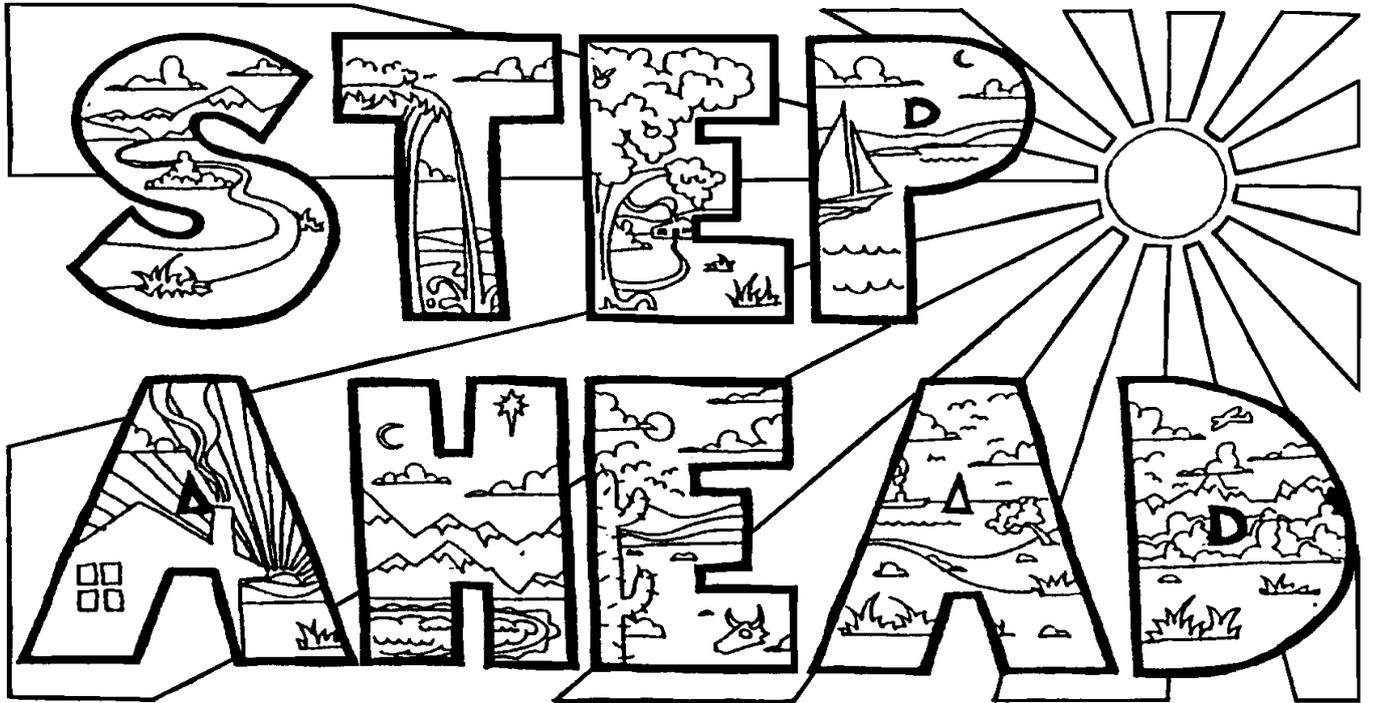


OCTOBER 2017



A COMMUNITY BASED REHABILITATION ORGANISATION

Step Ahead Art Exhibition Opening
3:30pm Eastside Gallery
Monday 2nd October



AGM - Tuesday 31st October
Holy Trinity Church



A Note from Helen

Spring is here after what seemed like a really cold winter. The longer days are very noticeable and hopefully encourage us all to get outside a bit more.

The AGM this year will be held on 31st October at the Holy Trinity Church across the road from Step Ahead. This is an opportunity to hear about the previous year and also formally elect any new board trustees. Some light refreshments back at the house along with an opportunity to talk with the board trustees will be on offer after the meeting so hopefully you can join us.

The annual exhibition of member's art, crafts and other creative work, is opening on the 2nd October at the Eastside Gallery in Stanmore Road. It will be great to see another fantastic collection of arts and crafts completed by Step Ahead members. Congratulations to all the artists and craftspeople who have their work on display. The works will be on display until 13th October is also open to members of the public to view so maybe you will have a chance to go and check it out if you can't make it to the opening.

This is a really nice time of year to try something new, and as well as the regular activities, there are some good opportunities on offer during the month to get out and enjoy some of the lovely spring weather.

Hope you have a good month and we look forward to seeing you soon.

Helen



Stanmore Road 20's and 30's Group

The 20's and 30's group provides a programme for people in this age group to socialise and enjoy the company of other members of a similar age.

This group is usually held once a month on a Tuesday.

Some members have suggested watching a movie as an activity so we will meet on the 10th October at 1pm to watch a DVD together.

Ideas for activities you might like to do and think others will enjoy can be suggested during the groups or let a staff member know.

Look forward to seeing you there

Georgia



Stanmore Social Group

Held once a month, the Social Group next meets at 1pm on the 11th October.

Activities for the group are decided on by its members, with facilitation by a staff member. New ideas for group activities are always welcome.

In September the group decided to walk to a local café and socialise over a coffee.

If you'd like to socialise and get to know other members in a relaxed atmosphere this could be a group you would enjoy.

Georgia



Stanmore Road Guest Speaker from MHAPS on Consumer Rights and Advocacy

Wednesday 4th October

Come along to hear, or for an update on what the Mental Health Advocacy and Peer Support service has to offer. They are able to provide one to one support and are a wealth of information.

See you there.



Step Ahead Art Exhibition 2017

Attention Artists, Crafts people and all other Creatives! The annual Step Ahead Art Exhibition opens on Monday October 2nd and will be on until 13th. Last year we saw a wide range of exhibits from members, which was fantastic. Perhaps you have been making something at one of our Step Ahead groups or in your own time at home. Last year we had paintings, drawings, handmade cards, photography, painted stones, mosaics, knitting, stone carving and an amazing textile art quilted wall hanging. So this year we will look forward to seeing what else people have made to exhibit. Entries close Friday 1st September.

Please see Karen, Selwyn, Kevin or Di for more information.



A & P Show

Thursday 16th November

Discounted tickets for the show need to be ordered in advance by the end of this month.

Step Ahead will go on Thursday 16th November and tickets are likely to be \$10.

If you would like a ticket purchased for you please let staff know by Thursday 21st September. Payment by that date would be appreciated.



Visit to CCC Council Chambers

On Thursday 5th October at 10:00 am we will be visiting the Council's City Chambers. If you've ever wondered what goes on in a Council meeting come along for a look to see how our Councilors work. We will also be shown around the Council building and have the opportunity to ask questions of our guide.



Chris

Stanmore Men's Group – Including trip to Lake Brunner and Moana

On Thursday 19th October the Men's Group will be heading off early for a trip across to the Coast to see the picturesque shores of Lake Brunner. The wee township of Moana is fronted by this beautiful lake with the Alps forming a spectacular backdrop. It is not often the group ventures this far and if you are looking for a great way to blow away the cobwebs come with the guys for a fantastic days sightseeing. Leaving early back a little late.

Late August we had a wonderful day over at Pigeon and Little Pigeon Bays. Fantastic weather and great scenery.

Chris



Step Ahead Trust Board Trustee Vacancies -



Step Ahead's Trust Board usually has up to three Member Trustees and up to five Community Trustees, who work together to provide overall governance of Step Ahead's business.

There will be one vacancy for a Member Trustee, and two for Community Representatives prior to the Annual General Meeting on 31st October where members formally elect the successful nominee to the board at the AGM.

We are calling for potential candidates and nominations for the vacancy. If you are interested in finding out more about these roles and the nomination process, please phone and talk to Helen.



Some creative writing from the Writers and Book Group members

We spent a session reading, discussing and writing 6 Word Memoirs. A memoir is a personal story based on an individual's life. A 6 word memoir is one of these personal stories but told in just 6 words.

Arguing with ghosts isn't mental illness - Christina G

The end was only the beginning - Dave H

What a wonderful day I had - Bill B

Revelations in Spirit, I'm not ashamed - Christina G

In isolation I studied the world - Dave H

Good times emerge when everything's peaceful - Bill B

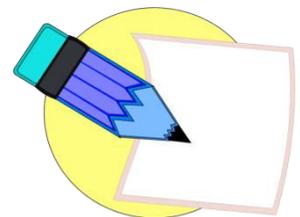
Tara M wrote a poem about her experiences.

I quit: lost all hope

The longest address in my life

It was not what I expected

Being pulled back into the future



Mother Poem

A precious, loving, caring mother has passed away.

Memories of her cheery smile and the great meals she cooked will with me always stay.

Like my mother I will carry on making earth a better place for all mankind in every way.

Until my life ends and my father calls me home at the end of the day.

Dedicated to my mother.

William S



Member Staff Liaison Meeting at Stanmore Road 31st August 2017

Attendees: Alan W, Alan S, Tracy C, Melvyn M, Aynsley H, Steve F, Annabel H, Max L, Owen M, Jenny T, Karen, Kylie, Helen & Di

Chairperson: Mike T

Highlights from last month:

Golden Mile Tavern
Sampan Restaurant
Ski trip
Kaikoura Trip with Rangiora
Hanmer Trip
Men's group to the movies
Quiz night
Mid-winter swim



Last Month's New Programme Ideas:

Annabel has arranged for a flyer to be put on the noticeboard regarding Journaling and Book Binding. The next course starts on 18th September.

There is enough interest to see if a speaker on sign language is available.

New Programme Ideas:

Archery – is planned for the warmer months
Little River Festival – happens in the weekend
Card making – suggested to raise this idea with the craft group or attend West card making sessions
Visit to Kilmarnock Enterprises
Imagination Station (Lego building)

Model Making at Woolston Club. Jenny has a contact and will investigate

A visit to the Council Treatment Centres

Yoga or Pilates at West

Staff notices:

The Step Ahead Art Exhibition opens on October 2nd. All exhibits need to be in by Friday 22nd September.

Good progress is being made on the West property.

The Annual General Meeting is being held on 31st October at 4pm. There is one vacancy for a member rep. Please talk to Helen for more info if you are interested.

A guest speaker from the Cancer Society is here on Thursday 14th September.

A bike maintenance session is being held on Wednesday 20th September.

In October one of the evening events will be on a Tuesday night.

Anything else anyone would like to say:

Thanks to Mike for chairing the meeting

Thanks to everyone for coming along.

Meeting closed 1.40pm



Karen's Kraft Korner at West Coming up in October

Cell Phone Cases – Due to some interest, we will be making cell phone cases. These will be out of soft leather or patterned/embellished fabric.

Op shopping for crafts – Some time ago we went op shopping for craft materials and will be doing this again. Always fun seeing what we can find in materials or inspiration.

Eco Store and Bryce Gallery – not strictly a craft activity but the Eco store is fun to explore. With the Bryce Gallery being in the area, I thought we could pay a visit. With such a variety of art work you will be sure to find something that appeals to you.

Jewellery Making – This is always popular, we have some beautiful “jewels” as in a lovely range of glass beads to do something with.

But Wait There's More! – Keeping in the vein of doing things that are outside my usual craft orbit, coming up I will be taking a group into Cathedral Square to have lunch. You can purchase from one of the various food carts or bring your own. Then we are going to have a look around the inner city at what's happening. The other activity of note is going to the Ashburton Show (yes It's that time of year again) bring your own lunch or purchase a hotdog maybe!



Member Staff Liaison Meeting at West

28th August 2017

Attendees: Robert K, Constance B, Kim H, Aynsley B, Robert W, Sharon R, Linda S, Kevin & Di

Chairperson: Patrick K

Highlights from last month:

Badminton and the museum visit

Table Tennis with Stanmore

Leek & Potato Soup

10 pin bowling on Tuesday

Cooking for One & Healthy Baking, - especially the

Sausage Rolls and Fish Pie

Walking at Styx Mill



Last Month's New Programme Ideas:

Museum visit and art gallery are regularly programmed on a Tuesday and are good "Plan B" options in wet weather

There are several outings to see the spring flowers in September

A visit to "Hakui - Women of Kai Tahu" exhibition at the museum - programmed on Tuesday 31st October

Visit to Warwick Rare Breed Farm planned for the end of November

A fishing outing - needs more support to go ahead

Canoeing on the Avon has some interest but more interest needed to go canoeing at Lake Hood

Softball, Frisbee golf and other outdoor sports in the park are starting in October

The beginners tramp and exercise in the park are continuing fortnightly on a Friday

A light lunch on a Tuesday in October will be trialled

New Programme Ideas:

Op shopping for art and craft on a Friday pm



A visit to the Eco Store and Bryce Gallery

Leather cell phone case

Fabric wreaths

Dog biscuits and toys

Golf at Riverlands

Mini golf and golf driving range - at the same location

A BBQ at Waikuku on Wednesday 11th October with Rangiora members is planned

Friday Street Food Market in Cathedral Square

Court Theatre or Theatre sports – let staff know if you are interested

On October the 12th (Thursday afternoon) West will be joining Stanmore members for Cricket in the Park

Horse Riding at Waimak Horse Treks

Staff notices:

Please keep the tea and coffee area tidy

Anything else anyone would like to say:

Thanks to Patrick for chairing the meeting

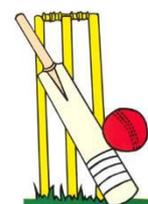
Meeting closed 1.30pm

Cricket in the Park

On October the 12th (Thursday afternoon) West will be joining Stanmore members for Cricket in the Park.

We play at the rear of Beverley Park, near the Stanmore house.

No experience required! Come along for a casual, fun filled game and enjoy a cuppa afterwards



Member Staff Liaison Meeting at Rangiora 14th August 2017

Attendees: Leanne M, June V, Clare H, Barbara S, Dale B & Anna

Chairperson: Graham L

Highlights from last month:

Day trip to Methven and Mt Somers
Swimming is going well
Day trip to Akaroa

Last Month's New Programme Ideas

A speaker from St Johns - being booked
A trip to Okains Bay - planned in October

New Programme Ideas

Motorbike Museum in Avonhead
Ten Pin Bowling
Botanical Gardens
Daffodil Farm Visit

Staff Notices? None

Anything else anyone would like to say?

Meeting Closed - 11am



Member Staff Liaison Meeting at Ashburton 18th August 2017

Attendees: Christine H, Annette B, Julie S, Julie C, Diane A, Janet C and Anna

Chairperson: Sarah T

Highlights from last month:

Willowbank was really enjoyable, great fun feeding the eels.
Good to have sewing machine available.

Last Month's New Programme Ideas:

A day with West - will be programmed soon

New Programme Ideas:

Lavender Bags for Sewing
Birdfeeders
Glass Painting
Pottery
A&P Show Ashburton
Orari Mini Golf
Flower arranging tutor



Staff Notices:

A page is available in the newsletter so if you have something you would like to put in please let me know

Anything else anyone would like to say?

Meeting Closed - 2pm

West Pool and Darts

On October the 5th (Thursday afternoon) West members are going to The Papanui Working Men's Club to play pool.

This is a newly built club that provides approximately 6 pool tables and cues for all to enjoy.

We play singles and /or doubles, depending on the number who attend.

All welcome, at any level of skills.



West Women's Group

This month we will be heading out to the beach at Sumner for a walk.

Come along and enjoy the sun, sand and sea and socialise over a cuppa or purchase a coffee or ice cream from the café at Scarborough (optional).

This is programmed for 26th October at 1pm.



A Cold One!

It was fun, it was frivolous, it was fantastic, it was photogenic (ok, not that one), and it was freezing!

One balmy Friday morning in August (not quite mid-winter) a few intrepid (some would say foolhardy) adventurers were taken for a dip in the calming waters of New Brighton beach.

We arrived to a nearly uninhabited beach and proceeded to don our swimming apparel. Then we bolshily approached the water and tentatively dipped our toes in the beckoning waves. Then it was all on. Under we went: for better or worse. It was cold. Needless to say we didn't stay in any longer than we had to. So back to the van, our support crew of one (thanks Chris) and warm dry clothes. Back to Stanmore and a steaming bowl of hearty vegetable broth (thanks Di)

We had quite an "interesting" debrief afterwards and plans for a bigger and better splash next year – to which you are all cordially invited.

I guess there are various reasons why one should participate in this little act but I find it symbolically helps wash away the winter blues and look forward to the welcoming spring time, longer days and warmer weather!

Steve F



Winter Morn

Puss is by the heater
It only goes on one

Puss went out to the lounge
And so the days begun

She's looking into the red
Of the radiant Bar
Its cold outside
So she won't be going far

In the distance a banging
just what can it be

It's the rubbish truck
It's difficult to get out you see.

Paul J



Great Soaky Sunday

I woke up praising God, having my breakfast and a cup of tea, doing some pastel drawing, playing my piano composing music, satisfies me. Then I clean the sofa and chairs, have my tea, write a poem, and watch a DVD at the end of a great Sunday.

William S

Has Chivalry Died?

August 23 2017

Men's day trip around the bays starting at 9:30am, winding around the hills while soaking up the views of the bays were beautiful in crystal clear weather, Up and down round and round the bays we went even into those with dead ends that we had to find ways to get out of.

Then it happened on our way to Diamond harbour a sheep yes a sheep stranded on a post, a shout went help that sheep that poor lost sheep left to suffer a stop of the brakes and a quick turn around of the van and back to the site but alas he had nowhere to stop so on and on, on and on we went km after km to find a place to turn finally we did and then chase back to find the lost sheep and yes we did. Out burst the young man determined to save the day - well for the sheep. Up he went to the lost sheep and lifted her off the post (or was it a fence) happily the sheep trotted off to join her friends most grateful to be free at last.

So what of that young man a knighthood?

We call upon Helen McLaughlin General Manager of Step Ahead Arise sir Chris O'Brien keeper of the lost sheep!

A great end to a successful day.

Contributed by "The Spy"



Need to talk?

Two phone services on offer

Free call or text 1737 or Comcare Warmline

Need to talk is a free call or text 1737 from any landline or mobile phone, 24 hours a day, seven days a week.

This number will connect you with a trained counsellor who will be a mental health and addictions professional.

This service has originated from the National Telehealth Service mental health and addiction helplines (depression, gambling and alcohol drug helplines) but is not tied to a specific mental health issue or condition. These helplines will still be accessible through the same numbers. The new 1737 number creates a new front door and is a result of consumer and sector feedback.

Or

Freephone - Warmline Canterbury 379 8415 or 0800 89 92 76

Warmline is a mental health peer support telephone service. Telephone peer supporters have all had personal experience of mental illness and/or addiction and provide non-crisis confidential support. Phone anytime between 1:00pm and 12:00am any day of the year.



Newsletter Contributions

The deadline for the following month's newsletter is the first Wednesday each month, i.e. the deadline for the November newsletter is the first Wednesday in October.

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!



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



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.



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 H, Sarah B, Louise R, Merrin D, Val S and Barbara M (Stanmore Road members), Sonia at (West), 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.



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.



Lasagne

300g beef mince	1/2 onion finely chopped
1 teaspoon crushed garlic	1/4 cup tomato paste
1 cube beef stock	1 x 400g can chopped tomatoes
1 tablespoon dried oregano	1 tablespoon brown sugar
1/2 packet of lasagne	optional grated carrot

Cheese Sauce

50gm butter
1/4 cup flour
1 cup warmed milk
1 cup grated cheese plus extra for topping



Preheat oven to bake at 180C.

In a large frying pan, heat a little oil. When the pan is hot, add mince, breaking up with a wooden spoon. Discard any fat from pan. Set aside. Over a medium heat add a dash of oil. Add the onions, garlic, carrot, stir until soft. Add the mince with tomato paste, stock, tomatoes, oregano and sugar. Simmer gently 25-30 minutes or until a thick sauce.

To make cheese sauce

Melt butter in large saucepan over a medium-low heat. Add flour & stir. Remove from heat & slowly add milk, whisking all the time, until smooth. Return to heat & cook, stirring until thickened. Add the cheese, stirring until smooth. Remove from heat.

Grease large baking dish. Add a layer of lasagne sheets & spread a third of the meat sauce followed by cheese sauce. Repeat until ingredients finished, finish with a layer of cheese sauce. Sprinkle with cheese. Cover with foil & bake for 35minutes. Remove foil & cook further 10minutes or until golden brown. Rest for 10 minutes, serve with salad

Tramping Group

On Friday 1st September our Lake Catherine trip was postponed because of bad weather. A small group of us went down for a coffee to plan the October programme instead.

Other trips scheduled in September were Lake Rotokohatu Lakes and the Lee's Valley. In October we will be off to Woolshed Creek down at Mt Sommers and a trip up Mt Herbert from the Port Levy Saddle.

Come along as the weather improves. The health and mental wellbeing benefits of tramping are well established.



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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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