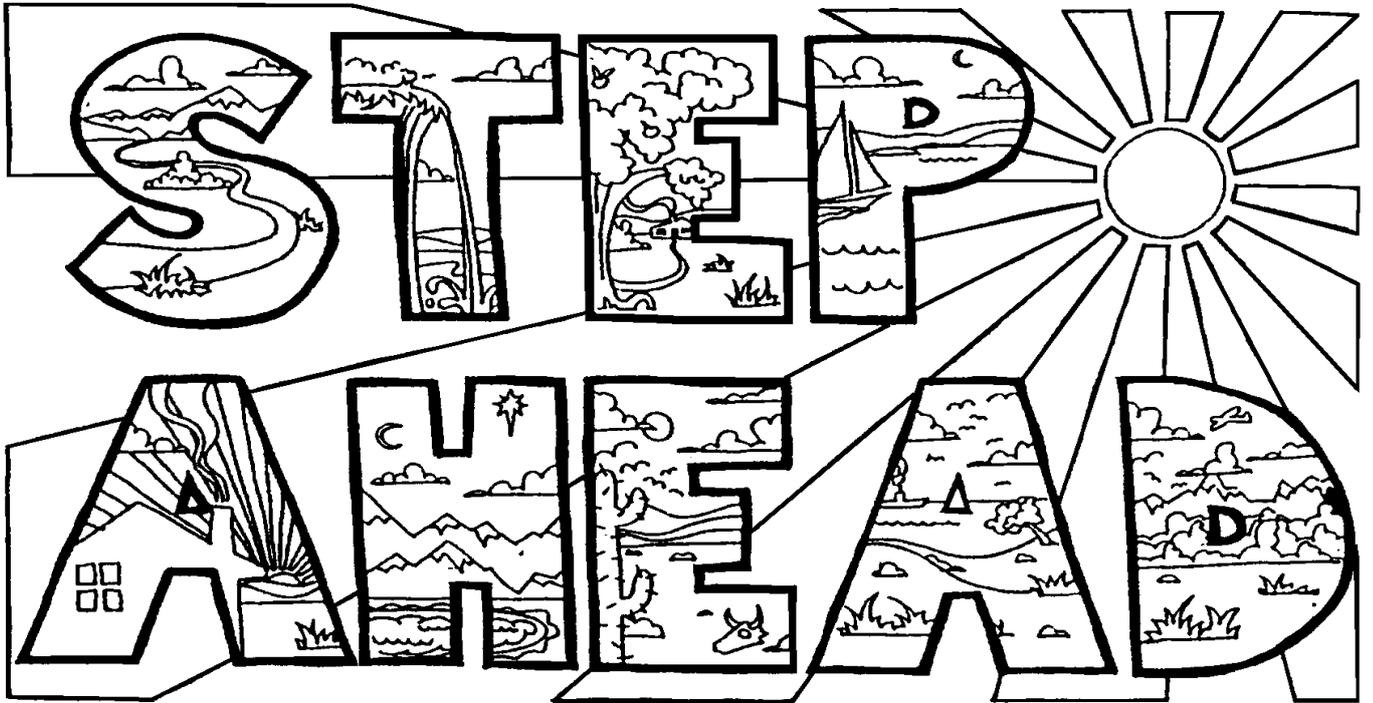


# MAY 2018



A COMMUNITY BASED REHABILITATION ORGANISATION

Stanmore Road Guest Speaker from Community  
Energy Action  
Thursday 17<sup>th</sup> May  
Tips for keeping warm during winter



# A Note from Helen

The end of daylight saving last month has reminded us that there are likely to be some chillier days over the next few months, so making the effort to get out of the house can be a bit more of a challenge. Getting out and doing some things with other people is well worth the effort of putting on some extra layers!

As winter approaches, this is the perfect time of year to sort out your warmer clothes and do any repairs or alterations that might need doing or you might enjoy learning to sew by a making a simple project. Come along to Stanmore on Friday afternoons or West every second Thursday and from time to time at the Rural bases. Sewing machines, help and guidance available so come along and have a go!

A great activity that can really help with fitness that is available at all bases throughout the seasons is swimming. Indoor pools mean that this can be a year round activity to help you keep active and all of the venues also have a spa for relaxing!

From time to time, you may see a note in the newsletter asking for expressions of interest for an activity idea. We ask members to let staff know whether they are interested, so we can see whether there are enough people who would like to go ahead with the activity. If there is something you would like to do, that you think might also be enjoyed by others, please make sure that you let us know. Don't forget to share your suggestions with others, either at Member Staff Liaison meetings or with staff, so we can follow up.

Remember too that even if the weather isn't great, there is always an alternative activity, if the one that is planned isn't able to go ahead.

*Helen*



# **Stanmore Road Guest Speaker from Community Energy Action – how to stay warm over winter Thursday 17th May**

Michael Begg has been to speak to us about this for several years now. He has a wealth of objective advice and information, about how to keep warm and energy efficient in your homes.

It is anticipated that the current Government will implement more changes in the future around housing legislation and existing insulation subsidies. Michael will be able to update us accordingly.

This year he will also focus on some more of the environmental factors that affect the health and sustainability of our community.

Come along to hear Michael speak.

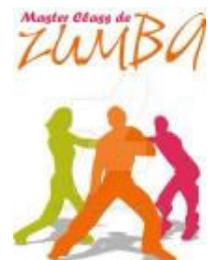
See you there.

## **Zumba Group – Expressions of Interest**

We are looking at the possibility of setting up a new Zumba exercise group. The group would join with West. It would be run by a qualified Zumba instructor at the Bishopdale YMCA and would not require you to have had any experience or be fit already.

If you think you might be interested in this activity can you please talk to Chris or other staff.

*Chris*



# Cell Phone

## **Would you like some information about charges?**

If you are on pre-pay and you are making calls and texts, it is worth checking to see if you are getting the best possible deal for your own requirements.



Talk to us, we may be able to help with information.

*Chris*

## **Would you like to buy a good quality, good brand second hand bike but do not have the money?**

If you want a bike that is suitable for your needs, the correct sized frame etc, there is some funding available that you can pay back interest free at a rate that does not cause you financial hardship. Payment could be as little as \$5 per week or even less, so it is a very gentle hire purchase process, with none of the fees or threats of repossession that can come with financing. Great helmets and new locks can also be purchased for \$20 each.

Members living in the Linwood area can access this support from ICECycles. If you do not live in Linwood, Community and Public Health, Active Transport, Community Team provides the support.

For more details contact Meg Christie at Community Public Health 310 Manchester St, ph. 3786817 or talk to Di

# Member Staff Liaison Meeting at Stanmore Road 29<sup>th</sup> March 2018

**Attendees:** Alan S, Steve F, Robin A, Tina G, Alan W, Aynsley H  
Helen, Kylie, Di, Karen, Barb, Raewyn.

**Chairperson:** Aynsley H.

## **Highlights from last month:**

Delivering MOW's.  
100k Challenge.  
Open Craft – being with others.  
Meditation.  
Lovely meals.  
Mike King's visit in Ashburton.



## **Last month's new programme ideas:**

Basket weaving and leather work – craft groups are discussing these ideas.

## **New programme ideas:**

Laser Tag.  
Paintball – this is too easy to get hurt.  
Ice Skating – there hasn't been enough interest when it has been programmed previously. It could be programmed again if there was enough interest.  
Visit Moffats Flower Shop on Halswell Road.  
Veggie shopping – this has been trialled in years gone by and could happen again if there was enough interest.  
Working bee's at West - will be programmed regularly.

## **Staff notices**

If you have any ice-cream containers to spare please bring them in.

The guest speaker on 12<sup>th</sup> April is from the Health and Disability Advocacy Service.

Next month's Holistic Wellness topic will look at managing stress and a variety of other topics.

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

A reminder to take your belongings with you when leaving vans. Aynsley was thanked for chairing the meeting.

**Meeting closed at 1:35pm**

## Ice Cream Containers

Our supply has dwindled down again so if you have any to spare, we could use them in the kitchen and art space.

Thank you.



## 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.



# One More Letter

Be a nice niece  
And a mister, not miser  
The lad who is glad  
And the daughter you oughter

Love is a glove  
To the slight that we sight  
The yearning of earning  
The brought, never bought

The Saviour, we savour  
The God who is good  
The praise that we raise  
Not cold as we could

Always remember the sword is the word  
And even a slave has treasurers to save  
When a priest pries he will bless his flock less  
That's sad it is said, let us age lie the sage

Stand strong on the sand, shoes on the shores  
Faces of faces, all ours and yours  
The hearth of the earth, the heart we all hear  
Wort of our worth. Where? It is here

*Contributed by Susie W*



# Church Vegetable Gardens

This growing season has been a great growing season, with just the amount of sunshine and rain, having already harvested one crop of potatoes, harvesting vegetables from the church vegetable gardens right through Christmas. I use grass clippings when the church lawns have been mowed digging them into the soil, as organic matter as well as leaves from the trees around the church putting some goodness back into the soil. I have found letting things being on the wild side, their being weeding the vegetable gardens attracting bringing in the butterflies and the good insects into the vegetable gardens, with me being able to grow completely clean insect free cauliflowers on a year round basis. With working in the church vegetables garden being something, I really enjoy doing being a big part of life on a day to day basis.

*William S*



## Christian Fellowship Verse

Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ.

Eph 1:4 – 5 (The Message Bible)



# Online Scams



If you spend time online you need to be aware of the threat of being scammed. There are always people out there looking for ways to steal our information and money. You could be particularly vulnerable if you make purchases with your credit card online or do online banking.

Here are some ways to protect yourself from scams.

- Check who's emailing you is legitimate. Fraudsters may disguise their identity.
- Beware of emails from people or companies that you do not know.
- Do not click on links in any suspicious looking emails, or reply to them.
- Only give your personal information to people & organisations you trust.
- Type in the address for internet banking. Avoid clicking on email links.
- Only bank on secure websites with the padlock symbol in the address bar.
- Don't share your login details or password with anyone.
- Avoid public computers and Wi Fi for internet banking eg. cafés, libraries etc.
- Keep your computer's security software up to date.

# Member Staff Liaison Meeting at Rangiora 12th March 2018

**Attendees:** Bruce T, Jeanette B, Helen M, Dale B, Kenneth M, June V, Anna.

**Chairperson:** Barbara S.

## **Highlights from last month:**

Hanmer Springs - trip enjoyed by all.

Barry from Budget Advice – very interesting and informative.

Good days out at Lyttelton and Mata Kopae (St Anne's Lagoon).

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

Making enquires re nutrition advice.

Guest Speaker re-booked from Civil Defence.

Day out to New Brighton coming up in April.

## **New Programme Ideas**

Visit to Willowbank Wildlife Reserve.

Peel Forest/Geraldine.

Sparks Museum.



## **Staff Notices:**

A Stanmore member has offered to come out to Rangiora to do a Magic Show.

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

Thanks for all your input.

Thanks to Barbara S for being the chairperson.

**Meeting Closed at 2pm**

# Member Staff Liaison Meeting at Ashburton 16<sup>th</sup> March 2018

**Attendees:** Annette B, Janet C, Diane A, Vicki S, Alan S, Anna.

**Chairperson:** Sarah T.

## **Highlights from last month:**

Public speaker Mike King – really good, great information.

Day out to Temuka.

Enjoying the swimming once a month.

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

Making cat toys programmed in April.

A trip to Mt Somers is planned in April.



## **New Programme Ideas:**

Ten pin bowling and recycled clothing shop.

Making our own vegetable soup using seasonal vegies.

Craft day with West members.

## **Staff Notices:**

Thank you to Diane and her husband for getting the seats to see Mike King.

If you have any spare craft materials that would be willing to donate eg. wool, clean socks, ribbon etc, that would be great.

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

Thank you to Sarah T for being the chairperson.

Diane thanked the members for all their support while she is waiting for her hip operation.

**Meeting Closed at 11am**

# Member Staff Liaison Meeting at West

20th March 2018

**Attendees:** Jill K, Alistair S, Constance B, Robert W, John S, Karen, Kevin.

**Chairperson:** Jill K.

## Highlights from last month:

Enjoyed BBQ even when the weather was average.

Enjoyed Badminton.

Soap making was great – better than expected.

Enjoyed Airforce museum.

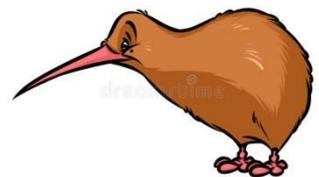
Liked picking my music at music appreciation.

Quizzes are going very well.



## Last Month's New Programme Ideas:

- Outing where we take photos of the number 9 for a collage creation for new site: *This idea will be kept and considered along with other decoration options for the new site.*
- Go to a farm to see animals, just an afternoon, not all day: *Afternoon visit to Arion farm booked for Thursday 12<sup>th</sup> April.*
- Willowbank visit: *We have been to Willowbank, so this time we will go to Orana Wildlife Reserve. Booked for May 24<sup>th</sup>.*
- Hanmer Springs: *Went to Hamner in March - will plan another Trip in July.*
- DVD list or a hire system for DVD's from Step Ahead: *Step Ahead has a collection of DVDs and CDs. We will ensure West has some of these for member use.*
- Midday lunch out: *This was enjoyed over the winter months last year. A midday meal out programmed on May 16<sup>th</sup>.*



- Making garden pavers: *May do this when developing garden at new site.*
- Bird breeder display: *Need to find a contact for this.*
- Food at member staff liaison meeting: *Have included a light lunch on Tuesday 29<sup>th</sup> of May before the next meeting.*
- Guest speaker on wills: *A guest speaker from Canterbury Community Law coming on May 21<sup>st</sup>*
- Orbiter ride around city: *Will plan a bus outing to explore varied options with public transport in Christchurch.*
- Canoeing on Avon: *Booked for 23<sup>rd</sup> April.*
- Magic show by Tony of Stanmore: *Need to talk to Tony about this.*
- Trip to Kate Valley landfill: *Need to get more support to do this.*
- Karaoke again: *Will include karaoke with music appreciation.*
- Adrenalin Forest: *May include this with Stanmore members to boost numbers and to secure a good price.*
- Eel feeding: *Have done this recently and will re-programme again in June if there is enough interest.*
- Pizza lunch-Home-made and outing: *Homemade Pizza programmed for light lunch on 29<sup>th</sup> May.*
- Mini golf: *Will programme in June.*
- Hangi: *Need to find specialist resources to do this. May be easier to go to a Marae.*
- Pottery at West Melton: *Have booked a beginners session at potters studio on 23<sup>rd</sup> May.*



### **New Programme Ideas:**

Guest Speaking about a vegetarian diet.

Museum visit again.

Badminton.

DVD.

Toys museum.

Kaikoura trip.

One light lunch per month.



**Meeting closed 1.40pm**

# 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.



## 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.



# 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. The deadline for the June newsletter is the first Wednesday in May.

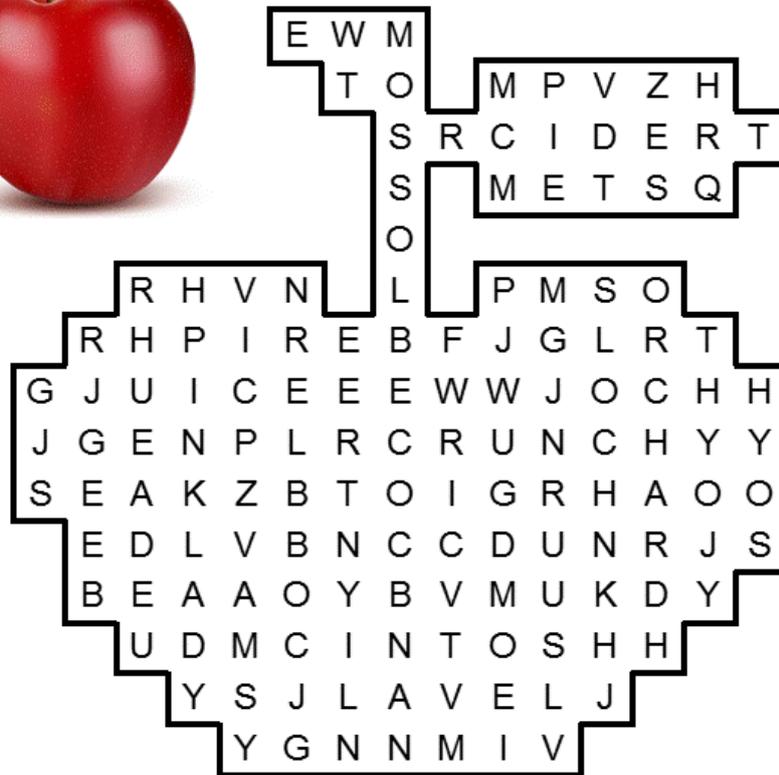
Contributions from members are encouraged! There are lots of different ways to contribute. For example, perhaps you have a favourite poem, joke, verse, or you've enjoyed an activity and would like to write about it and share it with other members.

Thanks to members who do regularly contribute!

**Thank you!**



# Apple Word Search



BLOSSOM  
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GALA  
GREEN

JUICE  
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ORCHARD  
PEEL  
PIE  
PINK LADY

RED  
SEEDS  
STEM  
TREE  
WORM

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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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