

October 2023



Julie's Views

The staff recently got together to check whether Step Ahead is providing the members with opportunities to meet the Mental Health Foundations "Five Ways of Wellbeing". Firstly what are the Five Ways of wellbeing?

The Mental Health Foundation says that NEF conducted a review of the most up-to-date evidence and found that building five actions into day to day lives is important for the wellbeing of individuals, families, communities and organisations."

So here at Step Ahead we brainstormed to see if we meet these requirements. The results were quite astonishing, and the short answer was YES, in so many of ways. Here is a summary:

Connect:

- Every activity we do promotes connection between each other, staff and often the community
- Project Connect: our wonderful technology programme which provides devices, modems and assistance to use and learn technology
- Facebook and Instagram, growing more followers every day
- Interactions with the community: we aim for 50% of our activities to be in the community

Take Notice

- Newsletter/Phone calls/texts/email. So many options
- Stanmore Rd, Puriri St, Rangiora and Ashburton groups getting together

Give

- Regular Volunteer groups like Meals on Wheels, Volunteering at Willowbank
- Peer Support – happens every day at Step Ahead
- Ashburton makes Art for the Starship Hospital
- Movember and Pink Ribbon fund raising
- Serving on the Step Ahead Board
- Gardening and helping around the houses

Be Active

- Every activity we do!
- Over 100 activities a week which cover so many options, From physical things like walking, tramping, biking, swimming, ball sports, through to art and crafts, learning to sew and cook, jewellery making, library visits, workshop, music, day outings as well as special activities like skiing, jet boating, horse riding and sailing
- The annual 250km challenge means everyone working together to achieve a goal
- The annual walk between our two Christchurch houses to promote Mental Health Awareness Week

We take time to notice and appreciate all the things that we do by:

- Nature Group, walking and tramping groups appreciate being out amongst the exceptional scenery and bird life in Canterbury
- Mindfulness groups
- Debriefing after an event, driving home or having a chat about the activity just completed is a great feeling
- Peer Support taking notice of and being supportive of how other people are feeling and being accepting and compassionate towards them.
- Marae visit

Keep Learning

- We challenge our members to do and learn new things every day
- Speakers on relevant current issues
- Health Focus series in collaboration with Comcare which discussed specific health issues
- Project Connect and tech groups that assisted with all things digital
- Members Talent Talks
- Life skills cooking, sewing, CVs, bike repairs, repair workshops at Puriri
- Job Seeking
- Staff complete lots of training every year
- Te Reo and sign language classes

So the challenge is, to you our members, what do you do to meet the Five ways of wellbeing? There are lots of opportunities in our October programme so come along and join us to improve your mental health.



Quail Island DOC Hut Camp –

7th - 8th December Stanmore (\$20)

Come along and enjoy an amazing opportunity to stay in the DOC hut on Quail Island.

We will be leaving Stanmore Road at 2pm on **Thursday the 7th December** and returning around 12pm on **Friday the 8th December**.

The hut has water, a fireplace, mattresses and outdoor toilets. However, you will need to provide your own adequate clothing, sturdy footwear, sleeping bag and food. We can supply a limited number of tramping packs, sleeping bags and camping stoves (but bring your own if you have them).

Deposit of (\$10) needed by the **17th November** to secure your place.

Check in with Tom or Di for more details.



Rope Climbing at the YMCA

Thursday 19th October at 10am (\$5)

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

This session will lead to a series of monthly lessons at YMCA, building up your skills, before hopefully leading to some outdoor climbing at Castle Hill. Check in with Tom or Di for more details.



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Ashburton News

Our Ashburton group is continuing to grow and we are very happy to welcome a new staff member Anjie! She will have a lot to offer with amazing craft skills and lots of new ideas. You will need to be quick to book in for our trip to the luxurious Flow Pool in Methven and our other outings in October. Text Jen on 022 6053042 or call the 0800 number.



Ashburton group at Big Tree in Peel Forest

Jen

Talent Talk - Peer Support Training

Wednesday 25th October at 1pm Stanmore

Asha has recently done the Peer Support Training with Comcare. It was one day a week for four weeks. She has learnt about intentional peer support, the different types of help available and how to approach someone that needs help in a different way than the approach you would get from a doctor or therapist. Come along and Asha will talk more about her experience. She will do a slide show and you will be able to ask questions about what it's all about.

Darfield Art Trip

Thursday 12th October

As in previous years we will be visiting the Darfield Art Week Exhibition out at Darfield. This is always interesting to view due to the wide range of art on offer. We will be leaving at 9.30am and returning by 1pm. Bring lunch or \$\$.

Karen

Puriri and Evening Activities News

We have a few new faces joining us for dinners these days which is really awesome to see. For meals out, if you intend on meeting us directly at the restaurant, please talk to a staff member so we know to expect you and can advise you the booking time. We always intend to finish up around 7pm and begin the drop offs home from then. Please note that onsite activities start at 4:30pm from October onwards.

In September we had a crack at Wax Carving at Puriri, this time doing pendants. Once again it will be a two part session - the second 20th October. This time your waxes have been cast into brass so we will be sanding and filing them ready to be worn, anyone that attended the first session will need to come along to this one to get their finished pieces back.

Rachel

Stanmore Step Ahead's Got Talent!

Friday 27th October at 10:30am

In October we are going to have a talent show. If you want to show case your amazing talents for us, come and have a chat with me. I can help organise music, microphones, or other things you might need. You can perform something by yourself, or as part of a group. The floor is wide open for singing, dancing, playing music, reading poetry, or showing us how fast you can solve a rubix cube. Whatever talent you've got, we'll try to accomodate you. You just need to keep your amazing act under 3 minutes. You can also book to come and watch and be entertained!

SoonMay



Congratulations John B!

One of our Step Ahead members, John B, was featured as the Member of the Month at the Koha Fitness and Health Club. This is an excerpt from their newsletter:

"John B. is a relatively new member of the Koha Community. This month we would like to acknowledge and celebrate his determination and dedication in overcoming the many obstacles he encounters on a daily basis.

In 2015 John was diagnosed with Retinitis Pigmentosa (RP) which is an inherited retinal disease causing progressive loss of night and peripheral vision. RP often leads to legal and sometimes complete blindness. John has experienced a rapid decline in his vision since 2015 yet three times a week he works out at Koha. When asked about his experience at Koha, he said he feels welcome and support is offered when he needs it. He is enjoying being more physically active, getting fitter and has noticed a general lift in his mood and more positive thoughts since he began his workouts.

John's advice to others who might experience limitation or are holding back on trying something new is to "get out of your comfort zone – if I can do it anyone can!"



Guest Speaker - Electoral Commission

Thursday 5th October Stanmore at 1:30pm

A speaker from the Electoral Commission will talk to us about how to ensure you are signed up to vote and what support there is on offer to assist members to vote. They don't support any particular party, so discussions won't include advice on who to vote for!

We'll hear about the places where you can go to vote. Some may already have voted given early votes will have opened. Come along with any questions in preparation for the Election on the 14th October.

See you there!

Evening Activities

We've had some discussions lately on how long the Wednesday evening activities should run for. After talking to members and staff we have decided that 7.00pm will be the end time for the early evening activity. Most people are now turning up at the house at 4.30pm so that will become the official start time for meals and activities in the house. For the weeks when the meals are not at Step Ahead the vans will still leave Step Ahead at 5pm (Stanmore) and 4pm (Puriri).

This timing will allow for members to be delivered back home between 7:15 – 8:00pm. We know there are a few people who would like to stay out longer but maybe you could arrange something amongst yourselves.

Groom and Broom

Wednesday 11th October at 10am Stanmore

We are continuing our voluntary work at the Waimak Horse Riding Centre. We will be helping around the stables and help groom some horses.

Bring a sunhat and lunch, drinks will be provided. We will be back at Stanmore before 3pm. See you then 😊



Our New Students

I'm Alice, a student doing my placement here at Step Ahead for my studies at Ara.



It has been fabulous to meet so many members and join in with so many cool activities over the last few weeks. As a student, it has been so much fun chatting with everyone at Stanmore and learning about all the amazing activities the staff run here.

I have particularly enjoyed spending time with everyone in the mosaic and sewing groups, joining SoonMay for her fun music groups, and joining Kaylee and Tom on some great tramps.

Thank you to everyone I've met so far who has been so kind and welcoming here already, and I hope to meet more of you throughout the weeks. Feel free to come and say hello and have a chat with me whenever I'm around.

Alice

Kia ora koutou katoa, my name is Ruairi, I'm a student volunteer studying health and wellbeing part-time through the Open Polytechnic. I've really enjoyed meeting you all and I look forward to helping out on Mondays and Thursdays at Step Ahead.



Ruairi

Friendship Group - All Bases

This month for Friendship Group we will be meeting at the Ballantynes Tearooms, downstairs on **Saturday 14th Oct at 2pm** for Devonshire Tea. Cost is (\$10).



Frisbee Golf

Wednesday 18th October at 1pm Stanmore

Come along and have a go at frisbee golf or disc golf.

This is a game that is very similar to traditional golf, however, instead of using golf balls and golf clubs, players throw a disc into a basket or at a target.



We will have a cuppa in the park after.

Let's hope for a sunny day so do remember your sunhat 😊

Packhorse Hut DOC Hut Camp

26th - 27th October (limit of 7 members)

Come along and enjoy an amazing opportunity to stay in the Packhorse Hut.

We will be leaving Stanmore Road at 12pm on **Thursday the 26th October** and returning around 2pm on **Friday the 27th October**.

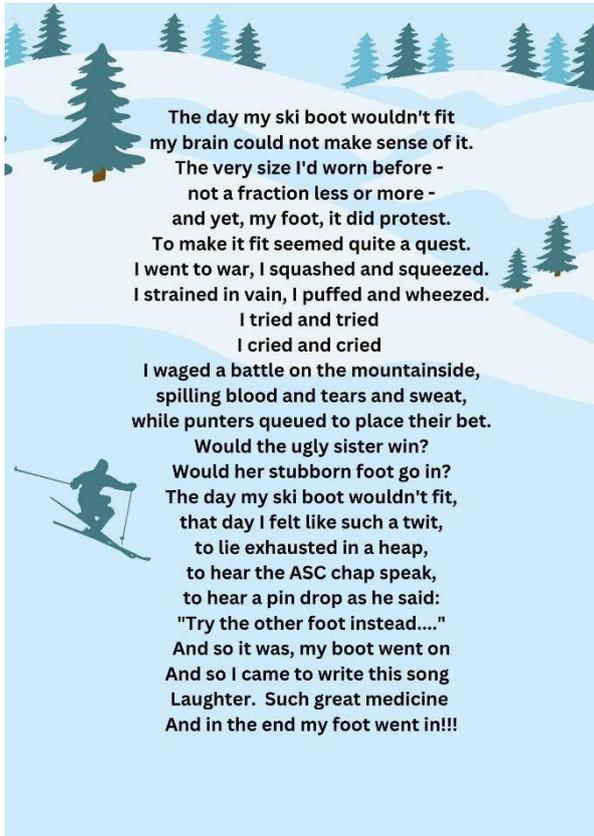
The hut has water, an open fire, mattresses and outdoor toilets. However, you will need to provide your own adequate clothing, sturdy footwear and food; we can supply a limited number of tramping packs, sleeping bags and camping stoves (but bring your own if you have them)!!!

We will have a one-hour session on **Monday the 9th October** to talk about kit lists, food, planning etc please come along or let me know if you can't make it.

Payment of (\$10) needed by the 6th October to secure your place.



Check in with Tom, Charlotte or Di for more details.



The day my ski boot wouldn't fit
my brain could not make sense of it.
The very size I'd worn before -
not a fraction less or more -
and yet, my foot, it did protest.
To make it fit seemed quite a quest.
I went to war, I squashed and squeezed.
I strained in vain, I puffed and wheezed.
I tried and tried
I cried and cried
I waged a battle on the mountainside,
spilling blood and tears and sweat,
while punters queued to place their bet.
Would the ugly sister win?
Would her stubborn foot go in?
The day my ski boot wouldn't fit,
that day I felt like such a twit,
to lie exhausted in a heap,
to hear the ASC chap speak,
to hear a pin drop as he said:
"Try the other foot instead...."
And so it was, my boot went on
And so I came to write this song
Laughter. Such great medicine
And in the end my foot went in!!!

Rangiora Panui

Tēna koutou, we hope you are enjoying the lighter and brighter days. The Rangiora Group is now being held at the North Canterbury Musicals building at 189 Northbrook Road (which backs on to Northbrook Wetlands) .

This is now for both Mondays and Wednesdays. It is a nice facility with plenty of off street parking.

Pick ups still going on as usual.



Anna and Rachel

Adrenalin Forest

Monday 30th October at 10:30am (\$10)

The courses at Adrenalin Forest are designed to challenge you mentally and physically. It is a completely safe environment where all ages and fitness levels will be able to find their own limits.

Bring lunch and water, hot drinks will be provided. Please wear sturdy footwear, no open toe shoes.

Payment of (\$10) needed by the 16th October to secure your spot.



Check in with Tom or Di for more details.

Scape Public Art Workshop Tūranga

Wednesday 25th October at 12:45pm Stanmore

SCAPE Public Art workshops at Tūranga library offer people a unique opportunity to visit, explore and learn about one of our legacy works and then complete an art-making activity inspired by this experience in the library.

First we will visit Julia Morrison's *Treehouses for Swamp Dwellers*, a post-quake modular artwork that incorporates light and plant forms and creates spaces for reflection and play. The art-making activity inspired by this work will be using nature prints using a spray dye process and learning about basic colour theory.



Holistic Wellness

Tuesday 17th October 1:30 pm at Puriri

Food labels and how to decipher them.

We are going to look at food labels and learn how to understand things like nutritional information, ingredient list, information about allergies and additives. A van will be leaving Stanmore at 1pm to go to Puriri.

Karen

An Important Reminder

The number of people wanting to come to Step Ahead keeps growing and it's causing a few problems. One of these problems is that more activities are being booked up. So, what can we do about this?

Sometimes we can allocate a second staff member to take a larger group of members, however that can mean another activity has to be cancelled.

Another reason the activities are fully booked is that people are booking lots of activities at the beginning of the month and then forgetting to attend or simply not turning up. The other day we had an event scheduled for five people. We had booked the venue, paid in advance and then not one of those people turned up!

Sometimes we book two staff members and two vans to go out into the community and then only enough people for one van turns up. These last-minute cancellations can mean we have wasted our valuable funding.

So, the message here is **please let us know if you can't make it to an activity!** We don't mind why you can't come; we just need to know you are not going to be there.

We are now trialing tracking people who don't turn up. Anyone who repeatedly does not turn up (and does not let us know) will have their name put to the bottom of the list or on the reserve list. We are sorry to have to do this.

Decoupage

Wednesday 25th October at 10am Stanmore (\$2)

You are more than welcome to bring a favorite item that you would like to decorate with your favorite tissue paper.



Awesome Antarctica Polar Women

Wednesday 4th October at 1pm Stanmore

Awesome Antarctica Polar Women is an exhibition at Tūranga library that draws from a growing network of female polar researchers who, through sharing their stories and experiences, hope to inspire the careers of others.

These extraordinary scientists are shaping the way we understand the polar regions, their findings highlight how essential the natural world is to our survival, and how crucial polar research is in safeguarding our future.



South Shore Nature Trip

With it being a bit overcast weather wise, I hopped on the bus and headed into Step Ahead. With me and other Step Aheader's and the staff driving the van we heading out to Bexley Reserve. The tide was just about right, nearly right out, with the bird life being plentiful. Seeing Pied Little Shags perching roosting on up turned tree branches in the mud, as well as a duck, male Australasian Shoveler Duck, Pied Oyster Catchers, Godwits, Kingfishers, White Faced Herons. Enjoying seeing Caspian Terns, diving into the water in the main channel catching mullet. Heading onto South Shore walking along a track and back to the van with not much bird life about at the end of a great awesome Friday afternoon Nature trip.

William S





Opportunities At Step Ahead

I was fortunate to visit Antarctica. It was the first time for me to use Virtual Reality equipment which made me feel as if I was actually on the continent. We learned a lot about Sir Edmund Hillary and his purpose for being on the continent and about his secret desire to go to the South Pole, which he achieved.

Through virtual reality we were able to go inside Hillary's Hut which had been restored back to its original condition. We were able to explore all rooms in the hut which was quite small for the 23 men who were in the exploration team. I was surprised to see that the food in the kitchen that was used included items that are still available today. By clicking on various parts in the hut we were given the experience of what it was like to be there. For example, looking outside the window and seeing the views and by clicking on the cake mixer, it would actually start working.

This session was well worth attending and had a definite wow factor.

Merrin D



Healthy Goals and Identifying Your Starting Point

Beginning new healthy routines can be challenging for many of us, such as to start walking regularly, reduce sugar intake or cook more nutritious meals at home. This can be for various reasons such as habitual cravings, side effects to medication, our relationship with food and exercise or the cost.

Reflecting on the five stages of behaviour change can be helpful. With this tool you can identify which stage you believe you are at with a current goal and go on to identify actions or things which may support you to move into the next stage and eventually achieve your goal!

This can bring self-awareness and help identify your next steps towards your wellbeing goals. Think about a healthy behaviour change you could make and where you would place yourself in the 5 stages of change. What are 1 or 2 things you could put in place to move into the next stage?

What are the 5 stages of change?

1. **Pre-contemplation:** Not aware needing to make a change
2. **Contemplation:** Aware of need for change and considering making a change
3. **Preparation:** I will make a change and planning actions I can take towards this
4. **Action:** Taking action towards a change
5. **Maintenance:** Have made a change. Continue to review progress and adjust your goals.

Step Ahead Trust

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