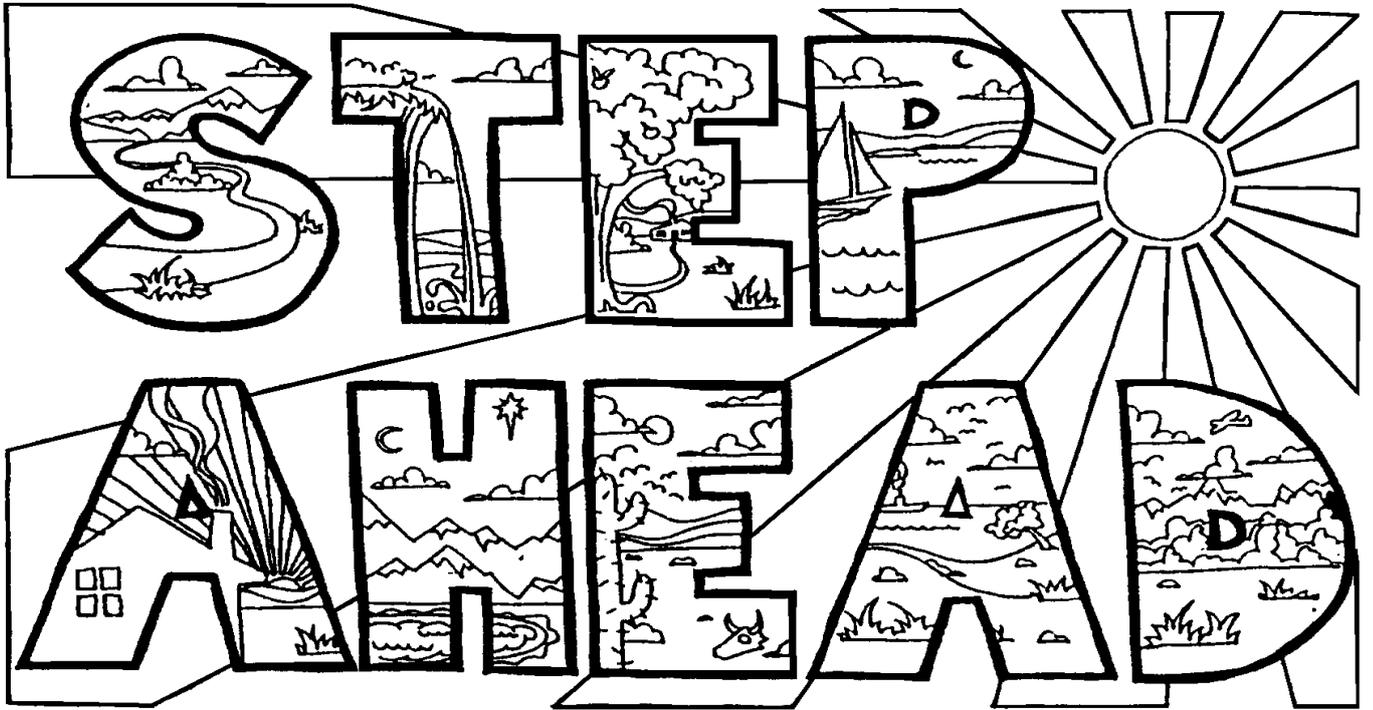
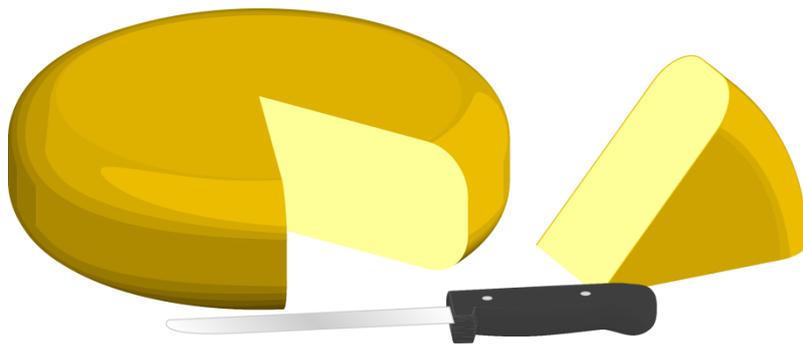


MAY 2016



A COMMUNITY BASED REHABILITATION ORGANISATION



Come along for a Day out visiting
Barry's Bay Cheese Factory on 18th May
Check programmes for details

A Note from Helen

The end of daylight saving certainly reminded us that there are probably some chilly days ahead. All the more reason to be putting on some extra layers and getting out of the house to do things with other people!

After 16 years at Step Ahead in various roles, Marilyn moved on to retirement at the beginning of April. There were several events to farewell her and many people were able to come along and wish her well. Anna is now the coordinator of the Rural services and is very much looking forward to working with members at the Rural bases.

Just a reminder that there is a computers available at Stanmore and West for members to use. You do need to book to make sure that these are not in use so if you are interested in finding out more, just talk to staff at your base. There are also plans underway to be able to provide a computer for Rural members too, so talk to Anna or Chris for further info. Also, if you could do with some assistance and tuition for using your cell phone, camera, computer or other electronic equipment, tuition is available on a regular basis at most bases. This smart new technology can be very challenging to master so some guidance is often very useful! If that is something you may find helpful, check the programmes to find out when Chris or Kevin will be running a group.

There has been a bit of work going on behind the scenes for our plans for the West property and we are happy to say that we are now in the resource consent process. Watch this space for further information and updates.

Have a great month. We hope to see you soon.

Helen

Hi, Kia Ora

I am Barbara and have joined the Step Ahead Activities Co-ordinators team as of March 9th. I come from a recent education background and have completed study at Otago University in the fields of Social Work, Disability and Education (teaching).

My interests are varied and include gardening, English literature (mainly biographies), cooking, outdoor leisurely activities, animals, arts and crafts, quizzes, karaoke, swimming and exploring different cultures.

However, most of all I enjoy having fun and creating enjoyment out of sharing and supporting.

I am delighted to have been invited to join the Step Ahead Team and already feel very welcomed into the community. I am looking forward to sharing my skills, and learning alongside staff and members in time to come.

Kia Ora Kotou

Barbara



Guest Speaker at Stanmore Road Tips for staying warm this winter Thursday 12th at 1:30

Michael Begg from Community Energy Action will talk to us about tips for keeping warm this winter. Michael has talked to us in previous years and has a lot of good low cost and interesting options for keeping the chill at bay! Come along on to hear what Michael has to tell us



West and Stanmore Road visit to Barry's Bay Cheese Factory

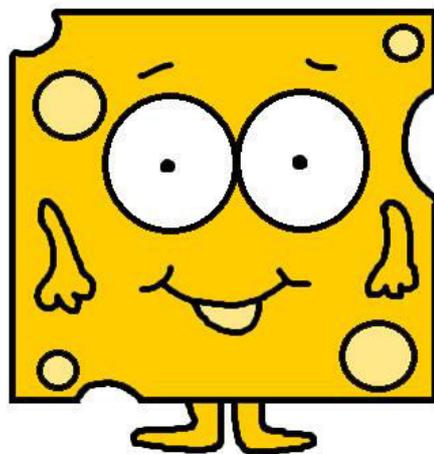
Wednesday 18th March

Barry's Bay Cheese produced its first cheddar in 1895! It was one of nine small family-owned dairy cooperatives dotted around Banks Peninsula. The original factory was lost after a fire in 1952. A new factory was built in the 1950's, fortunately with large viewing windows allowing visitors a look into the world of cheese making and a piece of New Zealand's local dairy history.

It is also the last surviving cheese making business on the Peninsula. The business has persevered with the original methods of cheese making, resisting mechanical temptations. It's been more than a century of doing what they do, producing a range of fine cheeses.

The cheesemaking season runs from October to May based on when they can get fresh milk from the local cows.

Come along for an interesting educational visit. Check your programmes for details.



WEST

Member Staff Liaison Meeting

23/03/2016

Present:

Jan S, Constance B, Marie G, Linda S, Bobby M, Raewyn, Kevin,

Highlights and feedback:

Art with Ross and outings have been good including canoeing and walking

Leithfield pub for a meal and Waikuku beach were great

Mosaics and craft work is really good

I like the gym whenever it is on

I like table tennis

Pleased Zumba has been put on the programme

Really enjoyed Tai Chi

Loved the BBQ at Waikuku

Music appreciation and karaoke is fun



Feedback from previous New Programme ideas:

Visit gardens and museum: *Will continue walking groups at the gardens and a regular museum visit.*

Trip to Kaikoura: *Programmed for May*

BBQs – Esplanade / Spencer Park: *Programmed for May at Spencer Park*

ZUMBA!



Zumba / Line Dancing: *Programmed for May*
Christian Group: *Two Christian Fellowship Group volunteer leaders from Stanmore will introduce this at West starting in May.*

Mini Golf: *Programmed*

in May when at Spencer Park

Antarctic Centre: *We are looking into the pricing for this outing*



Arthurs Pass – Summer or Winter? *More interest in a summer trip. A trip to Castle hill was programmed in April.*

Addington coffee shop, walk and Addington op shops: *Women's group and op shopping group will check out Addington and these suggestions*

Men's shed: *Some interest. The men's group will try this occasionally along with other options.*

Spencer park animals: *Programmed in May*

Make your own jam: *Not much interest in this idea, bring it up next season*

Relaxation techniques: *The existing guided meditation group will include other relaxation techniques in April*

Day at New Brighton: *West will join Rangiora members at New Brighton in April*

Orana Park: *Very popular suggestion - programmed in April*

General notices:

We are very pleased to introduce Kate Gilbert, who will be replacing Ross, with a fortnightly art session on Wednesday afternoon. Kate has studied art, photography, and sculpture and also volunteered within the community. We hope you will welcome her to Step Ahead.



Water Wisdom

1. What percentage of water on earth is fresh water?
A) 2.5% B) 6.5% C) 12.5%
2. How much of that fresh water is accessible?
A) 10% B) 30% C) 50%
3. A pool with a leak of what size can lose up to 3500 litres of water in 24 hours?
A) A pin B) A nail C) A finger
4. Using mulch can reduce evaporation by up to what percentage?
A) 25% B) 50% C) 75%
5. Hosing concrete wastes up to how much water an hour?
A) 10 litres B) 500 litres C) 1000 litres
6. Forgetting to turn off the sprinkler can waste up to how much water an hour?
A) 10 litres B) 100 litres C) 1000 litres



Writers and Book Group

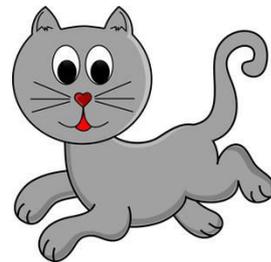
Limericks from 16th March 2016

There was a bright sunset in Methven.
When I was age of eleven
It inspired the sky
And caught my eye
Now I stargaze to heaven



Bill B

There was an old lady with cats
Who lived in an old block of flats
The crazy cat lady
Got more cats and maybe
Her flat was so full it collapsed



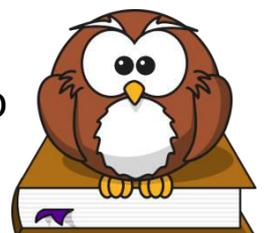
Elizabeth C

Bits & Pieces from various sources

There is nothing good or bad but thinking makes it so
(Shakespeare)

Gossip is a vehicle of speech that runs down more people than
motor vehicles do

It is customary to have a place for everything and to
keep it somewhere else



Member Staff Liaison Meeting at Stanmore Road 31st March 2016

Attendees: Ian C, Alison M, Jessica S, Annabel, Jeanette G, Milly C, Robin A, Steve F, Anne W, Russell B, Alan S, Merrin D, George W, Owen M, Richard B, Raewyn, Barb, Di, Kevin, Kylie, Karen, Chris

Chairperson: Mike T

Highlights from last month:

Warwickz Animal Farm

Salmon Farm

Annabel making a stone carving for Marilyn

Violiono's Men's Group visit

Meals on Wheels

Having 2 new vans



Last Month's New Programme Ideas:

Visit to Cheese Factory happening on 18th May

Season finished for berry picking but can pick tomatoes at Pataka

Archery – Di is waiting for a reply

Woodwork happens at West

Barb & Georgia will discuss craft ideas with craft group

A ferry trip to Diamond Harbour would be a good summer time activity

Another trip to the Giants House will be programmed

Perhaps there could be a mid winter beach bbq if enough interest

New Programme Ideas:

Rakaia River Mouth Salmon Hatchery

Driving Range at Ferrymead/Mini Golf

Longueville Art Gallery at Tai Tapu

Tye Dying/Paint Ball/Laser Tag

Day trip to Kaikoura

Disco Dance



Staff notices:

Are there any ideas that could build on the 50k Challenge for next year?

Marilyn's farewell at Stanmore Rd was well attended

Cooking for One programme for April is on the noticeboard. Barb is keen to have members attend

Clip n Climb planned for Men's Group and the trip to Hanmer Springs on the 7th is rescheduled for the 14th

We have a new van – JQ

Anything else anyone would like to say:

Jess says she has made new friends attending West – members can attend any base

Any Stanmore members who enjoy playing golf can attend the Rangiora programme on Wednesdays, leave town at 9:30am

Thank you to Mike for chairing the meeting.

Meeting closed at 1.40pm

Answers to Water Wisdom quiz



1A; 2B (the rest is frozen) 3A; 4C; 5C; 6C

How did you do?

Member Staff Liaison Meeting at Rangiora Monday 14th March

Attendees: Clare H, Dale B, Elaine B, John S, Luke B, Leicester S, June V, Jeanette B, Graham L, Shirley I, Helen M, Anna, Chris

Highlights from last month:

Budget Lunch
Op Shopping, golf, swimming
Visit to the Tannery and Lolly Shop
Canoeing on Lake Roto Kohatu



Last Month's New Programme Ideas

Visit to the Art Gallery, 10 Pin Bowling and Mosaics have programmed
Budget Lunch happens regularly and we have been to Corsair Bay

New Programme Ideas

Trip to Geraldine, Akaroa, Hanmer Springs, Methven
Mosaics – Bike shapes?
Ashburton Art Gallery
Arthurs Pass – Otira Stage Coach
Guest speakers from Work & Income, Healthy Eating, Vet
Mystery trips to Waiau, Peel Forest Rangiora Airport
Emergency Services at Airport
Orana Park
Saling
Mid-winter lunch

Anything else anyone would like to say?

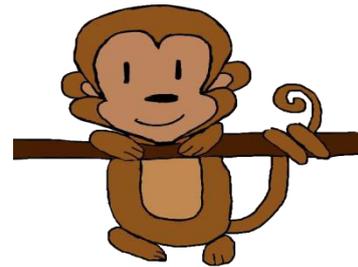
It's the last planning meeting with Marilyn and the first with Anna!

Member Staff Liaison Meeting at Ashburton Friday 11th March

Attendees: Diane A, Vicki S, Julie S, Julie C, Grace Mc, Noeline H, Sarah T, Christine H, Janet C, Marilyn, Di

Highlights from last month:

Visiting Alpaca's
Lake Hood
Orana Park

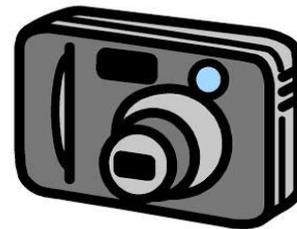


Last Month's New Programme Ideas:

We went to the tulip & lilies farm last month
Also visited a pet shop and went to Lushingtons Nursery

New Programme Ideas

Ten Pin Bowling
Visiting ChCh rebuild
Art, Stone Painting
Tram ride in ChCh
Airborne Honey
Craft
Camera use, Cellphone texting tuition



An Easter Tramp to Lake Daniels

John C picked me up early on Sat morning & we set off north towards the Lewis Pass. It wasn't a bad day with some sunshine. When we arrived we put our packs on – hadn't had them on since last Easter – they felt heavy. But the track was so pretty that we soon forgot them, ferns & moss adorned the track thru' wonderful beech forest with Lancewoods & broadleaves. When we stopped for a rest, little bush robins fluttered down from the trees & even pecked at our boot laces. We got to the hut about 3.45pm & had soup & biscuits & cheese. There were lots of children playing around the hut & in the lake getting their clothes saturated. There was a perfect reflection in the lake as there wasn't a ripple or a breath of wind. We could see the mountains & bush & sky & clouds & many people were taking photos. That evening some people built a fire & sat around it toasting marshmallows & drying children's clothing on sticks held over the flames! John & I also joined the group later & ended up sitting by the fire until 10pm watching the stars in the milky way & talking tramps & huts with another couple who were keen trampers. It was time to go in the morning & we left about 9.20am for the walk back to the car park. Lunch at Springs Junction & then a swim at Hanmer finished off our perfect weekend.

Christine S



Bolognese Rice Bake Recipe

Ingredients:

- 3 cups cooked rice
- 4 eggs, lightly beaten
- 1/2 tsp paprika
- 1 cup cheese, grated

Sauce

- 2 tbsp oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 500g beef mince
- 2 tbsp tomato sauce
- 1 can tomatoes, diced
- 1 tsp beef stock
- 1 cup water
- 1 1/2 cups mixed frozen vegetables



Method:

Preheat oven to 180C. Grease and line a 19cm square cake pan or baking dish.

In a frying pan, heat the oil and fry onion and garlic until soft.

Add the mince and cook until brown.

Stir in the tomato sauce and cook for 2 mins. Add the tomatoes, stock and water.

Bring to the boil and simmer for 15 mins.

Stir in frozen vegetables.

While the sauce is simmering, combine the eggs and paprika.

Add the cooked rice and the sauce and mix well.

Pour into the tin and sprinkle the grated cheese over the top.

Bake for 45 mins. Leave to stand for 10 minutes and cut into squares and serve with salad.

Christian Fellowship Verse

I have learnt to be content whatever the circumstances. I can do everything through him who gives me strength

Philippians 4:11,13

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.



++++
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

www.stepahead.org.nz

Email: info@stepahead.org.nz

Facebook: Please like our Facebook page – Step Ahead Christchurch

Phone 389 4001
Freephone 0800 688 732
Fax: 389 4042