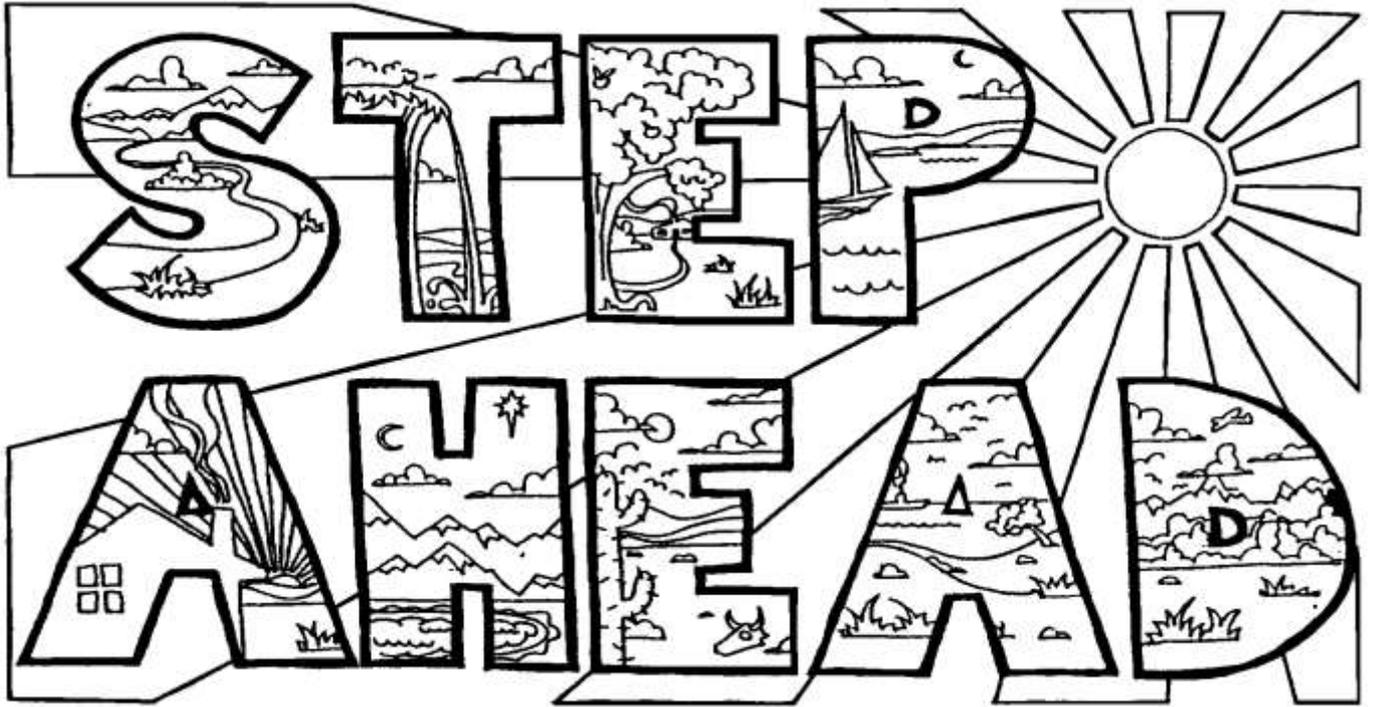


OCTOBER 2018



A COMMUNITY BASED REHABILITATION ORGANISATION

**Step Ahead Art Exhibition Opening
3:30pm Eastside Gallery
Monday 1st October**



A Note from Helen

October already! The longer days are very noticeable and hopefully we are a bit more encouraged to get outside and enjoy the brighter, sunnier weather.

The Step Ahead exhibition of members art, crafts and other creative work, is opening at 3:30pm on the 1st October at the Eastside Gallery in Stanmore Road. Another fantastic collection of arts and crafts completed by members of several different groups will be on display until Friday 12th October and some pieces will be for sale. Congratulations to all the artists and craftspeople who have their work on display.

New members have often heard about Step Ahead from a friend who already attends at one of the bases and really enjoys the opportunities. If you know someone who might be interested, don't forget to let them know about what the programmes have to offer and how to get more information, either by phoning the office or checking the website.

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



Step Ahead Art Exhibition 2018

1st – 12th October

Step Ahead is holding its annual exhibition of members work this month, to coincide with Mental Health Awareness Week. It will be at the Eastside Gallery, on the corner of Stanmore Road and Worcester Street, opening at 3:30pm on Monday 1st October.

See you there!



A & P Show

Thursday 15th November

A limited number of Tickets for the show have been purchased Step Ahead is going on Thursday 15th November.

Tickets are \$12 and will be available to those members who pay, on a first come, first served basis.



Guest Speaker from Awareness (Canterbury Action on Mental Health and Addictions)

**Monday 1st October 10:30 at West
Transport from Stanmore provided, leaving at 10:00**

Awareness is a network of people who have used mental health or addictions services, or identify with experiencing mental illness, substance use issues or distress. Meetings are held on the second Monday of the month from 12.30pm and are a welcoming space open to anyone who identifies with having personal experience of mental illness or addictions.

Kelly is hoping to hear what Step Ahead members experiences of the mental health system is like at the moment – what is going well, what do people think could be improved, especially issues that a lot of people are noticing.

Awareness - Canterbury Action on Mental Health and Addictions tries to make a difference to services, and how people can get involved in the systemic advocacy network.



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.



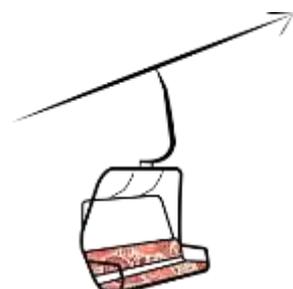
Stanmore Men's Group

In July the Men's Group enjoyed a meal at the Famous Grouse Restaurant at Lincoln. A proposed trip to Glenfalloch station in July was postponed with a target day of Thursday 13th September. This will be a very scenic trip into the headwaters of the Rakaia River Valley. Come along to get out of town for the day. On the following Tuesday (18th September) we will be visiting the Anne Frank exhibition at the Air Force Museum. Proposed October events include a trip to Arthurs Pass on Thursday 11th October and a BBQ lunch at Waikuku on Tuesday 30th October. Now that the weather is getting warmer it would be great to see you out and about.



Adventure Park Chair-Lift Ride

On Wednesday 5th September Stanmore and West combined for a ride on the Christchurch Adventure Park Chairlift. It was a chilly afternoon so 15 well wrapped up bods headed off upslope four to a seat. Pre-ride nerve issues quickly dissipated as the splendor of the scenery swept past below. The ride took 10 minutes to get to the top where we took in the view across the city and the Canterbury Plains. Then it was time for the downward run which was, if anything even more exciting. This was definitely a popular activity and one which we hope to do again in future years.



Save the Date

The AGM this year will be held on 27th November at 4pm 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. Light refreshments back at the house, along with an opportunity to talk with the board trustees will be on offer after the meeting. Hopefully you can join us.



Riccarton Baptist Church Cooking Course for Men

This church started a course for men wanting to learn to cook on Thursday 13th September and will run between 5:30pm to 7:30pm for the next consecutive six Thursdays. Although the course will have already started you could attend the remaining sessions. The focus is on preparing tasty, hearty and healthy meals on a budget and involves cooking the dinner and then dining together. Please make a small donation to cover the cost of food. The venue is the Riccarton Baptist Church at 80 Rattray St, Riccarton. For more information, contact Chef Paul on 027 488 0695 or Carol on 027 282 0693

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 Tramping Group

Tramps in July included a walk over the Bridal Path to Lyttelton and a trip up the Kowhai River valley near Porters Pass.

In August the group enjoyed a walk to Godley Head and return with Di and a walk in the snow, up the Broken River Ski Field Road. The ski field was open and the views of the mountain terrain awesome.

In September, trips to Lake Ida near Lake Coleridge and a new trip to the Three Deans Range were scheduled. October will see us visiting Nikau Palm Gulley and the Pinchgut Hut near North Loburn.

Come along and enjoy spending a day out walking in the wilds.

Chris



Justice Precinct Visit

The Christchurch Justice & Emergency Services Precinct is a \$300 million anchor project, led by the Ministry of Justice. The Precinct brings together all justice and emergency services in one purpose-built, leading-edge precinct in central Christchurch. Stanmore will be visiting the Precinct on **Wednesday 17th October at 1:00 pm.** We will be shown around a number of the key features of this development including the Courtrooms.



Member Staff Liaison Meeting at Stanmore Road Thursday 30th August 2018

Attendees: John S, Paul C, Claire M, Marion N, Anne W, Karen S, Marion W, Cushla T, Alison M, Alan W, Grace M, Robin A, Kristina P Raewyn, Di, Kylie, Chris, Karen and Helen.

Chairperson: John S.

Highlights from last month:

Budget Lunches.

Documentary Groups.

Cooking for One – Potato Bake.

DVD and evening meal.

Women's Group card making with Barbara M.

Arthritis Guest Speaker.

Day Trip to Hanmer.



Last month's new programme ideas:

Woodturning and other craft near Ashburton – specific information is needed.

New programme ideas:

Ice Skating – there isn't enough interest in this activity.

Leatherwork – good to discuss at craft group.

Canoe Hire on Avon – can do this when weather is warmer.

Mini Golf.

Crochet Group – Alison and Di will talk further about this.

NZ Sign Language – an update from Kevin is needed.

Staff notices

Holistic Wellness Group - visiting Liberty Market.

Step Ahead Art Exhibition is fast approaching.

Guest speaker on Diabetes -Thursday 13th September.

Men's Group trip to Glenfalloch – September 13th



Chris can provide IT tuition.

Wednesday 12th September a visitor will be asking for feedback re a "Mood Management App" that he has developed - will be here at lunch time.

It was agreed that Monday coffee morning will longer serve food from October so as to support healthier lifestyles and physical wellness. Desserts at budget lunches also only provide healthy options.

Anything else anyone would like to say:

Thanks to John for chairing the meeting.

Meeting Closed at 1.35pm



Newsletter Contributions and Deadline

The deadline for the following month's newsletter is the first Wednesday each month. The deadline for the October newsletter is the first Wednesday in September.

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 Rangiora

20th August 2018

Attendees: Dale B, Leanne M, Kenneth M, John S, Jeanette B, Graham L, Chris and Anna

Chairperson: Leanne M

Highlights from last month:

Trip to Akaroa.

Visit to Methven/Mt Somers – Shepherds Huts.



Last Month's New Programme Ideas

Double Decker Bus – too expensive to do.

Visiting Chertsey Book Barn-when we go to Ashburton for Boulevard Day.

Day out to Rolleston coming up soon.

Going to Birdlings Flat in October.

Day out to Banks Peninsula in November.

New Programme Ideas

BBQ will be at Spencer Park instead of Pegasus.

Day fishing at Little Akaloa.

Toy Collector Museum.

Ten Pin Bowling.

Deans Bush.

Trip to Kaikoura.

Arthurs Pass – walk up to Devil's Punchbowl.

Trip on the Orbiter Bus in Christchurch.



Staff Notices: Kiera (a Nutritionist who visits Stanmore Road) will do an introductory session in October. If there is enough interest further sessions could be programmed.

Anything else anyone would like to say.

Good to have Chris back.
Thanks to Leanne for being the chairperson.

Meeting Closed at 2:15 pm

Say these out loud - Ours

- Dour flour hour sour
- Four pour tour your
- Dour four flour pour hour tour sour your
- Four dour pour flour tour hour your sour
- Cave gave nave pave rave shave slave save wave have



Have a great day

Contributed by Susie

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.



Member Staff Liaison Meeting at West

27th August 2018

Attendees: Karen E, Jill K, Susie W, Ian P, Aynsley B, Constance B, Wendy H, Patrick K, Paul M, Kim H, Toni H, Lynne G, Marie C, Kevin and Di.

Chairperson: Jill K.

Highlights from last month:

Enjoyed op shopping.

Tai Chi is my favourite.

Beginners tramp is great.

Painting with Karen on Friday.

The new documentary group is interesting.

News and views discussion group is interesting because we look at stuff going on outside our daily activities.

Fun quiz gets better and better.

Guest speaker on budgeting was helpful.



Last Month's New Programme Ideas:

DVD – *No one came to the activity.*

Women's Group -see Mamma Mia 2 at Cinema. - *Difficult to programme a specific movie at the theatre because cinema's only release timetables two weeks in advance.*

Paper Mache eg: Make and decorate Balloon – *Programmed in September.*

Bowls – *programmed monthly on Wednesday morning.*

String art pictures. – *Could develop into an embroidery card craft idea that some people are interested in.*

Lanterns – *Several options, need to select an achievable design.*

Wind Chimes – *Programme in October/November - terracotta version.*

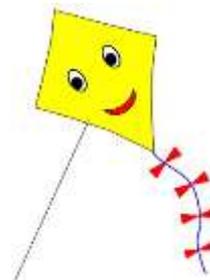
Dream Catchers / Sun Catchers – *programme in November.*

Taiora QEII visit – *Programmed in October.*

Herb garden at new site – *Can do this with the garden group.*
Basket Weaving – *Currently programmed.*
Women’s Group – pamper afternoon – *Support and ideas building for this. Aiming to contact a person to demonstrate make up technique.*
Seals at Kaikoura – *There was a trip in May. Will go again early next year.*
Little River and Birdlings Flat – *Trip on this month.*
Geraldine – *Been recently.*
Rare Breeds farm plus Cookie Time visit – *Lots of interest for this and we need a minimum of seven members to make this happen - programmed in October.*
Rapaki Track – *Will programme for beginners tramp - hilly*
Kate Valley Tour – *Programmed for October.*
Observatory – *Better during winter months when it is darker earlier.*
Shearers Quarters – Temuka (Seadown Road), farmyard animals plus café – *long way to go, need to confirm pricing.*
Light lunch - Corn soup – *Will programme in November*
- Fritters – *Will programme December.*

New Programme Ideas:

Castle Hill, Akaroa.
Pincushion teacup craft or Candle in a cup.
Kite making and flying.
Cat Café.



Staff Notices:

Times listed on the September programme may not be correct, as we are not in the new house yet.

Anything else anyone would like to say?

Ian submitted a statement to the Mental Health Enquiry.
Awareness guest speaker coming in October.

Thanks to Jill for chairing the meeting.

Meeting closed 1.30pm

Member Staff Liaison Meeting at Ashburton 24th August 2018

Attendees: George W, Christine H, Janet C, Annette B, Noeline H and Anna.

Chairperson: Noeline H.

Highlights from last month:

Guest Speaker from Civil Defence.
Lake Lyndon /Castle Hill.
Game of Housie.



Last Month's New Programme Ideas:

Visiting the Glass Studio is planned in November.
A visit to Wigram Museum is programmed in September.
A craft day is planned with West in November.

New Programme Ideas:

Swap Meet at Mcleans Island.
A&P Show in Ashburton.
Visit to Memorial Wall and feed eels in ChCh.
BBQ in Tinwald Domain for a budget lunch.



Staff Notices:

There will be some small increases to some activities over the next few months.

Anything else anyone would like to say?

Thanks for your ideas.
Thanks to Noeline for chairing the meeting.



Meeting Closed at 11:15 am

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, Sarah B, Merrin D, Val S and Barbara M (Stanmore Road members), Sonia and Susie 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.



My Great Friday Morning

My Great Friday morning started in the best possible way after a good night's sleep. With me having a cup of tea doing some reading, reading Gods word. Walking around to the church vegetable gardens, watering the church vegetable gardens, having a prayer time saying my prayers, going for my daily walk, doing my rubbish round, picking up my rubbish. Then my Case Worker picked me up from the flat, and we got some coloured stones from the garden shop and we went for a lovely walk at the Botanic Gardens. We had a cup of tea at the café at the Botanic Gardens. My Case Worker dropped me and the coloured stones off at the flat. I finished off things in a memorial garden area I've created in my garden, putting down the rest of the coloured stones. Finished off a great Friday morning having my main meal at lunchtime.

Contributed by William

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.



Christian Fellowship Verse

His Quiet Coming

His coming was quiet...
no clash of cymbals, no blast of trumpets...
just the midnight song of angels
and the awe-filled sighs of shepherds
on a hillside hushed by holiness.

His coming is quiet...
Just a whisper of love in the silence
and a gentle promise to the humble heart
that bids Him welcome.

*If my people, who are called by my name, will humble themselves
and pray, then will I hear from heaven.*

2 Chronicles 7:14

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

www.stepahead.org.nz

Email: info@stepahead.org.nz

Facebook: Please like our Facebook page – Step Ahead Christchurch

Phone 389 4001

Freephone 0800 688 732

Fax: 389 4042