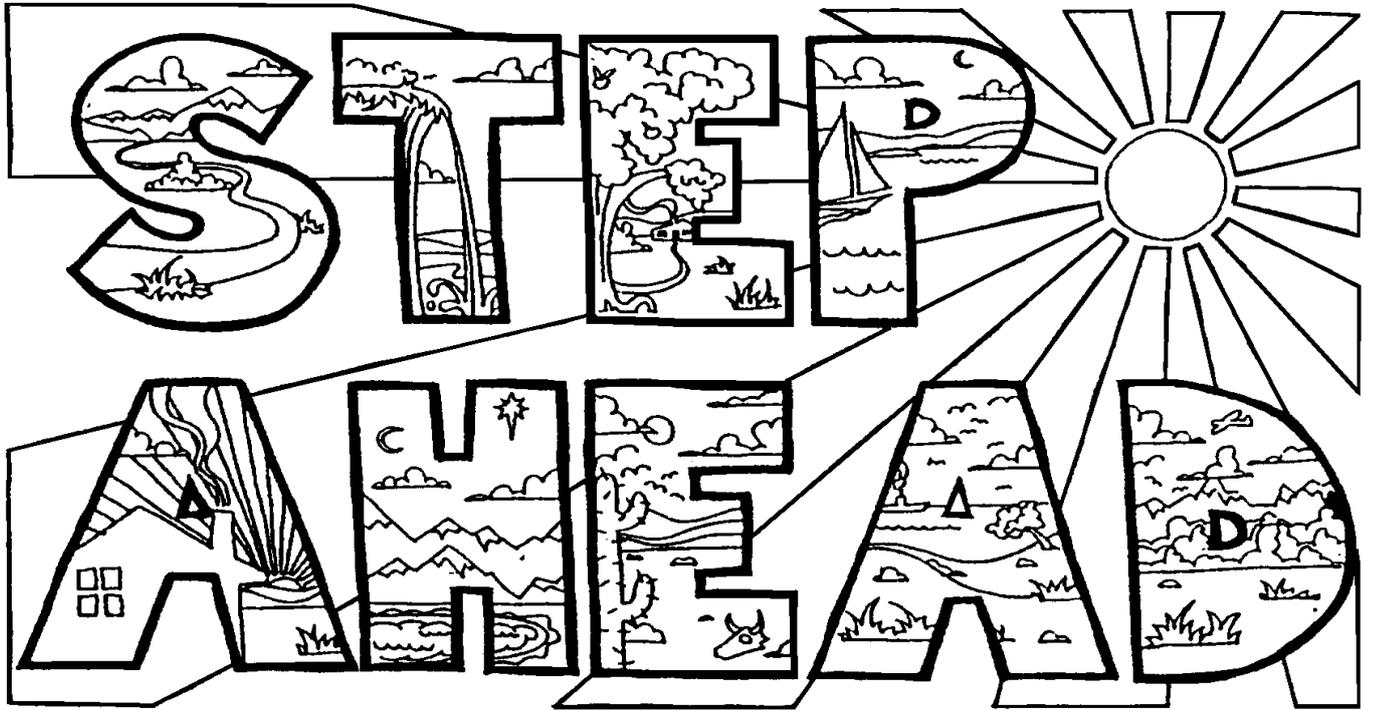


NOVEMBER 2016



A COMMUNITY BASED REHABILITATION ORGANISATION

ANNUAL GENERAL MEETING

**AGM 23rd November 4pm - St Francis Hall,
168 Stanmore Road followed by light
refreshments at the house**

A Note from Helen

Hopefully you have been able to be out and enjoying some of the warm weather and the other really nice reminders that we are nearly into summer.

This year's Annual General Meeting will be held on Wednesday 23rd November at the Holy Trinity Church Hall which is opposite Step Ahead. A postal election for Member Representatives will be held before then and as well as reviewing the year that has past, the new Trustees will be formally welcomed on to the board at this meeting.

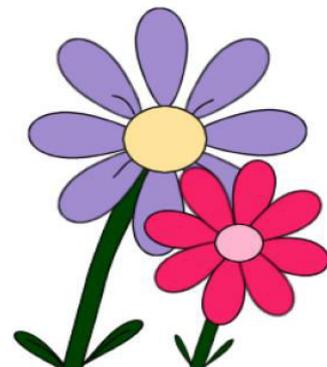
A number of Stanmore and West members will be attending the Canterbury A&P show soon and the sunny days certainly make the regular walking groups very enjoyable as well as healthy!

There are also some opportunities coming up in the various craft groups to be making some affordable Christmas gifts for friends and family. Check the programmes for your base to find out more. It's hard to believe that this is the time to remind you all about the plans for Step Ahead Christmas lunches! As well as those planned for the various bases, the Stanmore one this year will be at the Garden Restaurant on Thursday 8th December and the cost to members will be \$15.00. Watch out for your invitation which will be sent out later this month with the December newsletter.

Hope to catch up with many of you over the next few weeks.

Have a great month!

Helen



WEST November

With warmer summer conditions this month, we have included many outdoor activities which are great to get active, go places, meet more people and they are often free of charge. Cricket or exercise in the park, tennis and trips to name a few.

This month we have three great opportunities to see some animals. On Thursday the 10th we will join Stanmore members for a day at the Canterbury A & P Show. Most tickets have been pre-purchased but please check with Kevin or Di for a spare ticket if you are keen to attend this great traditional event.



Later in the month (Wednesday the 30th) we will go to Waimakariri Horse Treks for horse riding, similar to last year. For both of these outings BYO lunch as we will be out for most of the day. On Friday the 25th we are going to feed the Eels in the Avon River again. Everyone really enjoyed it last time and it will be a bit warmer as well.



The baking activity on Thursday afternoon has some interesting items to bake, like Sultana or Raisin loaf on the 10th and Peanut Butter Biscuits on the 24th, so you can have some preservative-free snacks made by yourself.

On the topic of food preparation, the Healthy Cooking for One activity this month will have a go at two new chicken meals. On the 14th - Sweet and Sour chicken and on the 28th - Orange Honey and Soy chicken. Just bring along one raw boneless chicken breast and \$1.00. This activity helps you to learn some new cooking options and you will go home with your evening meal already prepared.

One important change on this month's programme is on Tuesday the 15th when we will enjoy a day trip to Little Akaloa, which is on the Banks Peninsula, not far from Akaroa. Consequently, there will not be the regular activities we have on a Tuesday like 10 pin bowling and we will be departing at 10:00am. Pick up for the afternoon swimming group will still be on.



After a very successful Softball in the park activity in October I am looking forward to this month's version of the same activity, with Cricket in the park. West members will depart at 1:00pm on Thursday the 3rd and join Stanmore members at Beverley Park, just behind Step Ahead in Stanmore Road for a friendly game of cricket with a social drinks break.



The craft activities on Fridays this month are interesting and diverse with Felted gifts, Hand Lotion bars, Pressed Flower tea lights, and Jewellery making, which can all be good cheap gift ideas, with Christmas not far away.



Our regular sport activities on Wednesday afternoon of Badminton and Table Tennis now has Tennis added as an option every third week. This is another great opportunity for both Stanmore and West members to meet others and it's free!



Another great opportunity to get active this summer is Exercise in the Park, which is on both Stanmore and West programmes on a Friday afternoon each fortnight.

- The emphasis, like all our activities at SA, will be on FUN while achieving stuff.
- Circuit training exercises will be organised in a way that both beginners and people who are experienced at exercise will benefit from.
- Our goals are not short term and are not in relation to body image, more around lifestyle and being healthy.
- Being part of a group working on a similar object can be one of the most empowering experiences, So come along and join the others. Exercise is not so easy on your own!
- We also have some great opportunities in the future to challenge ourselves, one of which is the 100km challenge we will be doing in March next year.



Canoeing on the Avon is an activity that is enjoyed every summer by our members and is a special part of the Christchurch landscape. On Wednesday the 9th we will float through the gardens for just \$7.00.



On Friday the 25th in the afternoon we will get on the bikes to tour around local parks and tracks of Christchurch. The Urban Bike ride activity will use quieter roads for a relaxed ride.



Both the Budget Lunch this month and an outing to Spencer Park have a strong summer flavour. The Budget lunch on Friday the 18th will be a Ploughman's lunch including fresh breads, pickles, cheese, ham, salads and fruit. Later in the month on Wednesday the 23rd, an outing to Spencer Park will include a full BBQ.



Come and have a great active summer at West, see some animals, prepare some yummy food and create special gifts.

Kevin and team

Horse Riding Wednesday 30th November

Stanmore Road, West and Rangiora will join together for an opportunity to go horse riding at Waimakariri River Horse Treks in Belfast. Come along for the "ride" or come along as part of the support crew.

Riding can be for either an hour (\$25) or (\$15) ½ hour, depending on how many members want to ride for either length of time.

A deposit of \$10 is required by Wednesday 23rd November to secure your place. Please also let us know whether you want to ride for ½ or 1 hour.

Check programmes for details.

See you there.



Guest Speaker at Stanmore Road from Pathways Mobile Support Team Wednesday 16th November 1:30

Following on from a suggestion that was made in the September member staff liaison meeting, Karen from Pathways Mental Health Support Service will talk about the support their service offers including from the mobile support team.

Come along for an interesting presentation.

See you there

Stanmore Road Trip to Orana Park

Friday 8th November at 10am

Bring your lunch and come along for a great day out.

Orana Park recently celebrated 40 years of operation. You will see NZ's only gorilla's, eye ball a magnificent white rhino, get up close with the lovely meekats and depending on feeding times you may get to feed a majestic giraffe.

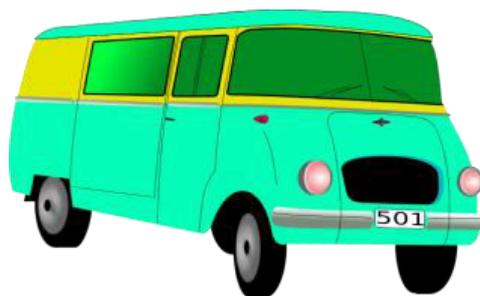
\$8.50



Stanmore Men's Group

On Tuesday 8th November the Men's group will be travelling down to Geraldine via the inland route. Come along with the guys for a great day out. We will be stopping at Mayfield for a look at the second hand emporium where you might be able to pick up a bargain.

On Tuesday 22nd November we will be having a BBQ at Spencer Park. This should be a great day out. We will be leaving Stanmore at 11.30 am



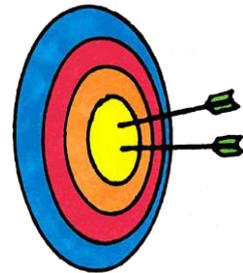
Member Staff Liaison Meeting at Stanmore Road 29th September 2016

Attendees: George W. Tracey C, Annabel H, Elizabeth C, Steve F, Robin A, Alan S, Adrian B, Rebecca L, Phillip GH, Jessica S, Max L, Barbara, Anna, Di, Karen

Chairperson: Anne W

Highlights from last month:

Day trip to Hanmer
Tramps & Golf days
Craft Group – decorating lampshades
Stone Carving going well
Men's group trip to Ashburton
Archery at West Hall
Table Tennis and Gym Group
Women's Group trip to Ashburton Boulevard Day
Writers and Book Group – made stories using words with only one syllable
Open Craft on Fridays
Mosaics going well with good regular attendance
Women's group lunch at Leithfield Hotel
Walking Group is having good attendances
Quiz Night evening activity was a lot of fun
75th Anniversary of Air NZ at the museum is worth visiting again



Last Month's New Programme Ideas:

Line dancing - will combine with West. Confirming a Tutor and planning on having two introductory sessions.
Another disco – Feedback received regarding venue and music variety - can do it differently next time.
Mega Jump and Flip Out are new trampoline businesses. There hasn't been enough interest so far so will reconsider in the New Year if there is interest.

Horse riding is scheduled for Wednesday 30th November
Hanmer trip – we had a trip this month and will go again in a few months

New Programme Ideas:

Supporting members get work – Alan from Jobconnect usually attends two budget lunches a month and provides this support.

Guest speakers from Workbridge and Pathways

Orana Park

Exercise in the park – happening on Friday 7th and 14th October.

Building up to the 100kms challenge in March

Childhood games e.g. quoits, hopscotch, knucklebones, petanque

Speaking group – could invite a Teorian speaker, or combine with News, View and Discussion Group

75th anniversary of Air NZ exhibition at the museum is worth seeing

Visit a High Country Sheep Station



Staff notices:

The opening of our Art Exhibition is October 10th at 3.30pm. All welcome.

Chris encouraged members to support the mountain, urban biking group and tramping on every second Friday especially as the weather is getting warmer.

Chris proposed a Drama Group and sought interest. This could happen in November and December, possibly culminating in a production at the West Christmas party.

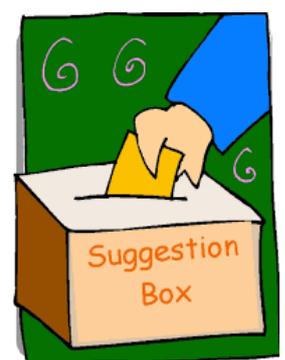
Feedback is being sought from those members who have attended Budget Lunches over the last year. An evaluation will be sent in the next few weeks.

Anything else anyone would like to say:

Anne was thanked for being chairperson.

Members thanked the staff for their work.

Meeting closed at 1.55pm



Stanmore Road News and Views

Discussion/Speaking Group

10am Wednesday 16th November

This is an idea that has been talked about at several member staff liaison meetings. It could focus for example, on talking about current events, or learning how to do impromptu speeches. If you would enjoy being part of developing such a group come along and have your say!



My First Example of Learning to Ski

I was very frightened when I first put on my heavy ski boots and then had to carry my skis and poles all the way to the learner's slope where I thought I was going to go over the edge! But I was feeling ok as I had one of the staff helping me to focus on learning how to stop by doing the pizza stop even though I kept falling down and it was hard to get back up!

I thoroughly enjoyed the early morning trip to Porters Heights as we saw a graveyard that had snow on the headstones and it reminded me of what my grandparents had told me that England was like when it snowed.

It is with my gratitude to thank the team and Chris and Di for not giving up on me when I felt weak and attempting to learn a new sport that day as it took time for me to be comfortable on the ski field. It had certainly paid off the next day and I am willing to give it another go as it was very enjoyable as the snow was very pretty and it was a wonderful day out.

Amanda H

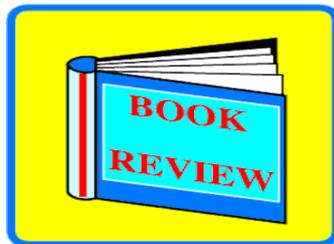


Book Review by Bill B

"Salinger" is a New York Times best-selling biography by David Shields and Shane Salerno about the author J D Salinger, published by Simon & Schuster in September 2013. The book is an oral biographical portrait of the reclusive American author. It explores Salinger's life, with emphasis on his military service in World War II, his post-traumatic stress disorder, his subsequent writing career, his retreat from fame, his religious beliefs and his relationships.

His novel "The Catcher in the Rye" is a very famous book

I recommend this book if you have an interest in American Literature.



Newsletter Contributions

The deadline for the newsletter is the first Wednesday each Month. I.e the deadline for the December newsletter is the first Wednesday in November.

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!



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.



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, Grace, Phil (Stanmore Road members), Bonny and Sonia (West), 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.



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.

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



Stanmore and West visit to the A & P Show

Thursday 10th November

\$10 tickets have been purchased for those members who pre – ordered. There may be some spares available so contact the office if you would like to go to the show.



Stanmore Road Tramping Group

This year the tramping group have had some awesome trips away around the far flung reaches of Canterbury. We have also had some excellent local trips e.g., in the Port Hills. We are keen to attract more members to this fun activity. If you are a bit concerned that this activity may be a little too physical we usually run the trip so that there are two groups with the fitness requirements of one of the group being somewhat lesser than the other. So if you'd like to try this group out, contact Chris or Di and give it a go.



Golf

Every second Wednesday there is a golf activity on the Rangiora programme. We also pick up keen Stanmore members before heading off to pick up Rangiora folks. We visit a range of golf course over the Canterbury area and generally play up to 9 holes. We have played at Glentunnel, Waimakariri Gorge and a number of local Christchurch and Kaiapoi courses. This is a fun activity and great for getting some exercise. If you think you might like to have a go ask Chris for details. The cost is very reasonable at \$5.00 for the day.



Stanmore Road Drama Group

Thursday 3rd November 1pm

There has been some interest in starting a Drama group. This new activity will run for 5 weeks in November and December. The aim will be to enjoy ourselves and to create a number of short skits or theatre sport type acts. We may be able to present to the West members at their Christmas function and the Stanmore members if there is enough interest.

Please see Chris for details.



Tai Tapu Sculpture Garden Visit

Thursday November 3rd at 1pm

On November 3rd at 1pm there is a trip to the Tai Tapu Sculpture. This is a one hectare evolving sculpture garden and native regeneration project. The owner of the property will be giving us a talk about this undertaking. We will then enjoy a ramble in the garden before having our afternoon tea. On the way back we will visit the Heathcote Valley Gallery. There we will see some amazing wood carvings as well as some stone carvings and other arts and crafts.

There will be no Stone Carving group on that Thursday.

There will be an entrance fee charge of \$5. We are departing 1pm and will be back by 4.30pm.

Karen



Member Staff Liaison Meeting at Rangiora

Monday 19th September 2016

Attendees: Charleen P, Bruce T, Jeanette B, Kenneth M, John D S, Dale B, Graham L, Warren C, Chris & Anna.

Chairperson: Leanne M

Highlights from last month:

Day out with West –Jellie Park and walk at Travis Wetlands.
Golf at Kaiapoi
Aircraft Hangar –model aircraft engines
Combined day with West

Last Month's New Programme Ideas

Otira stagecoach and Arthurs Pass programmed for October
Continue with Golf on Wednesdays
Day out with mini golf and games in Avonhead park - October .
Boulevard day in Ashburton on Monday 26th September

New Programme Ideas

Combined walking group with Stanmore
Guest speakers from Com Care – Active Links, Local Council
Lavender farm visit in Waikuku
DVD afternoon with a quiz to follow
Day trips to Ashburton/Geraldine/Chertsey Book Barn
Picnic lunch at local park Matawai/Northbrook



Staff Notices:

Board nominations close on the 7th October

Anything else anyone would like to say?

Ellie N said thank you for accepting me as a member and that she is enjoying the activities and the other members company.

Meeting Closed at 2.00pm

Member Staff Liaison Meeting at Ashburton 16 September 2016

Attendees: Grace M, Noelene H, Janet C ,Sarah T, Julie C & Anna

Chairperson: Diane A

Highlights from last month:

Craft – Button canvas pictures

Trip to Peel Forest



Last Month's New Programme Ideas:

Anna will find out where we can purchase some pottery clay .

Janet C is going to donate some Fimo clay to Step Ahead .

Will look into booking a visit to the Art Society Gallery for November

New Programme Ideas:

Housie

Visit Spotlight for some craft ideas and other attractions in CHCH.

A whole day doing crafts to finish projects

Staff Notices:

The charge for the A&P show will be \$2.50

Nominations for the board ,close on the 7th October.

Anything else anyone would like to say?

There was a discussion about dress code especially when out and about.

Keeping seatbelts on until the van has come to a complete stop is mandatory so please adhere to this at all time.

There is also to be no smoking next to the van as this impacts on other members.

Meeting Closed at 2:15

Easy Pasta Bake

1 cup uncooked per serve of pasta (spirals, shells or macaroni elbows)

1 tsp oil or margarine

Chopped tomatoes – canned or fresh

1 onion chopped, 1 cup frozen mixed vegetable



Cheese Sauce (optional)

2 cups milk

1 tsp chicken stock

1tbsp flour

1 cup or more grated cheese

Heat milk in microwave on high for 2 minutes, Add chicken stock and mix thoroughly. Return to microwave for 1 more minute.

Mix flour to smooth paste with a little cold milk.

Whisk into hot milk and mix thoroughly.

Return to microwave until nearly boiling – about 1 minute.

Mix until smooth with whisk.

Sauce should be thick and smooth – no lumps!

Return to microwave to boil – about 30 seconds.

Mix grated cheese through hot sauce with a wooden spoon and leave to stand.

Slowly add pasta to large pot ½ full of boiling water to which you have added Tbsp oil or margarine.

Boil for about 8-10 minutes until pasta is barely cooked i.e. still firm but not hard. Don't overcook. Pasta colour changes from dark to creamy white.

Drain in colander or strainer and shake to keep separate.

Cook onion, add tomatoes and mixed vegetables. Returned drained pasta to pot and mix through cheese sauce.

Pour into ovenproof dish and cover with cheese sauce or sprinkle grated cheese over the pasta.

Bake in hot oven (about 200° C) for 10-15 minutes until top starts to brown.

Christian Fellowship Verse

The Lord gives strength to his people;
the Lord blesses his people with peace.
Psalm 29:11

Puns Intended

How does Moses make his tea? Hebrews it.

I used to be a banker, but then I lost interest.

I tried to catch some fog, but I mist.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I'm reading a book about anti-gravity. I just can't put it down.

I didn't like my beard at first. Then it grew on me.



+++++

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

Phone 389 4001
Freephone 0800 688 732
Fax: 389 4042

www.stepahead.org.nz

Email: info@stepahead.org.nz

Facebook: Please like our Facebook page – Step Ahead Christchurch