is then dyed a rainbow of colours. When you untie it, you'll be amazed at the different and unique patterns you've made.



## Springtime Word Scramble

1. OFGR                    \_ \_ \_ \_ \_
2. FEUYRBTLT        \_ \_ \_ \_ \_
3. SRSGA                \_ \_ \_ \_ \_
4. ORMHTARWE      \_ \_ \_ \_ \_
5. SNTGLHUI         \_ \_ \_ \_ \_
6. UDB                    \_ \_ \_
7. DDNLIAENO        \_ \_ \_ \_ \_
8. ORELWF             \_ \_ \_ \_ \_
9. EBE                    \_ \_ \_
10. GLBDYAU         \_ \_ \_ \_ \_
11. OMLOB             \_ \_ \_ \_ \_
12. ERGEN             \_ \_ \_ \_ \_

Answers available from the Stanmore office!

### Step Ahead Trust

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