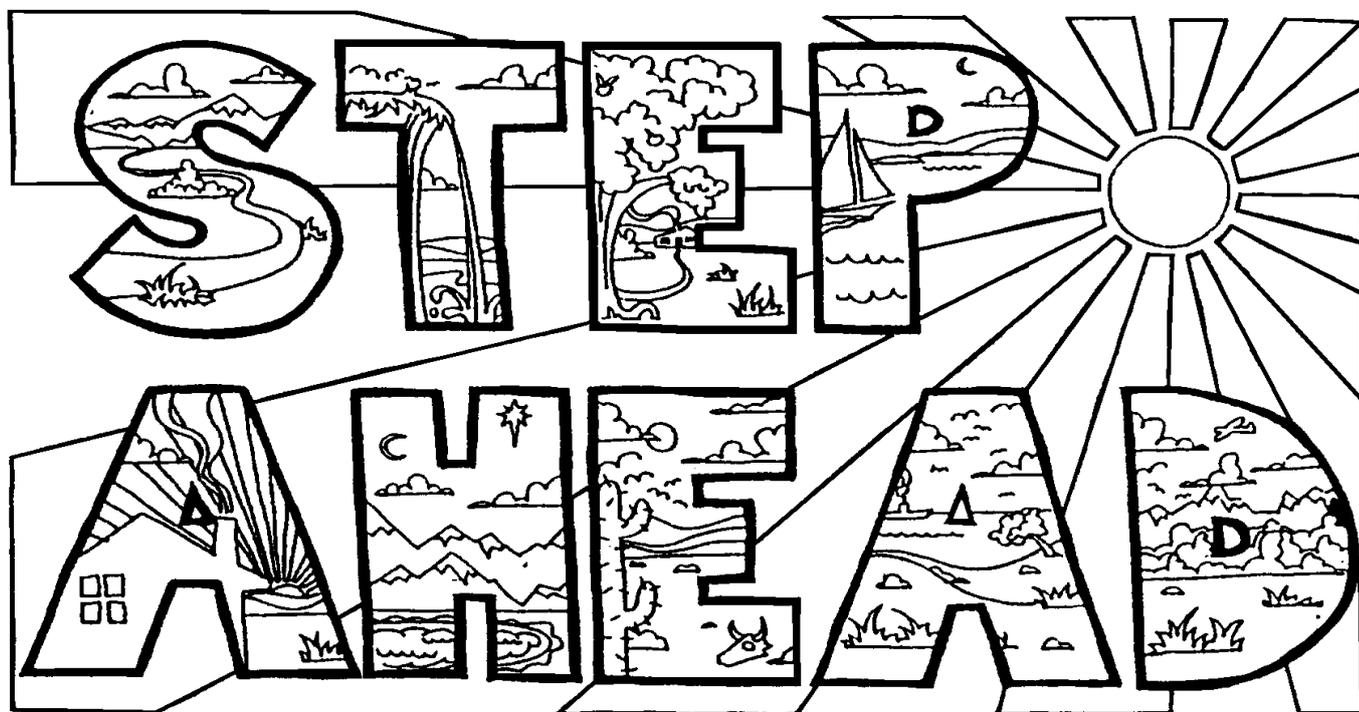


# OCTOBER 2016



A COMMUNITY BASED REHABILITATION ORGANISATION



**Step Ahead Art Exhibition Opening**  
**3:30pm Eastside Gallery**  
**Monday 10<sup>th</sup> October**

# A Note from Helen

Spring is here! Increasingly lighter mornings and longer days are very noticeable and daylight saving has arrived.

The Special Meeting to consider the restructure of the Trust Board was well attended and those present unanimously adopted the proposed changes. Further information about the nomination process for prospective board members is available from the office, so talk to Helen if you would like find out more about the process for becoming a candidate for the Step Ahead board. The closing date for nominations is 7<sup>th</sup> October and if there are more nominations than vacancies on the Board, all members will have an opportunity to vote through a postal election in late October/early November. The AGM this year will be held late in November where the successful candidates will be officially appointed to the board. It was great to be able to welcome member's friends, family/whanau and other support people in to have a look around at Stanmore and to meet some of the staff in late August. Thanks to everyone who came along, it was a very enjoyable afternoon!

An exhibition of member's art, crafts and other creative work, is opening early next month at the Eastside Gallery in Stanmore Road. It will be great to see a collection of works on display and where members of the public can also view some of the fantastic art and crafts completed by Step Ahead members. If you are an artist or craftsperson, this is a really good opportunity to share some of your work with other people.

Hoping you have a great month and can get out and enjoy some lovely Spring weather!

*Helen*



# Stanmore visit to Wat Buddha Samakhee Temple on Marshlands Road

**Wednesday 5<sup>th</sup> October at 1:00**

This is the Theravada Buddhist monastery. Many activities take place including free mediation classes for everyone.

Come along to find out more.



# Stanmore and West Warwickz Rare Breed Animal Farm visit

**Thursday 20<sup>th</sup> October**

We last visited this farm in March this year. The farm is home to a gorgeous herd of Alpaca's among a host of other farm favourites, miniature horses, Saanen and Angora goats, a flock of coloured sheep, Arapawa sheep, Gotland Pelt sheep, a donkey, the very rare Endeby Island rabbits, Guinea Pigs, Ring Necked Doves, Geese, Peacocks and more!

There is also a range of hand crafts, crystals and gems available for purchase in the farm craft and crystal gallery as well as the award winning 30year old country garden to explore.

Bring your lunch

Come along for a great day out.  
There is a \$5 entrance fee

See you there



# Come and Cook Healthy Meals for One!

Once a fortnight Barbara has a cooking group where members can come and learn cooking skills and new healthy, low cost recipes. It's a fun way to get to know other members while cooking your evening dinner. You can learn new skills, or add to your existing knowledge. We are always looking for members to share their knowledge in our cooking class too!

The classes are on a Monday afternoon at West and a Tuesday afternoon at Stanmore Road. Check your programme for dates and planned recipes. It only costs \$1.00 plus a small contribution of one ingredient stated for each recipe on the programme. We provide the rest of the ingredients.



## Step Ahead Art Exhibition Opening Monday 10<sup>th</sup> 3:15pm

Step Ahead is holding its annual exhibition of members work during Mental Health Awareness week. It will be at the Eastside Gallery, on the corner of Stanmore Road and Worcester Street, opening on Monday 10th October through to Friday 21<sup>st</sup> October.

There will be a wide variety of work displayed including art, stone carving, mosaics, craft and photography. Some items will be for sale and there will be musical entertainment at the opening. Book in as usual.

Talk to Karen, Selwyn, Kevin or Di for more information.



# Stanmore and West Visit to the Alpaca Show at A & P Showgrounds

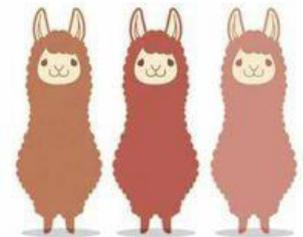
If you love Alpaca's then this is the trip for you! Bring your lunch (or buy it there), and enjoy a day out learning about these interesting animals.

Departing from Stanmore Road at 10am and West at 10:15am

Cost Only \$2.00

Bring extra \$\$ if you wish

Talk to Barb for more details.



## Darfield Art Week

It's that time of the year again for a trip to the annual Art Week at Darfield. As usual we will get to see a wide range of interesting artworks to inspire and encourage us in our own artistic endeavours. Departing from Stanmore Road at 9:30 Thursday 13th October, returning by 12:30pm

*Karen*



# Member Staff Liaison Meeting At West

2nd September 2016

**Attendees:** Ian P, Constance B, Brenda Mc, Toni H, Susie W, Sean R, Jessica S, Kim H, Jan S, Karen and Kevin

**Chairperson:** Jan S

## Highlights from last month:

Outing to New Brighton including the Movie X 2  
Enjoyed walk to Shag Rock  
Really enjoyed making wind chimes  
Visit to Creative Clay studio was very interesting  
Enjoyed the Fimo clay moulding  
Trip to Rangiora including op shopping was great  
Jewellery making is fun  
Table Tennis with Stanmore  
Walking group  
Tai Chi was ok – a new experience  
Table Tennis  
BBQ at Waikuku



## Why do you all enjoy these examples listed above?

- Something new
- Craft tuition is very good, work together to overcome challenges and create cool stuff.
- Table Tennis is great playing against different people

## Last Month's New Programme Ideas:

- Opening of Art Exhibition - Programmed this on the 10<sup>th</sup> of October 3pm
- Softball - possible game against Stanmore. Maybe we could alternate with Cricket
- Exercise in the park / circuit training
- Line Dancing - Need to find a tutor, maybe



some interest from Stanmore too

- Lunch outing on Thursday: Needs to be affordable, not well supported recently
- First Aid Course - Was provided in June
- Adrenalin Forest – Will follow up
- DVDs - Needs to be a recent release or movie title published on programme
- Outing to Rangiora, Waikuku and Amberley – Planned for November.
- Trip to Timaru with options of visiting Caroline Bay Reserve and Art Gallery - Programmed in October
- Making Masquerade Masks - Programmed in October.



- A visit to St John's
- A visit to the new CTV building
- A visit to The Press



These ideas are interesting but require the organisation to offer time and resources which they may not be able to provide. Will see if visits are possible.

- A visit to the City Council Chambers and meet the Mayor
- A talk from a Muslim Leader

These organisations are possibly more likely to be able to receive visitors

**Meeting closed at 2pm**



## Cecilia's Creative Clay Studio

Visit an artist studio and have a go at an introduction to clay moulding. Create your own ornament or container.



Monday 31st October 1pm (\$5.00)

## Sushi Making

Most of us have tasted it, but what makes it so nice? Can I do it myself?



Come along on Friday the 28<sup>th</sup> of October at 1pm to learn the tricks of making delicious sushi (\$4.00)

## Clip and Climb

On Friday the 14<sup>th</sup> at 1pm there is a trip to Clip and Climb - A purpose built climbing wall centre. Anyone can safely climb higher than they thought possible! (\$5.00)



## Exercise in the Park

Due to lots of interest, we are starting our own circuit training opportunity at a local park.

Friday the 7<sup>th</sup> and 21<sup>st</sup> at 1pm (Stanmore will join us at 1:30pm)

Exercises will be designed with very little equipment and in a way that you can do all exercises at your level of ability. This is not a quick fix group, we plan to gradually build each other up and make steady, sustainable improvements in our health. It's much more fun in a group.



## Softball and Cricket in the park

Some of us may remember softball as a kid at school in New Zealand and some of the good reasons why it was played. Anyone could get involved and there are lots of different skills used and learnt while playing. It is a bit similar to cricket in that you have a batting team off the field for some of the game, which helps to make it a sociable event.

We are going to trial Softball in the park on Thursday October the 6<sup>th</sup> followed by Cricket in the park on Thursday 3rd November.



## Expressions of interest

There are many interesting ideas coming up in our Member Staff Liaison meetings. We would like to know if those members who weren't at the meeting are keen to do any of the activities suggested. Please read the minutes in this newsletter and talk to Kevin or any staff if you are interested. It may be you have another idea or a contact you know that may be helpful.

Here are some ideas needing more support:

Community Garden

Men's group

Scavenger hunt

Summer biking group

Canoeing on Avon

Christian Prayer Group

Lunch at Kaiapoi golf club

First Aid Course

Megajump

Flax flower making

Tennis

Orana Park / Willowbank

Line dancing

Marae visit



# Member Staff Liaison Meeting at Rangiora 15<sup>th</sup> August 2016

**Attendees:** Warren C, Helen M, Leanne M, Graham L, Bruce T, Clare H, Luke B, Dale B, Jeanette B, Elaine B, John S, Chris & Anna

**Chairperson:** George W

**Highlights from last month:** The Day trip to Arthurs Pass, trip to Cheviot and Gore Bay

## **Last Month's New Programme Ideas:**

Lunch at Sequoia Restaurant - programmed in September

A \$2 picnic lunch and a day at the Botanic Gardens including rowing on the Avon - programmed in September

A day at Orton Bradley Park on a Wednesday – programmed in September

## **New Programme Ideas**

Mini Golf at Pirates Island, Ten pin bowling

Archery & Visit the tunnels behind PMH

Another 50k challenge

Sailing at Lyttelton & Quail Island

Otira Stagecoach

Rangitata Salmon Farm, Riverstone

Boulevard Day in Ashburton September 26<sup>th</sup>

Daffodil farm visit



## **Staff Notices:**

Still need ideas for Wednesday's

Ideas for men/womens groups

The 2017 programme will start on the 4<sup>th</sup> of January

**Meeting Closed at 2.00pm**

# Member Staff Liaison Meeting at Ashburton 19th August 2016

**Attendees:** Vicki S, Janet C, Diane A, Julie C, Grace M & Anna

**Chairperson:** Grace M

## **Highlights from last month:**

Day trip to Rolleston  
Visit to Chertsey book barn

## **Last Month's New Programme Ideas:**

Day out to Peel Forest - September programme  
Will combine a visit to Mayfield retro shop with visit to Methuen

## **New Programme Ideas:**

Jewellery making  
Wind Chimes  
Pottery  
Visit to Art Society Gallery  
Games in hall at Baring Square



## **Staff Notices:**

If you have any items that you would like to put in the art exhibition please let me know  
Could we invite Marilyn in for a visit?

## **Anything else anyone would like to say?**

Congratulations to Vicki S for starting her course and moving house

**Meeting Closed at 2:15pm**

# Member Staff Liaison Meeting at Stanmore Road 25<sup>th</sup> August 2016

**Attendees:** George W, Anne W, Alicia R, Christina G, Alan S, John BS, Graham B, Helen, Karen, Barbara, Chris & Kylie

**Chairperson:** Jessica S

## **Highlights from last month:**

Disco  
Men's Group to Hanmer  
Toy Collector Museum  
Decoupage Craft projects  
Mosaics, especially having it each week  
Visiting Airplane Hangars  
Swimming, badminton, table tennis, gym  
Christian Fellowship  
Lake Roto Kohatu walk  
Getting out in the fresh air, making friends  
Sewing group  
Budget lunches  
Wigram Airforce Museum



## **Last Month's New Programme Ideas:**

Middleton Railway Yards – programmed for Mens Group.  
Buddhist Temple on Marshlands Road – to be programmed.  
Rakaia Salmon World and Art Gallery – will combine with trip to Ashburton.  
Personal Training and Fitness Group in the park – will be programmed at West.  
Animal Farm at Dunsandel – programmed October.  
Bird Aviary in Rolleston – Annabel away – will discuss next month.  
Craft weekly instead of fortnightly – not enough members turned up.  
Show Day for Alpaca's and A & P Show programmed.

Ashburton Boulevard Day and Bookarama in Ashburton – programmed for Women’s Group.

**New Programme Ideas:**

Beach BBQ – programme in Summer

Line dancing

Another disco - would like more variety of music next time

Mega Jump – programmed for Men’s Group at end of September but will be programmed again for everyone

Horse riding

Hanmer trip

**Staff notices:**

Thanks to George for doing lunch in Annabel’s absence.

Equally Well, a programme promoting healthier lifestyles received a national award. Step Ahead has embraced the Equally Well philosophy and promotes healthier lifestyles.

If you or someone you know still hasn’t had EQC repairs from September 2010 earthquakes completed, time is running out. Helen has further information if this affects you.

Reminder re the suggestions box behind the programme downstairs – this is for feedback on activities/complaints/compliments.

Reminder re the Art Exhibition – paintings that need mounting need to be in by 9<sup>th</sup> September. The opening is the 10<sup>th</sup> October.

**Anything else anyone would like to say:**

Jessica was thanked for being chairperson.

**Meeting closed at 1.40pm**



# 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 Men's Group

On Tuesday September 27<sup>th</sup> the group's local activity will be a visit to the NZ Rail Middleton Marshalling Yards. If you like anything to do with trains this will be a must see!



On Thursday 13<sup>th</sup> October the group will be visiting the Rangitata Diversion Race Irrigation Scheme near Methven. We have been fortunate to be able to get the manager Neil Steven's on board to show us around the whole scheme which will also hopefully involve a look at the Highbank or Montalto power stations. Don't miss this opportunity to have a good look at this multi-million dollar scheme so important for the Canterbury economy.

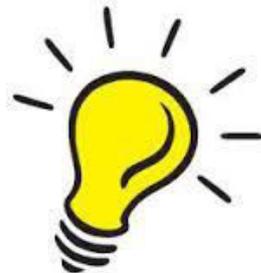
# My Great Sunday Morning

My great Sunday morning started the best possible way after a good night's sleep. Having my breakfast, going for my daily walk, spending some time in the church vegetable gardens & watering them. Coming back to the flat, washing some clothes in the washing machine, hanging them on the clothes line, and watching some TV. Walking up to Merivale, getting some things from the supermarket, coming back to the flat, unloading the things I'd brought from the supermarket. Composing, writing some music. Having my main meal at lunch time. Ringing my youngest sister, talking to her on the phone. Washing up the lunch dishes at the end of a great Sunday morning.

*William S*

## Christian Fellowship Verse

Your word is a lamp to my feet and a light for my path.  
Psalm 119:105



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*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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