

June 2024



## Kōrero with Bryan

According to the Oxford Learner's Dictionary *inspiration* is defined as:

- 1) *the process that takes place when someone sees or hears something that causes them to have exciting new ideas or makes them want to create something, especially in art, music, or literature, and*
- 2) *a person or thing that is the reason why someone creates or does something.*

I am constantly inspired by our members - the amazing creations that come out of the art groups, stone-carving, sewing and craft groups, the myriad stories and photos from day outings, tramps, Women's and Men's Group adventures or just listening to how people overcome the day to day struggles.

Volunteerism carries its own power to inspire. The act of volunteering represents the spirit of compassion and empathy, reflecting selflessness, kindness and a genuine desire to make a positive difference. National Volunteer Week is 16<sup>th</sup> - 22<sup>nd</sup> June and it's a time when we celebrate the collective contribution of the millions of volunteers who enrich Aotearoa New Zealand. I'm inspired by, and very proud to say that we have a number of volunteers at Step Ahead that participate regularly in activities

such as Meals on Wheels, Willowbank, Beverley Park beautification, teach NZ Sign Language, take music group etc. A huge thank you to all who give their valued time to give back, whether at Step Ahead or out in the community.

There are a number of volunteer opportunities during National Volunteer Week with Step Ahead:

- rubbish cleanup at the Rangiora base
- Meals on Wheels
- weeding seedlings at Waiora Trust
- upkeep of grounds at Willowbank
- local beach clean up

If you have never volunteered before, give it a go – you'll be amazed at how good it can make you feel.

I would also like to thank each and everyone of you who participated in the Next Step Forums that we held in April. All four locations provided loads of excellent feedback and suggestions. Staff will pore over your responses, action what we are able to straight away and explore possible opportunities and solutions for the rest.

Kia ora

*Bryan*



### Functional Fitness at Stanmore

Tuesday 11<sup>th</sup> and 25<sup>th</sup> June at 1pm

Come join us and move your body! Bodyweight workouts that are either at Beverly Park or Hagley. Each session goes for approximately 30 - 45 minutes.



*Kaylee*

### Hot Soup at Stanmore

Wednesdays at 12:30pm (\$2.50)

The days are quickly getting colder and winter is just around the corner. During June the Wednesday lunch at Stanmore will be a hearty vegetable soup and a roll.



### Making Dog Toys for the SPCA

Wednesday 19<sup>th</sup> at 1pm, Stanmore

Monday 17<sup>th</sup> at 1pm, Puriri

Come and help celebrate National Volunteer Week! Volunteer your time to make dog toys for the SPCA. The SPCA are getting new animals all the time and it makes a difference to our furry friends having toys made with love from people in the community.



### Weaving with Harakeke

Wednesday 26<sup>th</sup> June at 1pm, Stanmore

Have a go at weaving and learn how to make something out of harakeke (flax).



Our Bride to Be!

### Project Jonah

Wednesday 5<sup>th</sup> June at 1:30pm, Stanmore

Project Jonah is an environmental organisation that was established in 1974 in New Zealand and specialises in the protection and conservation of marine mammals like whales, dolphins and seals.

Education is fundamental to building understanding. Because of this, Project Jonah works constantly to raise awareness of marine mammals, their unique qualities and the threats that they face.



Come and learn about the work these amazing volunteers do.

### Mid-Winter Lunch

Friday 14<sup>th</sup> June at 11:30am, Richmond Club (\$10)

Members from all bases are invited to the Step Ahead mid-winter lunch to be held on **Friday 14<sup>th</sup> June**.

This year we will dress up in our finery and there will be prizes for the best dressed!

The menu will be available nearer the time and meals need to be pre-ordered so when you book please let us know what your meal choice is. The cost is **(\$10)** and payment by **Monday 10<sup>th</sup> June** is required.

Entertainment is planned following the meal.

Stanmore members, please meet at the venue at 11:30 if at all possible.



### Ashburton News

We have some great indoor activities planned for the start of winter. We will be doing mosaics, glazing a ceramic tile, printmaking and making felt animals.

It's also good to get outdoors when we can so we have some lovely walks and daytrips planned too.



Please book in for the Mid-Winter Lunch at Richmond Club. If we get enough bookings we will take an extra van 😊

See you there!



*Janet and the digger  
at Roger Mahan  
Heritage Centre*



*Kirstin and Janet at  
The Escape Room in  
Little River*

### *Jen and Anjie*

### Craft at Puriri

We are finally going to be doing shibori dyeing which involves stitching patterns into fabric or t-shirts to dye.

Crochet will also continue, either building on people's current skills, or come along and learn something new to do in the cold winter months.



*Karen*

### Rangiora Pānui

Kia ora koutou,

As we head into the cooler months it's good for us to get out and about and we aim to do that in this month's programme, so have a look and book in for the ones that interest you.

We have invited the Community Development Facilitator Martin, from the Waimakariri District Council to visit and tell us about the various projects that are going on in the area that we could potentially be a part of in the future.

We are having a Mix and Mingle with the Puriri members this month, part of which is spending the afternoon in Hagley Park with pétanque, tennis, walking and biking on offer, so wear comfy clothes and walking shoes for this.

Get your dancing shoes on! We have our Mid-Winter Lunch on **Friday the 14<sup>th</sup> June**. You may get a prize for "Best Dressed". Pick-up times will be on the programme. Look forward to seeing you there.

Haere rā

*Anna and Rachel*

### Young Adults

**Tuesday 18<sup>th</sup> June at 1:30pm, Puriri (\$2)**  
Candle making (van leaving Stanmore at 1pm)



**Wednesday 26<sup>th</sup> June at 4:30 pm, Stanmore (\$4.50)**  
Dinner – Veggie Quiche and DVD night (van leaving Puriri at 4pm)





### Adrenaline Forest

Thursday 27<sup>th</sup> June at 11:00am, Stanmore (\$10)

Come and try this adventurous activity. All the equipment such as harnesses and ropes are provided for you to make sure you are 100% safe.



Check in with Tom or Di for more details.

### Navigation/Map Skills

Monday 10<sup>th</sup> June at 10:30am, Stanmore

Come along and learn some basic navigation and map skills. You do not need any experience or knowledge. This session will include things such as learning to orientate a map, pacing, and learning to use a compass.



If you have your own compass please bring it with you; if not don't worry we can provide one!

### Walking Group

Saturday 22<sup>nd</sup> June at 10am, Stanmore

Come and enjoy the company of Step Ahead on a Saturday morning with a walk and hot drink. We will be walking for 1 hour, before stopping at a cafe for a hot drink. We will also supply hot drinks for those that don't want to buy from the cafe.

All welcome!

### Volunteer Week

Wednesday 19<sup>th</sup> June at 1pm,  
Stanmore and Puriri



Waiora Trust Nursery is a charitable organisation whose aim is "helping people grow" by promoting and supporting projects, programmes and community-based businesses that will develop people, our environment and our community. We would like to give back to this organisation by helping them with weeding seedlings.

The seedlings will be put on tables to make it easier for weeding. Bring garden gloves if you have any and dress warm.

Hot drinks provided. Any questions ask Charlotte.

### TechMate

Thursday 20<sup>th</sup> June at 1:50pm, Stanmore

Step Ahead is taking a group to TechMate for a tech group session leaving Stanmore at 1:50pm.



TechMate is a community organisation based in the central city. They develop digital inclusion in the community with the help of dedicated volunteers and board members. They are funded through the generosity of a number of local community organisations and sponsors.

Over the past twenty years TechMate has enabled many people to use and enter the digital world. TechMate is here to help you to get the best out of your digital devices. Their staff and volunteers are skilled users of all sorts of technology.

Everybody's technology needs are different, and they understand this. Their learning spaces and staff provide a caring and understanding environment.



### Volunteering in our Community



Thank you to Daniel, Max and Jared for their hard work. They volunteered alongside the council planting 80 seedlings in the ground at Beverley Park next door to Stanmore!

Mā tini mā mano ka rapa te whai ,  
Many hands make light work

### Aoraki/Mt Cook Adventure

The day had finally arrived for our much-anticipated expedition to the majestic Aoraki/Mt. Cook. As I packed my bag with a mixture of nerves and excitement, I couldn't help but wonder what adventures lay ahead on this tramp. Thankfully Tom and Rachel had crafted a detailed itinerary and packing list that I scrutinised not once, not twice, but thrice to ensure I had everything.

The early morning start left us all feeling a bit foggy, probably also due to the lack of our beloved coffee fix. However, our spirits were quickly lifted as we made our first pit stop at the Fairlie Bake House. The caffeine fix we all needed. And let's not forget the charming serenade by the mysterious musician playing folk songs on his mystical instrument (because seriously what was that thing?).

Our next destination was the picturesque Lake Tekapo where nature decided to showcase its artistic prowess with a stunning display of turquoise blue waters and vibrant autumn foliage.



We wandered over the bridge, visited the iconic Church of the Good Shepherd and paid our respects at the Sheepdog Memorial all while soaking in the beauty of the surroundings.



Finally, we arrived at Unwin Lodge, greeted by a jaw-dropping view. The view of the mountains and sky was so awe-inspiring that many of us found ourselves just sitting in awe.

During our free time some of us ventured up the hill to look at a charming waterfall, and in a

moment of spontaneity, we had a little howl under the moonlit sky.

Dinner was prepared by Tom and Rachel and was a yummy vegetarian curry which was followed by a surprise chocolate/beetroot birthday cake for Lizzie and Jessica. After dinner we had some free time to star gaze and chat, I even caught a glimpse of a shooting star. An impromptu quiz competition

followed that almost resulted in forgetting to prepare our lunches for the next day. As the morning light painted the sky with hues of orange and pink, we packed up our gear, had breakfast, and eagerly set off on our trek. Despite the weather forecast predicting rain, we were blessed with a clear, sunny day.

The Hooker Valley track was a feast for the eyes, with its autumnal hues and the majestic backdrop of Aoraki/Mt Cook dusted with snow. The alpine streams sparkled like diamonds, and icebergs in the lake looked like a scene from a nature documentary. Crossing the three swing bridges added the right amount of adrenaline to the tramp and was one of my favourite parts. The walk took approximately three hours, but it felt shorter and was a nice easy track.



Once the tramp was over, we stopped for coffee, rested our feet and then we reluctantly headed back home. We made one last stop at the Fairlie Bake House (because why not end where it all began?).

The ride back was filled with laughter, songs, games of Spotto, and walkie-talkie shenanigans. Aoraki/Mt. Cook had indeed dazzled us with its natural beauty, but it was the camaraderie and kindness of the Step Ahead Community that truly made this trip unforgettable. As I reflected on the magical landscapes, the shared laughter, and the bonds forged during our adventure, I couldn't help but feel grateful for the experience and the wonderful souls who made it all possible.

So, here's to Aoraki/Mt. Cook, to unforgettable adventures and to the incredible people who turn a simple trip into a lifetime of memories.

*Shelley K*







Ceramic art created by our Ashburton members.

### Community Planting

Wednesday 12<sup>th</sup> June at 1pm, Stanmore

Planting seedlings in the community to help Papatūānuku (Mother Earth) thrive.



Bring garden gloves if you have any and dress warmly. Hot drinks provided.

### Performing Arts at Stanmore

Wednesdays 10am -12pm

The performing arts is an awesome creative outlet that can offer great ways to express yourself. We have an exciting new opportunity at Step Ahead with the start of a new Performing Arts group, taken by Many Hats Theatre. They are a dedicated and talented group who have many years of experience working with groups in the community.

The focus will be telling our stories through performance, and Many Hats Theatre will give us a safe environment to explore ideas and to learn how to device and perform our own material.

This is a great opportunity and if you're interested, I encourage you to take part. No experience is needed.

Talk to SoonMay if you have any questions.



### Women's Group



10<sup>th</sup> Cuppa at Sign of the Kiwi café (bring \$)

17<sup>th</sup> Trip to the Art Gallery

24<sup>th</sup> He Puna Taimoana - New Brighton Hot Pools (\$5)

Please check the programme as start times vary.

### Holistic Wellness

Tuesday 4<sup>th</sup> June at 1pm, Stanmore (\$2)

In June we are going to be making ramen which is a tasty dish of noodles in a miso soup with vegetables and tofu or chicken.



The van will be leaving at 1pm for Puriri. Numbers are limited to six people. All bookings to be made at Stanmore. When you book in, please indicate beside your name if you want tofu or chicken.

I would like to hear any ideas for future holistic wellness activities, so let me know what you think we could do.

*Karen*

### Our Amazing Coordinators

I'm sure I speak on behalf of the guys who went on this wonderful Step Ahead "Blokes Day" by saying what a great asset Tom is to the organisation.



He is a great company with a rare ability to speak to every individual on their own personal level. Also, Tom is an extremely good and patient driver.

Well done Tom.

*Philip* 😊

### Step Ahead Trust

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