

SEPTEMBER 2019



Julie's News

Even though it's cold outside it's great to see so many members coming along to our programmes and getting so much enjoyment out of the activities on offer. Thanks to the members and friends of Step Ahead who visited during the Stanmore Open House on Friday 26th July, it was good to see the Step Ahead House full of enthusiastic and smiling people.

Please come along to our Member Staff Liaison meetings and let us know what activities you would like to see at Step Ahead in the future. Without your fresh ideas and input we wouldn't get to try new things. This month we have a tour of the Court Theatre to look forward to.

I managed to escape my desk for the day at the beginning of August and have a day's skiing with members at Porter Heights. Well done to the first-time skiers.

Julie



Challenge! Mental Health Awareness Week Walk

Monday 23rd September at 1pm

Can you walk from Step Ahead's Stanmore Road to Step Ahead's house in Puriri Street? There is an option to walk half way and be picked up and taken to Puriri if this is too far. Finish with a sausage sizzle and sense of achievement!

T-shirts and other free giveaways will be available!

Cost: Nil

Why: It's Mental Health Awareness Week. The walk allows us to do something out of the ordinary, to celebrate being part of Step Ahead and to raise awareness of mental health.

Who: Members and staff from all bases and friends of Step Ahead.

There will be an information station at the corner of Colombo and High Street from 12 noon – 2pm. It will have Step Ahead information and other general information about mental wellbeing for members of the public to see. There will be a quiz to complete about how to look after mental health. Volunteers are needed to help at this stall.

This event will be a lot of fun so don't miss out on taking part.

Information on how to book in will be out soon! Look on the Noticeboard at both houses and on our webpage.

A & P Show

Thursday 14th November

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

Step Ahead will attend on **Thursday 14th November**. Tickets are likely to be \$10.

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

Stanmore Road Dietitian

Farewell to Kiera (Nutritionist) at Stanmore Road and Rangiora and welcome to Janice Bremer (Dietitian) at Stanmore Road.

Unfortunately, Kiera is no longer available as she now has a full-time job elsewhere.

Fortunately Janice will be able to pick up where Kiera left off at Stanmore Road. Her first visit will be on **Monday 2nd September at 11 am**, followed by visits on the 1st Monday of the month. All welcome.

Janice is a friendly dietitian who really understands all things to do with food. She is looking forward to meeting members and supporting people in whatever ways she can with nutrition.

Book in as usual.

Farewell to Alan Warburton (Comcare Jobconnect)

Alan is retiring! His last visit will be at Budget Lunch on **Thursday 29th September**. Step Ahead members have benefited enormously from Alan's help as the "go to person" for anyone thinking about volunteer or paid work.

Details of who will replace Alan in this role will be provided once they have been confirmed.

Come along to say good bye and to wish him well.



What's been happening in Craft at Stanmore?

Lately we have been making some new and delightful projects in the craft group, as well as taking the opportunity to sneak in the odd op shopping and pamper day. In June we made our own Potpourri by using a mixture of dried rose petals and lavender, with essential oils. We presented our potpourri in a range of jars and bottles. The scent was divine and they look wonderful.

The other great activity we have recently explored was making our own leadlight nightlights. These were just beautiful and the members were delighted to use their projects as gifts, or as a treat for their own homes.

We have been op shopping and adding more resources to our cupboards for low \$\$\$\$. We had a great day of pampering ourselves recently with foot spas, nail care and facials. It was a lovely afternoon and an opportunity for relaxation and chatting.

Come and join us and add your craft ideas to the group. We have a planning meeting coming up on September 18th. We would love to hear some fresh ideas 😊



Technology For Beginners

Does it seem like you need an email address for everything you do these days? Now is your chance to set one up!

Technology help at Step Ahead over the last few years has been mostly on an individual basis as and when people have needed help. We are now starting a new technology group for people who want to learn from scratch how to use computers, phones and access the internet. From September we will be running this new activity in the small group setting where we will teach the very basics. The aim will be to make people feel comfortable using technology whether it be on their smart phone, tablet, laptop or computer.

We will be starting with getting used to using a mouse and keyboard and move on from there to topics like setting up your own email address, internet banking and other everyday tasks.

Step Ahead has recently been given five laptops by the Christchurch City Council so you can use these to assist you.

This group will be meeting at Stanmore on **Thursday 19th September at 1pm**. Keep your eyes posted on the programme.

These days it is very handy to have an email address. This is almost a given to enable you to do just about anything online.

Even if you don't have a computer or laptop, members will find it useful to have an email address, as email can be accessed even using a smart phone.

Future training will be given in topics such as using apps, online banking, social media, using Uber etc.

Come along to have some fun and to find out how useful learning about this sort of stuff can be.

Chris



Art Trip to Geraldine

On the 4th of July a small group of members set off for Geraldine and the art galleries.

Even though rain was predicted we had a dry day with the only bit of rain when we were back in Christchurch.

Geraldine is a small busy country town with no end of choices on where to buy lunch and some interesting variety shops. Barkers was a must as some of us sampled their great cordials and their other produce.

We stopped in the town centre and had free time for lunch then proceeded to go to the art galleries. The first gallery was up some quaint stairs and had two artists exhibiting both photography and oil paintings. The abstract oil ones took some time looking at before you could see faces in the paintings – they were all very different.

It was a shame that two other galleries we were going to visit were closed when they were to be open on a Thursday.

We left the townships and called into Henry Lowen-Smith studio gallery on the edge of the township. His work was amazing (large landscape oil paintings), especially when on the artist's profile stated that he had lost the sight in one eye in the 1980's. He has won a large number of awards over the years and is now painting for the Ashburton Art Exhibition.

We stopped briefly in Ashburton on the way home and an op shop at Rolleston which has really good prices.

Thank you Karen for organising such a great art trip and for the other members who came along, for their great company on the day.

Merrin D



Step Ahead Art Exhibition 2019

Step Ahead annual exhibition of members' work is on from **Monday 7th October to 18th October**. In previous years the exhibition has coincided with Mental Health Awareness Week (which this year is on earlier). The exhibition is at the Eastside Gallery, on the corner of Stanmore Road and Worcester Street.

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 deadline for all entries is **Friday 6th September**.

Talk to Karen, Kevin or Di for more information.



Māori Language Week 9th – 15th September 2019



Cotters Medical History Museum Visit

On the 17th of July we headed off to the Cotters Medical History Museum to learn about the interesting medical history in New Zealand. We headed off to Hillmorton Hospital where we had a great navigator Bruce, who showed us the way around Hillmorton grounds - so we got a ticky tour before we found the medical museum. We had a great laugh about it as we saw different parts of Hillmorton Hospital. As I had stayed there myself I felt very nervous about being there. We finally found the museum and there were two wonderful ladies who had been nurses. They showed us around and it was amazing. The part I really enjoyed was the old-fashioned medical chest that was still intact even though it had come off a ship over 100 years ago. I also learned more about Florence Nightingale - I went home and watched the mysteries of the museum which showed the lamp she used during the Crimean War. She was a wonderful woman who changed the nursing world.

Amanda H

The last words

Say these words out loud:

Cough, enough, rough, tough, dough

Blew, dew, few, hew, new, pew, sew

Batch, catch, hatch, match, latch, patch, watch

Aloof, goof, hoof, proof, roof, poof

Q: Did you hear about the dyslexic, agnostic, and insomniac?

A: He lay awake all night wondering if there really is a dog

Relatively Speaking – say each word out loud: brother, another, mother, other brother

Contributed by Susie W

Smooth seas do not make good sailors.

You block your dreams when you allow your fear to grow bigger than your faith.

Contributed by Geoff T



My Great Soggy Morning

My great soggy Friday morning started in the very best possible way after a good night's sleep. With me doing some reading: reading God's word. Walking round to the church office touching base with the church office person, showing her some paintings I'd painted, handing in my church building fund money for next week. Hopping on the bus heading up to Northlands Mall, getting some money out of the bank and getting some things from Pak n Save. Coming back to the flat, having my lunch, saying my prayers, doing some writing, putting on and watching a DVD, having a cup of tea at the end of a really great, awesome soggy Friday morning.

William S

Stop Smoking?

If you want support to quit, talk to Anna, who has completed some training with Quitline and is a registered Quitcard Provider, able to provide support.

Nicotine patches, gum and lozenges are also available.

Phoning or Texting Step Ahead Puriri Street

Just to let you know that at Puriri the staff are most likely to be able to answer the phone or check text messages before and after activities. If you have called whilst all the staff are taking an activity and are not able to answer the phone you can leave a message.

Messages are checked regularly, and staff try to respond to messages as quickly as possible.



Monthly Newsletters and Programmes

Did you know that you can choose to sign up to receive your monthly newsletter electronically, collect it or have it posted? If you have chosen to collect it, it is ready for collection on the 3rd Thursday of each month.

You can email us at info@stepahead.org.nz or give us a call to let us know if you would like to change how you are receiving your newsletter and programmes.

Mount Hutt Scenic Chair-lift Ride

On **Friday 20th September** Stanmore will be taking a day trip to Mount Hutt. We will be taking the chairlift up to the top of the ski-field where we will be able to take in some amazing views.



The cost of the trip will be \$15 which will include the hire of special boots on the mountain and the cost of the ride. The ride on the chairlift takes approximately 7 minutes each way. You will need to wear some appropriate warm clothing, woollen hat, gloves and sunglasses. At the top we will be able to have a walk around in the snow before coming back down. You will need to take your own lunch or bring \$\$ to buy at the café on the mountain. The trip is going to be weather dependent and for those booked we will let you know the day before as to whether we will be going. Get in quick for this one as seats are going to go fast.

Computer bookings at Stanmore

The bookings in book for using the computer now lives beside the computer in the sewing room, rather than on the table in the entrance foyer. Members can use the computer for up to two hours at any one time. If you would like help using the computer or any other device make a time to meet with one of the staff who can help you.

Two services available if you need to talk.

Free call or text 1737 any time for support from a trained counsellor or Freephone Warmline Canterbury 379 8415 or 0800 8992 76.

Warmline is a peer support telephone service of people who have had personal experience of mental illness and/or addiction who are able to provide non-crisis confidential support. Phone anytime between 1:00pm and 12:00am any day of the year.



Member Staff Liaison Meeting Summaries

Ashburton - 19th July 2019

Highlights from last month:

Trip to Sharplin Falls – lovely walk in the trees and seeing fantails and bellbirds

New Programme Ideas:

Art with Karen
Ten Pin Bowling
Mount Hutt Chair Lift in September
Sausage Sizzle in the park
Trip to Little River and visit to the Gem Museum

Staff Notices:

Combined Christmas Lunch at Richmond Club
Would appreciate any unwanted coffee mugs for the cooking room

Rangiora - 22nd July 2019

Highlights from last month:

Pool at the RSA
Visit to the Ashburton Aviation Museum
Great work on the Newsletter

New Programme Ideas:

Ferrymead Op Shop
Medical Museum
New Brighton Museum Movie
Will book a tour in the Museum
Trip to Temuka coming up
Christmas Shops in Christchurch

Staff Notices:

Closed shoes for visit to Air NZ Hangar
Gumboots for visit to Horse Haven

Puriri - 29th July 2019

Highlights from last month:

Orana Park
Wool felting
String art
Trip to Hanmer
Loom knitting
Karaoke at evening activity
Exercise at Puriri
Squash at Sockburn recreation centre
Pottery at West Melton Studio
Ashburton Art trip

New Programme ideas:

Rubbish clean up in the environment
New Library in town – will programme in November

Church Bay – Tracks availability? (this can be a good bike ride from Purau Bay to Church Bay)

Motukarara to Little River Rail Trail – a long track but maybe do a section from Little River to Birdling's Flat, lunch on the beach and bike back.

Electric scooters – maybe get the app. on the office cell phone and have a go at Hagley Park

Basic self-defence – keeping your self-safe

First Aid course – Karen to do a session at Stanmore house soon. Any interest in one at Puriri house?

Making gift boxes for Christmas, crafts as gifts

BBQ at Puriri – in Oct/Nov

Soap / Wax candles making

Decorating old table cloths

Computers: online safety tutorials

Snow trip – September

Ashburton Boulevard Day in September

Staff Notices:

Front door is now locked if the only group is in the craft space - please use the car park door for access.

Reminders of upcoming events

- Court Theatre Tour - 22nd August
- Weekend Rugby Game – Sat 10th Aug

Stanmore - 25th July 2019

Highlights from last month:

Tramps
Self-Massage
Writers and Book Group
Discussion Group
Cotters Medical History Museum
Men's Group to Lake Ellesmere and Lincoln
Craft Group
Women's Group to Deans Bush

New Programme Ideas:

Refuse Transfer Station – how to sort rubbish etc
Arts Centre Gallery Workshop
Trip to Kaikoura
Women's Group trip to Arthur's Pass

Staff Notices:

A trip to watch a Rugby game is on 10th August

Fun top team sports games planned Thursday 1st

August, "player of the day" will be nominated

Visit to the Airport Fire Service

Guest speaker from Awareness was rescheduled until

Thursday 15th August

Skiing Trip on Thursday 8th August

The Holistic Wellness group on Tuesday 6th August is visiting an organic research unit at Lincoln University. A trip to a Herb Farm in Pidgeon Bay is also being planned.

The Art Exhibition is happening from the 7th October, need lots of variety of arts and crafts.

Member Staff Liaison Meeting Summaries (continued)

A 4 week course will be offered at Stanmore in October on [Building Communication Skills](#) – all welcome. Limited spaces.

There was a reminder about the Open Afternoon.

Alan S and Steve F were wished well for their travels overseas. Step Ahead looks forward to updates!

If you would like a full copy of the Member Staff Liaison Meeting Minutes please see notice boards or speak to staff.



Mel aced the chair lift at Porter Heights

Congratulations

To all entries received in the newsletter header competition.

Michael M was selected as runner up with this design. Well done Michael.



A decision was made to stick with our original design for the Newsletter header as it looks so spectacular in colour. We hope you agree.

Did you know?

Members can attend activities at Puriri Street, Stanmore Road or Rural bases, regardless of where you joined. Please talk to staff for more information if you are interested.

Pink Ribbon Collection

We all know someone who has been affected by Breast Cancer.

Volunteer to be part of this year's Annual Collection. Just two hours of your time is needed.

Collection is on **11th - 12th October 2019**. Ring Step Ahead to find out more information.

[Let's get rid of this horrible disease!](#)



Warwickz Farm visited by Rural and Puriri



Melvyn & Annette's Flax flowers - Stanmore Craft Group



Bruce's quilt - Stanmore Sewing

Newsletter Contributions and Deadline

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

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!

The views and opinions expressed in this newsletter are not necessarily those held by Step Ahead. Comments and contributions are always welcome. The editorial team reserve the right to edit any submissions.

Step Ahead Trust
P O Box 32 025
167 Stanmore Road
Christchurch 8147

Phone 389 4001
Freephone 0800 688 732
Fax: 389 4042

www.stepahead.org.nz

Email: info@stepahead.org.nz

Facebook: Please like our Facebook page – Step Ahead Christchurch



Chris and Matt get into the swing of skiing!



View from the top of Porter Heights