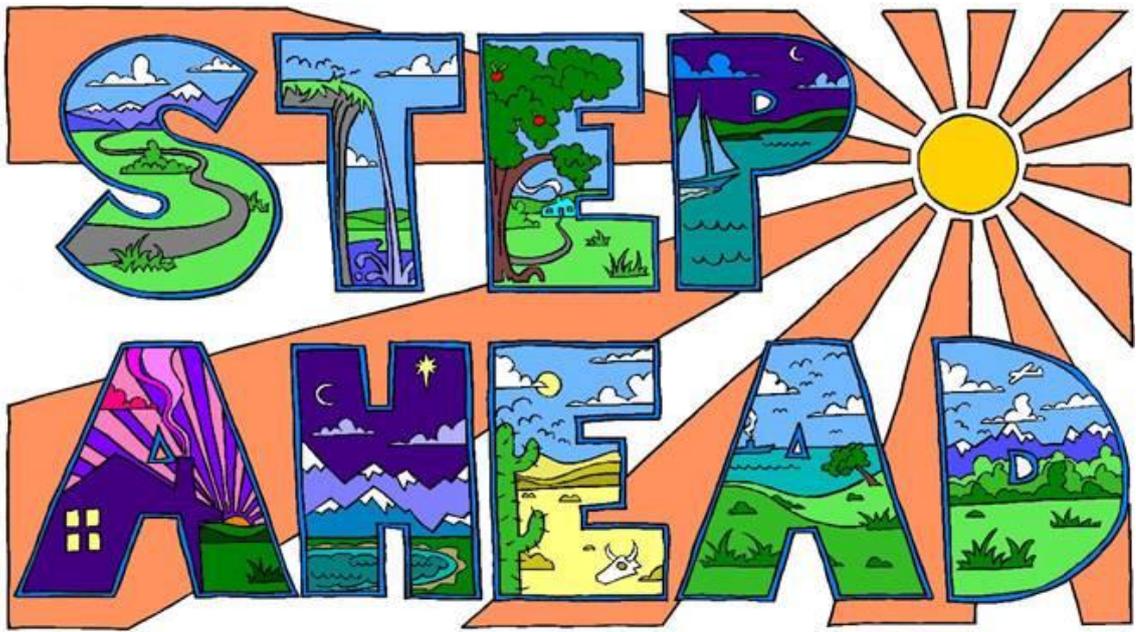


September 2023



Julie's Views

I saw my first lamb of the season yesterday. The daffodils are also out around Hagley Park. Spring is on its way – with only one month of winter to go!

Staff got together in July to experience a new game that we had not played before - Pickleball. As staff we experienced what it feels like to be unsure and a bit nervous about something new. The result was that we had fun and learned a new skill, and these are the types of opportunities that we strive to offer our members. We certainly have a wide range of activities next month. There will definitely be an activity that you have not tried before – so why not give it a go?



Our Art Exhibition begins on **Monday 18th September**. This exhibition hasn't been held for a few years and we are very grateful that the Phillipstown Hub have invited us to use their space for this special event. Also back this year is our annual Mental Health Awareness Week Walk from Stanmore Rd to Puriri Street. There will be a free Step Ahead beanie for everyone who takes part! I will look forward to seeing you all along the way.

Julie

Mt Hutt Snow Day, Sightseeing and Optional Chairlift Ride

On **Friday 22nd September** Stanmore and Puriri will be running a day trip to Mt Hutt. There will be an optional chairlift ride to the top of the ski-field where we will be able to take in some amazing views. The cost for the chairlift is (\$15) and includes the hire of snow boots.

The ride on the chairlift takes approximately seven minutes each way. Wear warm clothing, a woollen hat, gloves, and sunglasses. At the top we will be able to have a walk around in the snow. Food at the café on the mountain is expensive so it's better to bring lunch. Please note that the café does not accept cash, only cards. The trip is going to be weather dependent. For those booked we will let you know the day before as to whether we will be going.

Please pay (\$10) by **Friday 8th September** to secure your seat. Late bookings may get a place if there is a spare seat.



Ashburton News

Ashburton started July with an unexpected visit from our local MP Jo Luxton who popped in with her entourage and had morning tea with us! I was so surprised that I forgot to get a photo – next time.

July was an action packed month with trips to Staveley Outdoor Ice Skating Rink, the Port Hills Gondola and an amazing jet boat ride with Discovery Jet in the Rakaia Gorge.

Ashburton members are invited to join the Mental Health Awareness Walk this year – it will happen on **Monday 25th September** in Christchurch. I will take a van up for any members who are keen to walk the 6km (or part of – there will be a midway pick up) from Stanmore Road to Puriri Street

Don't forget to book in for outings as we have been fully booked recently – just text Jen on 022 605 3042 or call the 0800 number.

Jen

Stanmore Canvas Rock Art

Wednesday 6th September at 1pm

Come and create a work of art with natural materials



St John Health Shuttle

Did you know that St John have a new service that can help you get to any medical appointment? It could be a Dr's, physiotherapist, dentist, podiatrist or any other health related appointment. You need to book in at least 24 hours in advance and it's all free!

This service is also in Ashburton and North Canterbury so if you would like transport to get to your next appointment ring 0800 103 046.



Members enjoyed an afternoon at Jurassic Park Mini Golf

Stanmore Beginner Sewing

Every Friday at 12:30pm

During September we have a great range of sewing projects to get ready for Spring. Come along and sew a sun hat or make yourself a set of bowl covers to stop the flies getting in your salads. Sew some super useful hanging hand towels, make a drawstring bag for kitchen storage, or sew colourful headbands and scrunchies!



Soon May

Art Exhibition

This year our exhibition will be at Phillipstown Community Hub which many of you may be familiar with as it is in our neighbourhood and offers many services that members may have accessed.

Our exhibition will open on **Monday 18th September at 2:30pm** with a performance from some of our talented members and will run until **Thursday 28th September**.

Entries for the exhibition have now closed. See Di or Karen for any further information.



Karen

Native Planting at Stanmore

Wednesday the 20th September at 1pm

Wednesday the 27th September at 1pm

Come and help us plant some natives and make the place look more attractive. It will hopefully attract some more native birds too, like the kererū/woodpigeon and pīwakawaka/fantail.



We will be working together with Annaliese from the council to help make the Stanmore carpark a more attractive place for all of us.

Bring gumboots and garden gloves if you have any.

Congratulations Kirstin!



Congratulations to Kirstin who entered her first art exhibition! Pictured here with her mountain painting above her at the Ashburton Art Gallery

Yarn Holder Bowls



Make some colourful yarn holders from air dry clay

SEPTEMBER 29TH 10AM
PURIRI STREET \$2

Plant-based Snack Ideas

The research on plant-based foods and their benefits on gut health are still in early stages, although there is a clear connection on the improvements to our brain, mental and physical health. The diversity of the plant-based foods we eat is important, and it has been found that those who eat more than 10 *different* plant-based foods per week gain significant benefits, compared with those eating less than 10 different plants. Variety is key!

Here are 5 simple and nutritious, plant-based snack ideas to support you to increase the range of plant-based foods in your snacks:

1. Steamed edamame beans (great source of protein) with salt and chilli flakes



2. Home-popped popcorn, lightly salted
3. Vegetable sticks (more variety the better) dipped in hummus



4. Roasted chickpeas with some salt and spice of your choice



5. Smoothies with a handful of nuts + seeds for healthy fats (try milk, banana, and frozen berries for a easy combination)



Stanmore Guest Speaker – Aviva - Safe Relationships

Wednesday 6th September at 1:30pm

Domestic violence can affect anyone, regardless of age, gender, sexual orientation or socioeconomic status. Recognising the signs of domestic violence and providing support and resources to victims is crucial in helping them break free from the cycle of abuse. We will learn to identify red *and* green flags in relationships. Aviva supports people of any age, gender, sexuality or experience of violence to not only become safe, but begin a journey toward a fulfilling, violence-free life. It is never too early or too late to seek support.



Challenge! Mental Health Awareness Week Walk All Bases

Monday 26th September at 12:30pm from Stanmore

Following on from very successful walks in previous years we will walk from Step Ahead Stanmore Road to Step Ahead Puriri Street. We will take the scenic route along the Avon and through Hagley Park. There is an option to walk halfway, be picked up, and taken to Puriri if this is too far to walk. Finish with refreshments, spot prizes and a sense of achievement!

Every participant will receive a free Step Ahead beanie.

Why: The walk allows us to do something out of the ordinary, to celebrate being part of Step Ahead, and to raise awareness of mental health.

Who: Members and staff from all bases and friends of Step Ahead.

This event will be a lot of fun so don't miss out on taking part.

Book in as usual.

Puriri & Stanmore Adventure Park Chairlift

Thursday 7th September at 1pm (\$5)

Come along and enjoy the amazing views of Christchurch riding the Adventure Park Chairlift.

You will need to wear warm clothing and bring lunch and/or money.

Hot drinks will be provided!

Check in with Tom or Di for more details.



Stanmore Member/Staff Liaison Meeting

Highlights:

- Men's Group trip to Hot Pools
- Mid-winter swim followed by Hot Pools
- Trip to ride in the Clydesdale Wagon
- Women's Group to Catnap Café
- Meals on Wheels
- Mid-winter lunch
- Music Group
- Health Focus Guest Speakers
- Technology
- Friendship Group happening on weekend
- Craft Group using a spinning wheel
- Mole Checks

New Programme Ideas

- Overnight Camp
- Pilates
- Visit Antartic Centre
- Ferrymead Heritage Park
- Weka Pass Train
- Talent Quest
- Run Club
- Hangi (rugby rooms at Mairehau?)

Stanmore - Ministry of Social Development Speaker

Wednesday 13th September at 1:30pm

Come along and learn about how the Ministry of Social Development can assist you with your employment goals.

You will learn about how they can assist you to upskill with short courses, subsidies they offer employers, and training subsidies that you can access when you are ready to get back into work.

Van leaving Puriri at 1pm



Casting Brass Rings at Puriri

Last month we had a great success making Cast Brass rings at Puriri Street. We will do this again as a two part session, but this time we will make a pendant. The first session will be **Thursday September 28th** to carve your designs. The next will be sometime in October to finish the brass off. Like last time it will be (\$8) in total and you will need to attend both sessions in order to take part.



Rachel

Stanmore Ōpuke Hot Pools

Thursday 21st September at 10:30am

Come and join us for a relaxing soak at the Okuke (Methven) hot pools.

You will need to bring your togs, towel and money for the cafe if you would like a drink.

Payment of (\$10) is needed by the **14th of September** to secure your place.

Check-in with Tom for payment/securing your place.



Friendship Group - All Bases

We meet once a month outside of Step Ahead hours. This month we will meet at Denny's Moorhouse on **Saturday 9th September at 1pm**. Any questions please contact member Louise W.



Rangiora Panui

Kia ora koutou katoa - welcome to Spring! Here's to brighter and warmer days.

We are excited to be going back to Pam's place this month to finish our garden and plant some seasonal vegetables. We are welcome anytime to water and maintain our garden. We are very grateful to Pam for allowing us to use her garden. The aim of this project is to learn about keeping a vegetable garden but also to share the produce amongst the members.

The Step Ahead Art Exhibition is also this month to coincide with our Mental Health Awareness Week Walk. We will be popping in to have a look at the exhibition on our way to Stanmore Road to join in with the walk.

A member brought in a wonderful journal prompt last month which reminded us of the importance of finding ways to pick yourself up when you're feeling down. You may already be trying some of your own techniques but it's always good to have a list of others:

- walk in the fresh air.
- talk to people who make you laugh.
- make a list of the positive things about you and your life, keep it in your bag or wallet and read it to yourself as a reminder that however bad you may be feeling you have not always felt this way and that you will not always feel this way.

Be patient with yourself. Improvements are always gradual.

Anna & Rachel

Stanmore Tramping at Mt. Isobel

Friday 15th September at 8:30am

Come for a moderately challenging, but manageable tramp to Mt. Isobel summit.



We will be leaving Stanmore Road at 8:30am and will park at Jacks Pass before heading up to the summit where the views are spectacular.

Bring clothing for all conditions (cold, rain, wind and sun), lunch and plenty of water.



Members enjoying a cycle around Lake Lyndon

Stanmore & Puriri Introduction to Indoor Rope Climbing

Thursday 28th September at 10am (\$5)

Would you like to learn the basics of rope climbing?

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

First we will learn all the basics of climbing with ropes, from understanding what equipment is used, to climbing techniques, belaying and descending from the wall.

This session will lead to a series of monthly lessons at the YMCA, building up your skills, before hopefully leading to some outdoor climbing at Castle Hill.

Check in with Tom or Di for more details.

Young Adults

Tuesday 26th September at 12:30pm Puriri and 1pm Stanmore (\$10)

Young Adults are heading to Adrenalin Forest for the afternoon! We are super excited to see the numbers rising within this group and we look forward to what the summer will bring! Remember to book in. We will be leaving from both Puriri and Stanmore bases so make sure you check the programme for times and availability.



Beaded Flowers



Learn to make a colourful posey of flowers from wire and beads

SEPTEMBER 20TH 1PM
STANMORE ROAD \$2

Stanmore Shell's Miniature World

Wednesday 27th September at 1pm (\$2)

Shell is a member of Step Ahead and she is an expert at craft - she made the large glass Step Ahead sign that we commissioned for the entrance at the Stanmore Road for the Step Ahead 40th birthday.

Shell will be opening a room at her house to display the amazing miniature craft exhibits she has created. There are tiny miniatures of rooms, all filled with tiny furniture. So many things to see - you will not know what to look at first!

Step Ahead will be taking a group from each location during September and October so don't miss this opportunity. Shell will welcome you with a cuppa as you wait your turn to view her hard work as there are only three people allowed in the room at a time.

This is something you may never get the opportunity to see again so please book early to ensure your place.



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