



## Kōrero with Bryan

Kia ora koutou

Groundhog Day, celebrated every 2<sup>nd</sup> February in Canada and the United States, is a fascinating tradition rooted in Pennsylvanian Dutch folklore. According to superstition, if a groundhog emerges from its burrow and sees its shadow, it retreats, signalling six more weeks of winter. If it doesn't see its shadow, an early spring is on its way.

Beyond the weather predictions, Groundhog Day has taken on a metaphorical meaning, thanks to the 1993 movie of the same name. The film brought the idea of being "stuck in a loop" into popular culture - a reminder of what happens when life feels repetitive, and growth seems out of reach.

There's a certain comfort in routine. Familiar habits and predictable days create a sense of safety and stability, especially during uncertain times. But, as with the groundhog retreating to its burrow, staying within the boundaries of what we know can also limit us. Growth often requires stepping out of our comfort zones and embracing change, even when it feels unfamiliar.

Sometimes, we may not even notice we're caught in a loop. It might be a way of thinking that keeps us from trying something new, a routine that no longer brings joy, or a fear of failure that holds us back. Recognising these patterns can be the first step to breaking free. Small changes - like reaching out to someone, trying a new activity or simply giving

yourself permission to do things differently, can lead to profound growth over time.

As we move through February, with its hints of the coming autumn, it's a good time to reflect on the possibilities of the season ahead. Just as the changing leaves remind us of transformation, we too can embrace the chance to shift, grow, and approach life from a fresh perspective. What might be waiting if we step into the new or let go of the repetitive patterns that hold us back?

Autumn is a season of abundance, maturity, and quiet preparation - a time to gather the fruits of our efforts and plant seeds for future growth. The crisp air and golden hues encourage us to pause and savour life's transitions. Let this be a season not only of reflection, but of courage to welcome change, knowing that every step forward brings richness to the journey.

This February, consider what small steps you might take to embrace the season's spirit of transformation. Whether it's shifting your perspective, trying something new, or simply being open to change, each choice has the potential to brighten your path. As the days grow cooler and the leaves begin to turn, let's look forward with hope and curiosity, ready to welcome what's next.

Ngā mihi nui

*Bryan*



### The Moon and I

The moonlight dances through the trees  
Like silk in flutters on the breeze  
Warm Summer fragrance, deep embrace  
Sweet tender scents engulf my face.

The silver full moon rises high  
It seems so huge up in the sky  
I feel quite small down in my chair  
But in its presence I've no care.

Silence remains, this bliss I'll keep  
Firm in both hands, I fight the sleep  
For I don't want this night to end  
The Moon and I, my long lost friend.

Philip H

## Nature Group Trip to Peel Forest

Friday 28<sup>th</sup> February at 9am, Stanmore

Explore one of the last standing pockets of old growth native podocarp forest in Canterbury. We'll view an ancient tōtara, thought to be more than 1000 years old, giant kahikatea trees and listen to the chorus of native birds. Prepare for a bit of walking, though the gravel tracks are well formed, there are some short steep sections where terrain is uneven and may be muddy or slippery.



Wear walking shoes and bring sunhat/sunscreen, lunch and water. We'll return by 4:30pm.

*Olivia*

### Reminder

As we head into February, it's a great time to remind everyone of the importance of booking in for all activities you plan to attend. This helps us make sure there's enough space, resources, and support for everyone to fully enjoy the experience. It also lets us know to ring you if an activity is cancelled.

If you've booked but can't make it, please let us know as soon as possible. Cancelling your spot allows someone else the opportunity to join in and ensures our activities run smoothly.

Your consideration and cooperation make a big difference.  
Thank you!

## Rangiora Pānui

It's Huitānguru, the ninth month of the Māori year – also known as Pēpuere, when we move from the fifth summer phase to the sixth, when seed pods burst and release their seeds onto the ground.

Tēnā koutou team. We are having a refresh and mix around of staff this month. Mondays will be Team Marco & Rachel and Wednesdays will be Team Tom, Soon May & Charlotte.

We've got a few crafty things coming up this month. We will have a go at making everlasting paper flowers on the 10<sup>th</sup>. These make great gifts.

### Day in Akaroa 3<sup>rd</sup> February

Kaiapoi pick up will be 9am. Be prepared for a long and winding drive. Please always bring a water bottle. We will have a wander around the township and have lunch down by the waterfront, then we can do a walk to the lighthouse for those that feel like it – 40 min return easy walk but only for those steady on their feet as there are steep cliffs. We will return by 4:30pm.



### Day in Christchurch 12<sup>th</sup> February

In the morning, we will be visiting the Botanic Gardens for a walk and lunch. In the afternoon we will be joining Stanmore and Puriri members for table tennis (\$1). We will return by 3:30pm



On the 24<sup>th</sup> we will do an exercise circuit focusing on strength building for balance and fall prevention. This is beneficial if we keep it up and practise this regularly.

Our phrase of the month is:

He taonga rongonui te aroha ki te tangata  
Goodwill towards others is a precious treasure

Ngā mihi

*Rachel, SoonMay, Marco, Tom and Charlotte*

### Learn to Surf

Starting Thursday 20<sup>th</sup> February at 10am, Stanmore

We will be participating in a six week course out at Sumner Beach on Thursday mornings at 10am. Each session will cost (\$10). You do not need to have any experience with surfing, we just ask that you are a confident swimmer and will be happy to be out in the sea. All you need to bring is your togs and a towel, all other gear (wetsuits and surfboards) will be supplied.

Any questions please see Tom

### Outdoor Skills: Emergency Preparedness

Tuesday 18<sup>th</sup> February at 12:30pm, Stanmore

We'll be discussing the best ways to avoid emergency situations while adventuring and the things to pack to make sure that a minor situation does not become a major one.

We'll explore an outdoor first aid kit and other emergency gear, discuss different types of emergency communication devices and run through a few scenarios to try out your problem-solving skills.

This is a good starting point for anyone wanting to adventure outdoors and potentially outside of Step Ahead, or great additional learning for outdoor explorers who have already done a basic first aid course.

*Olivia*

### Anna's Pānui

Kia ora koutou, I am excited to be taking some different activities at Stanmore and Puriri. I will be facilitating the Women's Groups and a few other groups on Friday afternoons. We have a visit to the beautiful gardens in West Melton at Glenlothian Farm and we are also going to do another walk to the Richmond Community Gardens to donate some items for recycling such as milk bottle lids, aluminium cans or newspaper so start collecting these items!

Ngā mihi nui

*Anna*

### Waitangi Day at Okains Bay

Thursday 6<sup>th</sup> February at 8am, Stanmore (Puriri pick up at 8:15am)

Nau mai, haere mai. This is a special free event to commemorate Waitangi Day in the spirit of kotahitanga (unity), with community, kai and fun at Okains Bay. Here's what you can expect:



From 9am:

- The museum is offering free entry with interactive displays. Learn about the rich history and taonga of the region
- Family-friendly games and activities
- Live entertainment
- Delicious food and treats, bring (\$) preferably cash

9:45am Manuhiri (any visitors wanting to attend) and invited guests gather opposite the Old School on the Ngāi Tahu Reserve

10am Pōwhiri begins on Ngāi Tahu Reserve

10:30am the Governor General's message

1:30pm the Kāi Tahu waka, Kōtukumairangi arrives (subject to tide)

TIPS:

- Dress comfortably and prepare for outdoor weather conditions. Bring sunscreen, a hat, and dress in layers
- Respect the cultural significance of the event and observe tikanga (local customs) when directed
- You can bring your own lunch and bring a full water bottle

Any questions ask Charlotte or Bryan 😊





### Ashburton Pānui

It's great to be settled into our new home in the Walnut Ave Pavilion. I hope you are all enjoying the space, both indoors and out, as much as we are!

We will be using the outdoor space more and more so please let us know if there are any games or activities you would like to try and we will do our best to make it happen.

We have an Open Day planned for the afternoon of **Friday 21<sup>st</sup> February** to introduce the community to our new venue. Please invite your friends and family along for an afternoon tea and a chance to try glazing pottery. It will be a fun day!

See you there!



Great turnout for morning tea.

*Jen and Anjie*

### Fox II Sailing

**Tuesday 4<sup>th</sup> February at 8:30am, Puriri (\$10)**

Come along and enjoy an amazing opportunity to sail on the Fox II sailboat.

We will be leaving Puriri Street at 8:30am and returning around 4pm. You will need to wear closed toe shoes and bring lunch, water and a warm jacket (it gets cold out at sea).

Check in with Tom or Kevin for more details.



### Port Hills Rock Climbing

**Thursday 13<sup>th</sup> February at 9:30am, Stanmore (\$20)**

We've teamed up with Adventure Specialties Trust to bring you a day of rock climbing outdoors. Qualified instructors will teach you everything you need to know to have a fun and safe experience. No climbing experience required.



With some of the oldest routes in the country, Christchurch offers some of the best climbing in Aotearoa, featuring gritty volcanic rock. It's an amazing opportunity to adventure in the Port Hills in a totally new way.

Deposit of **(\$10)** is due by the **5<sup>th</sup>** to confirm your space (9 spaces available). Bring sunscreen, hat, sturdy shoes, lunch, drink bottle and excitement to cheer on your fellow climbers!

*Olivia*

### Practical Maths and Science

The world is a fascinating place, and science and maths give us ways to explore and understand how the universe works around us. We are going to try some fun practical science experiments and look at ways we can use maths in our day to day lives.



During February we will play around with acids and bases. We will set up some cool colour changing experiments and learn a bit of the science behind it. We are also going to look at maths and percentages. Learn how to quickly work out what a 25% discount is and shop the sales!

**25%**

Join us at Stanmore every second Wednesday morning. If you have any questions, or thing you would like to explore and learn come talk me.

*Soon/May*



### City to Surf

Sunday 16<sup>th</sup> March

Step Ahead will be taking part in the 2025 City to Surf (6km). We will have two groups, one walking and one running/jogging. This event will require a level of fitness, whereby you are able to walk for around two hours continuously.

There will be a planning/information session in early March however if you have any questions, please see Tom.

To secure your spot **please pay (\$10) by the 5<sup>th</sup> March**. Tickets must be purchased in advance.



### Health Focus: Menopause and Ageing Healthy

Wednesday 19<sup>th</sup> February at 1:30pm, Stanmore (van leaving Puriri at 1pm)  
This session is for our female members only

We have invited **Anne Jordan** who is a **Menopause Specialist and Coach in New Zealand** whose values and goals are to inspire and empower women in New Zealand, guiding and encouraging them to take control of their own health and wellbeing.

Anne helps navigate the challenges of all things menopause including both Peri and Post Menopause, with confidence so they don't just survive, they *thrive* from it with a vision to create a world where every woman embraces menopause as a natural, empowering transition, armed with knowledge, support, and personalised care to thrive in this new chapter of life.

Are you ready to take control of your symptoms? Let's talk!



### Volunteer sewing for Aspire Canterbury

Friday 14<sup>th</sup> February at 12:15pm, Stanmore

Come and join a free sewing session and help sew bags to donate to Aspire Canterbury. These bags will be given to carers as part of a Respite Getaway Wellbeing packs.

Aspire Canterbury work with people living with disabilities in our communities. They also support their families and caregivers. Come and learn more about what they do and get a chance to be involved with an amazing organisation.

### Kawakawa Café Visit

Wednesday 19<sup>th</sup> February at 10.30am (bring \$)



We will be able to put our practice into reality 😊 How to order a drink in Te Reo Māori. Karawhiua!!! Give it a go!!!

Kawakawa (*Piper excelsum*) is a relative of black pepper (*Piper nigrum*) which is famous for its diverse roles in traditional medicinal and culinary practices from cultures around the world.

In rongoā Māori, kawakawa is used in many ways, including as a topical balm to soothe eczema, boils, bites, stings and grazes as well as to relieve toothache, gastrointestinal and genitourinary problems.



### Plan B

Winter in summer??? For those of you who joined us in December and January, you'll have noticed the weather had other plans! With so much rain, quite a few of our programmed activities had to be cancelled. But you'll have also seen how resourceful our staff are—coming up with creative alternative activities to keep things active, educational, and entertaining. We always do our best to improvise and make the most of what we've got, no matter the weather.



Thanks so much for your patience and understanding. It's always appreciated!



Relaxing at Tumbledown Bay

### Pottery with Ruffshuffler Ceramics

Wednesday 12<sup>th</sup> February at 1:30pm, Stanmore (\$15)

After an amazing pottery session with Ruffshuffler Ceramics last year, we are set to do another one in February. You will get to hand build a bowl or vessel and decorate it. These will be professionally glazed, fired and returned to us.



This activity is limited to eight people, and bookings will be confirmed with payment.

### Stanmore Women's Group

Monday 3<sup>rd</sup> at 1pm - Walk around the Riverside Market and the Avon River



Monday 10<sup>th</sup> at 1pm - Petanque at Halswell Quarry

Monday 17<sup>th</sup> at 1pm - Join the 1:30pm walking tour @ the Botanic Gardens, wear walking shoes

Monday 24<sup>th</sup> at 1pm - Glenlothian Farm visit (\$5)

### Young Adults Antarctic Centre

Thursday 13<sup>th</sup> February at 10:30am (\$10)

Come along and enjoy the Antarctic Centre with Step Ahead. There will be a van leaving from both Puriri and Stanmore at 10:30am.



We will return around 3:30/4pm

### Puriri Pigeon Post

This month we have a few themes on different days. On Wednesdays, Jen is joining us to continue some regular activities like Art and Mosaics, plus adding her flair to our programme with Creative Writing and a Guided Art Tour.



Thursdays have a theme of Culture and Learning. On the 6<sup>th</sup> we have an opportunity to attend Waitangi Day celebrations at Okains Bay. On the 13<sup>th</sup> Kaylee will be available for Enabling Good Lives appointments assisting with CVs, education options and other community involvement. Later in the month, on the 20<sup>th</sup> we have a guest speaker on budgeting advice for assistance with financial planning and solutions. Another cultural opportunity will be visiting Kate Sheppard House on the 27<sup>th</sup>.

Our learning continues on Fridays with a Food Flavour. On the 7<sup>th</sup> and 21<sup>st</sup> we have Learn Cooking Together with *Fresh Couscous Salad* and *Vegetarian Stuffed Capsicum* – yum! And on the 28<sup>th</sup> we have a Nutrition discussion on Trendy Diets which wraps up our food theme.



This month we have 2 activities for Young Adults on the programme. On the 5<sup>th</sup> bring a T-shirt or hoodie to Stanmore Road and bling it out/embellish with personal style! And on the 13<sup>th</sup> come and explore the Antarctic Centre which includes:



- Hägglund Field Trip
- Storm Dome
- Penguin Rescue
- HD Theatre
- 4D Theatre

Please check the programme for time, transport and pricing details.

### Step Ahead Trust

167 Stanmore Road  
Christchurch 8011  
03 3894001 or 0800 688 732  
[www.stepahead.org.nz](http://www.stepahead.org.nz)  
[info@stepahead.org.nz](mailto:info@stepahead.org.nz)