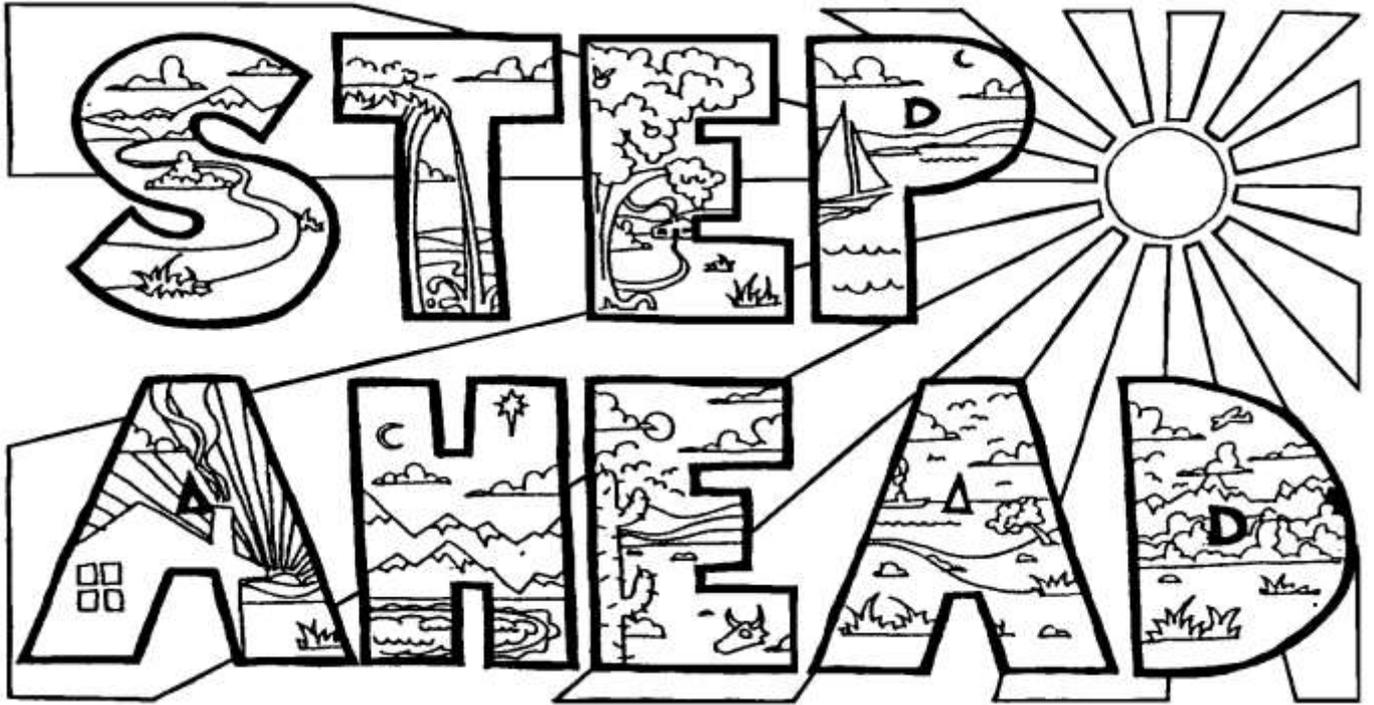


# MARCH 2019



A COMMUNITY BASED REHABILITATION ORGANISATION



Friday 1<sup>st</sup> March – 1:30pm

**Farwell Function for Helen. Come along to say your good byes and wish her well.**

## A Note from Di

Those of you who are able to attend Helen's farewell function will be pleased to be able to attend, to be able to say good bye to Helen in person and to be able to wish her all the very best for the next part of her journey. I hope that Helen will stay in touch with Step Ahead. Some of you will be aware that Helen loves a trip to Bunnings so perhaps we will see her from time to time either there or wherever we are out and about.

By the time you read this, all going well a new General Manager will have been appointed and we will all be involved in welcoming the new person to Step Ahead and wishing this person all the very best in the role.

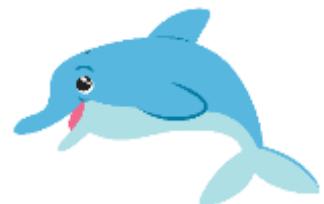
The other major event that happened in February was the official opening of the West house in Puriri Street. Step Ahead is incredibly fortunate to have such a wonderful property to be able to provide activity programmes from. It is great to see members and staff enjoying the lovely space that it is.

March is a pleasant month of the year weather wise. The weather is usually settled so it is still nice to be out and about and not quite as hot as January and February. There are plenty of outdoor and indoor opportunities on the programmes so come along to the activities that you choose to attend and make the most of what Step Ahead has to offer.

There is a trip on the Black Cat in Akaroa planned in early April, to see the dolphins so hopefully some of you will be able to come along. See the details in the newsletter.

See you soon

*Di*



# Men's Group Trip to Kaikoura



It's been a while since the guys have been on a road trip up the east coast, so on Thursday 7th March we are heading up country to see the beautiful town of Kaikoura. Stopping in Cheviot for a cuppa. Come along for a great day out with the lads. On Tuesday 19<sup>th</sup> March the group will have an afternoon visit to the new Turanga City Library.

## Black Cat Akaroa Harbour Cruise

**Monday April 1st**

Stanmore, West and Rangiora are planning a trip on the Black Cat to see the dolphins on Monday 1<sup>st</sup> April. The cost is \$40. To secure your place please pay a \$20 deposit by Monday 18th March.

Last time we did this trip was March 2015 so it has been a few years!



# Tube Float

Those who took part in the first tube float down the Otukaikino Stream in January thoroughly enjoyed it. If you didn't get to take part in this fun new activity, or want to have another go, we are doing a second float on Wednesday 6th March. This time we will be tubing down the Styx Stream from the Styx reserve to the Main North road bridge at Redwood. Life jackets will be provided and bring some under layer wear. Come and laze along this peaceful stream with us for a great day out. See Chris for details.



# Free Day Out at the NZ Athletic Champs



If you thought last year's free NZ cricket match, was good value how about this? A free day out at Christchurch's new Nga Puna Wai sports hub to see the stars of NZ Track and Field do their stuff. Friday 8th March, leaving Stanmore at 10:00 and West at 10:30. Come along to see Eliza McCartney pole vault and Tom Walsh throw the shotput.

Talk to Chris of Kevin for more details.

# Kayak the Avon

Due to the popularity of kayaking we will be running an activity on the Avon river on the afternoon of Friday 22<sup>nd</sup> March. This will involve the same sit on kayaks we used at the Rotokohatu Lakes in early February. We will be paddling up or downstream from near the Stanmore Road bridge. There is a \$3.00 charge for Kayak hire. See Chris for more details



## Christian Fellowship Verse

### Stepping Stones

God makes stepping stones of all our days  
to guide us on life's pathway.  
When we would stand where we are,  
in the safety of this hour,  
He bids us move, step out, and follow Him.

I run in the path of your commands,  
For you have set me heart free.

Psalm 119:32



# Member Staff Liaison Meeting at Stanmore

Thursday 31st January

**Attendees:** Phillip K, Hana L, Cushla T, Milly C, Alan S, Tracy C, Anne W, Alan W, Mel M, Merrin D, Max L, Robin A, Shell, Karen, Kylie, Barb, Di and Helen.

**Chairperson:** Hana L.

## Highlights from last month:

Tramping to Lake Catherine.

Water tubing.

Craft Groups.

Origami with Jeanette.

Spencer Park, Ashley Gorge, Lake Hood during holiday programme.

Sewing Group BBQ.

Garden Hotel Xmas lunch.

Women's Group to New Brighton.

Xmas Card making.

Morning Tea.

Decorating the house for Xmas.



## Last Month's New Programme Ideas:

There has been a visit to the new library.

Combining with West for Zumba for those interested in dancing.

An open house is programmed for West on 29th March.

## New Programme Ideas:

Outdoor Archery.

Too many good things on, so have to choose!

Calligraphy – could happen in Painting Techniques.

Visit the Honey Factory in Leeston.

Visit the volunteer centre.



## **Staff Notices:**

The official house opening for West is on Friday Feb 8<sup>th</sup>.

There will be an open house on March 29<sup>th</sup> for members to attend.

Canoeing and tubing tomorrow on Lake Roto Kohatu will be fun.

A trip to Quail Island is planned.

Painting Techniques Group is having a day trip on 21<sup>st</sup> February.

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

Marion said she was happy to be back.

Thank you to Hana for chairing the meeting.



**Meeting Closed at 1:40pm**

## **Step Ahead on the Internet**

For those people who have access to the internet and Facebook, you may be interested in checking out our page at Step Ahead Christchurch or have a look at our website [www.stepahead.org.nz](http://www.stepahead.org.nz) if you haven't already. Did you know that you can choose to sign up to receive your monthly newsletter electronically if you would prefer? You can email us at [info@stepahead.org](mailto:info@stepahead.org) or give us a call to arrange that.



## **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 21<sup>st</sup> January 2019

**Attendees:** Bruce T, Graham L, Kenneth M, June V, Leanne M, Dale B, Jeanette B, Di, Anna and Chris.

**Chairperson:** Leanne M.

## **Highlights from last month:**

Trip to Akaroa on Wednesday.

Visiting the new library in Christchurch.

Ashley Gorge over the holiday programme, walking over the bridge and tramping on the new track.

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

A speaker from the Arthritis Foundation is being arranged.

Plan to visit Orana Park in February and to visit the new West house.

Not possible to do sailing with Jack Tar – can try to find someone new.

## **New Programme Ideas:**

Ashburton – Museum, Art Gallery, and Aviation Museum.

Movie at the Hoyts Cinema.

Trip to Hanmer Springs or the Otira Stage Coach.

Visit to Willowbank. Black Cat trip in Akaroa.

One way train trip to Kaikoura and return by van.



## **Staff Notices:**

In February, Shell, the newest staff member will be working with Chris on one Monday and Karin on the other Mondays

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

Happy New Year.

Thanks to Leanne for chairing the meeting.



**Meeting closed 1:30pm**

# 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.



## My Great Wednesday - Part 1

My great Wednesday started in the best possible way. With me having my morning cup of tea, reading Gods word and doing some reading, having my breakfast and another cup of tea, collecting up packing the last things for my two days at Kaiapoi, hopping on the 95 Bus, heading out to the ponds on the outskirts of Kaiapoi, getting of the bus at the ponds, enjoying the wild life, spending lots of time in the shade of the trees, with it being a really hot day getting on the 95 bus coming through, getting off the bus at Kaiapoi, having some lunch at Mc Donalds, having a cheeseburger, a fillet of fish burger and an ice cream. Doing some shopping at the Countdown Supermarket. Hopping on the bus heading back to Christchurch, putting out the wheely bins at the flat. Dropping around to the church watering the church vegetable gardens. Touching base with everyone at the office, having a talk with the pastoral care person. Hopping on the bus heading back to Kaiapoi, getting off the bus at Kaiapoi. Spending the rest of the afternoon relaxing at the motel, having a cup of tea watching TV. Having my tea, saying my prayers, doing some writing at the end of a great Wednesday.

*William S*

# Member Staff Liaison Meeting at West

January 28th 2019

**Attendees:** Patrick K, Kim H, William S, Constance B, Lynne G, Paul M, Cushla T, Ian P, Susie W, Aynsley B, Jill K, Linda S, Barb, Kevin and Di.

**Chairperson:** William S.

## Feedback from last month:

Walks and camaraderie were great.

Holiday programme was good.

Mosaics is enjoyable.

Vegetable Fritters recipe didn't work well.



## Last Month's New Programme Ideas

Men's Group cycling in February.

Spencer Park also in February.

The Kate Valley walkway could be a big challenge, unless joining the Stanmore Road Tramping Group.

Double Decker Bus could be expensive.

Could visit Warwick Farm.

Willowbank is on the programme in February.

Planning to visit to Mosaics House in Akaroa in March.

Movie day afternoon would be good in winter.

## New Programme Ideas

Tram trip in the CBD and the Gondola could be expensive but will find out.

A ride on the Adventure Park chairlift.

Ferrymead or Yaldhurst Transport museum.

Orana Park.

Visit the Blacksmith at Teddington.

A garden tour.



## **Staff Notices:**

We could have a jetboating trip or a trip on the Black Cat in April. Slight preference for the Black Cat.

House cleaning is on the programme fortnightly on a Tuesday for anyone willing to help out.

Is there any interest in Zumba?

Gardening happens on Thursday afternoons fortnightly for those interested.

There will be a whiteboard for members to add ideas or expressions of interest to.

This Friday at Lake Roto Kohatu there will be tyre tubes as well as kayaks so come along for a great day out.

Helen's farewell function is on 1<sup>st</sup> March. There will be transport to Stanmore Road.

The official opening of the West house is on 8<sup>th</sup> February.

In March there will be an open house for all members to be able to bring their friends, family and support people to.

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

There was a suggestion to have a paid cleaner at West as there is at Stanmore Road.

Thanks to William for chairing the meeting.

**Meeting Closed at 1:30pm**



## **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.



# Newsletter Contributions and Deadline

The deadline for the following month's newsletter is the first Wednesday each month. 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!



**Our sincere thanks to Rata Foundation for their ongoing financial support**



*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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