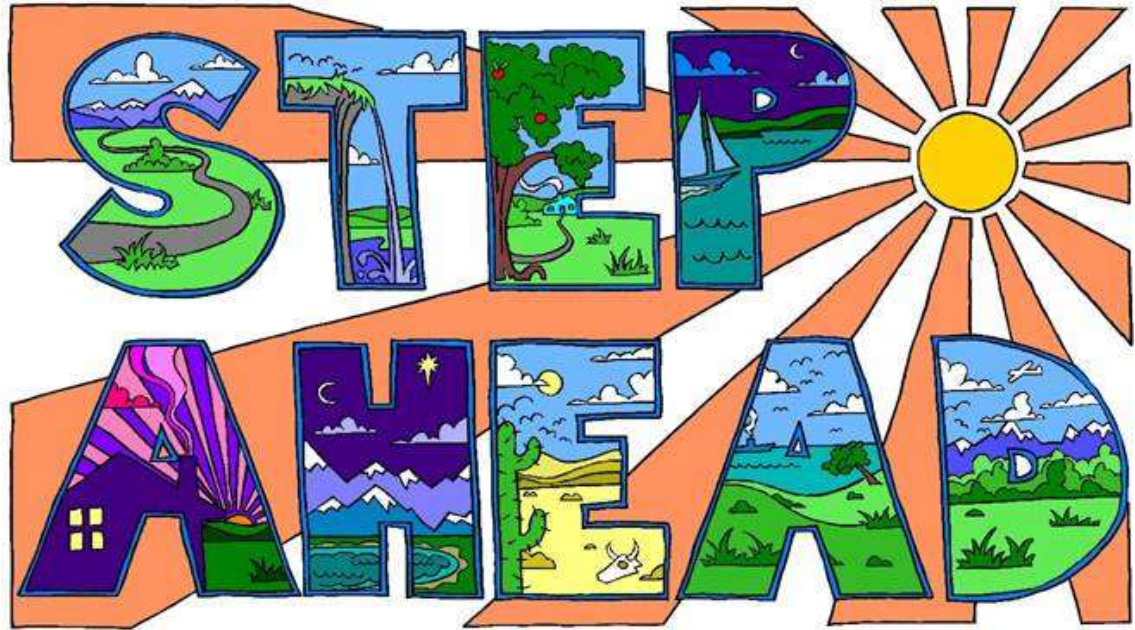


OCTOBER 2020



Hi from Julie

October in Christchurch is a great place to be, with spring bulbs and blossom popping up everywhere and with daylight saving kicking in as well, it makes it easier to believe sunny days and warmer weather are on the way. It also makes it much easier to come and visit Step Ahead and chose from all the varied activities on offer. Lots happening in October so we hope to see you along.

The Annual General Meeting of the Trust is on the **3rd November at 3:00pm**. Please come along and hear how the Trust has fared during the year. The AGM is held in the Church Hall across the road from our Stanmore Road house and we serve refreshments directly afterwards back at Step Ahead. We are looking for one new Member who would like to be on the Board. This role requires the Member to come along to the Board meetings once a month and to represent the Step Ahead members. If you are interested and would like to know more, please come and have a chat to me.

It's also General Election month so time to have your say and go and vote. Also this time there are an extra two questions to be considered. I hope you have made time to read the information and make an informed decision about these two important pieces of legislation. It will be interesting to see the outcome.

Julie



Pink Shirt Day

Friday 16th October

Pink Shirt Day is an opportunity to be part of the movement to end bullying, celebrate diversity and spread aroha and kindness.

To find out more visit www.pinkshirtday.org.nz

It is celebrated annually around the globe, and began in Canada in 2007 when two students took a stand against homophobic bullying.



New!

Yoga with Tracy at Stanmore Road

on *Thursday 8th and 22nd 2pm*

Yoga offers relaxation while increasing your physical fitness and flexibility. Yoga also offers the opportunity to learn postures and breathing which will improve your mental and physical well-being by integrating body, mind and breath.

Wear loose clothing e.g. track pants.

Book in as usual!





Stanmore Road Thursday Morning Walking Group

This group will start at 10:30 for a trial period, beginning in October. Hopefully the slightly later start time will make it a little easier to join the group. Come along, walk at your own pace in a friendly group and share a cuppa.

See you there.

Christian Fellowship Group

Just to let you know this group is back to starting at 2pm from October onwards.



Tai Chi

In October transport is being provided from Stanmore Road to join the Wednesday morning Tai Chi group at Puriri Street.

Book in as usual.



Darfield Art Week Visit

Thursday October 15th

It is Darfield Art Week time again with the usual big exhibition on at the Community Centre and others at Selwyn Gallery and the Darfield Library. It is always good to see a wide range of art from both amateur and professional artists.

We will be departing Stanmore at 9:30am and be back in time for stone carving. Bring your own lunch.



Yoga is Returning at Stanmore Road

Thursday 8th & 22nd October 2pm

Hi my name is Tracy - I have been teaching yoga for almost 20 years, practicing since my teens, I was trained by The British Wheel of Yoga in London and am dedicated to bringing yoga to the community.

Anyone can practice yoga as all poses and breathwork can be adapted for the individual. Yoga will create a strong and flexible body and a relaxed and peaceful mind.

I look forward to meeting you.

Tracy



Tech Update

Since returning from the lockdown Step Ahead has now issued 15 Chromebooks, 13 Tablets, 20 smart phones and 46 free modems to members. Most people who have been issued with the devices have opted to make subsidised purchases. You will pay less than half the normal price for these devices. They can be paid off over a period of months if this is easier.

Well done to all those who have taken the plunge and invested in a new device and/or a modem and can now access the internet cheaply. It's great to be able to see so many more of our members using technology and taking part in the online community. The modems are free and have no contract requirements. Via this programme you can access 30 GB of data for only \$5 and repeat this up to 5 times a month. This programme has been a huge success and some members are saving as much as \$120 a month. If you are interested in joining these members we still have devices to give out so get in touch with Chris who can give you the details. Approximately 80% of all our members are in a zone that can access these cheap modems so cross your fingers that you are one of them.

We have been running Zoom activities on Wednesday afternoons with the aim of getting as many people meeting with us as possible. If you have not tried Zoom come and talk to us, we can get you underway – and we promise to support you along the way. We have also been running Tech User Groups at Step Ahead on Thursday afternoons. Chris is available for one on one appointments to go over any issues you may be having.

For those of you who are ready for the next step in your tech training keep a look out for our visits to local libraries to learn even more.



Member Staff Liaison Meeting Summaries –

Stanmore – 27th August 2020

Highlights from last month:

Mid-winter lunch
Music and Mosaics group
New Brighton pools
Making masks at sewing
Craft group, especially making body oils
Evening games and dinner instead of Karaoke. Fish pie was delicious and the Easy Yo yoghurt is much nicer than the yoghurt from the supermarket
Op shopping

New Programme Ideas:

Laser Strike, Ice Skating, Ukulele group maybe combined with music
Horse Riding – planned in November
Tai Chi – can combine with Puriri
Sales Cabinet and the ability to hang clothes up

Staff Notices:

The deadline for this year's art exhibition is the **21st of September**.

There is a guest speaker from the Electoral Commission talking about how to make sure you are eligible to vote.

Julie is also doing a fact based session on the Referendum questions.

We have a Yoga tutor starting in October.

The website is being redeveloped including the "3 person logo".

The Holistic Wellness group is cooking a Vegan recipe and will do this in the Puriri Street kitchen.

A session on 17th September during Maori language week is planned – we will teach ourselves.

Auditors are here on Tuesday and Wednesday next week and will want to talk to members.

My Great Wednesday Morning

My great Wednesday morning started in the very best way after a good night's sleep. Having a cup of tea, doing some reading, reading God's word. Having my breakfast, walking around to the church and watering the vegetable gardens. Having a prayer time in the church vegetable area. Then walking to Placemakers on Cranford Street. Getting a brick sealant and a paint brush at Northlands, doing some shopping, getting some things from Pak n Save and getting some money out of the ATM machine at the bank. Getting my hair cut at the barber's. Coming back to the flat having my main meal at lunch time. Composing some music, setting some words to music for my new song at the end of a great Wednesday.

William

Stanmore Writers and Book Group

In the group we did a creative writing exercise. We began with a list of 10 words, then wrote down the first word or phrase that came into our mind when we heard the word, creating a second word list. From this second list we chose 5 words/phrases and wrote a poem, prose or paragraph using them. My word list was: big postage drops felt frog

Mail
The big green frog
Felt rain drops on his skin
He flicked his quick tongue
To drink the rain in

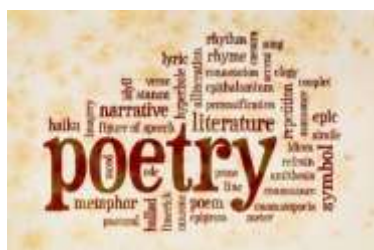
The big rain drops began
To make him quite damp
Where he crouched in the mailbox
A frog postage stamp
Georgia

Bill B. wrote using : pot of gold pine tree bath tub
watch out son of a preacher

Pine trees glowing in the wind
Like a pot of gold
I saw them when I was in
The bath tub
I heard a song
"Son of a preacher man"
I idolised her
I was given a watch out!
When trying to make her my girlfriend

Grace M. wrote using: love is rain flattering mail
sorter work

Love is universal, like the seasons, like our nature
Rain in the winter, sun in the summer
Our environment, true and our clean image strong
Memories ring true like our journey in life
Flattering and moving we are like gypsies as students
Farm work, my daughter works here
Driving trucks while I was a mail sorter
Thinking of collecting stamps
Love rings true with our connection with nature
New Zealand's environment important to us



Quit Smoking

If you would like some help, I am able to give out quitcards so you can go to your chemist and purchase gum, lozenges or patches at a reduced price.

Call the office and make a time to see me. I am in the office on Tuesdays and Thursdays.

Look forward to seeing you.

Anna (Rural Activities Coordinator)





Paying at Step Ahead

Stanmore now has an EFTPOS machine and can accept payment using eftpos cards.

So that means if you wish to pay for any of your activities using your eftpos card you can ask to use this device and the money can come straight out of your account.

At the moment this machine is just for use at our Stanmore Road house on a trial basis to see how often it is used and if members like to pay this way.



Step Ahead – Stepping Stones Art Exhibition 2020

October 12th – 22nd

This year's art exhibition opening is **3pm on Monday 12th October** at Barnett House Recovery Centre, 102 Domain Terrace in Spreydon.

Transport is provided from Stanmore Road and Puriri Street.

Book in as usual.

As usual artworks will be either for sale or display depending on the artist's preference. A wide range of creativity will be on display with performances from both Step Ahead and Stepping Stones people at the opening.

See you there!





Expressions of Interest in Trying Stonecarving

Over winter we took a break from stonecarving, beginning again in October. I am seeking expressions of interest from people who have not tried it before and would like to give it a go. How about coming to a free session in November and learning how to carve in Oamaru stone. If this appeals to you let me know and we will schedule this in the programme.

Karen



Rural members enjoying a visit to Geraldine



Fabric painting at Stanmore



Michelle and her amazing mosaic clock



Puriri members and their felt bunnies

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