

November 2023



### Julie's Views

The year is just galloping by and we find ourselves already making plans for the Christmas season. Where has the year gone?

Step Ahead has certainly been busy. August was our busiest month ever and our numbers just keep on growing. It is great that we are able to support so many people. September was a special month too with our first Art Exhibition in three years at the Phillipstown Hub. We had 33 artists show their work, many having their work purchased. Many thanks to the Phillipstown Hub for hosting our exhibition, the venue worked so well for us.

We also held our Mental Health Awareness Week Walk with about fifty people walking either some or all of the way from our Stanmore Road house to our Puriri Street house. It was such a picturesque route and even the weather held out for us. Well done everyone! The Step Ahead beanies looked great.

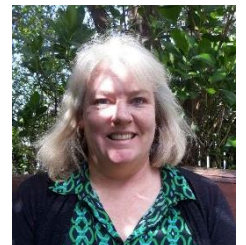


The Annual General Meeting for Step Ahead is on Tuesday 21<sup>st</sup> November at 4pm so please come along to see how the year has gone for the Trust. Also another opportunity to have your say about what happens here at Step Ahead.

Julie

### Introducing Anjie

Hi everyone, my name is Anjie Rudge and I'm super excited to be part of the Step Ahead Team. I grew up in a little town south of Christchurch called Leeston, spent a year studying down south then I headed off to the UK on my OE experience. Five years later I came home with my husband in tow and settled just out of Ashburton on a cropping farm. I have two children, William who is 21 and Molly who is 19. I have always been a people person and my work history so far has been in home based childcare for five years then working as a community support worker for CCS disability action for the last eight years.



I'm looking forward to be working alongside Jen in Ashburton and meeting you all in due course.

### The Mo is Calling!



Saturday 25<sup>th</sup> November at 11:30am Stanmore

Come along and support our awareness and fund-raising efforts at our Movember BBQ. Cost is a suggested donation of (\$5), all proceeds will be passed on to the Movember campaign. Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

## Member Representatives Required for the Step Ahead Trust Board

We are looking for people to go onto the Board to help run Step Ahead. Could this be you? We need two people from the Community to join our Board and at least one from our Step Ahead Membership.

### What is involved?

- coming along to a Board meeting, usually held at 167 Stanmore Road on the 4<sup>th</sup> Wednesday in the month. The meetings generally last 1 -2 hours
- you will be asked to give your opinion about how the Trust is run, and to help make decisions about what goes on around here
- other members may also talk to you from time to time about what they would like to see happen at Step Ahead
- your photo would also be on the Notice Board and website with the other Board members so everyone would know who is currently representing them

An election may be required if there are more nominees than vacancies.

We also have two vacancies for Community Representatives. These representatives are not Step Ahead members but can bring some leadership skills or other qualifications to Step Ahead. Currently we are looking for a Treasurer and a Committee Member.

If you know of anyone who may be interested in becoming involved with Step Ahead either as a Member Representative or a Community Representative of the Trust Board please talk to them and invite them to contact Julie or Di for further information.

## Macrame Christmas Decoration or Keychain

Wednesday 1<sup>st</sup> November at 1pm Stanmore (\$2)

Come along and learn how to make a miniature macrame decoration for Christmas.



## Computer Recycling

22<sup>nd</sup> November at 1pm Stanmore and 1:30pm Puriri

Are you interested in pulling apart old computers? We are going to be volunteering for Molten Media, a charitable trust who focus on recycling computers and electronics. We will get to disassemble computers into their component parts. It's hands on, great fun and saves so many computers from ending up in landfill. This activity will be at Puriri with a van also coming from Stanmore.



## Roller Skating

Wednesday 15<sup>th</sup> November at 12:45pm Stanmore (\$5)

Get your skates on! Come along to a skate lesson at the Wharenui gym. Learn the basics of roller skating. This is great fun, good exercise and gives you a chance to try something new (or revisit a childhood past time). All skates and safety gear provided.



## Christmas Craft Activities

This year Step Ahead is going to decorate a Christmas tree for the Okains Bay Museum as part of the 'Christmas at the Museum' display. We are going to create a "Five Ways to Wellbeing" tree showcasing how we connect, give, take notice, keep learning and keep active at Step Ahead.



During November we will be running craft activities at Rangiora, Stanmore and Puriri to make decorations. Come along, get involved and be part of making something that many people are going to get to look at and enjoy.

In December we will take a group to Okains Bay Museum to look at all the Christmas trees on display.

Wednesday 1<sup>st</sup> November 1pm - Rangiora  
Monday 6<sup>th</sup> November 1pm - Puriri  
Wednesday 8<sup>th</sup> November 1pm - Stanmore

## Native Planting at Stanmore

We have been working together with the council planting natives in our Stanmore carpark.

Ka pai to Keiran, Max and Mike for your hard work and making the carpark look more attractive.

To be continued 😊



## Rangiora Panui

Tena Koutou, we hope you are enjoying the warmer days in Spring!

The move to Northbrook Road has been very successful. We are enjoying our new space and adapting the programme as such. Its going to be great to utilise the wetlands area around us so we will have a few picnics and nature drawing sessions over the warmer months.

We are going to the Christchurch A&P show this month on **Wednesday 15<sup>th</sup> November**. Be in quick as we only have nine tickets available! It will be a great day out so be prepared and come with comfy shoes, lunch, hat, sunscreen and water bottle.

We are also planning another day at Pam's place to work on our garden, plant some vegetables and make a scarecrow. We will pop your beautiful colourful plant markers in the soil too. Come along a be apart of it! Another big thank you to Pam and Doug for making this all happen for us. We truly appreciate their kindness.

*Anna and Rachel*

## Step Ahead Christmas Lunch

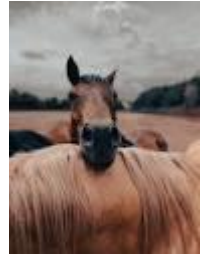
For those that are thinking this far ahead, the theme for this year's Christmas Lunch is "Costume Play". Come dressed as your favourite book, movie, TV or video game character.



## Groom and Broom

**Wednesday 8<sup>th</sup> November at 10am - Stanmore**

Our last Groom and Broom of the year at Waimak Horse Riding Centre. Come along and experience what it's like to have your own horse.



We will be helping around the stables, grooming horses and enjoying the horses' company. Bring a sunhat, lunch and a water bottle!

We will be back at Stanmore before 3pm.

## Ashburton News

In Ashburton we are looking forward to warmer weather and spending more time outside.

This month we will be heading out to Lake Coleridge, Geraldine, Wakanui Beach, Taylors Stream and we will have another go at getting to Staveley Camp for a day in the forest.

We are also lucky to have the lovely Janet teaching us cardmaking this month - what a treat!



*Having fun at the Antarctic Centre*



*Awa Awa Reserve in the snow!*



## Art at Tūranga Library

Wednesday 22<sup>nd</sup> November at 12:45pm - Stanmore

For the members who missed out last time we will have another fun session with Sarah learning about art at Tūranga Library. The Community Engaged Artist for the 2023 SCAPE season is Priscilla Rose Howe, an Ōtautahi artist whose striking figurative artworks draw on cinematic influences and explore ideas around 'queerness'. This workshop offers an opportunity to explore creative thinking and develop new understanding of public artworks. Participants will look at ideas around self-expression and self-exploration and create their own fantasy portrait inspired by Priscilla's work.



## Guest Speaker - How to Make a Will

Wednesday 1<sup>st</sup> November at 1:30pm - Stanmore (van leaving Puriri at 1pm)

Members at a recent Member/Staff Liaison Meeting requested a speaker to come and talk about how to make a will. We will have someone come and talk to us from the Public Trust.



## Friendship Group

This month we will be meeting on **Saturday 11<sup>th</sup> November**. We will meet at 1pm outside the Tūranga Library on Gloucester St. From there we will walk along to the Arts Centre, and then make our way to the Botanic Gardens. We are booked for afternoon tea at Antigua Boatshed at 2pm. Please remember to bring a water bottle, a hat and money for your coffee.

It is with great sadness that I let you know that this will be the last Friendship Group meeting. I have decided to take a little time to myself for a while. We have been meeting for a year now and have had a lot of fun getting out and about at the weekend. I want to thank you all for attending and many thanks also to those of you that have helped organise activities.

*Louise W*



## September Member/Staff Liaison Meeting at Stanmore

### Highlights:

- looking at Crested Grebe at Lake Ida
- tramp at Mt Isabel
- Men's group to Akaroa
- Willowbank volunteering
- New Brighton Hot Pools
- daffodil picking with Women's Group
- Adventure Park Chair Lift

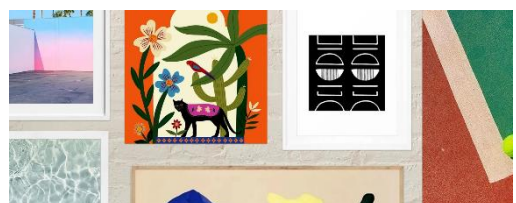
### New programme ideas:

- display member artwork for sale/online
- nature trips to Kaiapoi/Pines Beach
- Nature trip to Lake Ellesmere in February
- Erewhon Station
- Akaroa - dolphin watching
- Kaikōura - seal watching
- paint ball/laser strike
- person to talk about making a will
- pétanque at Halswell Quarry
- trip to Look Sharp
- Armageddon theme for Christmas lunch

## Displaying and Selling your Artwork

From November we are going to be displaying artwork for sale by members. There will however be some conditions.

- one item per person per month. If somebody doesn't have a new item to display the following month, they will be able to leave it on the wall for longer
- no work is to have disturbing, inappropriate content or be triggering for others. All items will be reviewed by Di or Karen
- no item is to be priced over \$100. Each artwork will have a price ticket just as we do in our art exhibition
- works of art must be well presented especially work on paper, see Karen for help with this.
- artwork will be photographed and posted on our Facebook page



## Quail Island DOC Hut Camp

7<sup>th</sup>/8<sup>th</sup> December (limit of 10 members)

Come along and enjoy an amazing opportunity to stay in the DOC hut on Quail Island.

We will be leaving Stanmore Road at 2pm on Thursday the 7<sup>th</sup> December and returning around 12pm on Friday 8<sup>th</sup> December.

The hut has water, an open fire, outdoor toilets and mattresses. You will need to provide your own adequate clothing, sturdy footwear, sleeping bag and food. We can supply a limited number of tramping bags and camping stoves (but bring your own if you have them)

Deposit of (\$10) needed by the 17<sup>th</sup> November to secure your place.

Total Cost (\$20)

Check in with Tom or Di for more details.



## Okains Bay Museum Day Trip

Friday 3<sup>rd</sup> November at 9am - Stanmore (\$5)

Come along and enjoy the fantastic museum at Okains Bay. Bring lunch, water and sunscreen as we will head to the beach after our visit.



Tea and coffee supplied. We will be back around 4pm

## Learn to Surf

Thursdays in November at 10am (\$10 per session)

No matter what experience you have come along and learn to surf with Step Ahead! All the equipment will be provided for you, all you need is yourself and a towel. The sessions will be out at Sumner Beach where Tim and his team from The Rock Surf Therapy will teach us to surf over a 6 week course.

Maximum of nine members per session.

Speak to Tom for more details.



## Pétanque at Halswell Quarry

Wednesday 29<sup>th</sup> November at 1pm - Stanmore



In pétanque, players or teams play their boules/balls towards a target ball. In pétanque the objective is to score points by having boules closer to the target than the opponent after all boules have been thrown.

Bring a sunhat!

## Young Adults

In November we will have two activities one day apart. On Tuesday 21<sup>st</sup> at 12:45pm we will be leaving Puriri Street and



picking up any Stanmore Young Adult members who would like to join us to shop for costumes for our upcoming Christmas lunch. The theme is Costume Play, where science fiction and fantasy can be brought to life.

The following day on Wednesday 22<sup>nd</sup> we will be using the Stanmore art space to create your outfits! Bring the resources that you have found and let your creative side thrive!

Please book for the 21<sup>st</sup> in Puriri's diary. You can do this by ringing Step Ahead and then pressing 2 for Puriri or texting their cell 022 038 3721. There are only nine spaces available on this day.

On the 22<sup>nd</sup> book at either base. A van will bring Puriri members over to Stanmore.

## Kate Sheppard House

Friday 24<sup>th</sup> November at 1pm - Stanmore (\$3)



Kate Sheppard House was the family home of Kate Sheppard between 1888 and 1902, where the pioneering suffragist and her fellow campaigners organised their movement to secure the vote for women. It is now open for the public to visit, enjoy and to seek inspiration from! Secure your spot for what will be a very interesting outing.



Jessica spending time with Ronny after their walk

## Probiotics & Prebiotics

Probiotics are often known as 'friendly' bacteria for our gut health. Probiotics are live micro-organisms which benefit our health as humans.



There are various strains of probiotics which support our immune system, help with gut problems and benefit mood. Probiotics can be found in some fermented foods and supplements.

Prebiotics are a type of fibre which are food for the friendly bacteria in our gut (probiotics). They support the bacteria to grow and live which provides health benefits for us. Natural sources of prebiotics can generally be found in vegetables and wholegrains e.g oats, bananas, onions. Probiotics can also be added to foods.

### How to increase probiotic intake through food:

- increase your fruit, vegetable & wholegrains intake
- add fermented food to your diet

### What are some ways to include fermented foods?

- yogurt, honey and fruit
- drinks - kombucha, miso, kefir
- sauces - (miso and nut butter, hummus and miso, yogurt and olive oil)
- dressing for salads (hummus, miso, and water -1 part each)
- traditional style – potato and sauerkraut, rice and kimchi



## Puriri Day Trip



Yay Spring! Puriri has a day trip planned for **Friday 3<sup>rd</sup>**

**November** to the beautiful Little Akaloa. We will be having a picnic on the beach, going for a coastal stroll and maybe a game of pétanque.

If you get motion sick please *plan ahead* – take your travel meds the night before, wear layers so you don't have to wear a jumper in the van, avoid snacking until we get there. It's a windy old road. Please pack water and lunch (or money to pick up lunch at Little River) as facilities are limited.

It will be a beautiful day out on the peninsula.

## Walk and Draw

**Wednesday 29<sup>th</sup> November at 1pm - Stanmore**

Have a go at capturing the landscape and plants around you. We will go for a short stroll then set up our chairs to paint or sketch the scenery.



## Stanmore & Puriri Visit to the A & P Show

**Thursday 16<sup>th</sup> November at 10am (\$10)**

Nine tickets have been purchased for both Stanmore and Puriri. Payment of (\$10) will secure your seat if you would like to attend the show. These will be available on a first come, first served basis.

If you miss out, please put your name on the reserve list in case someone can't make it after all.



### Step Ahead Trust

P O Box 32 025 Phone 389 4001  
167 Stanmore Road Freephone 0800 688 732  
Christchurch 8147 Fax: 389 4042

[www.stepahead.org.nz](http://www.stepahead.org.nz)

[info@stepahead.org.nz](mailto:info@stepahead.org.nz)