

December 2023



Julie's Views

Our 40th AGM was held on Tuesday 21st November, quite a milestone for the Trust.

This year will see some changes on our Board. Our current Chairperson, Evelyn Nelson has stood down after running the Trust for three years. During that time there have been significant issues to deal with like COVID and renewing the Trust Deed. Mark Todd who has been on the Board for nine years and John Poppe our Treasurer for six years have also stood down. Val P, a member has completed her three year term. These are volunteer roles and we are grateful for the many hours that these Board members have dedicated to the Trust. The Trust has thrived under your governance! New Board members will be profiled in the next newsletter.

Our Christmas Party looks to be a cracker this year. With the theme "Costume Play" there is a huge choice of dress ups to choose from, but if you don't want to dress up that is fine too. We will look forward to seeing you all there to celebrate a very busy, fun and exciting year.

Julie



On your own on Christmas Day?

Monday 25th December 11am -2pm (\$5)

Step Ahead Staff will be opening the Stanmore Road house for a midday meal on Christmas Day for members who would otherwise be on their own for the day.

Cost will be (\$5) for a beautiful Christmas meal.

Pickup at Puriri St at 10:30am. Please book in as usual so we know how many to cater for.



Project Connect

After three successful years Project Connect is coming to an end. However, we still have a number of mobile phone, tablets, and laptops available. Please contact Bryan for information.



Step Ahead Christmas Lunch

Friday 15th December at 11:30am, Richmond Club (\$10)

It's time to celebrate the end of another year! An invitation to our lunch will have been included with your monthly newsletter and programme so please read the details and book in early.

This year there will be an opportunity to get your face painted to enhance your costume. This will take place from 11am for an hour. Please book in if you would like your face painted!

It is going to be lots of fun, dress to impress – Cos Play is the theme this year. Come dressed as your "favourite character who wears a costume". Google "Cosplay" to get some ideas and get people guessing. There are several activities on the December programme to help with preparing costumes.

Please make your own way to the restaurant if possible as there will be more members coming than we are able to provide transport for.

The menu will be available when you book so, please make your menu choice then.

Lunch will be followed by entertainment.

Bookings are essential and payment of (\$10) is required by **Friday 1st December**.

Lots of prizes for great costumes!

11am Face Painting (if you choose) at Richmond Club

11:30am - arrival time at the restaurant if you do not want your face painted



Holiday Programme

Step Ahead is only closed for the statutory holidays. Between Christmas and New Year and for the first week in January we have a holiday programme planned. We will do lots of day trips, visiting our favourite destinations. Hopefully the weather will be kind to us, and we'll be able to take advantage of all the opportunities that the great outdoors has to offer in the warmer weather e.g., walking, swimming, biking, tennis, cricket. There will also be plenty of opportunities to relax and read a book in the shade or sun if that sounds more like you. So come along, enjoy the company, the ride, the scenery, and activity.



Young Adults

To finish off 2023 we are asking all young adults to join us for a BBQ evening at Spencer Park. This will be held on the **Wednesday 20th December**. A van will be leaving Puriri at 4pm, heading over to Stanmore where we will group together and depart by 4:30 pm. The same day (Wednesday 20th) at 1pm in the Puriri kitchen we will be prepping food for the BBQ. If you are willing to lend a hand, book in for this at Puriri.



Kaylee, Rachel and Tom

Chess in the Park at Stanmore

Wednesday 20th December at 1pm

Play against friends or meet some new people at Step Ahead.

Learn new skills or pass on your favorite moves.

If you don't know how to play simply watch, learn, and enjoy.



Ashburton News

We are looking forward to December with some new activities coming up! We will be visiting Arion Farm Park at McLeans Island to meet some friendly farm animals and Anjie will be taking us for a tour of Taumutu and the lakeside area near Leeston.

We will also manage to fit in plenty of Christmas celebrations with three shared meals and some festive crafts.

See you there!

Jen and Anjie



Dean caught a lovely Kahawai on our day at the beach recently



Annette and her prize-winning Christmas Tree at the Ashburton A & P Show

Pūharakekenui (Styx Mill) Reserve

Wednesday 6th December at 1pm Stanmore

We will hear a presentation on the Trust's activities and volunteer opportunities. One of the local CCC Rangers will join us and talk about what they do and the sites they work on. Then we will go for a little stroll to the water and have the opportunity to ask questions.



Back at Stanmore before 4pm

Stanmore Art VR Graffiti T-Shirt at New Brighton Library

Wednesday 13th December at 1:30pm, Stanmore (\$2)

Create some graffiti art with virtual reality and print it on a t-shirt or you can bring an image on a USB that you would like to print.



Bring a pre-washed, white t-shirt!

Limit of 5 people.

Holistic Wellness

Tuesday 5th December (van leaving Stanmore at 1pm)

We are going to be making healthy Christmas treats, namely roast curried chickpeas and raw chocolate energy balls.



Numbers are limited to 8 and we will be cooking in Puriri kitchen. Bring your own container and \$1.



"A Christmas Carol" - Live Theatre!

Friday 1st December at 12:30pm Stanmore (\$3)

Many Hats Theatre is an innovative and inclusive Christchurch theatre company providing drama groups for adults with intellectual and learning disabilities.

We are taking a group to watch their performance of Charles Dicken's "A Christmas Carol".

Come along to an awesome live performance and start getting in the Christmas mood!



Kayak along the River Avon

Monday 11th December at 10am, Stanmore (\$5)

Come along and enjoy a peaceful kayak along the River Avon. We will be leaving Stanmore Road at 10:00 on Monday the 11th of December.

You will need to bring sunscreen, water and most likely a change of clothing (in case you get splashed!).



Check in with Tom or Di for more details.

Rangiora Panui

Kia ora koutou, we hope you are making the most of the good weather! We have got a busy month ahead so make sure you are booked in and prepared for your activities. We are going back to Shell's Miniature World to see her Christmas Display. We also have a few day trips planned. The Arthurs Pass trip and Red Zone might involve a bit of walking to look at flowers.

Christmas Day lunch is happening at Stanmore Road 11:30am – 2pm for those members who need some company. You will need to make your own way there.

Anna and Rachel



DECEMBER 1ST

9:30 AM DEPARTURE PURIRI ST



Fridays in the Forest: a community event focusing on having fun while removing invasive weeds & protecting the environment.

We leave at 9:30am, returning by 4:30pm.

Please pack your own water + lunch

Wear comfy clothes suitable for doing gardening work.

Displaying and Selling your Artwork

From November we are going to be displaying artwork for sale by members. There will however be some conditions.

- one item per person per month. If somebody doesn't have a new item to display the following month, they will be able to leave it on the wall for longer
- no work is to have disturbing, inappropriate content or be triggering for others. All items will be reviewed by Di or Karen
- no item is to be priced over \$100. Each artwork will have a price ticket like we do in our art exhibition
- works of art must be well presented especially work on paper, see Karen for help with this.
- artwork may be photographed and posted on our Facebook page



Quail Island DOC Hut Camp

7th-8th December (limit of 10 members)

Come along and enjoy an amazing opportunity to stay in the DOC hut on Quail Island.

We will be leaving Stanmore Road at 2pm on **Thursday 7th December** and returning around 12pm on Friday the 8th of December.

The hut has water, an open fire, outdoor toilets and mattresses. You will need to provide your own adequate clothing, sturdy footwear, sleeping bag and food. We can supply a limited number of tramping bags and camping stoves (but bring your own if you have them)

Deposit of (\$10) needed by the **1st December** to secure your place. Total Cost (\$20)



Check in with Tom or Di for more details.

Kimekome Christmas Baubles

Wednesday 20th December at 1pm, Stanmore (\$2)

Come and make a beautiful fabric covered Christmas tree bauble. This is a fun, no sew craft project, that uses up little bits of scrap fabric.



Christmas Songs

Friday 8th December at 10am, Stanmore

During the Music Ensemble group in December, we will be singing and playing Christmas songs and carols together.

If you have any requests for songs, come and have a chat with SoonMay.



From Rachel

Our final evening activity of the year will be **Wednesday 13th December**. We will head to Arcadia Gaming for an evening of Karaoke, pinball and other gaming fun. Entry is \$3 and the meals are priced from \$15.

We will be having our last Willowbank Volunteer Session for the year on **Friday 8th December**. If you were keen to come and see what we get up to this is a great opportunity to give it a crack before the break over summer. Sessions will start again in February 2024.

Puriri will be doing a Volunteering Day Trip on **Friday 1st December** to Staveley to take part in "Fridays in the Forest," a community event that focuses on having fun and creating connections, while removing invasive weeds and protecting the environment. The Staveley Camp Forest is one of the few remaining remnants of native alluvial plain forests in the Mid-Canterbury foothills, making it of significant ecological value. A big challenge is the number of invasive plants in the forest, which are altering its fundamental structure. We need your help to remove these invaders to restore the forest's natural beauty and ecological health. By participating you can make a valuable contribution to the environment and have a great time while doing it!



Please pack your own water, lunch, and wear comfy clothes suitable for doing gardening work.

Christmas at Okains Bay Museum

Wednesday 13th December at 10am, Stanmore

This year Step Ahead has decorated a tree as part of the "Christmas at the Museum" display at Okains Bay. Throughout November members have been making beautiful decorations to adorn our tree which has the theme "Five Ways to Wellbeing". We are taking a group for a day trip over to Okains Bay to view our tree and all of the other trees on display. Book in early as spaces are limited.





Stanmore Next Step Forum

Held on 19th October 2023

We brainstormed all the ways our programme meets the Mental Health Foundations Five Ways to Wellbeing: Connect, Give, Take Notice, Keep Learning, Be Active. There were so many! It's great to know that our programme fits in so well with the Mental Health Foundation.

Highlights

- Darfield Art Trip
- Project Sewing
- Frisbee Golf
- Meditation
- Art Exhibition
- Visit from Ludo the Great Dane
- Pickle Ball

New Programme Ideas

- Outdoor mosaic boards
- Writers and Book Group – can join the Puriri group every 2nd Monday
- Dance & Laughter class – Maree will write an article for the newsletter
- Visit Costume Hire Places in preparation for Christmas Lunch Party

Artwork for Sale

This piece of art work is for sale (\$90). You are able to view it hanging at Stanmore Road. Please see staff for details.



Laughter, Dance and Movement

Monday 4th December at 12:30pm, Stanmore

Friday 8th December at 12:30pm, Stanmore

It's well documented that both dancing/movement and laughter are hugely beneficial for your physical and mental health. Laughing and dancing release endorphins and oxytocin which create feelings of being accepted and free. This reduces stress, boosting both our immune system and our wellbeing.

We will start with a deep belly laugh and finish with a shared laugh. Come along for a bit of fun, don't be intimidated. No one will be watching you. We will listen to happy music and enjoy ourselves.

Maree, a member will be facilitating this session. The sessions last for 30 minutes.



Rangiora members enjoying some time at the Art Gallery

Step Ahead Trust

P O Box 32 025 Phone 389 4001
167 Stanmore Road Freephone 0800 688 732
Christchurch 8147 Fax: 389 4042

www.stepahead.org.nz

info@stepahead.org.nz