

August 2024



## Kōrero with Bryan

As we step into the heart of winter, we take this opportunity to reflect on the essence of what August represents: a time of respect and impressiveness. The word "august" carries a profound significance. Originating from Latin, it means "respected and impressive." It is a term that embodies dignity, honour, and admiration. In our context, these qualities align perfectly with our mission and values at Step Ahead, as we strive to create a supportive and empowering environment for our members.

Respect is a cornerstone of Step Ahead. It involves recognising the inherent dignity and worth of every individual. At Step Ahead, we embody respect by striving to hear our members' voices and understand their needs, and by valuing their experiences. We ensure our services are accessible and welcoming to all, celebrating diversity in all its forms. Moreover, we seek to provide tools and resources that enable our members to participate in their mental health journey and make informed decisions.

Our community has much to be proud of, and there are numerous examples of impressive achievements that exemplify the spirit of August. Our art programmes have seen remarkable engagement and positive feedback. These sessions are not only therapeutic but also offer a creative outlet for expression and connection.

Our rural programmes in Ashburton and Rangiora have seen significant increases in attendances, up nearly 50% from last year. By bringing our services to more communities, we are ensuring our model of mental health support is available to those who need it most. And despite some formidable weather challenges, our outdoor activities are seeing strong member participation.

As we celebrate the essence of August, let us reaffirm our commitment to creating a respectful and impressive environment for all. Together, we can continue to make strides toward wellbeing, offering hope, support, and empowerment to those who need it.

Thank you for being a part of our journey. Your participation and contributions are what make Step Ahead a truly august organisation.

Ngā mihi nui

*Bryan*



## Another Season of Skiing

Step Ahead is once again offering a unique opportunity for members to ski or snowboard over the course of this ski season. A special grant that was awarded last year allows us to take members skiing or snowboarding with Adaptive Snowsports Canterbury Wednesdays beginning **7<sup>th</sup> August**. There are three slots available each day and you must book in. The van leaves Step Ahead Stanmore Road Wednesdays at 7:30am. Skis, poles, helmets, lift tickets, and transport will be provided. Members are responsible for providing their own clothing, appropriate protective eyewear, and lunch.

Please contact Bryan to express your interest.



## Ashburton News

August should be a good month for us with day trips to Timaru and Rolleston and visits from Rangiora and Puriri members. We also have Andre from Ashburton Community Alcohol Drug Service coming to visit to talk about alcohol and mental health. Remember to book in early for all outings so you don't miss out!

See you there.

*Jen and Anjie*



Ashburton members getting ready to grout their mosaics

## Enabling Good Lives

Step Ahead has been awarded a grant to provide a very special service to our members. With it, we have established a new role called Enabling Good Lives Coordinator. This role



involves one-on-one assistance for members, helping research and connect with learning and qualification opportunities; providing support with regards to life administration - for example, obtaining driver's license, passport, trip bookings, superannuation application, health checks, etc.; and continuing with Project Connect - deploying devices to members and providing/connecting with training and support.

We are pleased to announce that Kaylee will be assuming this role, beginning **1<sup>st</sup> September 2024**.

It's an exciting opportunity to expand our model and I envision this will be a useful and rewarding service for our members.

## Guest Speaker – All About Recycling/Rubbish

**Wednesday 21<sup>st</sup> August at 1:30pm, Stanmore**

What are the new rules around recycling? Where does all our waste go? What happens behind the scenes?

Maria who is a Waste Minimisations Advisor at the City Council will be coming to talk us through how it all works. She will be able to tell us what happens behind the scenes through video and slides.

Van leaves from Puriri at 1pm.



## Health Focus at Stanmore

Alongside Comcare, Step Ahead is running a Health Focus Series again this year held at 167 Stanmore Road. Sessions booked in August are as follows. Please book in as usual, including if you would like to attend lunch.

### Wednesday 7<sup>th</sup> August at 1:30pm

Guest Speaker on Sleep Matters. Come and learn a few tips on effective sleep practices, sleep quality, your body clock and sleep cycles.

### Wednesday 14<sup>th</sup> August at 1:30pm

Guest Speaker - Koriana on becoming Smoke and Vape free. When it comes to going smoke or vape free, having the right support can make all the difference.

### Friday 24<sup>th</sup> August at 2:30pm

Guest Speaker - Dr Henrik Prutz Chiropractor. Come and learn about how to look after your back and practice good posture and wellbeing.

### Wednesday 28<sup>th</sup> August at 1:30pm

Guest Speaker - Sophia on Podiatry. Get help with general footcare or issues such as ingrown toenails, dry heels, corns or calluses.



## Stanmore Guest Speaker from Comcare Jobconnect

### Thursday 8<sup>th</sup> August at 1pm

Come along to hear how Jobconnect can support you to explore study, paid or volunteer opportunities.

Learn how to create a curriculum vitae, what kinds of opportunities there are now and what to do if you are thinking about the next step for you.



## Rangiora Panui

Kia Ora Koutou

We are well and truly into winter now folks. On the **Monday 5<sup>th</sup> August** we will have a snow play day! Please bring waterproof gloves and boots if you have them. You can simply frolic in the snow or challenge each other to a snowman building competition – bonus points to whoever makes snow angels too.

On **Wednesday 14<sup>th</sup> August** at 10:30am we will walk around the Northbrook Reserve looking for different types of Harakeke/flax. We will find out more about the tikanga/rules and kawa/protocols that cover both harvesting and weaving with flax. At 1pm we will gather and learn/practise how to weave a putiputi/flower, whetū/star or make a fitted woven bracelet. No experience required.



On **Monday 26<sup>th</sup> August** we will head into Stanmore to join with the groups there for the afternoon. There will be a Walking Group or a Women's Group pamper session.

We also have a Willowbank outing, Ashburton day trip, lots of walks, and one morning we are going to join in with a low-impact exercise class at Mainpower Stadium Gym.

## Saturday Walking Group

**Saturday 24<sup>th</sup> August, 10am -12pm**

Come along and join Step Ahead for a walk and hot drink on a Saturday morning.

This will be a leisurely walk, like our normal group! Leaving Stanmore Road at 10:00am and returning by 12:00pm.

Optional porridge available for **(\$1)**.

Please book as normal.



## Stanmore Men's Group

Friday 23<sup>rd</sup> August, 9:30am - 4pm

Come along and join Step Ahead Men's Group at the Ashburton Aviation Museum.



We will be joining the Ashburton Men's Group in the morning before heading to the museum. This will be a great opportunity to meet new people and create new relationships.

Bring lunch and water and (\$5) for museum entry.

Please book in as usual – maximum 8 members.

## Young Adults

This month we have a craft session again at Puriri on the **Thursday 29<sup>th</sup> August**. We will have some brass templates that you will be painting and decorating with colourful ceramic paint before curing in the oven. All the materials will be provided so just bring yourself, a few design ideas and (\$2).

We have another dinner in-house on **Wednesday 7<sup>th</sup> August, 4:30pm at Stanmore** - Winter Soup and Board Games (\$4.50) A ride will be available from Puriri at 4pm if needed and we will drop you home by 8pm.

If you have a favourite game you would like to teach others to play then please bring it along, otherwise we have a selection of the old classics available too.

## Stanmore Women's Group

**5<sup>th</sup> August** - Great Hall Concert - Yulia on Vocals (\$5)

Leave Stanmore at 12:45pm

**12<sup>th</sup> August** - Visit New Brighton Library at 1pm

**19<sup>th</sup> August** - Sign of the Takahe Café at 1pm (bring \$\$)

**26<sup>th</sup> August** - Pamper session with Rangiora members (facemasks & nail Art) at 1pm



## Birthday Calendars

Puriri – Monday 5<sup>th</sup> August at 1pm (\$2)

Stanmore – Wednesday 21<sup>st</sup> August at 1pm (\$2)

Never forget a birthday again! Come and create a birthday display that lets you see when all your friends and family members birthday are.

## Creative Junk Workshop

If anybody is interested in doing a Creative Junk Workshop, Barrington Mall holds one once a month

It only costs (\$10). It is from 12-2pm. It is a great way to create new things. Next month they are going to be making monthly planners. To book in you just need to leave a message with Creative Junk.



*This is the tote bag I created at the last workshop.*

*Amanda*

## Lockdown Blues

I thought to beat the lockdown blues  
At first I thought it was a ruse  
The days were hard, the nights were long  
It was a struggle to stay strong

I tried sometimes to paint all day  
My mind could travel far away  
This worked a while and gave respite  
But even then it was a fight

At other time I'd try to read  
Often the words would fill a need  
A crossword helped when all else failed  
But most help was the post I mailed

And then at times I'd write a poem  
By doing this I'd have my moan  
Everyone has lockdown blues  
We handle them the way we choose

But in the end, I did my best  
To treat the lockdowns as a test  
No matter what I tried to do  
It's faith and friends that got me through

*Philip H*

## Stanmore Member/Staff Liaison Meeting - June

### Highlights

- Performing Arts with Many Hats Theatre Company
- Tramping the Methven Loop Track
- Craft Group making toys for the SPCA
- Swimming
- Nutrition
- Adventure Park
- Art with Karen
- Trip to Hanmer Springs and Birdlings Flat
- Mosaics
- Mid-Winter Lunch
- Meals on Wheels

### New Programme Ideas

- Pilates,
- Dance class, eg line dancing
- Yoga
- Great Hall Concert
- Nail Art
- Roller Skating
- Mini Golf
- Pottery
- Overnight Trip to Mt Cook



Shawn standing next to his exhibited work at the Eastside Gallery in Linwood.

## Welcome Jelena and Gia

Hello! My name is Jelena, or Lena for short. I am currently a student at the University of Canterbury majoring in Psychology. I have always been really passionate about mental health and everything that surrounds it, which is why I am really excited to join Step Ahead as an intern for a couple of months. I aspire to further my studies by pursuing a master's degree in science next year and to eventually contribute to the field and our community through research and clinical practice. Outside of my studies, I enjoy reading, hiking, and cooking. I am excited to be a part of Step Ahead, and look forward to getting to know everyone.



Kia Ora I'm Gia, an international student from the UK studying Health and Wellbeing (Level 4) at the ARA Institute of Canterbury, with a focus on social care. I have a range of hobbies like yoga, traveling, rock climbing and hiking. I like to eat a healthy diet. New Zealand stole my heart during a working holiday, and now it feels like home. My seven years in support work across different settings inspired me to enhance my skills through academic learning. I'm here to contribute compassionate, person-centred care to help address New Zealand's need for more support workers. I find joy in connecting with people from diverse backgrounds, nurturing their individuality and independence. My favourite season of the year is Autumn and only wear autumnal coloured clothing.



A Walking Group member taking in the sights at Southshore Spit

## Feedback from Next Step Forums

Last April, all Step Ahead bases participated in our bi-annual Next Step Forums. These forums are a bit different to our monthly Member/Staff Liaison meetings in that we ask members to consider the bigger picture and over a longer period of time. As you may recall, we asked three questions:

- 1) Where would you like to see Step Ahead in three years?
- 2) What can we do to improve our services? and
- 3) What can we do to make Step Ahead more positive for your mental health?

On Tuesday 2<sup>nd</sup> July, Step Ahead staff reviewed all your amazing feedback so we could present our ideas on how we can accommodate those suggestions. Over the next four newsletter issues, I will be presenting our responses starting with Ashburton:

YOUR FEEDBACK.	STAFF RESPONSE
<b>Where would you like to see Step Ahead in three years?</b>	
Be more known to the public in Ashburton	Staff have been, and will continue to work on promotion (including advertising); networking with other organisations; and improving our digital presence (website, social media)
Want more days per week at Step Ahead – should have 3 or 4 days in three years	We are presently investigating a more suitable space that would allow us the opportunity to provide another day. We will also investigate funding to support more staff hours.
Have our own premises that we can feel more ownership of	We agree that this is indeed important. We are presently investigating a more suitable space and one that we can call “our own”.
Would like to have a drop in morning for non members	Step Ahead will have an open house some time in November of this year. Each base will host an open house so whānau and the public can pay a visit and see what we do, and members will have an opportunity to show off their amazing art creations!
Want to have more people join	Ashburton Step Ahead is growing! Without members, we don't exist. We will continue to work on promoting our services.
Overnight activities like a trip to Hanmer Springs or Tekapo	The overnight activities that have happened in the past are open to all members. We will promote those better in the future. These activities can be quite costly and Step Ahead may not be able to subsidise a lot of that cost. If members are willing to pay more, we can certainly facilitate more opportunities.
Have regular open days for the public	Step Ahead will have an open house some time in November of this year.
Have a free sausage sizzle and tell people what we do	Step Ahead will have an open house some time in November of this year.
<b>What can we do to improve our services?</b>	
Have pet days where staff and members can bring their pets	Staff will look into activities that involve support animals and animal focused activities
Have couches and comfortable chairs for relaxing at lunchtimes	When we have secured a more suitable space that we can call our own, we will make it comfortable and relaxing.
Advertise our services to the public in Ashburton	Staff have been, and will continue to work on promotion (including advertising); networking with other organisations; and improving our digital presence (website, social media)
Cakes provided at morning tea :)	Sorry, but cakes are not part of promoting a healthy lifestyle 😊

## August 2024 Newsletter

<b>What can we do to make Step Ahead more positive for your mental health?</b>	<b>It's remarkable that Ashburton members largely responded that doing something for others would have a more positive impact on their mental health!</b>
Hugs	Virtual hugs all around!
Suggestion box	Will put one in place, and investigate a good system of consistent response.
Do something for the homeless	We will programme activities that involve more volunteerism and see if there are opportunities to help homeless
Visit rest home to chat with residents and take a craft activity to share	We will programme activities that involve more volunteerism and see if there are opportunities to help at rest homes
Fundraising for charity	We will programme activities that involve more volunteerism and see if there are opportunities to fundraise for charities
Work at the new Community Gardens	We will programme activities that involve more volunteerism and see if there are opportunities to help at the new community gardens
Knit for charity	We will programme activities that involve more volunteerism and see if there are opportunities to knit for charity
Have monthly discussion groups about how to cope with and improve mental health	Our new Enabling Good Live Coordinator (Kaylee) can help connect members with discussion and support groups.
Have more speakers who know about mental health	We have had great success at the other bases with this and will definitely look into programming for Ashburton!



*Cooking with Taiba at Puriri - learning how to make Afghani kebabs.*



*Rangiora enjoying a beach walk.*

# POSH PORRIDGE



Learn to make a hearty and healthy breakfast. We will then start the day with shared kai by having breakfast together.

All ingredients supplied but feel free to bring your own favourite toppings.

## Puriri Street

Thursday 29th August at 9:30am (\$2)



Well done to the Woodwork Crew on completing the sawhorse project

## Stone Carving at Stanmore

Check out some of the latest creations from our Stone Carving activities. Stone carving is on every Thursday at 1pm at Stanmore (weather permitting) except the Thursday of the Member/Staff Liaison Meeting when the time changes to 2pm



## Step Ahead Art Exhibition

Exciting news folks - we are able to confirm dates for our 2024 Art Exhibition. It will open on **Thursday 19<sup>th</sup> September** and run until **Sunday 29<sup>th</sup> September**.

This year's venue is the Christchurch South Library at 66 Colombo Street in Beckenham. Many of you as Christchurch City library members may know this library well.

There will be our usual opening event with entertainment provided by Step Ahead's talented musicians. Entries will be limited to two items per person with consideration also needing to be given to the size and weight of entries.

**The deadline for entries is Thursday 22<sup>nd</sup> August at 5pm.**

If you have any questions please talk to myself or Di.

*Karen*



## Annual Updates

The official means of communication for Annual Update reminders is via email. If you wish to opt out and continue to receive a hard copy letter notifying you of your upcoming Annual Update please let us know. If you are expecting an Annual Update reminder and you have an email address please do check your junk mail folder.



### Step Ahead Trust

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