



Kōrero with Bryan

New Year, Renewed Resolve

As we welcome 2025, it's a time for fresh beginnings and renewed commitments. At Step Ahead, our resolution is steadfast: to continue creating a safe, non-judgmental, and inclusive space for all. This is at the heart of who we are and what we do, guiding our journey alongside our members and the wider community.

Our work is anchored in the core values that shape Step Ahead:

- **Hope:** We believe that being involved with Step Ahead will make a positive difference in the lives of tāngata mauri. By fostering growth, empowering individuals, and creating opportunities for personal development, we aim to be a catalyst for transformation and a beacon of positivity in all we do
- **Choice:** We embrace independence and self-determination. Participation in Step Ahead activities is always voluntary, allowing members to explore their interests and contribute in ways that align with their strengths. This fosters a culture of ownership and accountability within our community
- **Respect:** Respect is the foundation of all interactions at Step Ahead. We value empathy and consideration, ensuring that every voice is

heard and valued. By treating one another with respect, we cultivate a positive and inclusive environment for members, colleagues, and whānau

- **Responsibility:** Empowering tāngata mauri to make their own decisions and take ownership of outcomes is central to our approach. This culture of independence and accountability supports personal growth and collective success, driven by individual choices and actions
- **Openness:** We are committed to openness and transparency in all we do. Fair and inclusive decision-making ensures that every voice is heard, building trust and fostering a stronger sense of community among members, staff, and stakeholders

As you reflect on your goals and resolutions for the year ahead, we encourage you to embrace these values in your own journey. Whether you're trying something new, strengthening connections, or focusing on personal growth, every step forward matters.

Here's to 2025 - a year of hope, opportunity, and shared success. Together let's continue to build a community that uplifts, supports and inspires us all.

Ngā mihi nui

Bryan

Introducing Jen

My name is Jen Mead and I am the newest staff member at Step Ahead. I am excited to be part of such a vibrant team.

I have worked in hospitality most of my life and enjoy meeting people from all walks of life.

My whānau at my whare include two sons, my husband and my mother. We have a big garden and lots of animals.

I enjoy art, yoga, reading, cooking, walking my dog and travelling Aotearoa in our caravan.

I look forward to meeting you all
Ngā mihi nui

Jen

Young Adults Group

Ninja Valley Course - Thursday 9th January (\$12)
Leaving Stanmore at 1:15pm and Puriri at 1:30pm

Aqualand - Wednesday 29th January (\$5)
Leaving Puriri at 1pm and Stanmore at 1:15pm

For both above activities - please book in at Stanmore. There are only nine spaces available for each activity.



Ashburton Panui

Thanks to our Ashburton members for coming up with some great ideas for our programme at our member/staff liaison meetings!

We have a great month coming up with a visit to the Caroline Bay Festival in Timaru, ten pin bowling in Christchurch, a visit to Warwickz Farm in Darfield, a swim in Mt Somers pool and a day out at Lake Hood flying kites.

We have a speaker from Keep Learning Mid Canterbury coming to tell us what learning opportunities are available and how to find out about them. We will also have a go at making some fun crafts out of recycled materials.

See you there!



Ashburton members out for a fancy afternoon tea at Hemsworth Estate



Janet at Hemsworth Estate



Saying goodbye to Petra. After 16+ years Petra is leaving us! Petra has been a sewing tutor legend and we wish her all the best for her next adventures.

Jen and Anjie

Rangiora Pānui

*Haere mai - welcome to 2025!
Ngā mihi o te tau hou - greetings for the New Year!*

We hope you are enjoying the longer summer days. This year we continue with our nutrition sessions so you can gain knowledge and continue your well-being journey. On **Monday 13th January** we are going to discuss the role of carbohydrates and diabetic care. Furthermore, we are going to explore how to find sugar alternatives in cooking and which one is the most suitable.

We are delighted to have Maree from Flower Wizz back on the **Wednesday 20th** to help you make amazing floral arrangements for just **(\$7.50!)** So, book in as usual to secure your space.



On **Monday 27th** we will have a morning of fall prevention exercise, focusing on balance and strength building. Also on this day we will be doing a craft with Shrinky Dinks - remember that old fad from the 80s? Bring your ideas along and we'll make some charms for keyrings or earrings. We will also have regular swimming added to the programme.



Phrase of the month:

*Iti noa ana he pito mata
There is potential in the smallest bud, hold hope.*



*Rangiora members relaxing in the garden
at Otahuna Lodge*

Anna and Rachel

Member Spotlight - Grace M

This month, we highlight one of our long-time members Grace, who has been part of Step Ahead for over 20 years. Her story is a vibrant mix of music, dance, learning and community.

Her passion for music began with piano lessons at age nine, which she picked up again in high school, along with four years in the school choir. After finishing school, she studied at the Christchurch Jazz School and later at the University of Canterbury, majoring in English Literature while also sitting for sociology and psychology papers.

She has also been a talented Irish dancer, representing New Zealand in Australia, where she won a championship cup. During her school years, she stayed active by playing touch rugby and tennis and later enjoyed swimming and dancing through Comcare before joining Step Ahead.

Her love of music has remained a constant. She spent five years at Hagley College studying piano history and theory, played in five different bands, and provided music therapy at St Luke's drop-in centre. These days, she shares her skills through piano lessons at Step Ahead and privately.

Before her daughter (who is now 28) was born, she worked in a variety of roles, including at a dairy, a dress shop, as a waitress and as a mail sorter. She now balances her time between attending church, caring for her mum and staying connected with the Step Ahead community.

When asked what she'd wish for if given a magic wand, her answer was simple and heartfelt: to have a fulfilling career or occupation.

Her journey reflects a life filled with learning, creativity and service to others. We're proud to have her as part of the Step Ahead family.



Sewing in the New Year

During January we will be having a small break from our regular sewing sessions. These will continue again from the last week in January. There will be a few small changes in how these classes will run this year. Sewing will now run at the following times:

- Puriri: every second Monday morning from 9:30am - 12pm
- Stanmore: every Friday from 12:15pm - 2:30pm

The cost will stay at (\$2). Each session will focus on a specific project. The people that attend sewing group will all make the same project. Projects will be suitable for beginners, but also have 'extra for experts' so if you already know how to sew you can extend yourself and learn some new skills.



These projects will include bags, hats, accessories, clothing, kitchen and laundry items and toys. If you have any ideas or things you would like to make please talk to me, I'm always looking for new ideas.

The last Friday of every month will be open sewing at Stanmore. This will work much like it has in the past. You will be able to bring in your own projects, and I will be able to offer help and guidance.



As always, please remember to book in for these sewing sessions.

SoonMay

Period Products

You may have noticed new signs up in the bathrooms at Puriri and Stanmore. Following along with many other workplaces and schools, we are keeping a stock of free Period Products in the bathrooms for members. Staff will top these up as needed, but please mention it to us if we are running low.

There will also be products available at each of our Rural locations, Rangiora and Ashburton and we will keep a supply in every van.

We hope to be able to maintain this service for you. As the sign says, please take what you need and leave the rest for others.

Puriri Pigeon Post

At Puriri in January we have opportunities to get back into riding a bike, volunteer at Hagley parkrun, fly kites plus lots of days out swimming and paddling to enjoy summer conditions.

We have organised a professional instructor to lead a series of three entry level sessions to help members become more confident cycling for fun or for regular transportation. We have bikes available or bring your own. These sessions will run on:

- Thursday 9th at 1:45pm
- Monday 13th at 1:45pm
- Monday 20th at 1:45pm

On **Saturday 25th January** at you can join us for our turn at volunteering at in Hagley parkrun is a free event available to anyone every Saturday in many cities around the world and it is run by volunteers, rain, hail or shine. It never ceases to amaze me how generous some people are with their time and how encouraging they are to their fellow runners at parkrun. A great community. Talk to Kevin about options available for volunteering.

Christchurch can be windy in the summer and we will take full advantage of that when we design our kites on **Wednesday 8th at 10am**, followed by test flights in the afternoon at Burnside Park.



There are some great day trips to enjoy the outdoors at locations with water to keep us cool.

Friday 3rd - Tinwald Domain
Wednesday 8th - Waikuku
Friday 10th - Tumbledown Bay
Monday 20th - Paddle boarding
Wednesday 29th - Aqualand (Young Adults)
Thursday 30th - Spencer Park
Friday 24th - Ashley Gorge

For all these events, prepare for a long day outdoors and check the programme for more details.

Kevin



Nutrition

After our holiday break we are back at Step Ahead to spend another year doing activities and building positive attitudes for 2025.

I am very grateful to be part of this amazing team and I feel privileged to be able to share my knowledge with our members to enable them to make informed, positive choices with regards to nutrition.



January nutrition sessions will be at the following bases:

- **6th January, Stanmore: Food Psychology.** We will look into what are the social, emotional and cultural trigger that affect our food choices, and their impact on mental and physical health.
- **13th January, Rangiora: Sugar, Carbohydrates and Diabetes Care.** An overview on the role of sugar in our diet and the complications of excessive consumption. How can we prevent and manage Diabetes by following simple food choices.
- **17th January, Puriri: Nutrition at Different Life Stages.** We will explore how our body needs different nutritional intake at different life stages from early childhood to older age.

If you are interested in these topics please book in. If you have any particular topics you are interested in or want to learn about, please let me know at: marco@stapahead.org.nz

Marco

Stanmore Women's Group

6th January - Visit Waikuku Lavender Farm
13th January - Riccarton Bush Stroll
20th January - Visit Lyttelton/Curio Bay
27th January - Warwickz Farm Visit (\$5)



Charlotte



Fox II Sailing at Akaroa

Monday 27th January at 8:30am, Stanmore (\$10)

Come along and enjoy an amazing opportunity to sail on the Fox II sailboat. We will be leaving Stanmore Road at 8:30am and returning around 4pm.



You will need to wear closed toe shoes, bring lunch, water and a warm jacket (it gets cold out at sea).

Check in with Tom or Di for more details.

World Busker's Festival

Monday 27th January
Leaving Puriri at 12:30pm and Stanmore at 12:45pm

Known as one of the best street performance festivals in the world, this event features both international and local talent performing in everything from acrobatics and circus acts to comedy and cabaret.

There are several stage sites throughout the city, so plan on doing a fair bit of walking and standing to view various performances.



Come dressed for the weather, bring your hat, walking shoes, sunscreen and drink bottle and don't forget some coins to tip the performers.

Olivia



Pauline Woodward receiving a Trustee Emeritus Certificate of Appointment at the Annual General Meeting.



Members at the Rangiora Open Day

Day Trips to Waikuku and Ashley Gorge

Join us for a day out at these popular locations. At Ashley Gorge we'll be walking, playing frisbee, swimming and tubing, as well as relaxing for those that are not looking for such adventurous activities.



Waikuku offers a dip in the ocean as well as frisbee, tennis, walking and relaxing. Let's make the most of the opportunity to be outside for the day while the weather is warm. Check the programme for more details.

Tumbledown Bay

Friday 10th January at 9:30am, Stanmore and Puriri

Visit one of the most scenic beach spots around the peninsula with opportunities for swimming, snorkeling or just relaxing in the sunshine. Bring togs, towel, lunch, sunscreen and plenty of water as there are no taps on site.

Olivia



Evening Activity - Picnic and Play in the Botanic Gardens

Wednesday 22nd January at 5pm, Stanmore

For this special Wednesday evening activity, we'll pack a picnic and enjoy it in the Botanic Gardens. Afterwards, we'll stay for the 7pm showing of Anthony Harper Summer Theatre's version of the complete voyage of the RMS Titanic in 90 minutes, described as a "hilarious, brand-new exploration of the iconic and ill-fated adventure." Plan on getting home a little later than usual for this evening outing and bring a few extra layers to keep warm.

Olivia

Mike Pero Classic Motorcycle Museum

Thursday 23rd January at 10:30am, Stanmore

Come along and enjoy Mike Pero's collection of classic motorcycles. Mike has given us free admission to his collection!

Bring lunch, as we will have it together in the park after our visit.



See Tom for details.

Health Focus - Guest Speaker from the Cancer Society

Wednesday 22nd January at 1pm, Stanmore

Lisia will talk to us about how to best protect ourselves from skin cancer, what sunscreens are better than others, how often to apply, how to get yourself checked out if you are concerned and what other services the Cancer Society has to offer. Don't miss out, come along and hear more.



Di

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