

October 2024



## Kōrero with Bryan

Kia ora koutou

With October upon us, we find ourselves immersed in the beauty and renewal that Spring brings to Aotearoa. The warmer days and blossoming landscapes remind us of the natural cycles of growth and regeneration, which can serve as a metaphor for our own mental health journeys.

Spring is often seen as a time of hope and new beginnings, but it's important to recognise that this season can also bring its own challenges. As the weather changes and life begins to pick up pace, some of us may feel pressured to match this external energy. It's crucial to remember that just as nature has its own rhythm, so too do our minds and bodies.

Spring can be a time to focus on self-care acknowledging that growth can often mean taking things slowly and allowing ourselves the space to heal and rejuvenate. The hustle of daily life can make it easy to forget that our mental health needs attention and care, just like any other aspect of our lives.

At Step Ahead, we believe in the power of community and connection, not just seasonally but every day. As we root firmly into spring, let's continue to foster the

supportive networks we've built. Whether it's through participating in our spring activities, engaging in our workshops, or simply spending time with peers, these moments of connection are vital for our wellbeing.

In the spirit of Spring I encourage you to take a moment to reflect on your own mental health. What are the new beginnings you wish to embrace? How can you nurture your wellbeing and the wellbeing of those around you? Sometimes, it's the small acts of kindness, both to ourselves and to others, that make the biggest difference.

As always, Step Ahead is here to support you. We have loads of activities planned for October that are designed to help you engage with the season in a way that feels right for you. From outdoors to creative spaces, there's something for everyone to enjoy. Let's take this opportunity to celebrate the new season by prioritising our mental health and continuing to build a resilient, caring community.

Ngā mihi nui

*Bryan*



PoiPoia te  
kakano.  
kia Puawai.  
Nurture the  
seed and it will  
blossom.

### Ashburton Pānui

Wow our group is growing! Welcome to our new members and thank you to the rest of the group who make Step Ahead Ashburton such a welcoming place.

It has been great to see good numbers for our Member/Staff Liaison meetings – please continue to bring your ideas for our programme and we will try to make it all happen.

As requested, in October we have someone coming to talk to us about how to write or update a will. We will visit local farms to learn a bit about how they operate. There will also be an opportunity to attend an Open Day at Staveley Camp and help by painting murals, helping in the kitchen or doing weed work in the forest.

See you there!



*A busy day in Ashburton*



*Janet and Annette at Ashton Beach*

*Jen and Anjie*



### 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:

**Wednesday 2<sup>nd</sup>** - Lauren Moulton from the Loft Services at Eastgate will talk about the impressive range of services that are based at the Loft

**Wednesday 9<sup>th</sup>** - Lynne from the Diabetes Centre will speak about self-care for pre diabetic and diabetes

**Wednesday 16<sup>th</sup>** - Mike Osselton will speak about Men's Health. Calling all Step Ahead or Comcare men to come along and take advantage of this opportunity to hear how you can better look after your health

**Wednesday 23<sup>rd</sup>** - Vivienne Hattaway will talk about what services can be accessed at a pharmacy and how to manage your medications

**Wednesday 30<sup>th</sup>** - Megan will talk about Oral Hygiene and Dental Care.



## Learn to Knit

Wednesday 23<sup>rd</sup> October at 1pm, Stanmore (\$2)

Ever wanted to pick up a pair of knitting needles and create? Come along and learn to knit. This is open to absolute beginners, those that want to learn a few new skills and those that just want company to knit with.



You will come away with you own pair of needles and some yarn to keep knitting at home.



## Art Gallery Tour at Stanmore

On **Tuesday 15<sup>th</sup> October** we will be visiting local art galleries to view current exhibitions. This has always been a popular art expedition and unfortunately will be the last one for the year so make sure you book in early. The van will be departing at 1pm.

## Craft at Stanmore

Wednesday 9<sup>th</sup> October at 1pm, Stanmore (\$2)

We are doing the Shrinky Dink craft activity again at Stanmore. We had mixed success the first time with the various sized projects. So, this time I'll draw up a template guide for how large to make them. Feel free to come and give it a go regardless of whether you came last time.



## 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 **Rangiora's** session:

YOUR FEEDBACK	STAFF RESPONSE
<b>Where would you like to see Step Ahead in three years?</b>	
Extra day in Rangiora	We will look into this -
Increase the number of Rangiora members	We are working on more promotion, networking, and outreach
More support for staff	We have added a second person on Wednesdays
Better transport options	This is huge challenge, we are aware. We are looking into options – if you have any ideas, please let us know!
Overnight activities/longer distances	The other bases will make sure that announcements for overnights
Showcase/highlight the bond of Rangiora members	We invite members to submit articles for the newsletters; we'll have more inter-base activities, and post more member stories to our website
Continued support	This is part of our mission and reason for being! This will also be a direct function of our new Enabling

	Good Lives Coordinator, Kaylee – she'll help connect members with support services
Get out into the community more	Enabling Good Lives Coordinator, Waimak Community Board, and service connectors
Permanent home	We would love to find a permanent home! It just takes an increase in Rangiora membership and locating the necessary funding
<b>What can we do to improve our services?</b>	
Provide better transport	This is huge challenge, we are aware. We are looking into options – if you have any ideas, please let us know!
Community connections - focus on services for members	Enabling Good Lives Coordinator, Waimak Community Board, and service connectors
Step Ahead does a great job	THANK YOU!
Study/brain challenging/learning opportunities	Enabling Good Lives Coordinator, Waimak Community Board, and service connectors
<b>More intergration with community - bring more services to Step Ahead</b>	Enabling Good Lives Coordinator, Waimak Community Board, and service connectors
<b>What can we do to make Step Ahead more positive for your mental health?</b>	
Someone to talk to (mental health professional)	Enabling Good Lives Coordinator, Waimak Community Board, and service connectors
Provide reassurance	This is inherent in our approach, and we hope it shows. Enabling Good Lives Coordinator, Waimak Community Board, and service connectors can be sources for opportunity
Incorporate peer support	This is a great idea, and we will investigate opportunities
Provide personal/skill development opportunities	This is inherent in our approach, and we hope it shows. Enabling Good Lives Coordinator, Waimak Community Board, and service connectors can be sources for opportunity – also sessions on creating care plans
More physical activity	GREAT idea – we will programme for it!

## Willowbank Wildlife Reserve Park

Wednesday 30<sup>th</sup> October at 10am, Puriri (\$7)

Wear walking shoes, bring lunch, hat & water bottle.

Return by 4pm.



## Music Ensemble

Friday 4<sup>th</sup> and 18<sup>th</sup> October at 10am, Stanmore

Every second Friday we get together in the lounge at Stanmore to play music and sing together. This is open to complete beginners, and those who have played music for years. We have something for all abilities. Come along, learn something new and enjoy being part of a musical ensemble.



### Mason Jar Wind Chime

Wednesday 16<sup>th</sup> October at 1pm, Stanmore (\$2)

We will be celebrating Spring by creating our own beautiful wind chimes using a glass mason jar and colorful beads.

Enjoy the soothing sounds of wind chimes to help disperse stagnant energy and encourage a more positive flow.



### Day Cycle - Lake Hood

Thursday 31<sup>st</sup> October at 9:30am, Stanmore

Join us on this day cycle from Ashburton out to the Lake Hood Café.

This cycle will be along flat cycle ways and will last for approximately 2½ hours (20km). There will be an opportunity to stop at the café for drinks and lunch or bring your own lunch and enjoy that with us.

If you have your own bike then the trip will be free, the cost to rent one of our bikes will be (\$2) for the day.

See Tom for more details.



### Rangiora Pānui

October/ Whiringa-ā-nuku / Ōketopa

As from the heading you will read two māori names for the month of October both of which are able to be used. So on that note we are having a Te Reo Māori session this month, come along and practise one of our national languages so we can learn some more ngā marama o te tau/ months of the year.

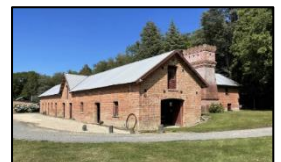
We have got some new activities planned this month to make the most of the warmer days. Remember that there are now two staff each Wednesday so if you have any suggestions for things you would like to do, bring your ideas to the Member/Staff Liaison meetings so we can add them to the programme.

Our day trips this month will be really making the most of the Spring weather. We are having trip to Diamond Harbour! We will be driving to Lyttleton and then getting on the ferry. If you have Metro Card you will be using that for your ticket, if you do not please speak to us and we will help you organise one. Tickets are (\$4) with your Metro Card or (\$2) if you have linked your Community Services Card.



Please wear good walking shoes as once we land on the jetty we have a short walk uphill to get to the toilets and township. Bring lunch or some money to spend at the cafe.

Our other trip will be an afternoon in Darfield where we have a tour booked of the Homebush Stables. They will explain the history of the property and the Deans family, followed by a guided walk through the garden and exploring the museum spaces. This trip is (\$16) to be paid by Monday 14<sup>th</sup> October please.



### Anna and Rachel



A painting by member Philip H



### Fruit and Veggie Food Box, Stanmore

Starting in October we will be acting as a collection point for a fresh fruit and veggie box every Wednesday morning between 11am and 12pm.



The box will include fruit and veggies for the week, with the total cost/value far exceeding the cost of (\$14.50)! There are also add-ons available (more fruit) for an extra (\$5.50).

To secure your box you will need to pay (\$14.50) on the previous Tuesday at Stanmore Road. The first collection date will be Wednesday 9<sup>th</sup> October, so payment is required by Tuesday 1<sup>st</sup> October.

We will be asking that you collect your box between 11am and 12pm only on the Wednesday. Any questions, please see Tom.

### Young Adults Group

#### Day Trip to Birdlings Flat

Thursday 24<sup>th</sup> October, leaving Stanmore at 9:30am and Puriri at 10am

Come on an adventure to Birdlings Flat, we will visit the Gemstone Museum, go for a walk along the beach fossicking for agates, and if you like we can make a necklace from your favourite find. Bring a packed lunch, water and walking shoes. Return by 4pm



#### Fimo Clay Craft

Tuesday 29<sup>th</sup> October at 1:15pm, Puriri (\$2)

We will be using Fimo clay to sculpt some toadstools or other creepy creations to decorate your indoor plant pots. All the materials will be provided so just come along with your imagination.



*Rachel & Tom*

### Packhorse Hut Overnight Tramp Planning Meeting

Monday 14<sup>th</sup> October at 11am, Stanmore

If you are coming on the Packhorse Hut Overnight Trip on the 17<sup>th</sup> - 18<sup>th</sup> October, please remember that payment is due by the 1<sup>st</sup> of October.

There will be a planning meeting on the 14<sup>th</sup> October at 11am where we will discuss plans/itinerary and what to expect.

If you cannot attend the planning meeting, please let Tom know directly so you can get the relevant information.

Any questions please speak to Tom or Di

### Chair Yoga

Monday 7<sup>th</sup> October at 10am, Puriri

This class will be low-impact and include gentle stretching, mindfulness and meditation. It is designed to be as inclusive of every level of ability as possible, and would most benefit those with limited mobility or other physical restraints that may otherwise keep them from staying active. No yoga experience is necessary! Please bring along a pillow for extra comfort.

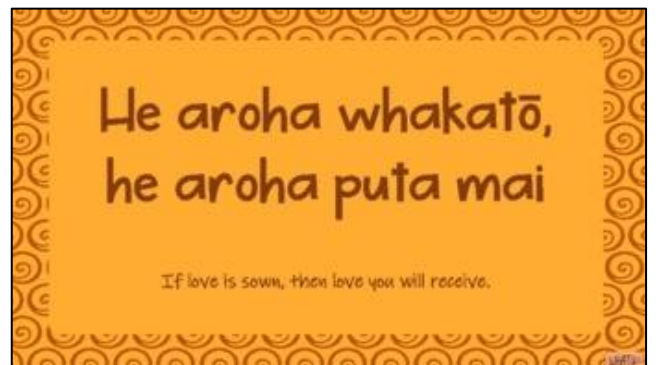


### Stanmore Women's Group

7<sup>th</sup> October - Op shopping in Rangiora, 12:30pm

14<sup>th</sup> October - Sing-a-long with Grace and the piano, 1pm

21<sup>st</sup> October - Petanque at Halswell Quarry, 1pm



### Puriri Pigeon Post

Puriri is excited to have two new activity coordinators with Olivia on Monday and Marco on Friday every week. They will provide new options for members to participate in. For example, in September Olivia trialled beginners Yoga and Marco, along with Maree (member), will be providing a photography learning session on **Friday 18<sup>th</sup> October**.



Another special staff member at Puriri is Theo the Therapy Dog who visits us once a month during Open Craft and in October we will see him on **Friday 4<sup>th</sup> at 10am**.

At Puriri we regularly use our outdoor shelter for Woodwork and Projects, utilizing recycled materials sourced from the Climate Action Campus and free stuff from Facebook Marketplace. During these activities members have solved design problems and used tools for the very first time, including an impact driver, table saw, skill saw and angle grinder just to mention a few. With these tools we have built an outdoor table, portable picnic chair, 2 folding sawhorses (SOLD for \$100), 2 static sawhorses, a purpose-built kitchen drawer for chopping board storage, and a projector shelf in the craft space plus many more.



Once a month, a group of members called the "What's Happening Panel" research activities that are coming up in the wider community. We look for activities which are affordable and fun during the weekends and evenings for interested members to take

advantage of. Currently on our board we have information about events involving meditation, computing skills, knitting, markets and music.

*Written with assistance from Emily W and Lynne G*

### Guest Speaker – Fiona Gill

**Friday 11<sup>th</sup> October at 1pm, Stanmore**

I am a passionate wildlife and bird photographer now living in Christchurch. I love to talk about and share my passion and appreciation for wildlife and in particular birds. Yes, I have a 'fancy' camera, but you don't really need anything except yourself to truly appreciate the wildlife and environment around you.

Sitting in nature, walking to remote spaces in NZ has given me much pleasure in my life and I love nothing more than going somewhere to sit and watch the birds getting ready to settle in for the evening.

Photography is just one of my many art expressions. I look forward to sharing that with you.

#### Winning Wildlife Photo Captured Affectionate Moment

By John Gibb, Dunedin ODT

It was only after Dunedin youth worker and artist Fiona Gill challenged her art class to enter a photography contest that she finally decided to enter herself.

That proved a wise move because Ms Gill (58) has just won the People's Choice award at the Otago Wildlife Photography Competition, topping the show's 1685 entries.

Her work, titled Connection, captured an affectionate moment between two playful sea lion pups at Hoopers Inlet, on the Otago Peninsula

Max Levitt-Campbell, of the Otago Museum, yesterday said the image was "beautiful"—"I love it".



Keen wildlife photographer  
Fiona Gill : PHOTO: GREGOR  
RICHARDSON



### Kayaking on the Avon

**Monday 14<sup>th</sup> October at 1pm, Puriri (\$8.50)**

We are offering kayaking on the Avon again! Come and make a splash and enjoy seeing the city from a totally different perspective. Starting from the historic Antigua Boat Sheds, we'll have time to explore the river around the Botanic Gardens via single or double kayaks.







A rainy day tramp for our members at Hinewai Reserve, Banks Peninsula

## Indoor Bouldering at Uprising

Tuesday 15<sup>th</sup> October at 12:45pm at Puriri and 1pm at Stanmore (\$5)

Calling all aspiring climbers to one of the newest olympic sport categories - bouldering! You might be wondering what is the difference between the climbing at the YMCA and bouldering? Top rope climbing like at the YMCA, involves attaching yourself to a rope and getting someone to belay you (hold the other end of the rope) as you climb up.

Bouldering is a type of climbing that doesn't require any ropes or belayers because it is much lower to the ground and specially designed crash pads cover the floors.



Because of that it is a very social sport as it is easy to cheer on your friends as they try to solve a bouldering "problem" by finding creative ways to get to the top.

Bouldering might better suit members who want to try climbing, but don't want to go quite so high or just want to enjoy the social aspect of climbing without the pressure of learning to belay.

This session will be a great introduction to climbing or a new challenge for those who are used to coming along to climbing sessions at the YMCA. The session is (\$5) per person. Wear comfortable athletic clothing and clean close-toed shoes just in case rental is not available in your size.

## Men's Group - Golf Driving Range

Thursday 3<sup>rd</sup> October at 1pm, Stanmore (\$5)

Come along and join us at Ferrymead Driving Range. We have a one-hour session booked with 50 balls per person and rental of clubs.

You do not need to have any prior experience with golf or driving ranges, just a willingness to have some fun.



## SpringTime



Word list:  
BEES  
BIRDS  
FLOWER  
GARDEN  
LADYBUG  
PLANT  
RAIN  
SEED  
SUNSHINE  
TULIP

L	A	D	Y	B	U	G	I	P	P
Q	T	U	L	I	P	X	P	Y	B
G	B	B	J	S	Y	M	A	P	E
A	E	O	G	A	N	Y	S	B	E
R	R	F	L	O	W	E	R	I	S
D	A	X	M	E	R	S	J	R	X
E	I	P	L	A	N	T	N	D	S
N	N	X	L	Z	S	Z	F	S	E
L	H	S	U	N	S	H	I	N	E
D	A	G	Z	P	L	N	G	Q	D



## Step Ahead Trust

167 Stanmore Road  
Christchurch 8011  
03 3894001 or 0800 688 732  
[www.stepahead.org.nz](http://www.stepahead.org.nz)  
info@stepahead.org.nz



MINISTRY OF SOCIAL  
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TE MANATŪ WHAKAHIATO ORA



Rātā  
Foundation



Community  
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Health New Zealand  
Waitaha Canterbury