



# A Note from Helen

Spring is here! Increasingly lighter mornings and longer days are very noticeable and daylight saving starts soon and there is at least one outing to see the daffodils on the programmes!

Thanks to everyone who came along to the Special Meeting to consider the restructure of the Trust Board. Further information about the nomination process for prospective board members is available from the office, so talk to staff if you would like find out more about being a Trustee on the Step Ahead board. The AGM this year will be held in November and if there are more nominations than vacancies on the Board, a postal election will be held.

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 lovely afternoon.

After unexpected delays, some of the work needed on the Puriri Street site will be completed by the time you are reading this newsletter. We have needed to get the site cleared, some fences replaced and there is also some building work for which we have needed consent, to be completed before we are able to use it, hopefully in the not too distant future.

An exhibition of member's art 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 members work on display where the public can also view some of the fantastic work completed by Step Ahead members, some of which will be for sale. 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 good month and can get out and that we will all be enjoying some lovely Spring weather!

*Helen*



# Archery at the West Hall, 9 Puriri Street, Riccarton

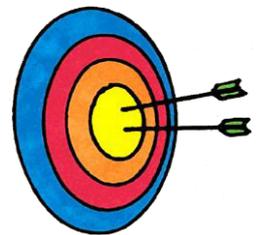
**Thursday 1st September**

Stanmore Road and West members will have the opportunity to try Archery this month. This is an activity that quite a few members expressed an interest in having a go at so it is exciting that we have been able to make it happen again.

A van will be leaving from Stanmore Road at 1pm. Check your programmes for details, book in and see you there!

Cost (\$5.00)

*Dí*



## A & P Show

**Thursday 10th November**

Discounted tickets for the show are ordered in advance by the end of this month.

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

If you would like a ticket purchased for you please let staff know by Thursday 22nd September. Payment by that date would be appreciated.



# Member Staff Liaison Meeting at West

22nd July 2016

**Attendees:** Susie W, Constance B, Toni H, Jan S, Ian P, Jessica S, Karen E, Kevin M

**Chairperson:** Jessica S

## Highlights from last month:

Keen to have badminton again

Enjoyed table tennis

Craft has been good - especially felted scarfs

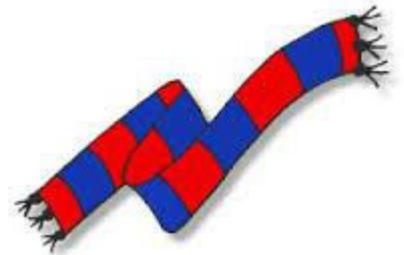
Enjoyed Tai Chi - Supportive tutors for Tai Chi

Walk along beach was great

Scavenger hunt planning was interesting

Enjoy the walks on Monday

The tea or coffee after doing a walk is great.



## Last Month's New Programme Ideas:

Day to Waikuku, Amberley and Rangiora: *An outdoor activity that will suit warmer weather*

Snow trip: *programmed August 17th*

Trip to Timaru: *This is a very long journey – what activity options would we be going to Timaru for? Eg: Art gallery, op shops, Aviary and gardens, waterfront??*

BBQ/sausage sizzle: *programmed August 18th*

Badminton: *currently programmed fortnightly on Wednesday with Stanmore*

Make a masquerade mask: *Pre-made masks are available for decorating at a reasonable price and we have a selection of resources that can be used to decorate them.*

Op shopping: *Will continue to programme on Thursday plus another day of the week, once a month.*

Stanmore Road market day at St Vincent de Paul (Friday morning): *We will try this in Oct.*

Movie at cinema: *Unable to confirm movie's being shown when creating programme details.*  
Meal at La Porchetta: *Programmed on Sept 1st*  
Confidence course (physical), Adrenaline Forest: *need more interest to proceed*  
Craft – Learn to crochet: *Programmed 9<sup>th</sup> and 16<sup>th</sup> Sept.*  
Craft – Make a lamp shade: *Looking for a cheap supply of lamp shades to decorate*  
Public speaking: *Booked a guest speaker on 26<sup>th</sup> Sept from Tecorian Speakers*  
Paper Mache craft  
Visit Ferrymead: *Programmed 29th Sept.*  
Floristry speaker/display: *Looking for contact*  
Line dancing: *Needs more interest*, Gym session in the hall  
Guest speaker on Budgeting  
New Brighton \$2 cuppa and black and white movie: *programmed 1<sup>st</sup> August*  
Pool and darts: *Currently programmed monthly*  
New Brighton for the day: *Will continue with walking groups there and programme a day at New Brighton in warmer weather.*  
Ice skating: *Needs more interest*  
Outing to Geraldine and or Peel Forest: *Is programed on Wednesday 14th September*  
Guest Speaker on Wills: *Looking for contact, needs more interest.*

### **New Programme Ideas:**

Exercise in the park / circuit training  
Rock climbing at the Rox (\$10 approx.)  
Decoupage  
Stone art (painting)  
Sushi making  
Visit a Marae  
Learning guitar  
Open craft – finish off projects



**Meeting closed at 1:30pm**

## West Craft in September

As requested at a Member/Staff Liaison Meeting we are going to have a beginner's crochet group at West. This is on the afternoon programme for the 9<sup>th</sup> and the 16<sup>th</sup>. I will teach you the basics of crochet and then make some granny squares which are very trendy at the moment.

On the morning of the 9<sup>th</sup> there will be a craft catch up for people who wish to finish projects e.g. cushions. We also have some left over craft materials that members may like to create their own masterpieces.



*Karen*

## West Baking in September

During September we will have three baking sessions

Date scones on Thursday 1st

Sultana or Raisin loaf on Thursday 8th

Banana loaf on Thursday 15th (a repeat due to popular demand)

Loaf making has proved to be popular over the past year as they are easy to make and they can be eaten plain, with a spread or heated as a desert with a spoonful of natural yoghurt.



*Tanya*

## West Ten Pin Bowling Highlight

On Tuesday the 2<sup>nd</sup> of August we enjoyed a great battle between the regular bowlers with Karen E coming out on top with her highest score ever of 119.

Great effort and a lot of fun had by all.



# West Art with Kate

We are very fortunate to have a new art tutor at West, fortnightly on Wednesday afternoon. Kate has worked with many different people and really enjoys sharing ideas and teaching creative techniques to get your ideas onto paper.



Also keep in mind that our annual Art Exhibition is coming up on Monday the 10<sup>th</sup> of October.

## West Special Opportunities

We have some amazing one-off opportunities this month, including, access to places people normally don't see and a visit from someone who could help you be heard.

On Friday the 9<sup>th</sup> we will visit the Christchurch City Council Eco Drop and Organic Processing plant to learn what we can do to improve the sorting of our rubbish and reduce the amount going into landfill and how our organic waste is turned into quality compost.

On Monday the 26<sup>th</sup> we will have a guest come to present information and ideas about speaking with confidence, whether it is to one person or to a group, to a shop keeper you don't know or a neighbour you do. Tecorian Speakers is a club that encourages its members to develop their speaking skills which increases their confidence when communicating to a variety of people in all sorts of circumstances. Come and learn some skills we can all use every day.



## Thursday Walking Group at West

The walking group is held every second Thursday at 10.30am. Now that spring is here it's a great time to visit some of the lovely parks and reserves we have in Christchurch and enjoy a walk in the great outdoors!!!



# Art Trip

It was a crisp fine morning when the Step Ahead group headed off to Ashburton for the day. Our first stop was at the Chertsey Book Barn, an old corrugated iron shed filled to the brim with books. The shelves are over 6 foot high and it is a maze to walk around and I wonder how they manage to classify all the books they have. There were certainly heaps of books to browse and choose from. We had morning tea there before heading off to Ashburton.

The Art Gallery is fairly new and the art exhibits caught everyone's attention for over an hour. It was nice to actually know one of the artists and Karen's still life was awesome to see. Well done Karen. Some members were able to have time to go through the museum downstairs from the Gallery while others spent more time looking at the art. It was fascinating looking at the different mediums used in the exhibits and trying to work out how the artist managed to get some very interesting results.

Following the Art Gallery visit we went and parked up to have lunch. We were fortunate this year to have fine sunny weather even though the air was very crisp. So some people had lunch sitting outside and others in the van. Some had time to walk around the shops and find that there is more to Ashburton than just the main street!

When we gathered back again it was a trip to the Eco Store, to the Red Cross and St Vincent de Paul Op shops. It was interesting to look through the shops and several purchases were made. After the Op shop visits it was time to head home. It was a lovely day out outing with heaps of variety to interest us all.

Thank you Karen for organising the trip which was really enjoyable.



# Midwinter Swim

A hardy bunch of four brave staff and members headed over to New Brighton Beach on Thursday 21st July. Taking their lives into their hands they plunged into the waves for a brief but extremely invigorating dip in the Pacific. It was a cold but sunny winter's morning and the sea temperature was at the expected degree of fridity. Amazingly after coming up off the beach we all began to feel a warm glow and headed back to Stanmore for hot soup. We will probably hold this event next year so keep your eye on the calendar if you feel you missed out.



## Book Review by Bill B

New Zealand's Helicopter War by Ian Mac Gibben

This book outlines New Zealand's role in the Vietnam War. NZ started involvement with a decision by the National Government led by Keith Holyoake to send private medical specialists.

The first military intervention was the 16th Artillery Battalions based several miles from Ho Chi Minh City, later military personnel from Infantry Units were volunteers.

Over 35 New Zealanders died in the conflict and about 50 were wounded or disabled. New Zealanders were affected by Agent Orange and Napalm bombings, by the U.S planes, causing birth defects in their children and other disabilities.

To sum up this book it covers in details New Zealand involvement in the Vietnam War. The futility of War is also mentioned. People with an interest in the affairs of South East Asia may like to read this book.

It is available in Christchurch libraries.



# Member Staff Liaison Meeting at Stanmore Road 28<sup>th</sup> July 2016

**Attendees:** Louise R, Tracey C, Anne W, Alicia R, Christina G, Denise M, Steve F, Alan S, Owen M, PGH, Karen S, Merrin D, Rebecca L, Annabel, Melanie T, Jessica S, Mike T, Anna, Di, Helen, Kevin, Karen, Barbara, Raewyn

**Chairperson:** George W

## Highlights from last month:

Disco – good lighting, music. Would like to create a playlist next time

Visit to Hinds Glass Studio with Ashburton

Trip to Geraldine with Rangiora

Hanmer Tramping Group trip including swim

Rangiora Cheviot and Gore Bay Trip

Mid-winter swim

Decoupage Craft projects

Mosaics, especially having it each week

20's & 30's Group trip to Hanmer Springs

Writers and Book Group visit to Chertsey Book Barn

Painting Techniques Trip to Ashburton Art Gallery etc



## Last Month's New Programme Ideas:

Will visit Barry's Bay Cheese Factory when cheese making starts up again

Discussion Group & Recipe Book for Cooking for One – there is an article in the August newsletter seeking expressions of interest

Housie is scheduled in September & Horse riding could be a summertime special activity

A guest speaker on Budgeting scheduled in October

Scavenger Hunt van trip - can be scheduled adopting West route

## New Programme Ideas:

Middleton Railway Yards

Buddhist Temple on Marshlands Road  
Rakaia Salmon World and Art Gallery  
Personal Training and Fitness Group in the park  
Animal Farm at Dunsandel  
Bird Aviary in Rolleston  
Craft weekly instead of fortnightly  
Show Day for Alpaca's – Friday October 7th  
A & P Show in November  
Ashburton Boulevard Day – on Monday and programmed for  
Women's Group  
Bookarama in Ashburton



### **Staff notices:**

Information regarding the Step Ahead Trust Board review has been mailed to all members. A Special Meeting will be held on August 24<sup>th</sup> at 1pm across the road at St Francis Hall to discuss the review and vote on proposed changes to the Step Ahead Trust Deed. Speak to Helen if you have any questions. Stanmore Road afternoon activities will start one hour later, after the special meeting.

The annual Art Exhibition is planned for Mental Health Awareness week, opening on Monday October 10<sup>th</sup>. Art and Craft work needs to be submitted by the beginning of September.

Archery is programmed for Thursday 1<sup>st</sup> September at 1:30 in the West Hall.

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

Mike T is enjoying his job at 0800 Hungry

Jessica won two gold medals at the Special Olympics

George was thanked for being chairperson.



**Meeting closed at 1.50pm**

# Member Staff Liaison Meeting at Rangiora 18<sup>th</sup> July 2016

**Attendees:** Graham L, Leanne M , Elaine B, John S, Helen M, Geoff T, Leicester S, Dale B, Bruce T, Clare H, Anna.

**Chairperson:** Jeanette B,

## **Highlights from last month:**

Guest speaker from Christchurch Diabetes Centre  
Exercise with Melissa  
Movie Afternoon



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

Trip to Akaroa planned in August  
A trip into Christchurch to visit the Tannery  
Planning a meal out to the Kaiapoi Working Mens Club  
Meals starting at \$10

## **New Programme Ideas**

Visit to Orana Park  
Ferrymead Heritage Park during next school holidays  
Budget lunch at Spencer Park – make burgers and fruit for pudding  
Canoeing on the Avon followed by a picnic in the botanical gardens  
Orton Bradley Park

## **Staff Notices:**

We need members to come up with ideas for the Wednesday programmes

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

A Nurse Maude shop is opening soon in Rangiora, they will be selling frozen meals

Are any members interested in doing a Meals on Wheels run in Kaiapoi?

**Meeting Closed at 2:30pm**

# Member Staff Liaison Meeting at Ashburton 22<sup>nd</sup> July 2016

**Attendees:** Noelene H, Christine H, Vicki S, Sarah T, Grace M, Diane A, Julie S, Gloria L, Anna

**Chairperson:** Janet C

## **Highlights from last month:**

Trip to Temuka via Geraldine and to Hinds Glass Studio

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

Visit to Chertsey and Rakaia planned for August

Retro shop in Mayfield in September

Will go swimming in August to local pool



## **New Programme Ideas:**

Meet up with West for a game of Mini Golf in Rakaia

Visit to a Daffodil farm in spring

Go to Peel Forest to see lilies

Movies at local cinema

Next budget lunch – Homemade Pizza and Fruit and Custard for dessert

Try button canvas pictures

Visit to Woolshed creek and Mt Somers

Visit to Quail Island in the summer months

## **Staff Notices:**

Please remember to be thoughtful when we are visiting public places and not going off to have smoke breaks etc

What you would like to do for a Christmas break up?

Will look into possibly having a guest speaker – Health professional

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

Noelene thanked other member's for making the lunch

**Meeting Closed at 1:55pm**

# Step Ahead Art Exhibition

Step Ahead will again be holding an exhibition of members work later this year. It will be at the Eastside Gallery, on the corner of Stanmore Road and Worcester Street, opening on Monday 10<sup>th</sup> October.

We are calling on our many talented members to contribute to the exhibition. Whether you express yourself creatively through art, stone carving, mosaics, craft or your photography, we invite you to take part! The expectation would be that all entries are into Step Ahead by the beginning of September.



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

## 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), 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



## Newsletter Contributions

The deadline for the newsletter is the first Wednesday each Month. I.e 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!



# 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.



## Christian Fellowship Verse

Encourage one another daily, as long as it is called Today.

*Hebrews 3:13*



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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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