



Kōrero with Bryan

Kia ora koutou

November - A Time for Reflection and Connection.

As we enter November it's hard for me not to think about Thanksgiving, the American holiday whose themes of gratitude and community resonate deeply with us here at Step Ahead. Thanksgiving reminds us to pause and appreciate the connections we've built, the progress we've made, and the ways we continue to support one another. At Step Ahead, every step forward in our work is a result of collective effort - from our dedicated staff to our amazing tāngata mauri who inspire us daily.

This month also marks an important time for Step Ahead as we hold our **Annual General Meeting**. This gathering is a chance to reflect on the year that has passed, share our achievements, and plan for the future. We look forward to sharing how we can continue to enhance our services and provide even more opportunities for those we support.

Additionally, the first Tuesday of the month we will close for our biannual Staff Planning Pay. This is a dedicated time for our entire team to come together, brainstorm and strategise for the year ahead. It's an opportunity to ensure that we remain aligned with

our mission and are well-prepared to meet the needs of our community in the coming months.

One of the highlights this month will be our **Open House Days**, held at each of our four bases. We warmly invite everyone - members, families, supporters, and the wider public to come along and take part in an activity at Step Ahead and see the achievements of our members. These Open Houses are a chance to celebrate the strength and resilience of our tāngata mauri, as well as to showcase the diverse range of programmes that Step Ahead offers. It's also an opportunity for the public to better understand our mahi and how they can get involved in supporting our mission.

As we reflect on the themes of gratitude and giving back, let us celebrate the vibrant hapori that we continue to build, together.

Ngā mihi nui

Bryan



This whakatauki speaks to the importance of keeping connected, of maintaining relationships and dialogue so that we can keep moving forward together.

Ashburton Pānui

Ashburton will be holding an Open Day on **Wednesday 6th November**. This is an opportunity for members to bring along friends and family to see what we do and to promote Step Ahead to the wider community. We would love to see as many of you as we can for this!

Thank you all for the great attendance at our Member/Staff Liaison Meetings. We will continue to do our best to make your programme ideas happen.

We have some new activities coming up in November as well as some old favourites. We will be learning how to use the laser cutter at Te Kete Tuhinga/Ashburton Library, we'll make ceramic angels for your Christmas table with an opportunity to glaze them in December, visit Awa Awa Rata Reserve and Lake Heron, spend the day at our A&P Show and have an afternoon tea at Hemsworth Estate.

See you there!



Jen and Anjie

Stanmore Women's Group

4th November at 9:30am - day trip to Akaroa (bring lunch and \$\$) Return by 4:30pm

11th November at 11:30am - day trip to Willowbank Wildlife Reserve (\$7) Return by 3:30pm

18th November at 1pm - Sign of the Kiwi Café (bring \$\$)

25th November at 1pm - garden tour at Botanic Gardens



Stanmore & Puriri Visit to the A & P Show

Thursday 14th November at 10am (\$10)

Nine tickets have been purchased for both Stanmore and Puriri. Payment of (\$10) will secure your seat if you would like to attend the show. These will be available on a first come, first served basis.

If you miss out, please put your name on the reserve list in case someone can't make it after all.



Health Focus at Stanmore

Our health focus series continues this month. Don't miss out on the opportunity to hear guest speakers on the following topics: Both have been rescheduled from earlier months.

Wednesday 6th - Sophia from Merivale Podiatry will speak. Get help with general footcare or issues such as ingrown toenails, dry heels, corns or calluses

Wednesday 13th - Lauren Moulton from The Loft Services at Eastgate will talk about the impressive range of services that are based at The Loft

Waimak River Horse Treks

Wednesday 27th November, Stanmore and Puriri

Come along to either groom (\$22.50) or ride (\$30). Please pay a (\$20) deposit by **Wednesday 20th November** to secure your place.

Bring your lunch as there is a picnic area and toilets available. Wear comfortable trousers (no shorts) and closed in shoes, so the ride is more enjoyable.

See programmes for more details. See you there!



Nutrition

Kia Ora members! The good weather is at our doorstep, and it is now time to recharge our batteries for the warmer season after the cold winter days. Here are the Nutrition topics I am going to cover this month:

- **Monday 4th November at Stanmore: Gut Health** we are going to explore the little helpful bacteria in our gut and why are they so important for our physical and mental health
- **Friday 22nd November at Puriri: Let's talk about Sugar** – sugar is everywhere so we need to be aware how much we are actually ingesting into our bodies. In this session we will learn about the different type of sugars, where to find them and how they can affect your body
- **Monday 18th November at Rangiora: Dietary Advice** - a comprehensive breakdown of what are some of the best food choices to maintain healthy bodies including portion size, macronutrient intake, meal preparation and best time for consumption.

Some tips for this month:

As the temperature rises and the sun starts to get stronger, it is a good idea to start to prepare our bodies with good nutrients and to think about preventative measures. Be very mindful about sunlight and the damage that it can cause.



Always use good sunscreen protection (30+ or 50+) when exposing your skin for more than 30 minutes. The Vitamin D that we get from the sun is essential for our mood and overall health, but getting exposed to strong UVA and UVB rays for a prolonged amount of time can cause damage to our skin which can lead to a lower absorption of Vitamin D. Complications such as sunburn, melanoma (skin cell cancer), eye infections and cataracts, and skin aging (wrinkles) are also a consequence to excessive sunlight exposure.

Food rich in antioxidants like vegetables (especially carrots, tomato, garlic), fish rich in omega 3 and 6 such as mackerel and sardines, nuts and berries, green tea, and a good water consumption can help us to prevent these conditions and preserve health. Antioxidants



(such as Vitamin A, C, E, Zinc and Selenium) are powerful compounds that fight and eliminate toxic products as a result of excessive sun exposure, maintaining the correct functioning of our skin cells turnover and protect us from external environments. To help you with your antioxidant intake, here is a simple salad recipe that you can enjoy at lunch time:

Kale Salad

Ingredients:

- 30gm kale
- 60gm spinach
- ½ avocado
- 50gm feta cheese
- 70gm broccoli florets raw
- 20gm dried cranberries
- 10gm sunflower seeds
- 30gm nuts (almonds, cashews, walnuts)
- 30ml lemon juice
- 1 tbs olive oil
- Pinch of salt



Mix together and enjoy with a cup of green tea!

Marco

Young Adults Group

Hanmer Springs Day Trip

Monday 4th November at 9:30am, Stanmore and 9:45 am Puriri

Join Step Ahead and our Young Adults at Hanmer Springs.

There will be the option of swimming at the hot pools (\$10) or visiting the town. Please bring your togs, towel, lunch and water. Returning by 4:30pm.

Move X Trampoline Park (\$7.50)

Wednesday 13th November at 12:30pm, Stanmore

We will head along to Move X for a jump session at their indoor trampoline park.

They've got foam pits, bouncy tramps, spring floors, crash pads & a ninja obstacle course.

This will be loads of fun and great exercise, please wear comfy stretchy clothes and be aware we will be wearing the provided grip socks.



Rachel & Tom

Feedback from Next Step Forums

Last April, all Step Ahead bases participated in our bi-annual Next Step Forums. These forums are a bit different to our monthly Member/Staff Liaison meetings in that we ask members to consider the bigger picture and over a longer period of time. As you may recall, we asked three questions:

- 1) Where would you like to see Step Ahead in three years?
- 2) What can we do to improve our services? and
- 3) What can we do to make Step Ahead more positive for your mental health?

On Tuesday, 2nd July, Step Ahead staff reviewed all your amazing feedback so we could present our ideas on how we can accommodate those suggestions. This month's responses will be from **Stanmore's** session:

YOUR FEEDBACK	STAFF RESPONSE
Where would you like to see Step Ahead in three years?	
"Already doing a great job"	Thanks!
More of the same activities	Will do!
Weekend activities	We are doing/have started
More away/overnight activities	We will consider for future programme planning
Weekend "open craft" format - members can come and go as long as they have a project to work on	We will investigate – it all depends on the success of the current Saturday activities. If members participate, we will consider augmenting Saturday offerings
More member-led activities	This is a great idea! If members can come up with viable ideas and communicate those to staff, will support them!
Barista coffee, "Big Yoga", Art therapist	Already do art therapy, it's part of our model!
Helping members develop employable skills - Microsoft certs, forklift certs, computer certs	This is part of the mahi of our Enabling Good Lives Coordinator, Kaylee
What can we do to improve our services?	
Focus on (opportunities for) younger people	Trying to do that now
Statement on programme about general ending time of activities	Will happen in August/ implement in old diary
More clarity with regards to activities	...unsure how to answer this one...
Transport before and after activities	We can help with awareness on services available – if you suggested this, please reach out to Kaylee
What can we do to make Step Ahead more positive for your mental health?	
Listen more supportively; make sure members are heard	We really try to do this and will keep working on improving.
[staff] be more aware of [their] body language and the impact it can have on members	We endeavour to practise this and will continue seeking professional development to improve
Provide a session on conflict resolution	We will investigate this, great idea!
More staff training/professional development	We do aim towards all staff participating in professional development and will continue to do so.
More staff training/professional development	Another function of our Enabling Good Lives Coordinator
Peer support programmes	Great idea! We will investigate opportunities.

Rangiora Pānui

On the **4th November** we will head to Otahuna Gardens in Tai Tapu. They will take us on a 90 minute tour of the historic grounds. Bring your lunch to have in the beautiful gardens.

On the **11th November** we are going to again join the low impact gym class at Main Power Stadium. This is designed as an entry level exercise group for anyone that wants assistance and motivation to get healthy. This class will be **(\$2.50)** to be paid by **Monday 4th November** please.

On the **25th November** we are joining Stanmore to walk the WashPen Falls Track. We will see waterfalls, caves and panoramic views of the Canterbury Plains. This is a medium intensity track with some stairs, around 2-3 hours return. Please wear sturdy walking shoes. There is an alternate trip to Awa Awa Reserve also on this date to walk and explore the Rhododendron Garden and surrounding area. Bring lunch, hat, water bottle and sunscreen. Please wear walking shoes.

Just a friendly reminder that we are an activities service, not a drop-in centre or somewhere to hang out for the day. So please bear that in mind when choosing your options on the programme.

We are having an Open Afternoon on **Wednesday 27th November**, so you can invite whānau and friends to come along and see what we do at Step Ahead and meet the staff.

"The body benefits from movement, and the mind benefits from stillness."

Sakyong Mipham



Anna and Rachel

Washpen Falls

Monday 25th November at 10am, Stanmore (\$2)

Join Step Ahead at Washpen Falls. This day trip will involve a manageable walk and the opportunity to go for a paddle in the waterfall pool. If you plan on having a paddle, please bring togs and a towel. Bring lunch. Any questions, please see Tom.

Learn to Surf at Stanmore

Every Thursday at 10am in November (\$10 per session)

Come and learn to surf with Step Ahead this summer. We will be completing a 5-week course out at Sumner Beach every Thursday morning at 10am. You do not need to have any experience with surfing, we just ask that you are a confident swimmer and that you will be happy to be out in the sea (under instructor supervision).



All you need to bring is your togs and a towel, all other gear (wetsuits and surfboards) will be supplied. We do ask that if you plan on attending that you come to as many sessions as possible to get the most out of the course. You are more than welcome to come and try one of the first two sessions, however, after the first two sessions we will only be taking regular attendees.

Any questions, please see Tom.

Reminders

- Please remember to book in for ALL activities and cancel if you're unable to attend. Bookings for meals must be made and cancelled before 10am on the day. If you book for a meal and don't cancel, we will ask you not to book in for another meal for the rest of the month.
- Please don't take food out of the refrigerator that does not belong to you. Recently, several items have gone missing including a dozen eggs, a lemon cake, entire containers of milk, etc. If you are having trouble making ends meet and buying food, please contact Bryan to have a chat.

Puriri Pigeon Post



The highlight of September was hosting the gathering following Step Ahead's Annual Mental Health Awareness Walk. Congratulations to our members who displayed their support for those affected by mental health conditions and raised awareness for us all by walking from Stanmore to Puriri. A huge thanks goes to those who helped all morning in the kitchen preparing very healthy snacks for the walkers. Great effort, much appreciated.

We have created an outstanding Projects Shelter at Puriri with customised tools and resources that have been used to make tables, seats, garden planters, repair bikes and many other useful things. It's now time to have a review of the shelter and how we want to make the most of it in the future. On **Friday 8th November** at 1pm we welcome all those who have been involved in any of our projects or would like to have a go in the future, to come along and share your thoughts.



After many requests, we have included a Golf Day Out at Kaituna Golf Course on **Tuesday 12th November**. For just **(\$5)** you can play as many holes as you like. Bring lunch and prepare for a day outdoors.



Learn how you can grow some of your own veggies at home. On **Tuesday 19th November** we will visit Oderings Nursery to check out the options available.



When activities are very popular, we encourage members to book in on the reserve list because we often get cancellations closer to the activity time, freeing up space. For this process to work well, we need those who are booked but are no longer able to attend, to let us know as soon as possible so that others can have a chance to join in.

Written with the assistance of Emily W and Tarik A

Orienteering at Stanmore



Orienteering is a sport where people use a map to navigate to specific points called "controls". You can think of it like a real-life treasure hunt! There are set courses with controls all over Christchurch, but at **1pm on 1st November** we'll be heading from Stanmore to the course at Halswell Quarry.

Orienteering is a fun way to learn about map-reading and navigation skills, which are transferrable skills for tramping and bush walks. The terrain is fairly open and flat and the course is roughly 1.5km in length.

Olivia

Cooking at Puriri

Monday 4th and 18th at 10am (\$2.50)



Every second Monday at Puriri we meet and learn a few cooking techniques and prepare a meal together. It's a great group to swap recipe tips, discuss seasonal eating and come away with something delicious to eat. This month we are making a French Onion Soup with Croutons and Savoury Crepes with toppings.

Annual General Meeting



We are pleased to announce that Step Ahead Trust's Annual General Meeting (**AGM**) will be held on **Thursday 28th November at 4pm** at the Anglican Hall, 168 Stanmore Road, across the road from Step Ahead.

This is a great opportunity to hear about our accomplishments over the past year, review financial reports and discuss plans for the future. We invite all members and their whānau to join us and celebrate the ongoing efforts of Step Ahead Trust.

Refreshments will follow the meeting.

Craft at Stanmore

Wednesday 20th November at 1pm



CanBead are offering a free session aimed at beginners who would like to learn how to make their own jewellery, if you have attended before please remember to bring along your tool kits.

Member Spotlight - Angela P.E

Angela has been a member of Step Ahead Rangiora since 2020. Prior to joining Step Ahead, Angela was an active participant at Percival House, which at the time operated as a drop-in centre offering group activities.



When that service was temporarily paused, Angela and fellow participants deeply missed the sense of community it provided. Inspired by their desire to reconnect, Angela took the initiative and suggested forming their own group - an idea that was met with enthusiasm. Determined to find a space for the group to gather, Angela approached the Salvation Army Church with her concept. She explained her vision of creating a mental health focused support group where members could come together, enjoy themselves, and engage in meaningful conversations.

The church embraced the idea and offered them a venue. Thus, "Les'a's Friendship Group" was born, named in honour of a friend and leader from Percival House who had passed away far too soon. The group meet every Tuesday, with Angela largely facilitating the sessions. Activities include arts and crafts, occasional guest speakers, and open discussions where members can seek support if they're facing challenges.

Operating on a gold coin koha (donation), the group funds morning tea, supplies and special gatherings including mid-winter and Christmas celebrations, often hosted at Angela's home. Currently, about 12 members attend, but the group warmly welcomes new participants.

We're proud of Angela's dedication to fostering this supportive community. If you see her, be sure to give her a well-deserved shout-out!

Les'a's Friendship Group meets at 10am every Tuesday at the Salvation Army Church.



Geraldine Summer Fête

Thursday 7th November at 9am, Stanmore

We are heading to the Geraldine Summer Fête, hosted on the historic Stover Farm. With over



200 stalls including clothing, homeware, garden, food and arts and live music throughout the day, there will be plenty to see, hear and taste! Don't forget to bring along cash to purchase things at the stalls as they may not have EFTPOS. A (\$10) payment is due in advance by **Tuesday, 5th November** to reserve your ticket. We will return by 4:30pm.

Olivia

Music Ensemble

Friday 1st and 29th at 10am, Stanmore

Monday 25th at 1pm, Puriri



We are coming up to Christmas!

In the Music Ensemble Group we are going to start practising a few Christmas songs to get us ready for December.

Come along and join us at Stanmore every second Friday, or Puriri once a month on a Monday. No experience is needed, just a willingness to try something new and give it a go. Bring along any instruments you might have and join to create music!

Enabling Good Lives

Kia ora, everyone! I'm Kaylee, and I've been part of the Step Ahead team for three wonderful years, based at Stanmore Road.



I'm excited to let you know that I'll be visiting each base for the Member/Staff Liaison meetings. If you'd like to schedule an appointment, please don't hesitate to reach out! You can contact our main phone line 0800 688 732 and I'll be happy to assist you directly.

I'm here to support you with a variety of needs, whether it's administrative tasks, tech assistance, or help with applications for passports, superannuation, or job opportunities. Your success is my priority, and I look forward to working together!

Kaylee



Ashburton members upskilling at Te Kete Tuhinga - the new library in Ashburton

He Waka Tapu Community Event in Ashburton

Saturday 23rd November at 9:30am, Stanmore

Join Step Ahead at the He Waka Tapu Community Event. Help represent Step Ahead Trust and promote our wonderful service. You will also find out about the other services available in the community.

We will be leaving Stanmore Road at 9:30am and returning by 4pm at the latest.

Maximum of 9 members. See Tom or Bryan for details.

Open House

Invite your whānau and support people to come along and participate in a planned activity and share what we do at Step Ahead. Activities will be happening so that visitors can see Step Ahead in action!

Ashburton - **6th November**, 10:30am
Stanmore - **26th November**, 1pm - 3pm
Rangiora - **27th November**, 1pm - 3pm
Puriri - **20th November**, 1pm - 3pm

Book in as usual.



Day Fishing Trip at Puriri

Thursday 21st November at 9:30am

We are heading to Wainui to have a crack at fishing off the jetty. We will supply all the fishing rods and bait, but please bring lunch and water, and appropriate clothing for a long drive and sitting outside by the sea for the day.



Fingers crossed we catch your dinner 😊

November Lunch at Stanmore

Saturday 9th November at 12pm (\$4.50)
Puriri pick up at 11:45am

Join Step Ahead to raise awareness for Movember. A month where Men's mental and physical health – specifically prostate cancer, testicular cancer, mental health, and suicide prevention are brought to the forefront of our awareness.

We will be hosting a lunch starting at 12pm at Stanmore Road. Please book in as normal - bookings will close on the **4th November**.

Everyone is welcome at this event, help to support, or raise awareness for the Men in your life!



(\$4.50) lunch. All proceeds will go to Movember.

Craft at Puriri

Wednesday 13th November at 1pm (\$2)

Are you always losing your keys? Well it's because you don't have a felt dog or cat attached to them! Come and sew a felt dog/cat keyring with us.



Step Ahead Trust

167 Stanmore Road
Christchurch 8011
03 3894001 or 0800 688 732
www.stepahead.org.nz
info@stepahead.org.nz