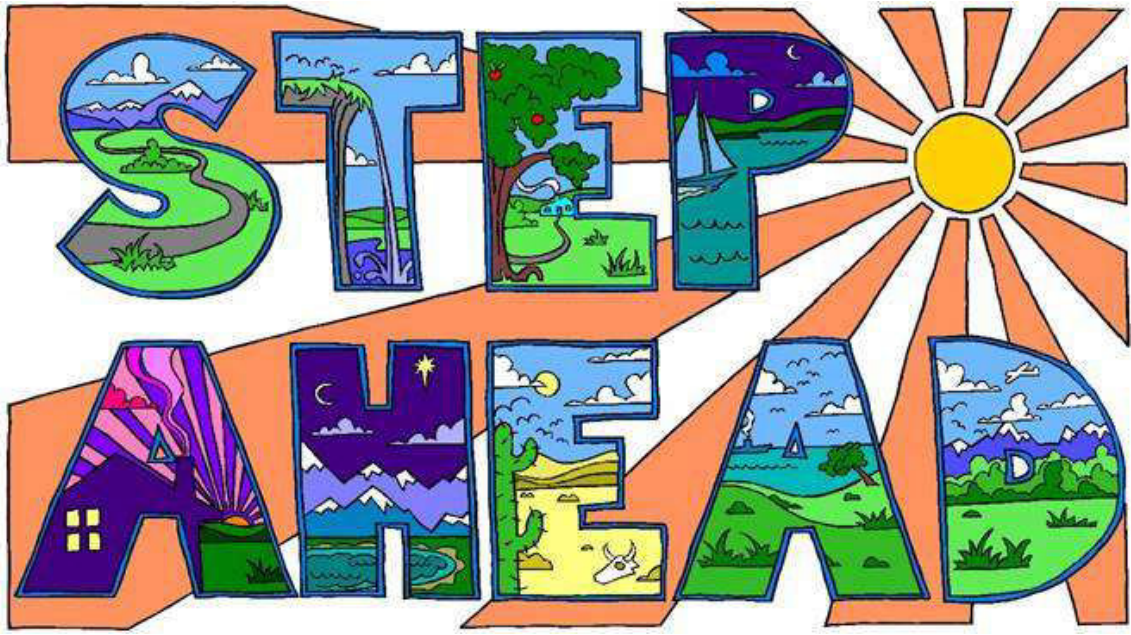


May 2024



## Kōrero with Bryan

As the leaves continue to change colour and the air becomes fresher we find ourselves well into the beautiful season of autumn. For many, this time of year signifies change – both in nature and within ourselves. As the new CEO at Step Ahead I want to take this opportunity to reflect on the significance of autumn, the changes it brings and how we can navigate this season with grace and mindfulness.

Autumn, with its vibrant hues and (sometimes) gentle breezes invites us to pause and reflect on the journey we've taken thus far. It's a time to recognise our accomplishments, celebrate our successes and learn from our challenges. Just as some trees shed their leaves, we too can let go of what no longer serves us, making space for new growth and possibilities.

Change can often feel daunting, stirring up feelings of uncertainty and apprehension. However, autumn teaches us to embrace change as a natural part of life's cycle. Like the seasons we experience periods of growth, transformation and renewal. By approaching change with an open heart and a curious mind we can navigate transitions with greater ease and resilience.

One of the most powerful tools we have for navigating change is self-reflection. Taking time to pause and tune in to our thoughts, feelings and

experiences allows us to gain clarity and insight. Through reflection we can identify patterns, explore our values and set intentions for the future. Whether it's journaling, meditation or simply taking a quiet walk in nature, finding moments of stillness amidst the busyness of life can be incredibly grounding and nourishing for our mental wellbeing.

As we embrace the season of autumn let us cultivate a spirit of gratitude for all that we have and all that is yet to come. Let us welcome change as an opportunity for growth and transformation. And let us remember that we are not alone on this journey – our organisation is here to support and empower each of us as we navigate life's ups and downs together.

Ngā mihi nui

*Bryan*



**Tūngia te ururua kia tupu whakaritorito  
te tupu o te harakeke  
Clear away the negative and make way  
for the positive**

## Young Adults

Friday 10<sup>th</sup> May, Stanmore and Puriri

**New Brighton Hot Pools** - pick up at Puriri is 9:30am and 9:45am at Stanmore (\$5)



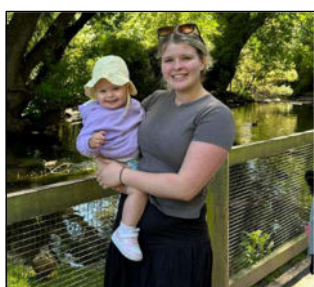
Tuesday 21<sup>st</sup> May, Stanmore and Puriri

**CanBead Jewellery Making** - pick up from Stanmore at 1pm to start at 1:30 pm at Puriri



## Introducing Emily

My name is Emily and I am going to be at Step Ahead Trust for the next few months on placement while I study Health and Wellbeing at ARA with a focus on mental health.



A bit about me - my fiancé and I have an almost two year old who is as lively as ever. I enjoy hiking, running, baking and crafts and I have recently picked up crochet.

I am looking forward to my time here and can't wait to meet everyone. I will be here at Stanmore on Wednesdays and some Thursdays.

## Are You Interested in Learning the Piano?

Grace M is offering to teach the piano on a Wednesday or Friday afternoon at Stanmore Rd. Beginners are welcome. Grace enjoys jazz, classical and modern piano.



Grace has been playing the piano at Hagley for five years and has taught other Step Ahead members in the past.

Talk to Di if you are interested in finding out more. There will be no charge for these lessons.

## Functional Fitness at Stanmore

I am thoroughly enjoying bringing my personal training skills to Step Ahead creating bodyweight workouts for all who are participating. Thank you for turning up! For those who want to try, don't be afraid to leap!

Sessions for May are **Tuesday 14<sup>th</sup> and 28<sup>th</sup> at 1pm**. They run for 45 minutes and include a warm up a cool down and a whole lot of fun in between!



## Kaylee

## Women's Group at Stanmore

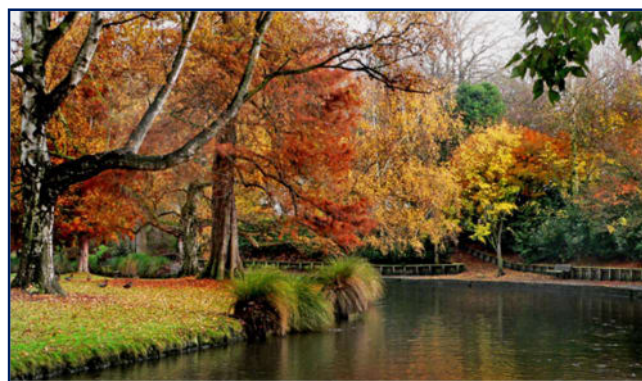
- 6<sup>th</sup> Visit Lyttleton (café optional)
- 13<sup>th</sup> Flower Wizz with Maree (\$5)
- 20<sup>th</sup> Rangiora Visit (op shopping, café visit)
- 27<sup>th</sup> Nail Art (\$2)



## Botanic Gardens Tour with Susan

Wednesday 22<sup>nd</sup> May at 1:15pm, Stanmore

The weather will be probably a little bit cooler so be dress warmly and wear your walking shoes. Hopefully the weather will treat us well this time 😊



## Day Cycle from Lake Lyndon to Lake Coleridge

Friday 24<sup>th</sup> May at 9am, Stanmore (\$2 bike hire)

Join us for a cycle from Lake Lyndon to Lake Coleridge. The ride will be approximately 20km with some uphill sections (weather and road conditions permitting)

The day will be a team effort so no one will be left at the back. We will enjoy the amazing scenery and spend time in the outdoors together.

A staff member will pick us up at Lake Coleridge and bring us back to Step Ahead.



## Pink Shirt Day

On Friday 17<sup>th</sup> May Aotearoa will become a sea of pink as schools, workplaces and communities join the Pink Shirt Day movement.



Pink Shirt Day reminds us of the power of coming together to end bullying, harassment and discrimination in New Zealand.

By taking part you're showing your aroha and commitment to creating a kinder, more inclusive Aotearoa where everyone feels safe, valued, and respected regardless of gender identity, sexual orientation, age, ability, religion or cultural background. You will be helping to stamp out bullying by celebrating diversity and promoting kindness and inclusion.

So don't forget to wear a pink shirt to Step Ahead on Friday 17<sup>th</sup> May

**Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora**  
**Speak Up, Stand Together, Stop Bullying!**

## Men's Group Trip - Hanmer Springs

Thursday 30<sup>th</sup> May at 9am, Stanmore

Join the Men's Group for a day trip to Hanmer Springs. You are welcome to join us in the hot pools (\$10) or explore the township and go for a walk in the local area.



## Planting at Beverley Park

Wednesday 8<sup>th</sup> May at 1pm, Stanmore

It is that time of the year to give back to Papatuanuku (Mother Earth). Together with the council we will help plant at Beverley Park.

Bring gardening gloves if you have any and wear old clothes and shoes.



## Day Trip to Birdlings Flat

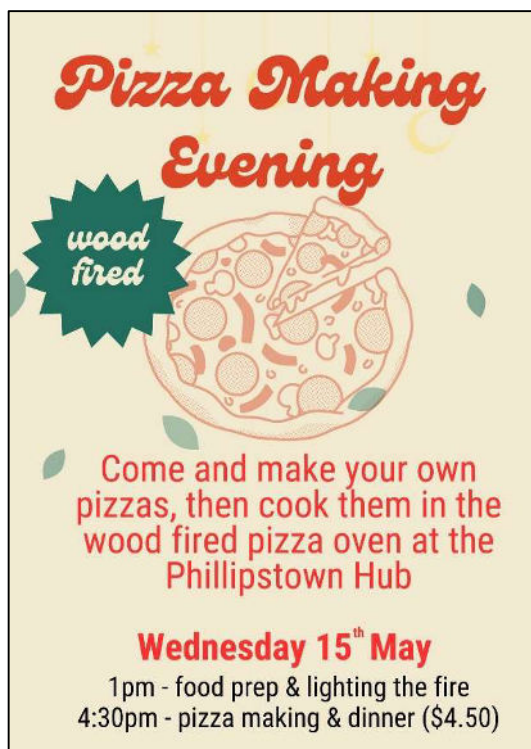
Wednesday 29<sup>th</sup> May at 10:30am, Stanmore

You will have the option of going for a beach walk or just sitting back and enjoying the scenery. Maybe you will find some unique rocks you can use for rockpainting.

Pack a picnic lunch and we will bring the tea and coffee.



Returning approximately 3pm.



**Pizza Making Evening**  
**wood fired**

Come and make your own pizzas, then cook them in the wood fired pizza oven at the Phillipstown Hub

**Wednesday 15<sup>th</sup> May**  
1pm - food prep & lighting the fire  
4:30pm - pizza making & dinner (\$4.50)

## Climbing at the YMCA

Thursday 9<sup>th</sup> May, leaving Puriri 9:30am and Stanmore 10am (\$5)

Come and try this adventurous activity with the YMCA. All the equipment such as harnesses, climbing shoes and ropes are provided for you to make sure you are 100% safe.



You do not need to have any experience with climbing just a willingness to try something new and have fun!

## Ashburton News

We will be making our first trip to He Puna Taimoana (New Brighton Hot Pools) in May so make sure you book in early for that day! We will also visit the South Rangitata Huts for some fishing with Dean.



We have a good mix of days in and days out this month so hopefully there is something in the programme for everyone!

*Jen and Anjie*

## Rangiora Panui

On Monday mornings in May we will have Cam coming to teach us about sign language. This will be great for us to practise and really progress with making conversations. There will be another option on for those who don't want to take part.



We have our last two sessions with our health speaker Kerri on **Wednesday 8<sup>th</sup> May - Movement for Health and Wellbeing** and **Wednesday 22<sup>nd</sup> May - Mindset for Self Worth and a Happier Outlook**.

On the suggestion of members, we will be heading to Barnett Park on **Monday 6<sup>th</sup> May** for a picnic lunch we will explore the Redcliffs township and walk along the Coastal Pathway. If you want to join us, please wear appropriate walking clothes and shoes.



Blokarting will be on **Monday 20<sup>th</sup> May**. This is open to all members of all abilities. If you aren't confident in operating a kart on your own you can go in tandem with someone else driving. Little motivational quote of the month:

*"The first step towards getting somewhere is to decide you're not going to stay where you are".*

*J.P. Morgan*



*Rangiora members walking for Epilepsy Awareness Day*

## Step Ahead's Got Talent

Friday 24<sup>th</sup> Stanmore at 10am, Stanmore

We are holding another Talent Show at the end of May! We have so many talented members, so it will be a great opportunity to celebrate what we all can do.



You can perform a musical piece, a poetry reading, or tell us about a subject that interests you. Or dream up something entirely different to show us!

Even if you don't have anything you want to share yourself, come along to be entertained and support each other.

Speak with SoonMay if you would like some more information.

## Lunchtime Great Hall Concert

Monday 6<sup>th</sup> May at 12:30 pm, Puriri (\$5)

We are heading to the beautiful Art Centre Great Hall to listen to a piano and vocal duo (Naomi Ferguson and Alex Van Den Broek) sing jazz, folk and cabaret.



These are amazing performances and a great way to start your week.

## Blokarting

Monday 20<sup>th</sup> May, Stanmore, Puriri and Rangiora

Come along and try blokarting with us. You do not need to have any experience, just a willingness to have fun!

The total cost will be (\$15) and a (\$10) deposit is required by Monday 13<sup>th</sup> May to secure your place.

Speak to Tom or Rachel for any more details.



## Holistic Wellness

Tuesday 7<sup>th</sup> May at 9:30am, Stanmore

We have planned a trip to Kate Valley Landfill near Waipara. Kate Valley is the most comprehensively engineered waste management facility in the South Island. It is also environmentally responsible.

We will view a power point presentation then go on a guided tour of the site.

Afterwards we will have lunch and then explore the North Canterbury region. The van will leave Stanmore at 9:30am. Bring lunch.



## You'll Never Guess!

I am a volcano, considered one of the most dangerous in the world because 600,000 people live in my "danger zone". I've erupted many times, most recently in 1994, but my most famous eruption was hundreds of years before that.

- A. Mt Krakatoa
- B. Mt Vesuvius
- C. Mt Pinatubo
- D. Mt Pelee

I am a board game, invented by a musician stuck at home during World War II air raids. Several books, a film, a TV series and a musical are based on me. My inventor was inspired by his favourite author, Agatha Christie.

- A. Monopoly
- B. The Game of Life
- C. Trivial Pursuit
- D. Cluedo

Answers on the last page of newsletter!

*Contributed by Mel T*



250km Challenge – March 2024

## Evening Meals

With our ever-increasing membership at Step Ahead we thought it was time to reintroduce our Wednesday evening activities.



We meet each Wednesday at Puriri and Stanmore at the time stated on the programme, Puriri members are then transported to Stanmore. On the nights where we are heading out for a meal we travel in two vans to the venue. Everyone is free to order their own meal and we dine together then pay individually as we leave.

For the dinners in-house, we always have a meal as well as an activity such as a movie, a quiz or karaoke etc. We pause halfway for dinner, dessert and the dishes. These meals are always **(\$4.50)** each.

After every evening activity we will drop you back home or back to your parked car - whichever suits.

Evening meal bookings usually fill up very fast but it is always worthwhile putting your name on the reserve list as cancellations do happen regularly. You do need to be a member to join evening activities.

This month our schedule is:

- 1<sup>st</sup> May – Hoon Hay Thai, main meals start at **(\$21)**
- 8<sup>th</sup> May – Soup & Board Games **(\$4.50)**
- 15<sup>th</sup> May – Pizza Evening at Phillipstown Hub **(\$4.50)**
- 22<sup>nd</sup> May – Fox & Ferret - main meals start at **(\$24)**
- 29<sup>th</sup> May – Roast & Karaoke **(\$4.50)**

*Rachel & Tom*

## Stanmore Member/Staff Liaison Meeting - March

### Highlights

- Women's Group
- Men's Group
- Trip to Akaroa
- Raft Building
- Art Centre Tour
- Tramps
- Surfing
- Thrive Talks
- Sewing Group
- Sign Language
- Te Reo Māori
- Evening meals out

### New Programme Ideas:

- Donate and make toys for SPCA
- Adventure Park Chairlift
- Petanque
- Great Hall Concerts
- Blokarting
- Heritage Site Visit



YOU'LL NEVER GUESS ANSWERS  
B. Mt Vesuvius  
D. Cluedo

### Step Ahead Trust

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