

SEPTEMBER 2020



## Hi from Julie

What a great day out we had on 24<sup>th</sup> July. Dancing, music, great company and good food, we had the lot at our mid-winter lunch. With 72 people attending from all four of our bases we made for a happy and sometimes loud bunch of people. I hope you all also had a great time. We only have these twice a year so look out for our next one in December.

We are saying goodbye to staff member Catalina this month. She has worked at Step Ahead for a year but has now resigned. She says she will miss the members and coming along to the activities and we will miss her too. It was great to have her on our team. Rachel who was only going to be on the staff for a temporary role has accepted a permanent job with us and we are delighted she can stay on.

Just in time for spring we are also delighted to welcome Tanya back to work. Tanya will take on gardening duties again, our garden has missed your TLC Tanya and it is great to have you back.

Lots happening again this month, I hope you have all been out walking and getting fit for our House to House Challenge on 21<sup>st</sup> September. As well as getting fit, a Step Ahead cap, certificate, spot prizes and afternoon tea are all enticements for the day.



## Challenge! Mental Health Awareness Week Walk

*Monday 21<sup>st</sup> September at 12:30pm from Stanmore*

Following on from a very successful walk last year we will walk from Step Ahead Stanmore Road to Step Ahead Puriri Street. We will take a slightly different route, along the Avon when we can and there is an option to walk half way and be picked up and taken to Puriri if this is too far. Finish with refreshments, spot prizes and sense of achievement!

This year caps 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.

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

Book in as usual.



## Māori Language Week

14<sup>th</sup> – 20<sup>th</sup> September

Let's share our knowledge and learn a little together on **Thursday 17<sup>th</sup> September** 1:30pm at Stanmore with transport from Puriri at 1:00pm.

Māori Language Day is September 14<sup>th</sup> and commemorates the presentation of the 1972 Māori language petition to parliament.

"Because New Zealand is revitalising the Māori language and a part of that is celebration of our success and promoting te reo Māori. Māori language week is an opportunity for concentrated celebration, promotion and encouragement. And every minute of every hour of every day is a Māori language minute – we can choose to use te reo – every time we do, even just a 'Kia ora!' contributes to revitalisation".

Source: <https://www.tewikiotereomaori.co.nz/>

Everyone can contribute to te reo Māori revitalisation.

What can I do?

Come along to share your knowledge and learn together. We will use resources from <https://www.tewikiotereomaori.co.nz/> or any resources that you have and we'll have fun!

For example we might learn:

- What does kia mihi mean?
- What does Kia ora mean?
- What is your name in Māori?

See you there!



## Smile NZ free dental days

Selected Canterbury NZDA Dentists are providing their practice for a FREE dental day. You must have a current Community Service Card (CSC) and be 18 years or older to be eligible. Appointments are required and are limited. Call 0800 373 376 to book - please be prepared to wait on the phone due to the expected high demand. Have your CSC number available when booking. Call the 0800 number to make an appointment - please do not contact the practice directly.

Participating Christchurch Dentists:

**Wednesday 16<sup>th</sup> September 2020:**

Bush Dental  
400 Greers Road, Bishopdale

**Thursday 17<sup>th</sup> September 2020:**

Barrington Dental  
14-18 Athelstan Street, Spreydon

**Thursday 17<sup>th</sup> September 2020:**

Richmond Village Dental  
45 North Avon Road, Richmond

**Monday 21<sup>st</sup> September 2020:**

PAG Silverstream Dental  
4/42 Silverstream Boulevard, Kaiapoi

**Wednesday 22<sup>nd</sup> September 2020:**

Ilam Dental Centre  
123 Waimairi Road, Ilam and

**Friday 24<sup>th</sup> September 2020:**

G & E Dental  
369 Main South Road, Hornby



### In this year's General Election, you will be asked to make a choice on 2 different referendums.

Wednesday 9<sup>th</sup> September 1:30pm at Stanmore with transport provided from Puriri at 1:00pm

#### Know before you vote

Before you cast your vote, it's important that you have all the information you need to make your choice.

Come along to the session that will be facilitated by Julie, our CEO. It will be a fact finding impartial session aimed at helping people understand what is being proposed for each referendum. You can then feel confident that you have the factual information, when making a choice about how to vote.

#### What are the 2 referendum topics?

##### Cannabis legalisation and control referendum

This referendum will give the public the opportunity to vote on whether the recreation use of cannabis should become legal, based on the proposed Cannabis Legalisation and Control Bill.

##### End of Life Choice referendum

This referendum will ask the public to vote on whether the End of Life Choice Act 2019 should come into force, giving people with a terminal illness the option of requesting assisted dying.

### He Puna Taimoana Hot Pools in New Brighton

It's exciting news that the hot pools in New Brighton have opened and we've had the opportunity to swim/soak each month since they opened.

There are five heated pools with varying temperatures, a separate plunge pool, sauna and café.

The cost to members is \$5.

In September swimming at the pools is on the Stanmore programme on **Wednesday 30<sup>th</sup> at 12:15pm.**

Book in as usual and see you there.



### Children's Holocaust Memorial and The Story of the Buttons - Turanga Central City Library

Thursday 3<sup>rd</sup> September 1pm Puriri Programme  
Wednesday 16<sup>th</sup> September 10am Stanmore Programme

This is a New Zealand inspired and designed Memorial and programme of events providing an opportunity to empower us all to stand against prejudice, discrimination and apathy.

The story of the Buttons is a digital exhibition that tells the story of how Wellington school children collected 1.5 million buttons to represent the children killed in the Holocaust. Read the letters and messages from people in NZ and all over the world who strongly connected to this special project.

### Puriri Mug Decorating with Sharpies

September 25<sup>th</sup> 10:00am – (\$2.00)

Materials provided, drawing onto mugs with sharpie markers then baking to seal the ink



### New Way of 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.



## Stanmore Jewellery Making & Repairs

September 16<sup>th</sup> – 1:00pm (\$2.00)

Bring your broken jewellery and we will try to learn to repair it and make new.



## Puriri Charm Bracelet Making

Making our own chains with charms for bracelets with beads and charms

Tools & materials provided

Bring your own charms if you wish  
\$2

September 18<sup>th</sup> 1pm

## Puriri Walk & Draw



Short walk outdoors followed by drawing of the landscape, or indoors if bad weather

Paint & papers provided

September 25<sup>th</sup> 1pm

## Mountain Poem

Craggy snowy mountain peaks  
Peace tranquillity people seek  
Keas in the high country  
Everything complete

*William S*





***Fabric Painting***  
Painting on jackets/jeans/cushions  
Bring your own item to paint  
Paint & stencils provided  
\$2  
September 2nd 1pm – Stanmore  
September 4th 10am – Puriri

### Wise Words from Christine S

'Everyone needs places to go,  
things to do, people to meet  
& most importantly friends to talk with'  
Life is not always easy & at Step Ahead we can support  
each other to keep calm & carry on.



### Stanmore Holistic Wellness

September 1st – 1:00pm (\$2.00)



This month we are going to be making spiced cauliflower fritters with vegan mayonnaise. There does seem to be some interest in vegetarian and vegan cooking so all recipes cooked in the Holistic Wellness group will be from this nutritional regime.



Mid winter lunch - dancing the afternoon away



Leanne loves the look of her food



Daniel and Anna dancing up a storm

## Step Ahead – Stepping Stones Art Exhibition 2020

This year our art exhibition will be a joint collaboration with Stepping Stones Trust at Barnett House Recovery Centre, 102 Domain Terrace in Spreydon. The dates are **12<sup>th</sup> -22<sup>nd</sup> October**. Our members and those from Stepping Stones will be able to display their artistic talents in a lovely old villa, which is very much an 'on trend' exhibition space in the art world today. We are looking forward to our collaboration bringing new ideas and energy to such a project. As usual artworks will be either for sale or display depending on the artists preference. The number of artworks to be submitted by each artist will be limited but there is still scope to showcase the wide range of creativity we have here at Step Ahead. There will be an opening ceremony on the afternoon of the 12<sup>th</sup> with performances from both Step Ahead and Stepping Stones people. So get those hands busy folks and see what you can create for this exciting new exhibition opportunity. The deadline for submissions is **Monday 21<sup>st</sup> September**.

## 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)*

## Guest Speaker from the Electoral Office

*Thursday September 10<sup>th</sup> 1:30pm at Stanmore with transport from Puriri at 1pm*

Glen will talk about how the parliamentary system works and how to:

- ensure you are on the electoral role and eligible to vote
- be on the unpublished roll if you choose
- use the easy vote card



Saturday 19<sup>th</sup> of September sees us going to the polls to cast our votes for the 2020 election and every vote counts so come along with your questions.



1. How many holes are on a standard bowling ball?
2. How many rings are on the Olympic flag?
3. What are the main colors on the flag of Spain?
4. Who are known as Brahmins?
5. What is a tarsier?
6. How did Spider-Man get his powers?
7. Which of these animals does NOT appear in the Chinese zodiac?
8. Are giant pandas a type of bear?
9. Would a Catholic living in the United States ever celebrate Easter in May?
10. What is the longest that an elephant has ever lived? (that we know of)
11. In darts, what's the most points you can score with a single throw?
12. What is a pomelo?
13. In the nursery rhyme, how many blackbirds were baked in a pie?
14. Who killed Greedo?
15. How many points is the letter X worth in English-language Scrabble?
16. What is the name of this symbol: ♣





Step Aheads Purr-sonal assistant relaxing after a hard days work

## Fun Water Facts

In New Zealand, the average person uses 227 litres of water per day:

- Toilet = 86 litres per day
- Bathing and hygiene = 68 litres per day
- Laundry = 36 litres per day
- Kitchen = 32 litres per day
- Housekeeping = 5 litres per day



Smiling is infectious  
You catch it like the flu  
When someone smiled at me today  
I started smiling too  
I walked around the corner  
And someone saw me grin  
When he smiled I realised  
I had passed it on to him  
I thought about the smile  
And then realised its worth  
A single smile like mine  
Could travel round the earth  
So if you feel a smile begin  
Don't let it undetected  
Start an epidemic  
And get the world infected.



Anna having a blast in Hanmer



Geoff and Opal enjoying the mid winter lunch



Daniel, Rachel, Anna, Leanne, Julie, Anna, Erin and Carol on the dance floor



Dancing away

## Answers from Quiz

1. 3
2. 5
3. Red & yellow
4. members of India's highest caste
5. primate
6. bitten by a radioactive spider
7. bear
8. Yes
9. No
10. 86 years
11. 60
12. The largest citrus fruit
13. 24
14. Han Solo
15. 8
16. Pilcrow



Rural members enjoying a stroll at McHugh's Reserve



### Step Ahead Trust

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