

February 2024



Julie's Views

With the annual Christmas break behind us we are into full planning mode for another exciting year. We love your feedback so do talk to a staff member or better still write us a note and leave in our suggestion box about what you would like to see at Step Ahead. You can also come to our monthly meetings (held at each base) to review the previous month and make suggestions for the next month so please come along to one of those as well.

It's time to celebrate everything summer and we are making the most of the season by scheduling lots of water-based and outdoor activities. February is usually the warmest and most settled month for weather so come along and have a go at something you haven't tried before or have another go at an old favourite. Make sure you book in for anything you would like to attend.

Julie



Ashburton News

We have some great activities planned for February with a trip to Erewhon Station and a day out with all of Step Ahead at Lake Roto Kohatu. We are also visiting the new Maize Maze near Methven which is a fundraiser for St Johns Ambulance – wear your walking shoes for that one!

We are returning to Staveley Forest to do some volunteering and then we end the month with a trip to Caroline Bay in Timaru.

See you there!

Jen and Anjie



Ashburton members at Arion Farm Park



Ashburton members at the Lavender Farm

Learn to Surf Stanmore

Starting on 15th February at 10am (\$10 per session)

No matter what experience you have come along, and learn to surf with Step Ahead!

All the equipment will be provided for you. All you need is yourself, your togs and a towel. The sessions will be out at Sumner Beach where Tim and his team from The Rock Surf Therapy will teach us to surf over a 6 week course.

Maximum of 9 members per session.

Speak to Tom for more details.



Make a Vision Board for 2024

Wednesday 14th February at 10am (\$2) Stanmore

A vision board is a useful visualisation tool that can help you get clear on what goals you want to achieve in your life. It helps you grow and get motivated, shift your mindset and connect you to areas of your life. It promotes positive thinking and it is a lot of fun too!



Waitangi Day at Okains Bay

Tuesday 6th February at 8am – Stanmore and Puriri

Nau mai, haere mai

The Okains Bay Waitangi Day Commemoration is the longest running in Te Waipounamu (South Island). It is an iconic event on the National Calendar.



There will be free entry to the Museum where there will be all day displays, side shows, entertainment, food and family fun. At 9:45am we will gather on the Ngāi Tahu Reserve for the pōwhiri (welcome) which starts at 10am. The waka arrives at 1:30pm.

A van will leave Stanmore at 8am and pick up members from Puriri on the way. Bring cash, water, lunch and your sunhat.

Back at Stanmore before 5pm.

Speak to Charlotte for more details.





Jess and Michelle at Rakaia Gorge

Mosaic Group

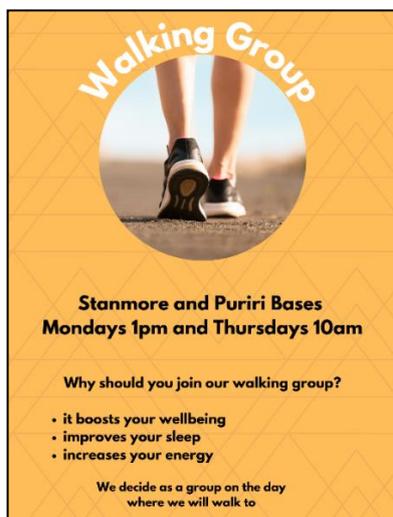
Stanmore - Tuesdays and Thursdays, 1pm-3pm
Puriri - every second Tuesday, 1pm-3pm,
(\$4 plus the cost the board)

The art of mosaics has been around for 5000 years and it is still going strong here at Step Ahead.



Mosaics involve covering a surface with small glass or ceramic tiles (called tesserae) to create an image or design. The gaps between the tiles are then filled with grout, creating a smooth piece of art. This is a relaxing artistic process. Most pieces take 3 - 4 sessions to complete.

If you are looking for a new craft skill for 2024 this is a fantastic creative outlet. If you have not come to mosaics before, your first board is free.



Roller Skating

Wednesday 14th February at 12:30pm - Stanmore
(\$5 - includes skate and safety gear)

Roller skating was so much fun at the end of last year we have put it on the programme again!

Come get your skates on and join us at Wharenui Gym. All gear is provided including quad style skates but free to bring your own skates or roller blades.

This activity is suitable for people who have never skated before so come along and give it a go. If you have any questions, ask SoonMay.

Painting at Beverly Park - Stanmore

Wednesday 21st February at 1pm

Help our Field Rangers brighten up the playground. We have almost finished our project, just a few more patches to go. 😊



Bring the sunshine, a hat and wear clothes that you don't mind getting a little paint on.

Project Jonah Education

Wednesday 14th February at 1:30pm
- Stanmore (van leaves Puriri at 1pm)



At Project Jonah we look beyond the conservation of a species to the welfare of individual marine mammals. We believe these animals have a right to live free from suffering and that as humans we should extend our circle of compassion to them.

Come along and find out more about this great project.



Puriri Panui

Tena Koutou

The Elmer The Elephant Sculpture Hunt is on again this month. This time we will try and find the elephants that we missed during the January outings.

Arm yourselves with a map and search an art trail that includes 30 large elephants - individually designed by local artists. This event is raising funds and awareness for the Laura Fergusson Brain Injury Trust.



There has been some interest from members wanting to learn more about houseplant care. We have put a Gardening Group on at Puriri Street on **Thursday 22nd February**. We will take you along to a garden centre to purchase your own plant. Bring money to purchase a small plant (approximately \$12). We will help you choose something appropriate for your home environment. We will then support you to create a care plan for your plant.



We always appreciate any helping hands we can get during the Gardening Groups. You will be helping to make our gardens look lovely and have the opportunity to learn more about gardening basics.



A day at Corsair Bay

eResources at the Library



Christchurch City Libraries will be coming to Stanmore Road on **Wednesday 21st February at 10am** to deliver a hands-on demonstration of their eResources and provide digital literacy/technology support.

This will be a two hour session with the first hour geared toward exploring eResources with iPads provided. The second hour will be dedicated to supporting you with technology and digital literacy (digital literacy is knowing how to use technology, find information online and be safe on the internet).

LGBTQ+/Rainbow Group

Tuesday 13th February at 2pm – Stanmore

This session will be facilitated by a guest speaker. Come along and share your journey through coming out and mental health, or just listen.



The LGBTQ+/Rainbow Group offers a safe space for those that identify with the LGBTQ+ community.

Project Connect

The funding we received from MSD for our wonderful Project Connect has come to an end.



Most of you will have spent some time with Bryan over the last three years learning how to use digital devices or buying a new phone, tablet or laptop. The programme has been a huge success and so many more of our members now have the devices and skills to be able to connect with the wider world.

We will still be running our technology groups every week so please continue to come along to those sessions. You will see in this newsletter that the library will be bringing their eResources and other services to Step Ahead starting in February. The library can also provide digital literacy and technology support so we will be asking members to use these services when one-to-one help is needed. We still have a small number of mobile phones and tablets left at 50% off the price you would pay at a shop so please speak to Bryan soon as once these are gone we will not be getting anymore.

Rangiora Panui

Tena Koutou

It's a summer of adventure indeed. We have some fun trips planned for you both full day trips with early starts and afternoon excursions:

For the Arthurs Pass trip on the **5th February** we are aiming to walk the Devils Punchbowl Track. For those not keen on walking too much there is a lovely picnic area at the bottom before the stairs so you are welcome to join in and go as far as you feel comfortable. For those eager to get up to the waterfall it is approximately 30 minutes each way with 150 metres elevation – short but sharp uphill then down. Kaiapoi pick up at 9am then departing Rangiora 9:30am sharp.

Okains Bay trip on the **12th February**. You know the drill – be prepared for windy roads so please wear layers so you don't get too hot in the van. We will stop at Little River for a quick look around then have a picnic on the beach and hopefully a swim at Okains Bay! Kaiapoi pick up at 9am then departing Rangiora 9:30am.

On the **19th February** we will go and explore the beautiful South Eyre Sunflower Farm. You are welcome to come along to wander among the flowers, take photos and admire the view. If you want to pick your own blooms they are **(\$3)** per stem with all the proceeds going towards the "I Am Hope Foundation".



Rangiora members at Arthurs Pass

Great Crested Grebe Hunt

With eager anticipation I had my breakfast on a Monday morning and then headed into Step Ahead, Stanmore Road. Today the Nature Group was heading to Lake Pearson to search for the Great Crested Grebe.



It was a stormy day with a strong wind blowing things around and creating waves on the lake. Unfortunately the Great Crested Grebes were nowhere to be seen. We then decided as a group to drive back to Lake Lyndon. We drove along a dirt road to the fisherman's hut at the back of Lake Lyndon. Someone in the group thought they saw a Great Crested Grebe so we asked Tom to stop the van. I got out of the van and spotted two with my binoculars.

We drove on to the fisherman's hut, our persistence being rewarded as there we saw a fully grown Grebe cruising around close to the shore.

We had a cup of tea and I was overjoyed to see some *Gaultheria depressa* (Mountain Snowberry), *Celmisia armstrongii* (Mountain Daisy) and *Bulbinella* (Māori Onion Plant).



Mountain snowberry



Mountain daisy



Māori onion

It had been a great day for the Step Ahead Nature Group.

William S



Stanmore Road gardeners at work filling our new planter boxes.



Elmer's
Elephant
Trail

Christmas Day at Step Ahead



If you love animals and are keen on being involved in volunteer work this is a fantastic opportunity.

Please come every week if you want!
We maintain the garden areas and help with the cleaning of animal pens. Please wear footwear / clothing appropriate for gardening work

Puriri Street
2nd February at 1pm

Then alternating fortnightly between
Stanmore & Puriri

Fancy a Berry Smoothie?

Stanmore on Mondays at 12:30pm

Derek, a long time Stanmore member has volunteered to make a berry smoothie for anyone that would like one on Mondays at 12:30pm.

The cost will be (\$2).

Berry Smoothies are delicious so book in as usual and make sure you don't miss out!



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