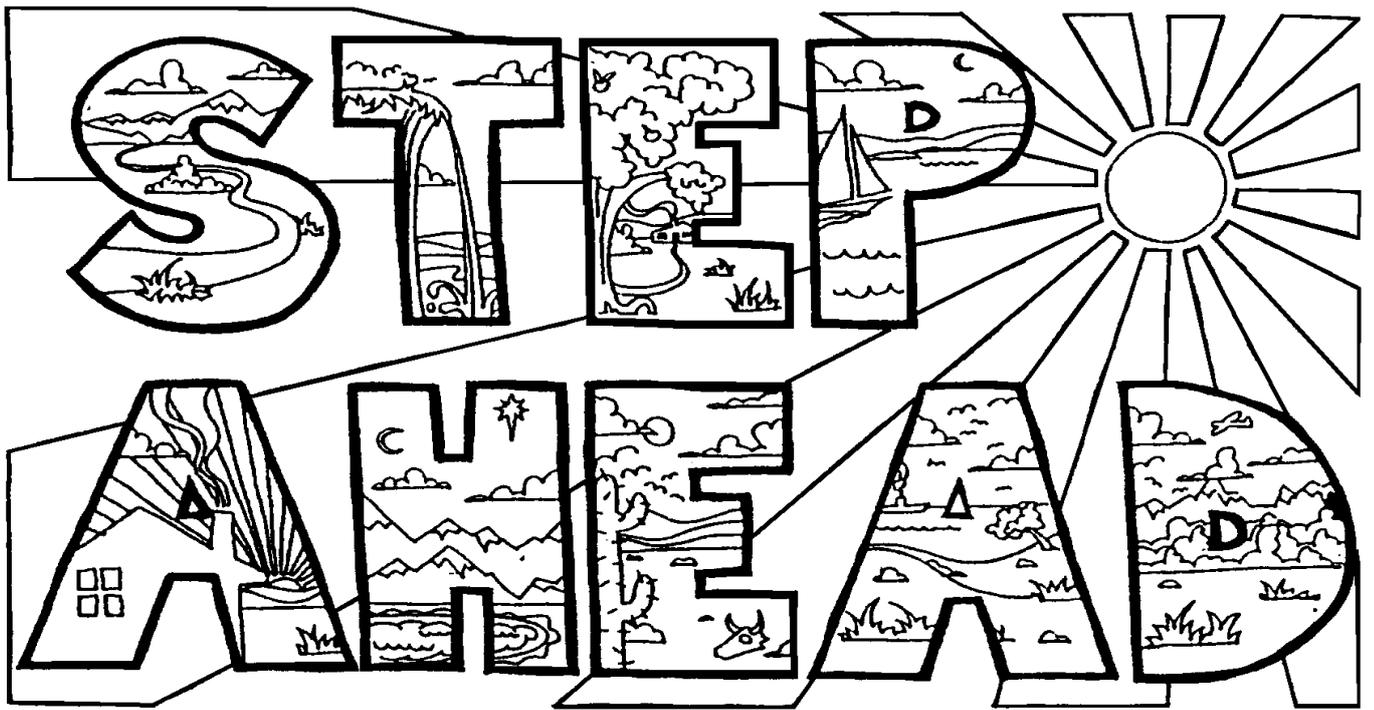


SEPTEMBER 2017



A COMMUNITY BASED REHABILITATION ORGANISATION



25th September

Ashburton Boulevard Day
Check programmes for details

A Note from Helen

How nice it has been to welcome spring this year, after what seemed like a very cold winter.

There's another busy month coming up at Step Ahead with lots happening at all bases including a number of outings to different places.

I'm pleased to be able to say that work is progressing well at the West house after the long delays in getting started. We are hoping to be able to move in before the end of year.

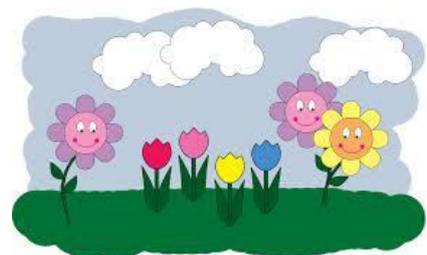
It was nice to be able to welcome member's, their friends, family/whanau and other support people to an open afternoon at Stanmore Road late in July. Thanks to everyone who came along, it was a very enjoyable afternoon!

Rangiora members also have an opportunity to invite friends, family/whanau and other support people along for afternoon tea on 11th of this month and Ashburton members on 29th so, don't forget to extend the invitation to your special people to come along.

Hopefully you will get the opportunity to either be an exhibitor or a visitor to the Step Ahead Art exhibition, which will be opening on 2nd October at the Eastside gallery. Talk to Karen or Di if you are interested in exhibiting some of your art or craftworks. It's a great way to share your creative projects with others!

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

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.

Members are welcome to suggest activities they would like to do and think others might also enjoy.

Thank you to those members, who completed the recent evaluations for the group and for your feedback and ideas for the programme.

In response to the evaluation feedback there is an activity on Friday 29th as well as Tuesday 12th this month.

Tuesday 12th September we will be 10 Pin Bowling at 1 pm
(Cost \$5)



Friday 29th there is a Sausage Sizzle at Spencer Park leaving at 11.30am (Cost \$2.00) followed by a beach walk, visit the animal enclosure, ball games etc.

Look forward to seeing you there

Georgia



In My Garden

Nine years ago when I lived in Strowan, one of my favourite flowers was my pink day lilies. I had several clumps of them and they would begin to flower in early January as they were in a good position in full sun. At first, only perhaps 2 or 3 flowers would open and then each day, more and more opened and they gave me such pleasure.

Each morning, as the earth turned on its axis, the sun would reach the first groups. They would turn their faces and gradually open fully. There was always a surprise in that there were new buds on each stem and as they showed pink you would know that they would open the next day or the day after that. One day I counted 17 flowers in several different groups, all open together and what joy they gave me. Joy, after all, is the laughter of the soul.

Some people might say that they only flower for such a short time but when they give you such pleasure – how can you complain about that. At the end of the day, each flower would droop and half close as the shadows fell and the sun left it but the stem would make ready for the new buds to open. And each day you could count on that.

Christine S



Member Staff Liaison Meeting at Stanmore Road 27th July 2017

Attendees: Milly C, Alan W, Tracey C, Christina G, Ben C, Annabel H, Robin A, Kylie, Di, Helen and Karen

Chairperson: Mike T

Highlights from last month:

Decoupage Group
Akaroa Women's Group
Open Craft
Men's Group to Arthurs Pass
Press Printing Plant visit
Mediation Group
Mid winter lunch at the Garden Hotel



Last Month's New Programme Ideas:

Flax weaving.
A speaker about mental health clients rights - can be arranged in October.
A documentary group is starting on August 23rd.

New Programme Ideas:

Annabel - will place a notice up about a Journaling and Book Binding course being offered at Avebury House in Richmond.
Ben - will write an article for the newsletter, seeing if there is interest in someone teaching sign language.

Staff notices:

The builders are working on our West property and hopefully work will be completed by the end of October.
Bring family and friends to the open afternoon tomorrow.
Reminder re our art exhibition in October.

There is a guest speaker on 10th August from the Electoral Office.
The ski/snowboarding trip at the end of August is planned.
A reminder to not block exit ways by leaving bags in the way or sitting in front of doors.

Anything else anyone would like to say:

Thanks to Mike for chairing the meeting

Meeting closed 1.40pm

A & P Show

Thursday 16th November

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

Step Ahead will go on Thursday 16th November. 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.



Step Ahead Art Exhibition 2017

Attention Artists, Crafts people and all other Creatives! The annual Step Ahead Art Exhibition opens on Monday October 2nd. 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.

Is anyone interested in learning Sign Language?

I am writing this to see if anyone is interested in learning sign language. Sign language is New Zealand's third language after Maori and English.

First steps could include the alphabet, family signs and introductory signs, which could be photocopied out of the New Zealand sign language dictionary. I am not a very good drawer but the NZ sign language dictionary has excellent illustrations.

Learning is made simple and proves to be easy as the dictionary is excellent for beginners.

Ben C



Member Staff Liaison Meeting at Ashburton 28 July 2017

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

Chairperson: Vicki S

Highlights from last month:

Trip to Birdlings Flat and Gems Museum
Swimming
Decoupage Pictures



Last Month's New Programme Ideas:

Willowbank is booked in August
Other ideas are still being planned

New Programme Ideas:

Can the trip to Castle Hill be rescheduled?
Clay Modelling
Another combined day with West
Mini Golf at Orari



Staff Notices:

Open Afternoon - programmed for September 29th
Meals on Wheels on the 1st September

Anything else anyone would like to say?

Concern expressed about smoking during groups. Anna will speak to those concerned.

Meeting Closed at 2pm

Member Staff Liaison Meeting at Rangiora July 10th 2017

Attendees: Leanne M, Barbara M, June V, Bruce T, Geoff T, Graham L, Dale B and Anna

Chairperson: Kenneth M

Highlights from last month: Day Trip to Arthurs Pass, Jellie Park Pool with West, Mid-Winter Lunch, Walk at Ashley Gorge, Guest speaker from the Electoral Office, Day Trip to Hanmer Springs

Last Month's New Programme Ideas:

A guest speaker from St Johns is being organised

A trip to Cheviot is planned for August



New Programme Ideas:

Okains Bay and Museum

Toy Collectors Museum

Day out fishing on Banks Peninsula

Speaker from Neighbourhood Support

Day trip to Otira

Trip to Quail Island

Another visit to other Step Ahead Bases

Day out to Diamond Harbour

Rangitata Craft Shop



Staff Notices: Comcare are running a Next Steps Programme at Percival House starting August the 29th let me know if you are interested. Step Ahead has purchased a custom made outside seat in Elaine's Memory.

Meeting Closed at 2pm

Member Staff Liaison Meeting at West 31st July 2017

Attendees: Karen E, Kim H, Paul M, Constance B, Toni H, James H, Robert W, Patrick K, Aynsley B, Kim M, Kevin and Barb

Chairperson: Karen E

Highlights from last month:

Enjoying badminton

Meal on Wheels is great

Beginners tramp on Friday was challenging and fun

The food is so yummy

Enjoying clay moulding

The film at New Brighton was good

Trip to Geraldine was fun

Ten pin bowling and mosaics was good

Swimming activity is a good one

Art with Kate is fun, she has lots of ideas

All staff are really good



Last Month's New Programme Ideas:

Learn to Crochet – only a small amount of interest when this was on the programme recently. Need to confirm more interest before we proceed.

Museum and Art Gallery – Occasionally programmed on Tuesday morning. This is a good option when outdoor activities are affected by weather.

Craft, cell phone covers – Karen will talk to members about materials and design options.

Mini Golf – Is an optional activity at the Spencer Park Sausage Sizzle in August and we will programme another Mini Golf combined with a driving range in October.



Golf Course – Looking to include this over the summer, starting with a beginner’s session at an easy golf course like Riverlands on August 24th.

BBQ – Sausage sizzle in September at The Groynes on Tuesday 29th with our first full BBQ in October.

Disco evening event – The West hall is booked for an evening Disco/Karaoke night on 19th of October



New Programme Ideas:

Museum and or Art Gallery

Walking around gardens, spring flowers

Daffodils at beginning of Sept

Museum – Maori women display until November

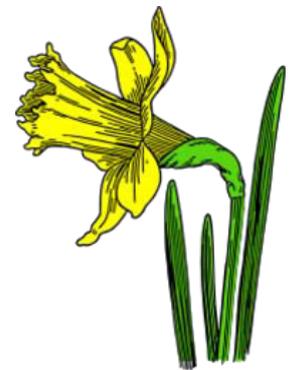
Fishing

Canoeing on Avon

Softball

Frisbee golf

Menu item for light lunch – cheese toasties



Staff notices:

Electrical fault has been fixed.

Really enjoyed the great participation of all the members at our mid-winter lunch and beach party. Couldn't have done it without you!

Remember to check your programme for finer details of all activities.

Anything else anyone would like to say:

Thanks to Karen for chairing the meeting

Meeting closed 12.30pm



West's new Clay Moulding Group

Several members have explored the properties and texture of clay moulding in a group which has been held with Barb, at West in recent weeks.

We have been stretching and manipulating the clay, using our hands and fingers, and everyday tools such as knives, forks and stamping equipment.

Members have made some very authentic and varied creations which they have been both proud and delighted by. There have been ashtrays, wall hangings, ornate creatures (which have been given names), and ornaments, to name a few of the varied objects created so far.

Clay moulding can be very therapeutic and also gives people the opportunity to get together and chat while exploring their creative side. I invite you to come along and try something new if you haven't explored this before.

We put on relaxing music, keep you toasty warm on these winter days, and give you the opportunity to explore your creative side.

Talk to Barb for more details.



Karen's "Kraft Korner" at West

Coming up in September we have:

Open Craft Session:

There are some unfinished decoupage projects from some time ago. Perhaps you would like to come and finish yours if you haven't already done so. Or you may have a project on the go at home that you might like to bring along. Perhaps your knitting or your card making or whatever else you may be doing . This session will be at no cost.

Natural Skin Care Products:

We are going to make some natural moisturiser and a "beautifying" mask and put them in containers you can take away. The cost for this will be \$4.00



Fabric Brooches:

These are fun to make and look great on a cardigan, jacket or coat. By the time you read this hopefully I would have shown you the sample ones I have made. \$2.50

Future Projects:

Cell Phone Covers

There has been mention of making cell phone covers. We could make these in leather or material. Let me know if you are interested.



Fabric Wreaths:

Fabric covered wreaths are something else we haven't done before. They look great, are fun to make and we have lots of colourful fabric and other bits and bobs to suit all tastes I reckon.

I'm thinking about Christmas crafts at the moment, so let me know if you have any ideas about what we could make.

Karen

Bike Maintenance



A bike maintenance afternoon will be held on Wednesday 20th September. Do you have a bike that needs some minor repairs such as punctures adjusting of brakes and gear exchangers? Don't expect miracles but hopefully we can help you get back on the road.

Chris

Men's Group

Recent Men's group activities have included a trip to Arthur's Pass and Otira, An Op shopping afternoon and a trip to visit the Middleton Rail Marshalling yards, that unfortunately had to be postponed. There will be a mystery day trip on Wed 23rd August. In September we will be off up to Hanmer Springs for the day and we will also be going over to Diamond Harbour for an afternoon's fishing. If you have yet to try a Men's group activity come along and give it a go!

Chris



Tramping

Recent tramping trips have been to the Tiromoana Walkway in the Kate Valley and a local walk up the Harry Ells walkway, which took the place of a proposed trip to the Lees Valley cancelled due the bad weather. When we got to the top the sun broke out and we enjoyed a lovely cup of coffee at the Sign of the Kiwi café. A few minutes later it started to snow again. Very picturesque. In August there were trips to Greenwood Park in the Port Hills and Skiing replaced tramping at the end of the month. September trips will include Lake Catherine, a local trip at the airport lakes and a rescheduled trip to the Lee's Valley.

Chris



Clean Milk Tops, Bread Bag and Supermarket Tags needed

Step Ahead is collecting these to go to a good causes.

A wheel barrow full of tags is needed for the Red Cross to be able to purchase a wheel chair. We have until March 2018 to do our bit to support this cause!

Local preschools are collecting milk bottle tops, doing something creative with them and saving them from the rubbish!



Stanmore Road Guest Speaker

Jenny from the Cancer Society will be coming to talk to us after Budget Lunch on Thursday 14th September at 1:30 pm.

Jenny will be making a presentation and talking about a range of cancers, preventative measures, how to treat them and some of the latest research on this topic.

Come along to find out more, including skin and mole checks in order to catch any potential problems early.



Spike Milligan

There are holes in the sky
Where the rain gets in
The holes are small
That's why rain's thin.

From Susie W

(Spike Milligan lives with a mental illness)



Stanmore Road Art Trip

On Thursday 20th July, a group of members set off for a day trip to Ashburton.

Our first port of call was to the Ashburton Art Gallery to see their annual art exhibition. This modern gallery had an amazing array of art displayed with such a variety that there was something for everyone to appreciate and enjoy.

We stopped for lunch for an hour near the information centre. Some members went for a walk to buy lunch, some had bought their own and we had a cuppa in the van. A couple of members found the Yellow Banana Store and found that there was something in there for everyone – it was similar to the “That’s Incredible” stores in Christchurch, however much bigger. With the hour allocated for lunch coming to a close there was some very last minute pressure shopping completed!

With lunch over we went to do the rounds of the Op Shops from; the Eco Store, Salvation Army store etc. There were items of interest in all the stores and some cheap bargains purchased.

On the trip back to Christchurch it was noted that the Rakaia and Selwyn rivers did not have much water in them. Little did we know that by Saturday that was going to change as Canterbury was hit with the rain deluge which had both rivers in flood.

Thank you so much Karen for organising the outing, which gave us a lovely enjoyable trip out for the day and the opportunity to see Ashburton.



Newsletter Contributions

The deadline for the following month's 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!



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.



Mini Bacon and Egg Tarts

8 slices whole wheat sandwich bread, crusts removed
Cooking spray
½ cup reduced fat milk
4 large eggs, lightly beaten
2 tablespoons chopped spring onions
(optional)
2 slices cooked bacon
½ cup grated cheese



How to Make It

Step 1 Preheat oven to 250 degrees.

Step 2 Lightly coat both sides of bread with cooking spray. Press each bread slice into the cup of a muffin tin. Bake at 250 degrees for 10 minutes or until bread is lightly toasted. Cool slightly.

Step 3 Reduce oven temperature to 150 degrees.

Step 4 Combine milk and eggs, stirring well with a whisk. Divide the egg mixture evenly among bread cups. Sprinkle onions, if desired, and bacon evenly over tarts; top each tart with 1 tablespoon cheese. Bake at 150 for 15 minutes or until set.

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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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