

MAY 2020



To All Step Ahead Members

We are all in lock down at Level 4 as this newsletter goes to print, although we are soon to move to Level 3 at midnight on Monday 27th April. Level 3 means that we will continue to be working from home in phone contact with you and holding activities on Zoom! Many people had never heard of Zoom and now it seems to be the buzz word! I am reminded that many if not most of us had never heard of "liquefaction" until our earthquakes a decade ago.

It's great to talk to you on the phone and to see those of you who have been able to join Zoom activities. I've been taking a few quizzes and feel like I might just be getting the hang of it! It's been good to slowly see more members attend the activities. If you have the device and internet connectivity but are still not sure how to join us, please ask, as one of us will be able to help you.

Over the next week we will be planning a programme for when we move to Level 2, even though we don't know for sure when this will happen. At Level 2 we will be able to open and hold some activities. We will let you know when we are able to re-open under Level 2.

One of Step Ahead's great strengths is that it provides the opportunity for people to get together, to partake in worthwhile and enjoyable activities and to make new friends. It will be good to see you all again as Step Ahead gradually re opens, according to Ministry of Health Guidelines.

Di



Julie's News

Whoever would have guessed that a world pandemic could happen so quickly? One month we are doing everyday things and one week later we are all confined to our homes to help stamp out a deadly virus. But haven't we done well! In less than one month Covid-19 has almost been sent packing.

I hope you have had an opportunity to read our daily emails and have found comfort in our phone calls and cards. These will keep going for as long as needed. If there are any other ways we can support you please let us know.

All the staff from Step Ahead have been working from home. We are also working on an exciting new project thanks to some extra funding from the Ministry of Social Development. Hopefully this will allow even more people to connect to us. More on that next month.

Remember to be kind to everyone, including yourself, eat, exercise, and sleep well and don't read the news too much!

Until we reopen our houses we will look forward to welcoming you all back to Step Ahead and our activity programmes.

Julie



When you can't eat what's best, eat what you can

They say that on the other side of a problem, there's always an opportunity.

Any chance you woke up in lock-down and forgot what you planned to do to that day? Any chance you forgot that YOU ARE in our world, and that YOU need some looking after? By you. It's weird isn't it, that on some days, we just feel like we're on another planet. *But whatever, no matter what planet you think you're on, we all need to eat.*

Whatever has happened to us before, this COVID-19 thing is happening for all of us. We are not alone in what we're thinking, how we're eating, what we're drinking, how much sleep and chat we need, and that we all like to have enough loo paper. For all of us, our feelings might be on edge right now. We might be more sensitive to little things. *But whatever, we all do our best by having our vital things close, and by keeping our usual routines as best we can.*

Sometimes people think that eating healthy food is about dieting to lose weight. But no it is really about keeping healthy so that we keep well and don't get sick. Some people even think that eating badly, makes you bad. Others think they should be punished for eating badly by going on a diet or avoiding food sometimes. But after air and water, food is most vital for life. *So whatever, if we can think of food as essential, we might enjoy feeling entitled to eat well, to feel well, to be well and energetic.*

Bon Jovi has a new song out that goes ..'when you can't do what you do, do what you can'. If nearing the end of lock-down, you're running short of money, I say.....'when you can't eat your best, eat what you can'. Peanut butter on bread three times a day with 3 apples a day, for just a week, will not cause any trouble, as wait for the next pay day. *Whatever, when it's all over, it is good to get back to real normal. But right now there's time to think and plan.*

COVID-19-GOOD-THINGS

- Fried takeaway shops are closed!
- Routine is easy, there is TIME!
- We have to plan our meals for the weekly shop.
- We can get up at our usual time.
- We have time to prepare our healthiest versions of our usual meals.
- We can choose when we talk to people by answering the phone when we want to!!

COVID-19 WEIRD THINGS :

- Lots of people not getting dressed in the morning
- Lots of people not buying food for meals
- Lots of people forgetting to be in touch with people
- Learning that smoking, weed, and vapours increase risk for COVID-19

COVID-19-GOOD-HEALTH RELECTIONS

- Move your body – any way you can, and sit less often
- Eat as many as veges as possible
- Include if you can – more wholegrains, fruit, fish, nuts and seeds
- Eat less of added sugars, animal fat
- Eat fewer sweet and savoury bakery and snack items
- Sort out the goodies you just can't live without and set a weekly 'dose'

I will enjoy re-joining the world as you will. Until then we have time to reflect on healthier ways forward. Good luck to you and your health! Celebrate even the littlest of the steps you take.

Janice B

Kia ora everyone

Just a note to say that the staff at Step Ahead are here for you during these challenging times.

Please be encouraged to call us on the 0800 688 732 number or text 022 173 1673 any time. You can be put through to any staff member that you choose.

We can get through this together.

Ka kite anō

Anna



Hello from Barb

Hi everyone. Life certainly took a U-Turn rather quickly didn't it?

I have been catching up with many members since the lockdown and it has been great to hear that most of you are getting through this period with activities such as gardening, craft, Spring/Autumn cleaning, baking, board games and much more. While it is different and at times difficult being at home for such a long period, it is also a great time to catch up on TV series and movies, or that book that you have been meaning to read.

I'll stay in touch and am thinking of you all at this time. I'm keeping busy with gardening projects, a long walk each day and keeping in touch with all you lovely people, which is great for me!!

Stay positive and as Jacinda says "We are all in this together". Ka Kite Anō.

Barb

Laser Tag

From mid-year we hope to offer members this new activity, which will run at the same venue as our ten pin bowling at Zone Bowling. The cost to members will be \$6.00, the same as for the ten pin. Games will last around 20 minutes. To take part you will need to be reasonably agile. Laser tag is a team game where you have a laser device and score hits on the opposing team by aiming at a vest they wear on their chests and back which detects a hit from the beam. Although you don't feel anything when this happens the hit powers down their weapon for a short period of time. Keep an eye out for the June or July programme.

Chris



William's View

Compared to what's happening in a lot of New Zealanders lives, with the Coronavirus I'm one of the lucky ones. With really good capable support people being part of my life. Not being in contact with people coming back home to New Zealand from countries badly effected by Corona Virus. Really good backup systems being in place in my life. Everything is really straightforward in my life, with me self-isolating. With me being really fit and healthy, having no minor to major health issues in my life on an ongoing basis.

William S



Congratulations to Brent G & Kat

Services that you may find useful

1. MSD Services

<https://www.msd.govt.nz/about-msd-and-our-work/newsroom/2020/covid-19/index.html>

What to do if you're concerned

To find out what help may be available, who to contact for help, or for more information, call the Government Helpline on **0800 779 997** (8am–1am, 7 days a week).

For health-specific questions please call Healthline directly on **0800 358 5453**.

You can also download the [All of Government factsheet for Welfare Support](#) on the Ministry of Health website.

2. Mental Health Services

<https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

National helplines

Need to talk? Free call or text 1737 any time for support from a trained counsellor.

[Lifeline](#) – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

[Suicide Crisis Helpline](#) – 0508 828 865 (0508 TAUTOKO)

[Healthline](#) – 0800 611 116

[Samaritans](#) – 0800 726 666

3. Other Specialist Helplines

[Alcohol and Drug Helpline](#) – 0800 787 797 or [online chat](#)

[Are You OK](#) – 0800 456 450 family violence helpline

[Gambling Helpline](#) – 0800 654 655

[Anxiety phone line](#) – 0800 269 4389 (0800 ANXIETY)

[Seniorline](#) – 0800 725 463 A free information service for older people

[Shine](#) – 0508 744 633 confidential domestic abuse helpline

[Quit Line](#) – 0800 778 778 smoking cessation help

[Women's Refuge Crisisline](#) – 0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family)

[Rape Crisis](#) – 0800 883 300 (for support after rape or sexual assault)



Tuna Noodle Bake

- 300g pasta
- 25g butter
- 25g plain flour
- 300ml milk
- 125g cheese grated
- 160g can tuna in spring water, drained
- handful chopped parsley (if you have it)

Method

1. Heat oven to 180C.
2. Boil 300g pasta until soft - about 10 minutes.
3. To make the sauce, melt 25g butter in a microwave and stir in 25g plain flour.
4. Cook for 1 min, then gradually stir in 300ml milk to make a thick white sauce.
5. Remove from the heat and stir in all but a handful of the 125g grated cheddar.
6. Drain the pasta, mix with the white sauce, the tuna, and chopped parsley if you have it.
7. Transfer to a baking dish and top with the rest of the grated cheddar.
8. Bake for 15-20 mins until the cheese on top is golden and starting to brown.

You can include cooked veges – include at step 6.



Mental Health in “Lock Down”

Here are Counsellor Karen’s “10 tips to stay Tip-Top” (try saying that fast!)

We’ve been through a lot us Cantabrians over the past few years and are a resilient bunch. We will get through this together. So here are a few self-care tips that can help us go the distance.

It is all about STAYING UNDERWHELMED.

Limit news updates. Yes, it’s good to stay informed, but the constant bombardment of information can trigger feelings of helplessness and lead to depression. Limit to once a day. If you notice this gets you down turn it off and do something light hearted or talk to a friend.

Stay connected. It’s tough not being able to see our friends, family and not being able to go to Step Ahead! But we can still connect on the phone or internet.

Keep moving. Go for local walks, cycle - connect with nature. It is so good for us!

Take notice of the beauty around you, enjoy the simple things.

Have fun e.g. dancing in your lounge to music or something creative.

Stick to routines as much as possible, this creates stability in our lives.

Find ways to relax. Slow, deep breaths from your belly, as slow as possible will calm you down.

Comedy. Laughter is VERY good medicine and relieves stress.

Practice gratitude. We have a lot to be thankful for in New Zealand. Find 5 things every day to be thankful for - write them down.

It’s OK to ask for help. You are not alone; we are all in this together. If you are struggling with lower mood than normal talk to your support worker or contact someone on the following numbers:

- 1737 (free call or text)
- Warmline: 0800 89 9276 or 3798415
- Crisis Resolution: 0800 920 092 (in an emergency)

I am calling this time “The Pause” as it’s an opportunity to stop and reflect on where we want to go in our lives and consider different ways of doing things. We are having some beautiful autumn days. On my daily walk I paused, enjoying the warmth of the sun on my back. Overhead were two monarchs flitting around without a care in the world. Nature is enjoying this “pause”, and so am I.

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