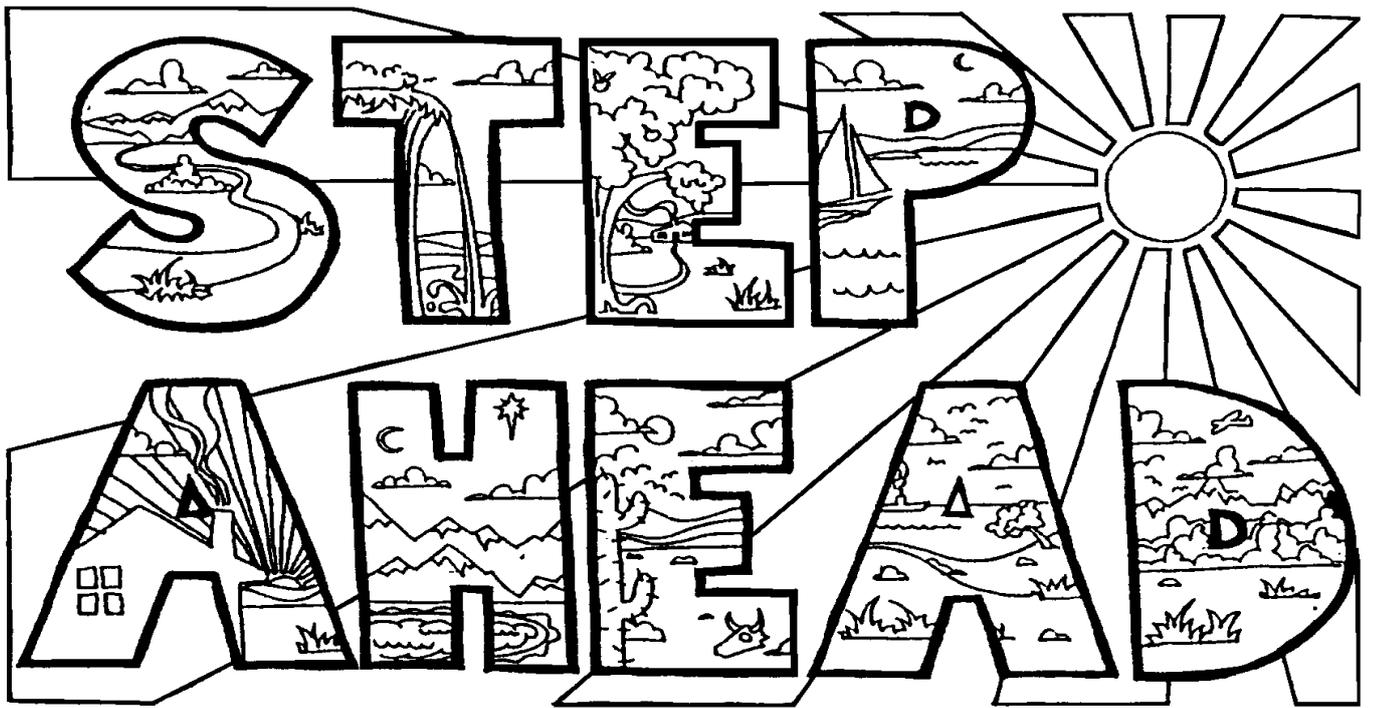


# SEPTEMBER 2018



A COMMUNITY BASED REHABILITATION ORGANISATION

## Stanmore and West Adventure Park Chairlift Ride

Wednesday 5th September at 1:00pm

Cost \$6.50



# A Note from Helen

Welcome to the much brighter days and hopefully warmer weather that spring brings.

Some groups this month will be able to be out visiting gardens, picking daffodils or seeing spring lambs and daylight saving starts at the end of the month. There's another busy month coming up at Step Ahead with lots happening at all bases. As well as the regular activities there are a number of outings to different places, a Diabetes education session at Stanmore and an opportunity for members to go up on the Chairlift at the Adventure Park.

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 1st 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*



## Cost increases for some activities

It has been several years since we have increased activity costs and now we have reluctantly needed to make small price increases for a number of activities. As you will see on this month's programmes, that the cost for several activities has increased by .50 cents or \$1.00, so please check your programme for details.



# Step Ahead Art Exhibition 2018

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 1st 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.



## 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](http://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](mailto:info@stepahead.org) or give us a call to arrange that.



# Stanmore Holistic Wellness Group Guest Speaker from Vegan Society

**Tuesday 4th September at 1pm**

The group will be going off site to visit the Liberty Organic Food Market.

Come along to learn and enjoy each other's company.



*Karen*

## Adventure Park Chairlift Ride on the West and Stanmore programme

**Wednesday 5th September at 1:00pm**

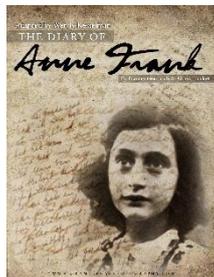


A rare opportunity is being offered to members to experience an uplifting moment! Come along for a 1.8 km ride to the top of the Port Hills on the Adventure Park chairlift. We will travel up and down taking in the stunning scenery. At the top you will dismount and you will be able to take some snaps with views across the city and out to the Pacific Ocean and Southern Alps in the background. This activity will cost \$6.50. Tickets will be given to those members who pay on a first come first served basis.

*Chris and Kevin*

## 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 which was postponed in July will now take place on 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 (18<sup>th</sup> September) we will be visiting the Anne Frank exhibition at the Air Force Museum.



## 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 a ramble in the Port Hills and a walk up the Broken River Ski Field Road in the Craieburn Range.

In September there are trips to Lake Ida near Lake Colderidge and a new trip to the Three Deans Range proposed.

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

*Chris*



# Christian Fellowship Verse

## Heaven's Door

Christ was born to deliver His people...  
He lived to unlock heaven's door...  
He died to redeem His creation...  
He lives, King of kings, evermore.

Christ died and returned to life  
so that he might be the Lord of both  
the dead and the living.

Romans 14:9



## Mood Management App Stanmore Road

**Wednesday 12th September at 12:45**

Steve Arscott would like some feedback on a new app he is hoping to make. It would provide social interaction and build connections, e.g. through the form of a smile. It involves psychological principles and ideas to ensure an individual's mood is able to be managed throughout the day.

Steve would like to show the app to interested members to get feedback about its potential usefulness. It will take 15 to 20 minutes. If you are a smartphone user come along to help Steve out with your feedback.

See you there.

*Dí*



# A & P Show

**Thursday 15th November**

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

Step Ahead will go on Thursday 15th November. Tickets are likely to be \$10.

If you would like a ticket purchased for you please let staff know by Thursday 20th September. Payment by that date would be appreciated.



## Guest Speaker at Stanmore Road on Diabetes

**Thursday 13th September at 1:30pm**

Lynne Taylor from Diabetes ChCh Inc will talk to us about prevention, treatment and management. It's been several years since Lynne has talked to us. The session will be informative and interesting.

See you there.



## Stanmore Road House Spring Clean

**Thursday 19<sup>th</sup> September at 1pm**

Come along and lend a hand. Afternoon Tea provided.



# Member Staff Liaison Meeting at Stanmore Road Thursday 26<sup>th</sup> July 2018

**Attendees:** Simon L, Anne W, Robin A, Steve F, Karen S, Tracey C, Grace M, Aynsley H, Alan W, Mel M, Karen, Barb, Helen, Di and Chris.

**Chairperson:** Mel M.

## Highlights from last month:

Hot soup on for Wednesday lunch for a change.

Women's Group op shopping.

Evening meal at Tai Tapu.

Men's Group lunch at Lincoln.

Guest speaker on Hoarding.

Riccarton House Tour was very good and informative.



## Last month's new programme ideas:

Our cooking activities need to be healthy and it is hard to find a gap for baking.

Offsite quiz night. Barb is looking into this and will talk to members who attend the next onsite quiz night about the details.

## New programme ideas:

Woodturning & other craft near Ashburton.

## Staff notices

Reminder re guest speaker on Veganism etc. on Tuesday 7<sup>th</sup> August.

Open House afternoon happening tomorrow.

A guest speaker talking about care and management of Arthritis is planned on Thursday August 16<sup>th</sup>.

A speaker from Awareness Canterbury Network (Action on Mental Health and Addiction Consumer group) is planned soon.

A date for moving into Puriri Street is near. We are currently awaiting the Council Compliance Certificate.

Grace now provides piano tuition on a Monday rather than Wednesday morning.

Interest in guest speakers on retirement planning, safety in the home, particularly if you live alone and Neighbourhood Watch were discussed.

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

Thanks to Mel for chairing the meeting.



## 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!

**Thank you!**



# Member Staff Liaison Meeting in Rangiora 23<sup>rd</sup> July 2018

**Attendees:** Kenneth M, John S, Dale B, Bruce T, June V, Graham L, Leanne M, Jeanette B, Di, Chris and Anna.

**Chairperson:** Kenneth M.

## **Highlights from last month:**

Mid-winter meal at The Famous Grouse.  
Members enjoying the Active Life Programme.  
Visit to the Ashburton Aviation Museum.

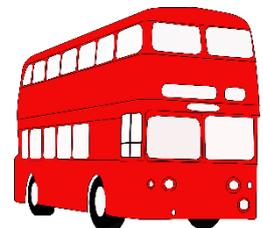


## **Last Month's New Programme Ideas**

Will combine the visit to Taiora QEII Pool with a trip to New Brighton.  
Clip n Climb opens late in the afternoon other than during school holidays, when it could be very busy with school children.  
We will have a day with Step Ahead West members when they are in the new house.

## **New Programme Ideas**

Trip on Double Decker bus/Feed the eels in the Avon River.  
Visit to Chertsey Book Barn.  
Day out to Rolleston – Swim at the pool/visit the library.  
Visit to Birdlings Flat/Little River.  
Day out to Wainui.



## **Staff Notices:**

Dudley Pool cost increasing from the 1<sup>st</sup> of August so cost to members will be \$2.50 on the September programme.  
The visit to the Lake Coleridge Power Station will still go ahead despite us not being able to go inside due to maintenance being done.

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

Thank you to Kenneth for chairing.  
West visiting us on the 6<sup>th</sup> of August.

## **Meeting Closed at 2pm**

# **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.



## **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



# Member Staff Liaison Meeting at West 17 July 2018

**Attendees:** Lynne G, Kim H, Jill K, Constance B, Susie W, Lisa A and Kevin.

**Chairperson:** Kim H.

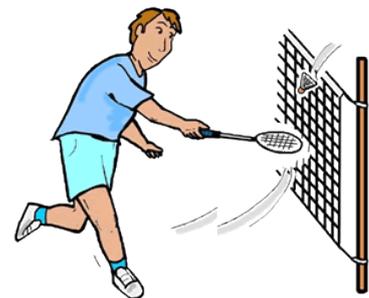
## Highlights from last month:

Enjoyed looking through Riccarton House.

Nice to have a quiz this month.

Enjoyed Badminton.

Beginners tramp around Mcleans Island and Bottle Lake was great



## Last Month's New Programme Ideas:

Guest speaker on Aspergers Syndrome and Autism: Seek interest from more members

Volleyball using balloons.

Factory/Industry Visits – Health and Safety can be a barrier. To be investigated.

Garden visit in Waikari: seek interest from more members.

Walk at the Sign of the Bellbird: Good beginners tramp group idea.



## New Programme Ideas:

DVD

Women's Group – see Mamma Mia 2 at Cinema.

Paper Mache e.g. Make and decorate Balloon Bowls.

String art pictures.

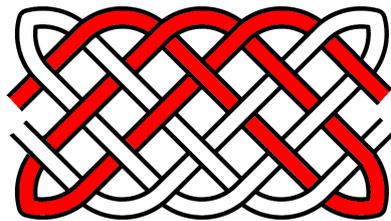
Lanterns.

Wind chimes.

Dream catchers.



Sun catchers.  
Tairora QEII visit.  
Herb garden at new site.  
Basket weaving.  
Women's Group – pamper afternoon.  
Seals at Kaikoura – there was a trip in May.  
Little River and Birdlings Flat.  
Geraldine.  
Rare breeds farm plus Cookie Time visit.  
Rapaki Track.  
Kate Valley tour.  
Observatory.  
Shearers quarters – Temuka (Seadown Road), farm yard animals plus café  
Light lunch - Corn soup  
- Fritters  
- Tomato soup



### **Staff Notices:**

We have reviewed some of the costs for the activities on our programmes. Please check your programme for any changes.

Due to being in the new premises at 9 Puriri Street the activity start times may be slightly different, please check the programme for details



**Meeting closed 1.30pm**

# Member Staff Liaison Meeting

## Ashburton

27th July 2018

**Attendees:** George W, Janet C, Julie C, Noeline H, Grace M  
Annette B and Anna

**Chairperson:** Annette B.

### Highlights from last month:

Budget Lunch was very nice.  
Day out to Timaru was enjoyed by all.  
Lunch at Golden Mile.



### Last Month's New Programme Ideas:

Ten Pin Bowling coming up.  
We will be making pot people for craft.  
Visit to Daffodil Farm in September.  
Hopefully will have a craft day at West in October – will do soap making, stone painting and macramé.

### New Programme Ideas:

Visit Tasha at Glass Studio in Hinds.  
Wigram Museum to see "Let me be myself " – the life story of Anne Frank.

### Staff Notices:

Thank you for setting up the room for the day's activities very much appreciated.

### Anything else anyone would like to say?

Thank you to Annette for chairing the meeting.  
Nice to see George today.  
Please let staff know when you are leaving early from the group.



# 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.



## 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.

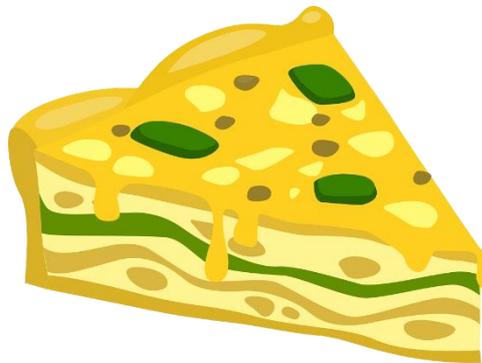
Nicotine patches, gum and lozenges are also available.



# Baked Chicken Frittata

3 medium potatoes, boiled and sliced  
1 1/2 cups cooked shredded chicken  
1 1/2 cups spinach or silverbeet, (if using frozen spinach thaw and squeeze out the liquid)  
2 Tbsp reduced fat sour cream  
4 eggs  
1 Tbsp rosemary

Heat oven to 180degrees.  
Grease a 25cm round cake tin.  
Lay the sliced potato, chicken and spinach on top of each other.  
Mix together sour cream and eggs. Pour the egg mixture evenly over other ingredients in tin.  
Sprinkle rosemary over the top.  
Bake for 30mins approx. or until the egg has set.  
Serve with a salad. Enjoy 😊



*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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