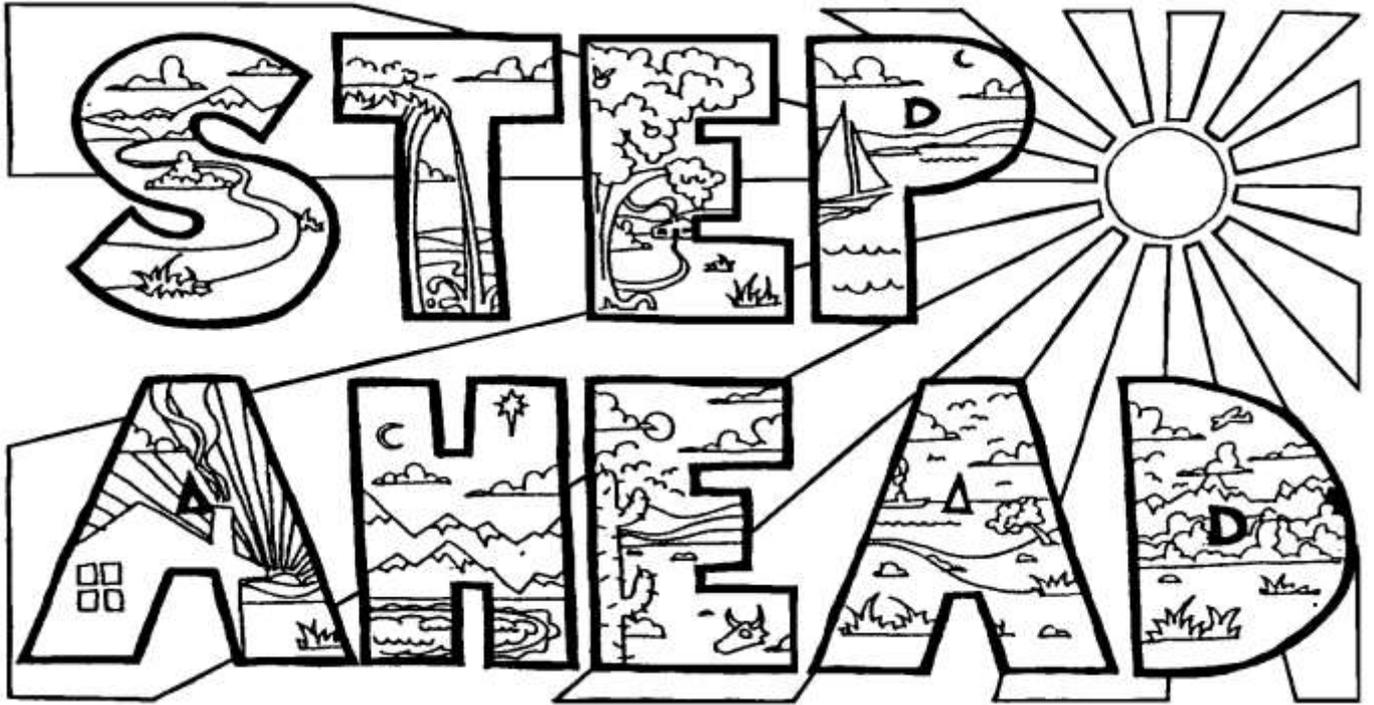


NOVEMBER 2018



A COMMUNITY BASED REHABILITATION ORGANISATION



**AGM 27th November 4pm - St Francis Hall,
Holy Trinity Church 168 Stanmore Road
followed by light refreshments at the
house**

A Note from Helen

November is upon us and hopefully we can now expect regular warm weather and the other really nice reminders that we are nearly into summer.

A small committee of Board Trustees and staff are working together to plan an official opening for the Puriri Street house. As soon as there is a plan, we will share the details and invitations! It has been a very long time coming but I'm sure that the West members would all agree that it was worth the wait to finally have a permanent base for their activities and definitely something to be celebrated.

Raewyn, who will be known to many Stanmore and West members, is ending her very long association with Step Ahead on 15th November. We are in the process of recruiting a new part time Activities Coordinator to join the team. As we farewell Raewyn and wish her well, I'm sure everyone will also join us in welcoming the new person onto the Step Ahead team.



This year's Annual General Meeting will be held on Tuesday 27th November at the Holy Trinity Church (St Francis Hall) which is opposite Step Ahead. This is the annual opportunity to come along and hear about the year that's been and also to vote to confirm the appointment of John Poppe to the board and to reappoint Adele and Joyce who have both agreed to return.

We are very fortunate to have these great volunteers working for the good of Step Ahead so please come along and support them.

Hopefully many of you had an opportunity to go and check out the fantastic art exhibition at the Linwood Gallery in October. The high standard and variety of work on display was a real credit to the artists, the staff and tutors. Good job to all involved.

The annual members Christmas lunch this year will be at the Garden Restaurant on Thursday 13th December, so put this date in your diary if you want to plan to come along to this special event. The cost to members will be \$20.00 and invitations will be sent to everyone with the December newsletter.

I look forward to catching up with many of you from all of the bases over the next few weeks and I hope you have a great month out enjoying the nice weather.

See you soon.



Helen

Step Ahead on the Internet

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



Stanmore Holistic Wellness Group

Tuesday 6th November at 1pm

Watch a documentary and discuss the sugar content in food and drinks.

Let's see where this leads us in terms of holistic wellness.



Karen

Craft Groups

Groups at Stanmore and West as per usual have some great craft projects planned. At Stanmore Road the theme is fantastic and wonderful things for the Christmas tree. These include Christmas decorations such as tree buttons, fabric craft and scrabble letter craft. Ashburton is visiting West on Friday 2nd to have their first visit to the Step Ahead house in Puriri Street and will combine this with a craft session with Karen.

Do not miss out. Come along and learn new skills, create professional looking projects and have an enjoyable time.



Stanmore Road Writers and Book Group

This month the group is visiting Chertsey Book Barn and having a session on the Origins of Idioms and Phrases.

Come along to take advantage of both opportunities. The Book Barn is a favourite for book lovers. The group continues to amaze us all with their creative talents.



Say this out loud

A noisy noise annoys an oyster and a noisier noise annoys an oyster more.

Ball, call, fall, tall, wall, gall, mall, shall

Contributed by Susie W

Step Ahead Art Exhibition 2018



Our annual art exhibition opened on Monday 1st October. We had a fantastic turnout of people with about 65 attendees counted. It was great to see so many Step Ahead members bring their family members along to the opening.

Yet again, we are exhibiting a diverse range of artworks and have had a lot of positive feedback about the works on display. 14 pieces were sold on the opening day, which is a record for us. Well done to all the artists and crafts people.

Karen, Selwyn and Di



My Three Glorious Days of Outings

On Thursday the walking group I am in went around Sugar Loaf (Port Hills) but the track was wet /muddy on the Lyttelton side of Sugar Loaf so we continued the walk on the road – had morning tea in the sun but there was a good easterly so a bit nippy. We all walked back on the city side of Sugar Loaf - across the car park where there were black marks from louts who do burnouts and one car parked. We finished the walk back at the Sign of the Kiwi where we had parked.

On Friday 7th September the tramping group went to Lake Ida for the day and it was great. We left town promptly at 9am and drove over Porters Pass and then took the dry weather road to lake Coleridge which was shingle and had a few corrugations! but the snowy mountains were wonderful. We got to the place where we were to tramp just after 11am and we walked on a narrow track with some rocky bits in places. Up and down and around the hill. Those that had stayed for a quick cuppa at the van, caught us up. It was a glorious day with a blue sky and bright hot sunshine. The track was still frozen in places where it was in deep shade, but was then muddy in the sun. We got to the Lake and had our lunch in the sun – some of the group went up the Lake as the track went on but Vicki, Mel and I stayed and rested and then started walking back at 1.45pm. The others passed us on the way back and we slid and tramped our way back to the van – I ran down the last hill as I had started sliding!! what fun - we left again at about 3pm. Coffee at Springfield and a great day out.

On Saturday I went on a bus trip with John to Peel Forest for the day. The long walk was on the Fern track and it was up and down with steps through glorious bush with lots of ferns everywhere. We went back to the picnic area for lunch and then did another short walk thru' a different part of the bush but I didn't get to see the big Kahikatea which I had seen on an earlier trip with Step Ahead.

Travelling in such luxury on the bus we could see the mountains at Mt Hutt covered in snow, reflecting in the bright sunshine & appearing to float above the plains. We stopped at Rakaia for coffee on the way back & got back in to town at 5-15pm. What a lovely time I had had in my 3 days of outings.

Christine S

Stanmore Women's Group

Monday 26th November at 1pm

Christmas Card making with Barbara M.

Please book in early as places are limited to 8 people and Barbara's card making is very popular.

There will be a cost of \$2.50.



Newsletter Contributions and Deadline

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



Member Staff Liaison Meeting at Stanmore Road

Thursday 27th September 2018

Attendees: Christina G, Kristina P, Alan S, Karen S, Mike T, Alan W, Merrin D, Linda H, Cushla T, Robin A, Barb, Kylie, Di, Karen and Raewyn.

Chairperson: Christina G.

Highlights from last month:

Cooking for One – Lasagne.
Kaiapoi evening meal.
Mixed media craft.
Chairlift.
Diabetes speaker.
Karaoke evening activity.



Last month's new programme ideas:

Ice Skating – not enough interest
Leatherwork – programmed at West.
Mini Golf – do this when weather is warmer.
Crochet Group – not being pursued.
NZ Sign Language – in the New Year.

New programme ideas:

Craft – coloured flowers.
Horse Riding.



Staff notices:

Helen sends her apologies for not being here.
House at West now open - photos on noticeboard.
Art Exhibition opens Monday 1st October at 3:30pm at Eastside Gallery. On for 2 weeks including Mental Health Awareness Week.
Also open Saturday 10-3pm on 6th October.

Guest speaker from Awareness talking at West but van leaving from Stanmore.

Reminder about cost increases.

There will be an official opening for Puriri Street at a later date. Planning underway.

Anything else anyone would like to say:

Thanks to Christina for chairing the meeting.

Linda thanked everyone for welcoming her back.

Meeting Closed 1:30pm

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.



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



Member Staff Liaison Meeting at West

24th September 2018

Attendees: Aynsley B, Ian P, Constance B, Susie W, Linda S, Patrick K, Toni H, Kevin and Di.

Chairperson: Toni H.

Highlights from last month:

Loved the Adventure Park Chairlift.
Friday Tramps.
Moving into the house!
New peoples at mosaics.
Magic Show.
Anne Frank - museum visit.



Last Month's New Programme Ideas:

Castle Hill trip - programmed in October.
Trip to Akaroa in November.
Karen is following up on interest in making pin cushions and a candle in a cup.
Kite flying - happening in October.
Still to decide whether there is enough interest in the Cat Café.
There are also many ideas from previous meetings to programme.

New Programme Ideas:

Fun cycling.
Noticeboard for member notices.
BBQ at Spencer Park.
We have a gas BBQ, it will be brought over from Stanmore.
Sports on Thursday - possibly golf.
Clay projects over summer including colourful fimo.
Indoor bowls.
Petanque - possibly alongside walking.

Staff Notices:

A book case and couches to be purchased.

Please take care to look after our new house, especially careful with spilling drinks and food stains.

A broom and cleaning up gear will be kept in the laundry and also at the craft room end of the house. Please clean up as necessary.

Cup markers would help identify your mug.

Emptying the dishwasher is a daily job every morning. Please volunteer!

Clocks, a mirror and hooks to hang coats will be arranged.

Members did not want to have cubicles but possibly lockers could be good.

Please pay for your show ticket as soon as possible to avoid missing out.

Thanks to Toni for chairing the meeting.

Meeting closed 1.30pm

Peer Support at Step Ahead

Members at Step Ahead regularly provide support to one another. Some members have taken another step and completed some formal training in peer support. Members can provide support to one another in a number of different ways. They might provide a listening ear, be a buddy to new members, offer encouragement, steer someone in the right direction towards 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, talk to Di.



Member Staff Liaison Meeting at Rangiora

10th September 2018

Attendees: June V, Graham L, Leanne M, Kenneth M, Bruce T, Dale B, Warren C, Geoff T, Jeanette B and Anna.

Chairperson: Jeanette B.

Highlights from last month:

Rolleston Visit.

Lake Coleridge.

Active Life Graduation.

be Active!

Last Month's New Programme Ideas:

Deans Bush visit and bowling coming up in October.

Boulevard Day in Ashburton - end of September.

New Programme Ideas

Guided tour of Christchurch Museum.

Trip to Kaikoura.

Okuti Valley.

Botanic Gardens.

Weka Pass Railway.

Hamner Springs.

Toy Collectors Museum.

Fishing in Little Akaloa.

BBQ at Spencer Park/Waikuku Beach.



Staff Notices:

Guest Speaker on Monday at 1:30 from Epilepsy N Z.

Congratulations to those completing Active Life Course.

We will be trialling having a Nutritionist visit in Oct – Dec.

Anything else anyone would like to say?

Thanks to Jeanette for chairing the meeting.

Meeting Closed at 2:00pm

Member Staff Liaison Meeting at Ashburton 28th September 2018

Attendees: Grace M, Janet C, Annette B, George W, Julie C, Christine H, Angela H, Noeline H and Anna.

Chairperson: Sarah T.

Highlights from last month:

Enjoyed Bowling and Anne Frank Display last week.
Visit to the Daffodil farm.
Visit to Annette B's farm very good.



Last Month's New Programme Ideas:

Craft day with West planned for 1st Friday in November.

New Programme Ideas:

Mini Golf /Driving Range.
Visit to new op shops in Christchurch.
BBQ lunch at Lake Hood or Tinwald Domain and game of Petanque.
Table Tennis at E A Network.
Pool and Darts.
Xmas Lunch in Methven.
Upcycling Junk Day – everybody bring something.

Staff Notices:

Baring Square Venue to be demolished in March 2019 - any ideas for new place very welcome.
We are doing M O W next Friday.
Will need to have a clean up day over the coming months for when we have to move out.

Anything else anyone would like to say?

Thanks to Sarah for chairing the meeting.

Meeting Closed at 2.00pm

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.



Evening Activities

The onsite evening activities at Stanmore offer members a fun night in the company of other members. These are also good opportunities to catch up with people who may not be in the groups you attend, who you haven't seen for a while, or perhaps the chance to meet new people. Onsite activities provide a two course meal for a small cost, and also an activity for the evening, such as DVD'S, a quiz or karaoke. With daylight saving having started, keep a lookout for evening BBQ's at various places such as Waikuku Beach and Spencer Park, as part of our evening programme. Also, remember that we always provide a ride home to your doorstep at the end of the evening. Come along and enjoy a fun evening out.



Stanmore and West visit to the A & P Show

Thursday 15th November

\$12 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.



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.



Christian Fellowship Verse

Blessing of Tranquility

Lord, teach me true serenity,
the blessing of tranquillity.
Let me find my deepest joy in Thee –
Give me peace within Your love.

Better one handful with tranquillity than two handfuls with toil and
chasing after the wind.

Ecclesiastes 4:6



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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