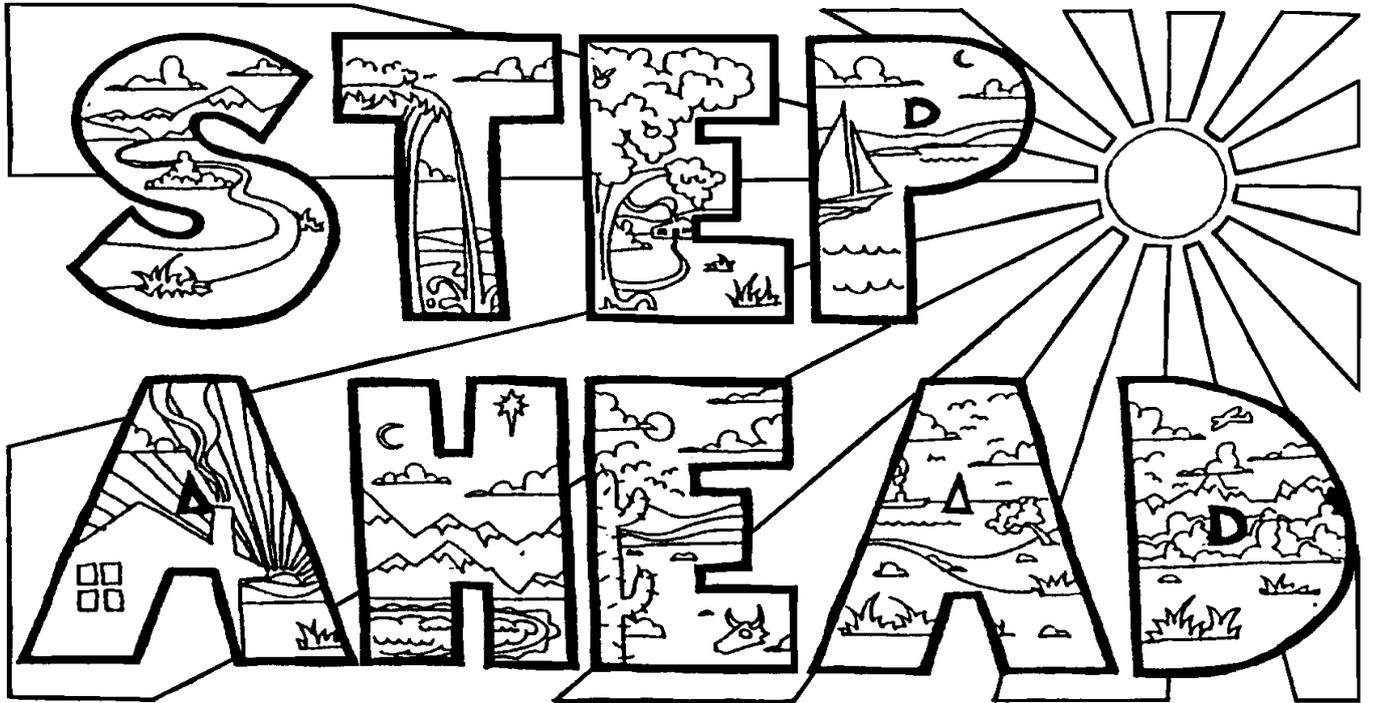


MARCH 2018



A COMMUNITY BASED REHABILITATION ORGANISATION



City to Surf
Sunday 18th March

A Note from Helen

March already and Easter weekend is at the end of the month, with daylight saving ending during the long weekend!

As well as the usual variety of regular activities, there are some great extra activities in this months' programmes to get out and enjoy the outdoors. The 100k challenge and another fun day out at Lake Roto Kohatu, are on the West, Stanmore and Rural programmes so great opportunities for members from all bases to catch up.

The annual City to Surf is on later in the month and, if there is enough interest, a group from Step Ahead will be part of it. This community event is a really enjoyable way to challenge yourself alongside lots of other people. Further info is available from Di, so give her a call to find out more.

Our AA driving instructor will be providing a Road Code refresher session at Stanmore later in the month, so a good opportunity for drivers and cyclists among us to brush up on those skills!

There are times when many of us can find it very challenging to cook healthy meals for one person. Trying new recipes and cooking with others can be really helpful and the regular cooking groups on at Stanmore Road or West can be a good option to help with that and try some new ideas. Check programmes for details.

Thanks very much to those members who have contributions in this newsletter. It's great to see them and we look forward to receiving more. Remember to get your articles to the office by the first Wednesday of the month for publication in the following newsletter.

Hope you have a good month and we look forward to catching up with you soon.

Helen



Big Day Out at Lake Roto Kohatu

Friday 2nd March for Stanmore, West and Ashburton members

Come along and spend the day with members from other bases at these little lakes near the Groynes. We will have canoes for hire (\$2.50) for those that would like to have a paddle on the water.

Otherwise we will walk, play frisbee or relax in the sun and fresh air etc. Let's make the most of summer weather while we can.

Bring your own lunch, sunblock, sunhat and water bottle.

Book in as usual.

See you there!



City to Surf

Sunday 18th March

It's that time of year again. City to Surf is upon us! If there are enough members interested we will walk the short (6km) City to Surf distance.

Let Di know if you are keen. Cost to be advised.

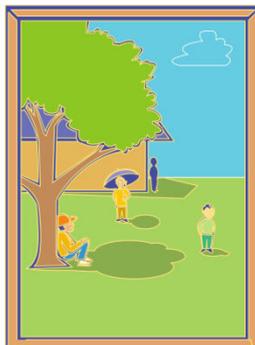
It's a fun day out, great exercise and good company. Hope we see you there!



Members Art displayed at Stanmore Road

There has been a request to display some member's art in the front lounge. Work would need to be framed or mounted and would be displayed on a rotational basis for four weeks, so that new pieces can be displayed.

If you have a drawing or painting that you would like to display please talk to Di or Karen.



100 Km Challenge

Monday 26th March

Last year we achieved 146.5 kms even though our goal was 100! So this year let's see how much we can beat that by!

Our objective is to walk, run or bike 1 or 2 laps of a short course, which added together will be a significant distance. A challenge that we may struggle with individually, but together we may be able to exceed!!



Step Ahead members from West, Rangiora and Stanmore will have the opportunity to join in a fun activity, where we support each other to do what we can towards our overall goal of travelling the longest distance possible.

At Halswell Quarry, a 1km and a ½ km loop will be marked out. Members will take turns at carrying a baton around either the short or the long course by walking, running or biking. Then pass one of the batons on to another member to carry, and so on.



Remember, this challenge will not be measured by the speed that you complete a lap in or the number of laps you do, but by the overall distance travelled by the whole group.

Up for it? Last year it was great fun!

Kevin and the team



Stanmore Road Holistic Wellness Group

Our first Holistic Wellness Group will meet at 1pm on Tuesday 6th March in the back lounge. At our first group we will talk about the definition of holistic wellness. People may have an interest in a particular area of health that we can all learn about through discussion, written material or short documentaries. So come along and join us for an informative and interesting time.

Karen



Guest Speakers for 2018

Antonio from the **Nationwide Health & Disability Advocacy Service** would like the opportunity to speak to Step Ahead members about the service available. Please let me know if this would be of interest so that it can be programmed in April.

If you have any ideas about other topics that would be of interest to the general membership please talk to Kevin, Anna or me.

Di



Stanmore Road Guest Speaker The Road Code Refresher

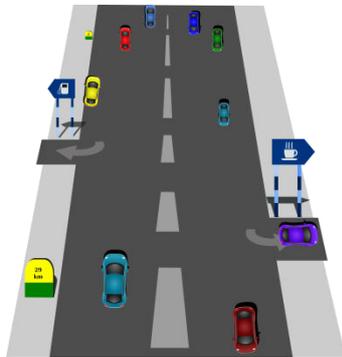
Thursday 15th March at 1:30

At a recent member staff liaison meeting there was a request for someone to speak about the Road Code. Our AA Driving Instructor will do this for us. This will be an interesting session and a great opportunity to brush up on driving skills. Who gives way at intersections challenges us all at times.

Come along and take advantage of this opportunity. Cost: Gold coin

See you there

Dí



Tramping Group

On Friday the 23rd March we will be heading down to the Rakaia Walkway beside the river for a walk upstream from the bridge. Come along for a fun day out. No steep stuff today.

Chris



Member Staff Liaison Meeting at Stanmore Road 25th January 2018

Attendees: Tracey C, Alan W, Anne W, Alan S, Steve F, Merrin D, Mel M, John D, Jeanette G, Maggie S-N, Milly C, Karen, Kylie, Di, Barb

Chairperson: Alan W

Highlights from last month:

Men's Group to Castle Hill
Holiday programme trip to Lake Hood
Penguin Colony visit
Meditation Group
Buskers evening activity



Last month's new programme ideas

There is an article in the February newsletter seeking expressions of interest for a Holistic Wellness Group
Philosophy group - could be discussed in the News & Views
Discussion group

New programme ideas

Orienteering – suggest to Tramping Group
Craft Swap – can incorporate in craft group
Wigram Airforce visit
Road rules refresher
First Aid refresher



Staff notices

Talking to the driver can be distracting, so please be mindful of this
Next Wednesday big day out at Lake Roto Kohatu
Day trip to Quail Island in February

The Monday and Thursday walking groups go to shady locations in this hot weather

On 15th February there is a Painting Techniques group day trip to Oxford and Rangiora

100km challenge is happening in March

Evening activities are doing as many Summertime events as possible, including Outdoor Cinema on a Friday in February.

There is a BBQ here followed by a magic show presented by Tony, who is a magician. Members are also invited to perform an act.

Anything else anyone would like to say:

Helen - apologies for not being present

Staff were thanked for a birthday card

Thanks to Alan W for chairing the meeting

Meeting closed at 1:50pm

Stanmore Road Men's Group



In March the Men's Group will be visiting the Air Force Museum at Wigram on the afternoon of Tuesday 13th. The away trip this month will be on Thursday 22nd and this will be a full day trip to Okains Bay on Banks Peninsula. If you are looking for an opportunity to get away with the blokes for a while and blow away the cobwebs come out with us.

Chris

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 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

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

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!



Christian Fellowship Verse

Nothing can separate us from God's love, not the present nor the future, not life or death, not angels nor demons, nor height above or below the earth can separate us from God's love.

Romans 8v 38-39

After Hours Events

This month the evening activities are:

Thursday 8th:

- Dinner at Leithfield Hotel (Meals from \$14.00)

Wednesday 14th:

- Dinner and Quiz night at Stanmore (4.50)

Thursday 22nd:

- Dinner at Papanui Club (Meals from \$12.50)

Wednesday 28th:

- Dinner and DVD night at Stanmore (\$4.50)



Sunday Morning Poem

I wake up, have my breakfast at the start of a great Sunday.
Then I head around to the church vegetable gardens; my prayers I
say.

Do some shopping at Merivale, have tea, watch a DVD, the time I
while away.

William S

Member Staff Liaison Meeting at Rangiora 15th January 2018

Attendees: Marie B, June V, Dale B, Leanne M, Ken M, Barbara S, Geoff T, Bruce T

Chairperson: Marie B

Highlights from last month:

Budget Lunch

Walk at Leithfied Beach

Last Month's New Programme Ideas

A speaker from Civil Defence is booked for February.

A visit to the Oxford Bird Rescue is planned. If you have any old towels/blankets to donate please bring them.

New Programme Ideas

Day out to Orton Bradley Park.

Trip to Hammer Springs

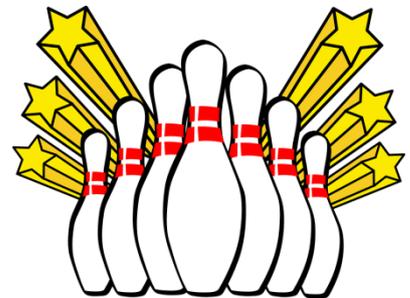
Ten Pin Bowling in ChCh

Visit to the Toy Collectors Museum

Day out to Little Akaloa

Combined day with West members

Day out to New Brighton and lunch at the NBWM



Staff Notices:

Remember to bring items you would like in the newsletter.

Make sure you are booked in for activities especially day trips and please cancel if you are unable to attend.

Anything else anyone would like to say?

Thank you to Marie for chairing this meeting.

Meeting Closed at 11:15am

Member Staff Liaison Meeting at West

23rd January 2018

Attendees: Marie G, Linda S, Constance B, Kim H, Kevin,

Chairperson: Kim H

Highlights from last month:

Monday's walk at Rangiora was great

Enjoyed the visit to Warwickz Farm. Rare breed animals are interesting

Cooking Healthy Meals has yummy food

West Christmas Meal was much cheaper than dining out and was a very good meal

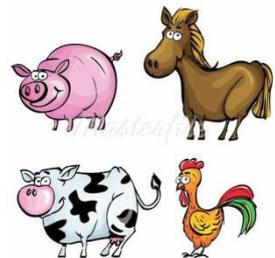
10 pin bowling is good

Snakes and ladders and cards with other members is enjoyable

Enjoy not being by myself on Wednesday and going to Step Ahead

I like the walking

Good when staff join in the activities.



Last Month's New Programme Ideas:

Have two ten pin bowling games each visit? *This could get expensive if we do it every Tuesday. This option will be trialled on the first Tuesday of March for those who want to play a second game and pay another \$5.*

Fun quiz more often - *Will do if numbers continue to increase*

Vegetable garden at new site - *When the new site complete a vegetable garden can be planned.*

Sausage sizzles and BBQs - *Usually there is one of each of these programmed monthly during the summer.*

Chilled water will be easily available at new site –

Bring your own water bottle particularly on outings.

Fancy dress event (famous theme) – *This could be an evening event so have passed the suggestion on to the evening activity coordinators.*

DVDs in the winter – *Will be programmed monthly on a Friday*



Buskers and Summertime's concerts - *Programmed as part of the evening activities*

Kite making and flying: *Programmed in February.*

Orchestral music concerts: *Waiting for the 2011 dates to appear on the Cathedral of the Blessed Sacrament Choir & Orchestra (CBS) website.*

Birdlings Flat and museum - *Programmed in March*

Golf - *Needs more support. Men's group may do this in April.*

Have programmed mini golf or driving range for some practice in March

Sign language presenter: *Will book a session*

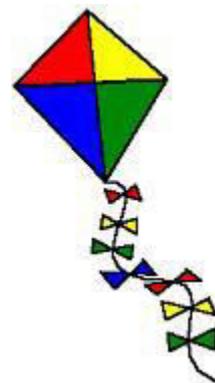
Guest speaker on wills: *Please let Kevin know if you are keen for this*

Meditation: *Programmed on Friday 23rd March*

Chocolate making and gift wrapping: *Programmed on Wednesday 14th March*

Laser strike or sports in the park instead of 10 pin bowling on Tuesday occasionally? *We often have sports in the park on Thursday afternoon that sometimes includes Stanmore Rd members. Prices for laser strike will be bought to next meeting.*

Speaker on the 2018 census? *Have made contact and the Statistics Department are happy to provide information. Will try and arrange a speaker for the beginning of March*



New Programme Ideas:

- Toy Museum
- Housie on Friday
- More Badminton
- DVD/Movies
- Op Shopping more often
- Zumba @ YMCA and/or Line dancing over the winter
- Orana Park or Willowbank in April when it's not too hot



Meeting closed 1.30pm

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.



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.



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.



Sausage and Spinach Spaghetti

- 300g spaghetti or other pasta
- 1 onion
- 1 garlic clove
- 3 sausages
- 1 tbsp oil
- 1½ tbsp wholegrain mustard
- 150g frozen spinach
- 60ml cream

Bring a large pan of water to the boil, then add the spaghetti and cook for 9-10 minutes or until soft.

Finely slice the onion and garlic and roughly chop the sausages into bite size pieces. In a large frying pan, heat the oil over a medium heat. Add the onion and gently fry for 3-4 minutes. Add the garlic and sausages and cook for 2 minutes, then add the mustard and spinach. Cook for 1-2 minutes, then stir in cream.

Stir the pasta into the sauce and season with salt and pepper.



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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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