

March 2024



Julie's Views – Moving On

It's hard to define what is so good about Step Ahead. Is it the challenging and interesting range of activities on offer? Maybe it's the lovely old house on Stanmore Rd or the nice newly renovated house on Puriri St? Or could it be the people – the wonderful staff who are so creative and enthusiastic and the members who support and accept each other building life-long friendships?

I think it is a bit of 'all of the above' that makes the vibe at Step Ahead the supportive, friendly and non-judgemental place that it is. In the five years I have been running Step Ahead so much has changed but the basics are still the same as they were when I started. This is a wonderful thing and something for us all to be proud of. I think if the people who established Step Ahead over 40 years ago came to visit now they would feel very proud of what they created and what has been achieved since then.

Sadly the time has come for me to step aside as Chief Executive Officer of the Step Ahead Trust. I want to make sure that Step Ahead stays the same welcoming place that it has always been so the Board will be looking for a new CEO whose values complement our own, someone who will keep Step Ahead moving forward in the right direction.

I have thoroughly enjoyed my time at Step Ahead - getting to meet and interact with the people who come here is a highlight of every day and something I will miss. I see the struggles that occur with some of our members and how Step Ahead helps to make life a little bit better for them. There are some very cool activities too and it's great to see people taking the challenge and giving new things a go. I also think there are a lot more people who could benefit from what we do.

Hopefully the new CEO will recognise this too and maybe make plans along those lines.

I hope you can all come to my farewell, it will be a special day and a sad one for me.

Julie

**You are invited to
Julie's Farewell!**

**Friday 22nd March at 2pm,
Stanmore**

**Speeches, games and
afternoon tea. Dress for an
afternoon tea party**



Ashburton News

Thanks to everyone who has been to Staveley Camp to help with the work restoring the native forest there. We are happy that we've found a community project that we enjoy. We look forward to taking everyone out there eventually.

We have some great activities coming up in March with a sausage sizzle and kite flying at Lake Hood and our long-awaited trip to Orana Park!

Jen and Anjie



Ashburton members with Karen at Staveley Camp

Te Matatiki Toi Ora/The Arts Centre

Wednesday 13th March at 1pm, Stanmore (\$5)

Enjoy a guided walking tour with Jenny of The Arts Centre.



Discover the rich history of this place. Hear the inside story about eccentric personalities and outrageous escapades. Go behind-the-scenes through Rutherford's Den and up the Observatory Tower. Entertaining and informative, this tour will give you a deep appreciation of the past, present and future of Te Matatiki Toi Ora, The Arts Centre. We will have some free time afterwards to explore and have a look around.

Back at Stanmore before 4pm.

Te Reo Māori - New Brighton Library

Wednesday 27th March at 10:30am



We will visit the New Brighton Library and use some of their resources to help us learn with Te Reo Māori. Come along no matter your experience and join us for a korero and some fun.

Introduction to Nutrition, Health and Well-being!

I will be running an Introduction to Nutrition on **Monday 4th of March at 11am at Stanmore.**



I am currently studying this subject and would like to further explore the challenges we face with making good food choices in today's environment.

I am by no means a dietician, but if you would like to come along and support me in developing a structured Nutrition Programme at Step Ahead, please join me.

Kaylee

Felted Soap

Monday 4th March at 1pm, Puriri (\$2)

Wednesday 13th March at 1pm, Stanmore (\$2)

Come and join us to make felted soaps! We will be using sheep's wool to create a felted layer over a bar of soap. It's like a washcloth and soap all in one. Felted soaps are not only beautiful, but great for exfoliating, and getting hands clean after gardening. Everything is provided, but if you wish to use a specific type of soap, please bring your own.



Arrival Times at Step Ahead

We have noticed lately that tangata mauri (members) are turning up very early for activities. In some cases this has been 2 -3 hours before the activity begins.

The Step Ahead rules state that members are welcome to come to Step Ahead for "short periods" to socialise before and after an activity. This means about 30 minutes before the start or after the end of an activity. This applies to all locations, Stanmore, Puriri, Ashburton and Rangiora.

We would ask that you respect these rules. Tangata mauri (members) who consistently arrive too early or are still about long after an activity has ended may be asked to leave.

Rangiora Panui

We have got another busy month ahead so please remember to:

- be prepared for the activities that you booked in for
- cancel if you are unable to attend as this is helpful so that someone else can take the spot

We have a big drive to Akaroa in March so fingers crossed for great weather! We will visit the beautiful Giants Garden which is a little hilly so please wear comfy clothes and good walking shoes.

Ngā mihi nui

Anna and Rachel

Christchurch Pride Week

15th - 31st March

Christchurch Pride, like Ōtautahi itself, is growing stronger and stronger.



Everyone is welcome. The key aims are: a family celebration; Inclusive for all; to celebrate with pride and visibility; and to bring together the diverse groups within the LGBTQIA+ community.

Step Ahead plans to participate and will have more information once the Pride Week schedule is published. Please see Bryan or Di if you're interested in knowing the details of what and when we plan to attend.

250km Challenge

Monday 25th March

We have found an interesting new location for the 250km challenge in 2024. Kainga Road Reserve has an undulating grass field with lots of trees for the course to flow around and give us shelter. Just like previous years, you can Walk, Run or Bike a 1km lap at your own pace and set yourself a target of how many laps you can add to the Step Ahead Team Total. Come and cheer each other on!



Check the programme for more details.

Giant Stand-up Paddle Boarding in Akaroa

Thursday 28th March at 10am, Stanmore (\$5) – (limit of 9 members)

Come along try out a giant paddle board that holds eight people! You don't need to have any experience with paddle boarding, just be willing to have a go and have a laugh!



You will need to bring sunscreen, water and most likely a change of clothing.

Check in with Tom or Di for more details.

Thrive Inspiring Talk Series

Aspire Canterbury and Braintree have created a series of inspiring talks featuring passionate experts with lived experience, showcasing their resilience and success.



The first in the series will be **Monday 4th March** from 10am - 12pm and is facilitated by Craig Hickford who will share his story of recovery from traumatic brain injury. The second talk will be on **Monday 18th March** and showcases renowned inspirational speaker Julie Woods, AKA "That Blind Woman" who will speak about the power of two little words: "Why not?"

For both sessions we will meet at Stanmore Road at 9:30 and then travel to the venue. The cost is (\$2) and is due by **Wednesday 28th February** for the first session and **Wednesday 13th March** for the second session.

Book in and pay early to secure your seat – this is limited to nine members total. Please contact Bryan with any questions.

Driftwood Art Stanmore

Wednesday 20th March at 1pm (\$2)

Turn a piece of driftwood into art .



Puriri Panui

Puriri has a few great day trips planned for March to make the most of the beautiful weather and scenery at this time of year. On **Friday 1st March** we head to the beautiful Cheviot region. We will explore the village and then go to Gore Bay.

If you get motion sick please plan ahead – take your travel meds the night before, wear layers to peel off in the van and avoid snacking while travelling.

On **Friday 15th March** we will be teaming up with Ashburton to take part in “Fridays In The Forest” at Staveley Forest. People of all abilities are welcome to join us - it’s a community event that focuses on having fun and creating connections while protecting the environment. By participating you can make a valuable contribution to the environment and have a great time while doing it!

You’ll Never Guess

I’m a structure. I took four years to build and was finished in 1959. Within eight years, I was declared to be too small, and work was carried out by a Japanese company to make me bigger. What am I?

- A. Sydney Opera House
- B. Auckland Harbour Bridge
- C. Guggenheim Museum
- D. The United Nations Building

I am a popular TV show set in the 50’s and screened in the 70’s and 80’s. I am based on a 1970 movie. My final episode viewed by 100 million people, is one of the most-watched episodes in TV history.

- A. The Waltons
- B. Happy Days
- C. M*A*S*H
- D. The Odd Couple

Answers on the last page of newsletter!



Contributed by Mel T

Mount Cook National Park Overnight Tramp

18th - 19th April (\$40)

We will be staying at Unwin Lodge in the Mount Cook Village. The trip will focus on a walk along the Hooker Valley Track. This track is 10km long with a slight gain in height. It boasts amazing views of the National Park and takes around two hours to complete. You do not need to be an experienced trapper to complete this track however you will need a reasonable level of fitness (able to walk for two hours on a gravel track that has some ups and downs).

Rooms will be shared bunk rooms and the hut has shared cooking facilities, lounge area with wood burner and private cubicle showers/toilets. The drive each way will take approximately five hours (with opportunity to stop at Lake Pukaki and Tekapo). Please speak to Tom or Rachel for any more information. A planning meeting will be held on **Thursday 11th April at 10:30am, Stanmore. You must attend this meeting if you wish to go on this trip (or arrange another time to meet with Tom)**

We will provide an evening meal, breakfast and food to make your own lunch (sandwiches) on the second day. An equipment list will be handed out at the planning meeting.

The total cost of **(\$40)** includes an evening meal, breakfast, lunch on day two, accommodation and fuel.

This trip will not be in the bookings diary. Please speak to a staff member to indicate your interest.

Your place will only be confirmed once you have paid your deposit of (\$20) and you have met with staff who will discuss details with you and ensure you meet the criteria for the trip.

Deposit (\$20) to be paid by 15th March

Total cost (\$40) to be paid by 15th April



Climbing at the YMCA

Friday 22nd March, Stanmore and Puriri (\$5)
Leaving Puriri at 9:30am and Stanmore at 10am

Come and try this adventurous activity with the YMCA. All the equipment is provided for you to make sure you are 100% safe. You do not need to have any experience with climbing just a willingness to try something new and have fun!



Walking Tour at the Gardens

Wednesday 27th March at 1:15pm, Stanmore

Walking tour of the Christchurch Botanical Gardens for approximately one hour.



We will bring coffee/tea to have by the river afterwards. Wear walking shoes.

Stanmore Staff/Member Liaison Meeting - January

Highlights:

- Corsair Bay, Rapaki Bay & Lake Hood destinations over holiday period
- Evening dinner at Thai Restaurant
- Christmas Day meal
- Learning Te Reo
- Elephant Hunt

New Programme Ideas:

- Rusty Acre Sculpture Garden
- Environmental guest speakers
- Blo Karting
- Ferry Trip to Diamond Harbour
- Birdlings Flat and Tumbledown Bay
- New Brighton Museum to see Commonwealth Games Expo
- Pétanque at Halswell Quarry
- Guest speakers on Recycling, trip to Kate Valley landfill

Beginner Sewing

Wednesday 20th March at 9:30am, Stanmore (\$2)

Come join us for beginner sewing and make a sweet little fabric basket. This is perfect for keeping Easter eggs in or any other wee treasures you have.



Class space is limited, so make sure to book in.

To Rid One's Mind of Fears and Troubles

Abandon the fears of your heart
Believe in what intervention took part
Don't worry for your owns sake
Or be selfish in mind
Instead pour your troubles
To those of a kind
Remember they have hearts of gold
To listen to fears of yet untold

By Clare H



Rangiora members preparing the February newsletter mailout

Music Ensemble

Friday 1st and 15th March at 10am, Stanmore
Monday 18th March at 1pm, Puriri

This is a place where we can come together and play music as part of a group. You don't need to have any experience playing music to join us. You will get a chance to try a few instruments, including keyboard and guitar, and we will also learn a little bit about rhythm, beat and playing music together as a group.

Come along and get involved!



Erehwon Station

Young Adults

Monday 11th March, Stanmore and Puriri - Day trip to Akaroa to visit The Giants House. (\$10) to be paid before **Friday 8th March** to secure your spot.

Tuesday 19th March, Stanmore and Puriri – afternoon with Maree from Flower Wizz (\$5).

Check the programme for timings as both bases will have a pickup/start time.

Kaylee, Rachel and Tom

Raft Building at Diamond Harbour

Friday 8th March at 10am (limit of 8 members)

Come along and see if you and your team can make a raft that floats! You do not need to have any experience with raft building, we just ask that you are happy to swim in the sea under staff supervision!

We will supply all the equipment including life jackets. You just need to bring togs, towel, sunscreen, water, lunch and a change of clothes.



Staff and members hard at work getting the veggie plots ready for planting at Stanmore

Waitangi Day at Okains Bay

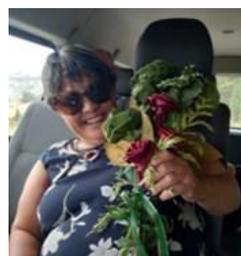
Stanmore and Puriri members enjoyed a great day out at Okains Bay on Waitangi Day.



Weaving with harakeke (flax)



Enjoying some kai



The waka arriving



Happy, smiling faces



Jeanette has been busy with her crochet hook!

YOU'LL NEVER GUESS ANSWERS
B. Auckland Harbour Bridge
C. M*A*S*H

Step Ahead Trust

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