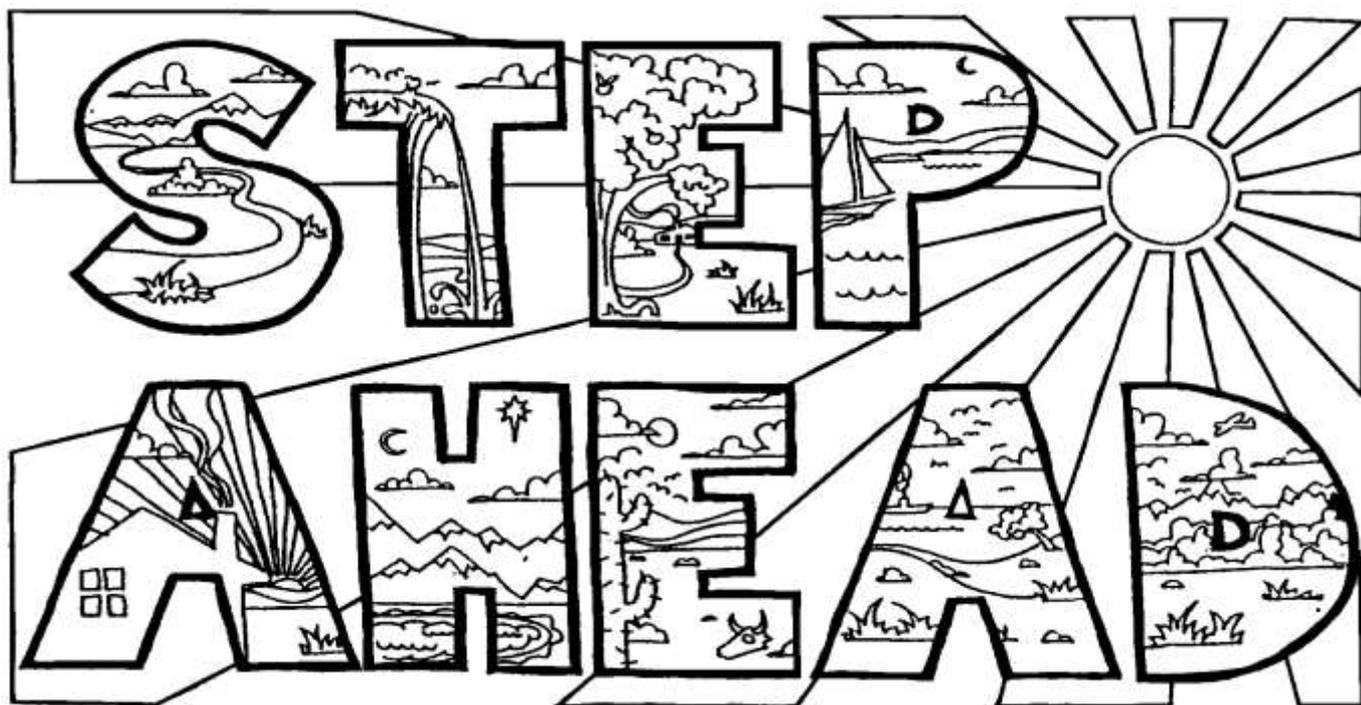


MAY 2019



A COMMUNITY BASED REHABILITATION ORGANISATION

Warwickz Rare Breed Animal Farm

This month Ashburton, Stanmore Road and West are visiting.
Check your programmes for details.



A Note from Julie

March has been busy at Step Ahead with lots of fun, friendship. With so many trips and activities to choose from it must have been difficult to decide what to attend. Highlights included a trip to Akaroa to see the clever mosaics at the Giants House (did you see the photos on our Facebook page?) and of course the Karaoke night at the Stanmore Road House. The Karaoke night was really good fun, who would have guessed there was so many enthusiastic singers among the members!

The new season brings about the changing colours in the hundreds of trees around Canterbury. It's a great opportunity to get out and see the wonderful colour filled display autumn brings to our city. Don't miss the chance to see nature at work before winter sets in. The outdoor activities planned this month include walks, tramping, golf and trips away. It can be a challenge to get out when the weather turns colder but the effort is worth it.

One of my tasks as Manager is reviewing the way the Trust is working and to make sure it is meeting the needs of the members. Over the next two months we are asking members, staff and anyone else who is associated with the Trust if our activities are on the right track. Are there ways we could do better or provide better programmes and activities? We would like your feedback about what you think about Step Ahead and if there is anything else we can do that would be of assistance to you.

You can do this by:

- Sending an email to info@stepahead.org.nz
- Completing the review form – available at each base, on Notice boards or by Bookings in Books. Or ask staff and return

anonymously (if you prefer) into the Suggestions Box or give to staff.

- Come and talk to me in person – please make a time first.
- Talk to Di, Kevin, Anna or any Activity Coordinator.

Thank you and I will look forward to hearing your comments.

Julie

Step Ahead on the Internet

For those people who have access to the internet and Facebook, you may be interested in checking out our Facebook page at Step Ahead Christchurch or have a look at our website 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 or collect if you would prefer. You can email us at info@stepahead.org.nz or give us a call to arrange that.



Christian Fellowship Verse

All things work together for good. Those who love the Lord and are called according to His purposes.

Romans 8:28

Member Staff Liaison Meeting at Rangiora 11th March 2019

Attendees: Barbara S, Denise R, Kenneth M, Graham L, Dale B, Leanne M, Clare H, Jeanette B, Carol B, Anna.

Chairperson: Leanne M.

Highlights from last month:

Trip to Ashburton – swimming.
Budget lunch.



Last Month's New Programme Ideas

Trip to Hanmer Springs coming up.
Akaroa Black Cat in April with Stanmore and West.
Okains Bay Museum in April.

New Programme Ideas

BBQ before the cold weather sets in.
Tour of the Christchurch Justice Precinct.
Visit to the SPCA.
Arts Centre and Museum.



Staff Notices:

New General Manager – Julie.
Reminder to stay belted in until the van has stopped.
Black Cat Deposit by 18th March.

Anything else anyone would like to say?

Thank you to Leanne for chairing.



Meeting Closed at 2pm

Stanmore Road Christian Fellowship Group - Changes to the Friday Group

We are delighted to introduce Karen Thompson to Step Ahead Trust. She will be facilitating the Friday afternoon Christian Fellowship Group from 12th April.

Karen has strong spirituality and is looking forward to meeting members and leading the Fellowship Group.

With a background in Counselling and many years working in mental health, Karen believes in being non-judgemental, inclusive and working from an empathic perspective.

Some of you may know Karen already as she has worked at the Arahura Centre and Delta Community Trust.

Karen is also passionate about mental health with a focus on promoting awareness, healing and wholeness.

Karen welcomes new and existing members to the Friday afternoon session and will look forward to meeting you all soon.



Member Staff Liaison Meeting at Stanmore 28th March 2019

Attendees: Cushla T, Robin A, Karen S, Alan S, Christina G, Merrin D, Milly C, Tim P, Francine H, Abdul Z, Tara M, Di, Julie and Shell.

Chairperson: Cushla T.

Highlights from last month:

Trip to Kaikoura with Men's Group – things are looking very different since the earthquakes.

Trip to Corsair Bay.

Open Craft – mandala art is very calming.

Quiz evening.

Athletic Champs day out despite the rain.

Both the craft group and the mosaics group.



Last Month's New Programme Ideas:

There is not enough interest for a Zumba Group at Stanmore Road but there is a group at Eastside Gallery.

Horse riding can happen in the spring.

A pamper day could be in the craft group in June or the Women's Group.

Jewellery Making has just been on the programme.

The educational speakers from last month will be programmed. In April there is a guest speaker at the Holistic Wellness Group talking about vaccinations and in May, from Community Energy Action about how to keep warm at home during winter.

New Programme Ideas:

Cotters Medical History Trust Museum.

Trip to Kaikoura.

Overnight trips or activities on the weekend.

Op shopping.

Weaving, Origami.



Staff Notices:

The monthly Newsletter can now be collected at Step Ahead, emailed or posted to members. Members choose how they would like to receive their newsletter. Those to be collected are in the front lounge and are available from the 3rd Wednesday every month.

Ten Pin Bowling is closed for renovations in May. There will be some different activities happening until they re-open.

The next Member Staff Liaison Meeting is on the first Thursday in May as in April it would be on Anzac Day.

There are only two evening activities in April due to several public holidays and staff shortages.

Anything else anyone would like to say?

Thanks to Cushla for taking the meeting.



Meeting Closed at 1:40pm

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.



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.



Member Staff Liaison Meeting at West

Monday 25th March 2019

Attendees: Karen E, Kim H, Patrick K, Paul M, Lynne G, Aynsley B, Simon C, Constance B, Susie W, Jill K, Linda S, Claire M, Barb, Kevin, Di and Julie.

Chairperson: Kim H.

Discussion

Would Step Ahead be attending the memorial service for the victims of the Mosque attacks or watching the live streaming? A decision was to be made after talking further with staff.

Feedback from last month:

Ferrymead Trip was enjoyed.

Karaoke at the evening activity.

Willowbank visit.

Quizzes.

Cricket.

Trip to the Canterbury/NZ Athletic Championships.

Trip to Lake Hood especially playing Quoits.



Last Month's New Programme Ideas

Trip to Hanmer happening on Thursday 28th.

Trip to Kaikoura will be programmed possibly in May since there is a lot of interest.

Cycling on the programme. There needs to be more interest or could combine with Stanmore Road.

BBQ before winter sets in. There is one in April.

Boulevard markets in The Square on a Friday can happen if there is enough support.

Concert at the church on Manchester St is on April 10th.

New Programme Ideas

Trip to Geraldine on a Wednesday.

Winter outdoor Brazier BBQ and singalong.

Church visits.

Day at Rolleston and swim in the pool.

Sign Language.

Archery.

Buddhist Temple visit.

Mosaics and Housie instead of Tai Chi until a new tutor is found.

Garden Tour, e.g to Taunton Garden or Ohinetahi.

Visit to Pegasus.



Staff Notices:

There is wifi available to members. The wifi password is on the noticeboard.

The current Tai Chi tutor is finishing this week.

The whiteboard is working well, gauging member interest in activities. Will continue to trial its use.

The Open Home is on 29th March. Members, friends and family are all welcome.

A paper towel dispenser will be purchased for the kitchen so that people don't use tea towels to dry hands.

Anything else anyone would like to say?

Thank you to Kim 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.



Member Staff Liaison Meeting at Ashburton 22nd March 2019

Attendees: Sarah T, Alan S, Noeline H, Diane A, Janet T, George W, Grace M, Annette B, Angela H and Anna.

Chairperson: Sarah T.

Highlights from last month:

Helen's Farewell.
Trip to Timaru.
Indoor BBQ.



Last Month's New Programme Ideas:

Day out to visit Taiora QEII coming up.
Craft Knitting Cat blankets.

New Programme Ideas:

Quiz and Housie.
Guest Speaker from the Arthritis Foundation.
Swim at Rolleston.
Visit to Willowbank.
Another craft day with Karen.
Sports day with Kevin.
Birdlings Flat – Gem Museum.
Overnight trip – Akaroa /Hanmer Springs.



Staff Notices:

Reminder that wearing seatbelts and ensuring they fit properly must happen at all times when out in the vans.

Anything else anyone would like to say?

Look after your own property.
We will get the mural from Baring Square.
Thanks to Sarah for chairing the meeting.

Meeting Closed at 2:30pm



Newsletter Contributions and Deadline

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

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!



New Zealand Track and Field Athletics Champs

On Friday 8th March Stanmore visited the above event at the new Nga Puna Wai athletics venue near Halswell. In spite of the miserable weather and getting a little wet - even in the stands, we had a great time watching events like the javelin, high jump, hop skip and jump and the 100m and 400m sprints as well as the 3,000m walking race.

The new venue is very modern with a bright blue running track and great facilities. Members were able to watch some of NZ's best athletes compete even if only in the heats events.

Chris



Trip to Air New Zealand Jet Maintenance Engineering Hangars



On Wednesday 1st May Stanmore is going to visit the Air New Zealand maintenance hangars at the Christchurch airport. This will be the second visit we have had to see the jet engines being worked on. Last time it proved very popular. We will be leaving at 1:00pm.

Stanmore Men's Group



On 4th April the Men's group went on a day trip to Hanmer Springs. Some of the group relaxed in the hot pools, while others enjoyed a walk around the town. On Wed 17th April the group are booked in for a group lunch at the Waimairi Golf clubrooms.

On the 9th May we will be heading over to Arthur's Pass for the day with the choice of a walk up to the Punchbowl Falls or a visit to the Department of Conservation building. Come along for a day out of town. On Tuesday 21st there will be a visit to the Air Force Museum after lunch.

Stanmore Road Guest Speaker from Community Energy Action – how to stay warm over winter

Wednesday 8th May

Michael Begg is once again visiting to speak to us about this. He has a wealth of objective advice and information, about how to keep warm and be energy efficient in your homes.

This will include updates on any Government subsidies.

Come along to hear Michael speak.

See you there.



Phoning or Texting Step Ahead West

Just to let you know that at West the staff are most likely to be able to answer the phone or check text messages before and after activities. If you have called whilst all the staff are taking an activity and are not able to answer the phone you can leave a message. Messages are checked regularly, and staff try to respond to messages as quickly as possible.



Stanmore Road Visiting Volunteering Canterbury

Wednesday 22nd May 1:00pm

Volunteering Canterbury offers the following services:

- Recruiting and supporting volunteers to assist organisations and people in need.
- Free registration for people looking for volunteer roles on their website.
- Community organisations can publish roles on our website.
- Regular workshops and network meetings relevant to volunteer management.
- Group volunteering opportunities for businesses and other groups.
- Promoting the value of voluntary work via presentations, awards, displays celebrating key events and social and print media.
- Advocating for volunteers and voluntary organisations.

Come along for an interesting visit.

See you there.



Ten Pin Bowling Venue Closed for Renovations in May (and possibly longer)

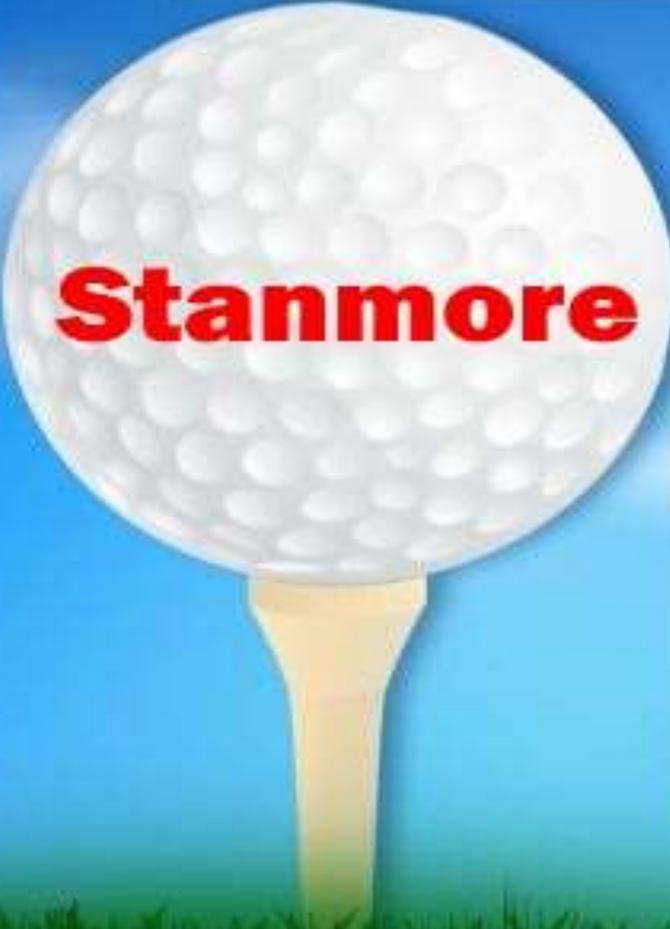
Both the West and Stanmore programmes have some different activities happening to replace 10 Pin Bowling during May. Check your programmes for details.



Step Ahead

GOLF

For the purpose of having fun



Stanmore

When: Thursday
Afternoons twice
monthly

Where: Range of
Canterbury
Courses

Cost: \$6.00

Warwickz Rare Breed Animal Farm

This month Ashburton, Stanmore Road and West are visiting. Check your programmes for details.

Warwickz Farm has over 200 animals from over 40 breeds out of over 20 species.

They are home to a gorgeous herd of alpacas as well as a host of other farm favourites: miniature horses, saaneen and angora goats, a flock of coloured sheep, arapawa sheep, gotland pelt sheep, and a donkey. Different types of rabbits including: rex, netherland dwarf, mini lop, flemish giant, angora and the very rare Enderby Island rabbit. Also merino, abyssinian, rex and peruvian guinea pigs, a variety of chooks, fantail pigeons, ring necked doves, ducks, geese, peacocks, quail, guinea fowl, fish, miniature kunekune pigs, Susie the Border Collie and Xena the cat - and the occasional tame human.

As a member of Rare Breeds Conservation Society of New Zealand they take particular pleasure in introducing our rarer creatures and explaining how special they are.

You can also visit the award winning 30-year-old country garden where you can admire the autumn colours, rhododendrons and cherry blossom or just rest in our secret garden or rose arbour.

As well, you can marvel at the range of handcrafts and crystals and gems available for purchase in the Warwickz Farm Craft and Crystal Gallery.

See you there!

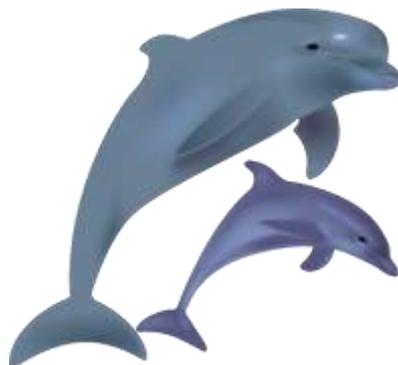


Black Cat Akaroa

1st April 2019 was far from an April Fool's Day for the many Step Ahead members who experienced the Black Cat trip on the Akaroa Harbour. The day began rather windy to the point where the weather threatened to cancel the trip; however, the sailing went ahead and turned out to be the perfect sailing day out at sea! I think I can speak on behalf of everyone and say it really is a trip that to put on 'your to do list'. Not only is it extremely relaxing once you leave the shore and get out to sea, the tour guide is an extremely humorous skipper who is also very informative about the coastline and heritage of the Canterbury Akaroa area.

The boat pulled into areas where we viewed different bird life and Cathedral caves, which echoed when the skipper commentated (very cool). We saw waterfalls along the way and were informed about various important landmarks around the coastline. Several times the boat pulled in closely to areas where parent and baby seals were basking and playing on rocks and in pools of water. The skipper gave us an in-depth informative commentary about the life of the seals.

The highlight had to be when several dolphins came alongside the boat and 'performed' for us, swimming and diving, giving us a great show. The skipper stopped the boat for a good 10-15 minutes to allow time for photos, and enjoyment of this momentous occasion. This was a trip that I think everyone will look back on with enjoyment and definitely recommend to others. What a fantastic opportunity and a great day to have experienced!



Stanmore Road March Craft Group

This month in craft group we made our own authentic Easter egg baskets. Using lace, frill, a variety of decorations, lettering and a whole lot of individual flair, we transformed an ordinary wire basket into our own basket ready for Easter treats to share with our family and friends.

A great big Thank You to Wendy's Mum for sending along a bag of Easter eggs for us to put into our finished baskets! Everybody was delighted with your kind thought towards our craft group. Sending Easter cheer to all and inviting you to come along and join us in April for some Op Shopping and decoupage.



Barb

My Great Friday

My Great Friday started in the best possible way after a great night's sleep. With me having my morning cup of tea; having my breakfast; doing some reading, reading God's word, starting doing a painting. Ringing touching base with my piano teacher, the person who used to work with me transposing the music I composed and the church office person and practising me singing my song. Then I had the first part of my main meal at lunch time. I hopped on the bus, got off the bus at Styx Mill reserve, enjoying the wild life, hopped on the bus got off the bus at Northlands. Did some shopping at Pak 'n Save. Came back to the flat, finished painting the picture I started painting in the morning. Put on a DVD, had a cup of tea, touched base, talked to some church friends on the phone: had my tea and said my prayers at the end of a Great Friday



William S



If this Drama Workshop sounds like something you would like to know more about please talk to Kevin, Anna or Di.

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 welcome. The editorial team reserve the right to edit any submissions.

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