

July 2024



Kōrero with Bryan

As we settle into July, our coldest month on average, I hope you are discovering ways to stay warm and finding joy in the season. With the winter solstice behind us we are seeing more daylight - a sign that brighter days are on their way.



This time of year is particularly special as it marks a height for winter enthusiasts. The snow-capped mountains are bustling with activity, offering a stunning and serene backdrop. Whether you are enjoying winter sports or simply admiring the snowy landscapes, this season brings a unique peacefulness that invites us to pause and appreciate the moment.

At Step Ahead we value the capacity of community and the beauty of nature to support our mental wellbeing. Our winter programmes are in full swing, designed to help you stay connected and resilient during the colder months. From day outings to alpine surroundings to cozy indoor activities - we're here to make sure you feel supported and engaged.

As the days gradually grow longer, it's a wonderful time to look toward the coming months. A chance to think about what we want to achieve and how we can prepare for the opportunities and challenges that lie ahead.

We continue to be inspired by the strength and courage of our Step Ahead Community. Your resilience inspires us every day. Let's embrace the beauty of winter together and look forward to the brighter days ahead.

Remember to take time for yourself - breathe in the crisp winter air, enjoy activities that make you happy and feel enriched and reach out if you need support. Our community thrives when we lift each other up.

Ngā mihi nui

Bryan



IMPORTANT REMINDER

Please remember to book in for any activity that you wish to attend.

Simply turning up on the day does not guarantee you a space. Booking in advance is easy – you can text us, call us, or book in yourself when you are on site 😊

Step Ahead Art Exhibition

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



Mental Health Awareness Week runs from 23rd – 29th September so it will be great to highlight our organisation to library goers.

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.

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

Karen

Christian Fellowship Group

Several members expressed an interest in a Christian Fellowship Group at the recent Stanmore Road Member/Staff Liaison Meeting. If you would be interested in attending this group please speak to Di.

Craft at Stanmore

Wednesday 10th July at 1pm (\$2)

Utilise felt and your sewing skills to make a felt dog or cat keyring.



Guest Speaker – Smoke/Vape Free

Wednesday 5th July at 1:30pm, Stanmore

When it comes to going smoke or vape free, having the right support can make all the difference.

A Te Whatu Ora Health Promoter offers free support. Most people who smoke want to give up, but they need reliable support to have the best chance at becoming smokefree. Te Whatu Ora Health Promoters offer a range of incentive programmes to support people to quit.

"I love telling people I no longer smoke. It's the biggest shock to my whanau and friends! If I can do it, anyone can." (client of the service).

Come along for yourself or to support someone else who would like to quit smoking or vaping.

Book in as usual

Rag Rugs at Puriri and Stanmore

Monday 15th July at 1pm, Puriri (\$2)

Wednesday 24th at 1pm, Stanmore (\$2)

Make a small rag rug from strips of fabric. We will use small looms made from old wood and picture frames, and a weaving technique called twining. This is a great way to use up bits of old fabric.



Ashburton News

Welcome to all our new Ashburton members – it's so good to see the group growing!

Thanks to everyone for attending our Member/Staff Liaison meetings and coming up with such great ideas for the future of our group. We will do our best to make it all happen.

In July we are visiting Staveley Ice Skating Rink and we will make another attempt at getting to He Puna Taimoana – New Brighton Hot Pools.

Daphne from Canbead will be here with a new jewellery making activity for us – limited numbers for this so please book in if you'd like to attend.

See you there!



Enjoying a soak at Opuke Hot Pools



Ceramic Creations

Jen and Anjie

Making Donations

Volunteering one's time is admirable, however not everyone is up to the time and physical constraints. So how about giving donations to charities?

I support The Fred Hollows Foundation that brings eye treatments and operations to those living on hundreds of islands in the South Pacific. Many are blinded by simple things like insect bites and suffer for years before making the often times arduous journey through jungles and in small boats island-hopping – this can take a week.

The newsletters tell heartbreaking stories. The time away from home means saving up months of income to pay someone to attend to their children and fields, etc. Many have never seen the faces of their own children and grandchildren before!

Monthly automatic donations are appreciated - \$5 a week or \$1 a day. It's a humbling feeling knowing you have helped one person to see again. Once their sight is restored their lives change dramatically. They can get about unassisted and all of the family can get on with their livelihoods.

A few simple meals and not buying takeaways is easy to manage. Somebody else's sight is more important. Some may prefer supporting animal protection charities, saving animals from dreadful suffering across the globe. Whatever you choose, it is a wonderful thing to give!

Susie W

Performing Arts at Stanmore

Wednesday mornings in July, 10am -12pm

Come along to a fun new weekly group! Learn how to devise and perform your own drama and learn to tell your stories through performing arts. We are so lucky to have the talented people at Many Hats Theatre coming to facilitate this group. Come and give it a go, no experience needed. Talk to SoonMay if you have any questions.



Rangiora Panui

Kia ora koutou,

We have got a lot happening this month so check out the programme and book in. We will have an extra staff member available on Wednesdays so you can look forward to some additional activities and more spaces on outings.

Just a reminder to stick to your bookings or cancel in advance (where possible) as this affects resources and preparation for the activities.

We were pleased with the success of the Health Series. There was valuable feedback from this, and we look forward to offering something similar again in the future.

On the **1st July** we will take part in the New Zealand Garden Bird Survey. For one hour we will count the number of birds we see or hear, then have a go at identifying them then loading the results on to the website.



On the **29th July** we will join Stanmore in Methven for the day. If you would like a soak in the Ōpuke Hot Pools, the cost is **(\$15)** - payment will be due a week in advance. Instead of swimming you are welcome to check out the Art Gallery or Museum **(\$5)** or just wander the town and explore.

A few lifestyle tips:

- Try to get enough sleep. Sleep can give you the energy to cope with difficult feelings and experiences
- Think about your diet. Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels
- Try to do some physical activity. Exercise can be helpful for your mental wellbeing



Mā te wā

Anna and Rachel

Rock Painting at Stanmore

Wednesday 3rd July at 1pm (\$2)

Rock painting is a great way to explore your creativity. Come along and have a go!



Free Literacy Classes

Improve your reading, writing and spelling skills in a friendly and supportive environment with FREE literacy classes at Ara.

There are day and night classes available. Day classes - Tuesdays, Wednesdays and Thursdays from 9:15am to 2:30pm and night class - Tuesday and Wednesday from 5:30pm to 8:30pm (excluding school holidays).

You must be a fluent English speaker and you can enrol at any time of the year if places are available.

Contact Ara to find out if this course would be suitable for you on 03 940 8178 or 027 221 7372 or email adulthood@ara.ac.nz



Anxiety

**Anxiety bears the grief of a day
But once spared they will all melt away
To speak and believe, is a trust beyond
Where sorrow will leave you as a healing bond**

**Remember to walk, and tread very gentle
For you, the fast line today doesn't allow for
those too sentimental**

**Emotional upheaval can cut to the quick
One step at a time to walk in one's own mist
Is the secret to peace, and ongoing bliss**

Clare H

Smokefree Step Ahead

Around 5,000 people die each year in Aotearoa New Zealand because of smoking or second-hand smoke exposure. That is 13 people a day.

Stopping smoking is a big step to take, and it's one of the best decisions you'll ever make. You can save thousands of dollars every year, you'll be setting a great example for your whānau and friends, you'll live years longer and things will taste better.

Aligning with our largest funder Te Whatu Ora, Step Ahead aims for a smokefree 2025. Beginning **Monday 1st July 2024**, **smoking (including vaping) will no longer be allowed on any Step Ahead premises** (this includes the Community House in Ashburton and at the North Canterbury Musical Society facility in Rangiora).

For those that do smoke (including vaping), the following are locations where you can smoke (including vaping):

- Stanmore – Beverley Park car park (however, not on Stanmore Road in front of Step Ahead);
- Puriri – along Puriri Street;
- Ashburton – across the street from the Community House on either Cass or Moore streets;
- Rangiora – on Northbrook Road.

While on activities away from any Step Ahead premises we ask that you smoke or vape out of sight of other members and staff, and that you do not smoke or vape within five minutes of getting into a van.

For those who wish to quit smoking and vaping, resources and opportunities for assistance will be available including a session with a Health Promotor on **Friday 5th July** at Stanmore Road.



Puriri News

We have arranged for a St Johns Therapy dog to come spend some time with us again at Puriri. He will attend the Open Craft session on **Friday 5th July** and **Thursday 18th July**. You are welcome to come to Open Craft and choose not to interact with the dog, or you can take turns sitting with him for pats.

The first door to the art space will be closed during the session to manage foot traffic in and out of the rooms.



The historic Staveley Ice Skating Rink is open again this winter, so Puriri will head there on **Thursday 18th July**. Campfire marshmallows and snacks available for purchase or you can bring your own along.

Rachel

Pūharakekenui/Styx River at Stanmore

Wednesday 24th July at 1pm

We will go for a walk along the river meeting with Courtney and Anita who is an ex-biodiversity Ranger from DOC looking for some native plants, identifying what they are, talking about the importance of them, their medicinal background and the restoration's impact on the surrounding environment and the river.

Dress warm and wear sturdy shoes.

Hot cuppa afterwards ☺





Members and Staff enjoying the Annual Step Ahead Mid-winter Lunch

Toi Moroki Centre of Contemporary Art

Wednesday 31st July at 1pm, Stanmore

We will visit the world-renowned Wildlife Photographer of the Year and then view some impressive artists at the art gallery.



Evening Meals

For our Wednesday evening meals over the next few months we will be doing three in-house activities and one restaurant outing. This option has arisen from the feedback received recently about how we run the evening meals. Most people prefer a budget friendly option, and given our in-house meals are (\$4.50) it's a very affordable meal out.

Those that havent attended an evening meal before might not know that we do drop you home afterwards! This is especially useful for those that would normally use public transport in winter so that you wont have to make your own way home in the dark.

Rachel & Tom



Stanmore Member/Staff Liaison Meeting

Highlights

- Thrive talks
- Great Hall Concerts
- Swimming
- Golf
- Sewing with SoonMay
- Adventure Park
- Botanic Garden guided tours

New Programme Ideas

- Soap making
- Essential oil making
- Christian Fellowship Group
- Tours of the Art Centre
- Technology Group
- Tours of Anglican Cathedral in the square
- Visit the Giants House
- Mid-winter swim
- Horse Riding
- Health Focus Series
- Golf Driving Range

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.



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