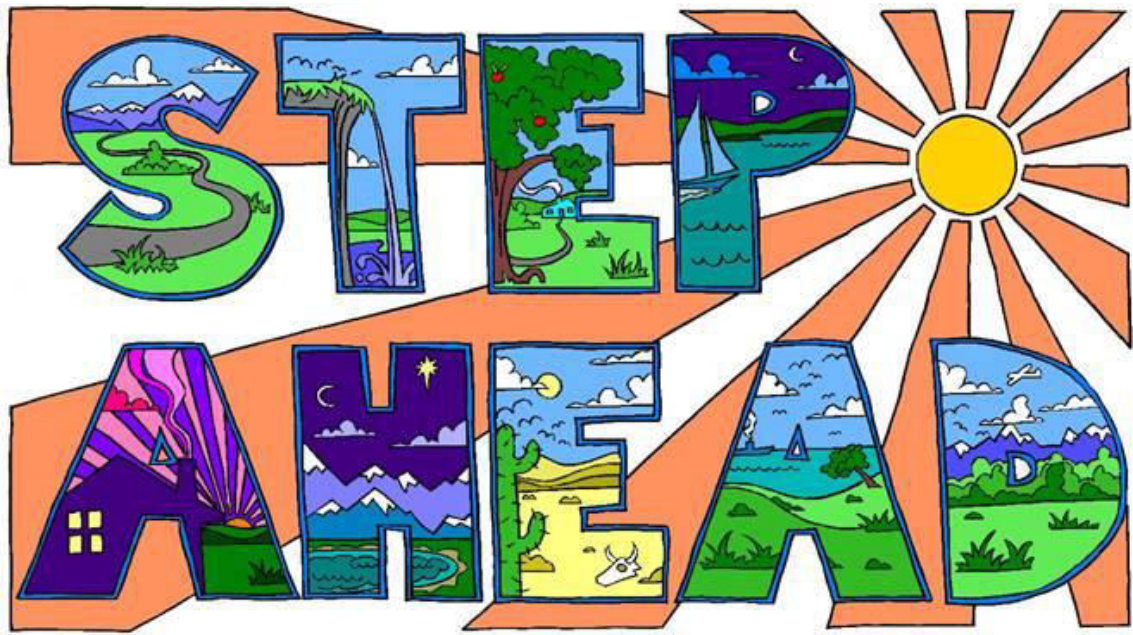


September 2024



Kōrero with Bryan

Kia ora koutou

As we approach Mental Health Awareness Week (23rd – 29th September), I want to take a moment to reflect on the past few years.

Aotearoa has faced some difficult challenges: extreme weather events like Cyclone Gabrielle, rising inflation and cost of living, changes to the political landscape, etc. Even if we haven't been directly affected, these experiences have tested our resilience and have also highlighted the strength and importance of our communities.

This year's Mental Health Awareness Week theme, "Community is... what we create together," is a powerful reminder of the impact we can have when we come together. The Mental Health Foundation of New Zealand recently commissioned research to understand the psychosocial effects of the North Island weather events. The findings were clear: community and social connection are the most vital factors in maintaining and boosting wellbeing. People expressed a desire for more social events, activities, and a nurturing community spirit. These basics are not just nice to have; they are essential for our mental health. They provide us with the support, understanding, and shared experiences that help us navigate through tough times.

During Mental Health Awareness Week as you participate in activities at Step Ahead, consider how community resilience and connection play a part. We encourage you to connect with others or create your own community support networks. Whether it's joining a local event, participating in a workshop, or simply reaching out to a neighbour or another member, every action counts.

A highlight of the week will be our annual walk from Stanmore Road to Puriri Street. This walk symbolises our journey together, overcoming challenges and bringing awareness to mental health. It's a demonstration of our commitment to minimizing the stigma associated with mental health and fostering a sense of belonging and community.

I encourage you all to join us in this walk, and in the broader mission of Mental Health Awareness Week. Let's use this time to reconnect, to build new relationships, and to strengthen the ties that hold our community together. Together, we can create a supportive, compassionate, and resilient Aotearoa.

Ngā mihi nui

Bryan

MHAW
Mental Health
Awareness Week

23-29 September 2024

New Co-ordinators

Kia Ora! I am Marco, an associate nutritionist and lifestyle coach with a passion for wellbeing and supporting people to live a healthier life, free from stress and focusing on the positive side of things. I am originally from the north of Italy, but I have lived in Christchurch since 2013. I instantly built a connection with the people I met here and have felt privileged to be part of the rebuild of the city. In my free time, I have plenty of hobbies including playing social soccer and basketball, bouldering, cooking, tramping, and a bit of photography. I also enjoy a cosy night in, playing card games and watching sci-fi TV.



Kia ora Step Ahead Members! I'm Olivia, but you can call Liv, and I'm so excited to be joining the team of Activity Co-ordinators here at Step Ahead.

I'm originally from the USA but have lived in New Zealand for over five years working in the outdoors with specialties in tramping, rock climbing, sea kayaking, white water rafting and skiing. I love spending my free time in the garden, reading fantasy, spinning poi, crocheting, playing music, doing aerial silks and going on adventures with my beloved fur-baby, Otis.



Though I have struggled with mental health issues throughout my life, I've found a lot of peace and fulfilment through activities that get me thinking creatively, challenge my comfort zone and keep me engaged with nature.

I can't wait to share some new experiences, music, crafts and adventures with you all!

Student Intern

Tēnā koutou katoa, my name is Hanay Hurley. I am in my last year of a BSc Statistics Major and Education Minor at the University of Canterbury. I am passionate about mental wellbeing and equity within education. I am a total nerd for numbers and love statistics so am looking forward to doing some analytical intern work with Step Ahead. My hobbies include riding my motorcycle, playing board games with friends, and taking photographs of the wonderful birds we have in our country. I hope to meet many of you over the coming months.



Beginners Yoga

I'm excited to be offering a Beginners Yoga class **Monday 23rd September** at Puriri. This class will focus on basic stretches and breathing exercises to get your blood flowing. It is designed for beginners, so no prior experience is necessary. However, those attending should be comfortable with getting themselves seated on the ground and back up again.

This session will be limited to eight people, so make sure to book ahead! If you have your own exercise or yoga mat, please bring it along.

I am also exploring interest in chair yoga, which would be inclusive for all ability levels, so please let me know if you would like to see any other types of yoga on the programme in future months.

Olivia



Ashburton News

Spring is on its way, and we will be celebrating with our annual trip to Hadstock Farm to pick ourselves a big bunch of daffodils!



Later in the month we will visit the Ashburton Domain to admire the spring flowers.

We are hoping for good weather for our trip to Rangitata Huts where Dean will help us to have a go at surf casting - great fun!



Toasting marshmallows at Staveley Ice Rink



Having a go at needle felting

Jen and Anjie

EIGHT PIECES OF WISDOM THAT CAN CHANGE YOUR LIFE.

1. Words are powerful. use them wisely.
2. People come and go, but the right ones stay.
3. You are good enough even if it doesn't feel like it.
4. Failure is when you don't try.
5. Random acts of kindness make everyone feel better.
6. Live for today, not for tomorrow.
7. Never look back, there is nothing there for you.
8. Overthinking kills happiness.

Shared by Philip H.

Packhorse Hut Overnight Tramp

17th - 18th October

We are planning an overnight tramp to the Packhorse DOC Hut from Kaituna Valley. This track is uphill and you will need to carry your own pack and equipment. There will be seven places available. You will need to be an experienced trumper with Step Ahead or in your own time.

The hut has a shared bunk room and one outdoor toilet. Step Ahead will have some packs and sleeping bags available on a first come, first serve basis. Bookings can be made from **Monday 2nd September**. Your place will only be confirmed once you have spoken to Tom or Di and paid your deposit (**\$10 by the 1st of October**). Total cost (**\$20**).

Any questions please speak to Tom or Di.

Stanmore Women`s Group

2nd - Walk around the Botanic Gardens and view daffodils at 1pm

9th - Minigolf at Ferrymead at 1pm (**\$5**)

16th - Visit to Sumner- café and visit shops at 1pm

23rd - Join MHAW walk at 12:30pm

30th - Trip to Toffs and surrounding op shops at 1pm

Rangiora Panui

Kia ora koutou. Spring has Sprung! Kōanga is the Māori word for Spring (September to November). It includes the word 'kō', a digging implement: spring is the time to dig the soil. It is a time to get excited for the future and be hopeful for good times to come.

We will be making some self-care booklets at the start of the month, including some positive affirmations and self-care action plans. If you have your journals that we decorated a few months ago feel free to bring those along and we will add to them, otherwise we will make a new booklet.

We have planned a tote bag making activity using recycled clothing - please bring along an old t-shirt that you are happy to cut up and use.



On **Monday 23rd September** we will be joining with the other bases to do our annual Mental Health Awareness Week Walk from Stanmore Road to Puriri Street. Please wear your comfy walking clothes and shoes and bring your biggest smile as we complete this hīkoi together.

Anna and Rachel



Create Your Own T-Shirt Transfer

Wednesday 18th at Stanmore, 1pm (\$2)
Monday 30th at Puriri, 1pm (\$2)

Draw or design your own image or quote, and using our cutting machine create a t-shirt transfer. The transfers will be one solid colour. Please bring along a plain t-shirt in any colours.



Health Focus Stanmore

Wednesday's at 1:30pm

Our health focus series continues this month. Don't miss out on the opportunity to hear guest speakers on the following topics:

Wednesday 4th - Karen Cague will talk on the health benefits of immunisations. Come along with your questions.

Wednesday 11th - Lauren Moulton from the Loft Services at Eastgate will talk about the impressive range of services that are based at the Loft.

Wednesday 18th - A speaker from the Mental Health Education and Resource Centre will tell you about what they have to offer, including a well-stocked library of mental health related resources.

Wednesday 25th - Marco from Step Ahead will discuss Nutrition and how to look after yourself from a dietary perspective.

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 **Puriri's** session:

YOUR FEEDBACK	STAFF RESPONSE
Where would you like to see Step Ahead in three years?	
If the membership grows another Step Ahead over the other part of the city	We will look into the possibilities, including performing a needs analysis
Building on, extending, the links we have with the wider community	Will continue to look for and create links in the community; this already happening with the "What's Happening" board at Puriri

September 2024 Newsletter

More people joining	We believe that our Step Ahead model is effective in helping people and we will continue to promote awareness about what we do.
Expanding programmes	We invite members to join our monthly Member/Staff Liaison meetings to participate in programming. These meetings are essential for communicating what members would like to see on the programmes
New things	We invite members to join our monthly Member/Staff Liaison meetings to participate in programming.
Bring back programmes that had a lot of people in them	We invite members to join our monthly Member/Staff Liaison meetings to participate in programming.
Stanmore members coming over to Puriri	There are often "inter-base" activities, and members are welcome to attend activities and any base (remember to book in!)
More lunches, maybe dinners	We will look into programming more lunches. Dinners happen at Stanmore and out in the community however at Puriri they are subject to time constraints imposed by consent restrictions.
To have more of a focus of being a stepping stone rather than people just regularly staying here. Members may just keep coming and feel stuck rather than moving on to other things	As you may have heard, Kaylee will be starting a new position of Enabling Good Lives Coordinator in September. One of her focuses will be to connect members with opportunities and services outside of Step Ahead.
Teach about growing gardens, veges, fruit,	This is what happens at Gardening Group – but we will look into creating some raised beds dedicated to veg and fruit
Have staff work on weekends SAT, SUN, MON, TUES,	Staff already work Mondays and Tuesdays, and we have introduced an activity on one Saturday each month.
Have more spaces to meet.	We will look into this. There may be opportunity close by after the St. Ninians renovation.
Evening activities at Puriri	Evening activities at Puriri are subject to time constraints imposed by consent restrictions.
Visual presence in the community (e.g. Speed freaks therefore receive external support)	Working on it...Parkrun participants wearing Step Ahead t-shirts
Crowded at Stanmore X3 , more space / overwhelming	We are aware of the issue of lack of space and will investigate the possibility of alternate venues/spaces
What can we do to improve our services?	
Look forward to a booking system through a Step Ahead App	So are we! We had a kick-off for the project on the 8 th of August and hope to have updated information soon.
I think its good as it is	Thanks!
Organise a working bee to help members with any work at their place e.g. Go to someone (a member's house) to help with an overwhelming garden	This would be more suitable for a different organisation, perhaps a church or other volunteer group.
Weekend activity to take people to places/markets that are regularly on, so they can then attend themselves afterwards (community involvement)	Check the "What's Happening" board. And, we're having an activity outing on Saturday the 21 st to Lyttelton Market – please make sure you book in 😊
It is a great reflection on step ahead that i am drawing a blank on this.	THANKS 😊
I think you do a fantastic job	Thank you!
More tech groups	That will happen with Kaylee's new role, and Olivia, one of our new staff members, will also contribute.
Learn some maths	SoonMay is working on delivering this.
Booking system complicated, people not showing - note in newsletter	We're working on a new booking in system.

September 2024 Newsletter

More group activities - off site in the community	Working on it – but please come to your monthly Member/Staff Liaison meeting and suggest some activities.
Stall / display at fairs	We have done in the past, and will do more. Don't forget about our Annual Art Exhibition which opens on the 19 th of this month!
What can we do to make Step Ahead more positive for your mental health?	
More interaction with other sites	We have listened and are programming more inter-base activities and visits
More plants please	Indoor? We're working on it. Outdoor? Please come to a Member/Staff Liaison meeting and give us some suggestions.
Positive energies from people	We would be keen to learn more about what was intended here. If you provided that feedback, please reach out to any staff member, if you feel comfortable.
Doing an activity between 3 - 4:30pm on Wednesdays before the evening activity - could just be working off a list of general chores	Good idea, we'll look into it.
There are lots of things that support mental health that are difficult to develop into a habit. Breathing, being active, journalling, doing a good deed, thanking someone for something, drinking water and eating good food etc, etc. Anything that could support those new neural pathways. Reminders on social media platforms is one idea but there might be other ways of encouraging and supporting people to regularly put these things into practice and build the habits that support good mental health.	We will introduce more mindfulness orientated activities.
Have lunch get together more at Riccarton	Great idea for a group activity outside of Step Ahead. Suggest to fellow members and make a plan 😊
Provide a quiet space - for members to chill out or relax.	We are working on this.
Help to stay positive	We try to. Please reach out to any staff member, if you feel comfortable, with your suggestions
Learn skills to deal with difficult situations...	We will look into providing a session/activity that could help with this.
...plus skills to find things to do on long weekends	Check out the "plus skills to find things to do on long weekends" "What's Happening" board.
Pamphlet stand at Puriri with information about other mental health service providers	We will get a bigger one.
Attitude of gratitude (or similar) learning sessions	We will introduce more mindfulness orientated activities.
Contact board on general notice board, to help members leave messages for each other	Kevin will look into this for Puriri
Positive affirmation to another member system, maybe use letter box in foyer	Kevin will look into this for Puriri

YMCA Climbing

Wednesday 12th October (\$10)
Leaving Puriri 9:30am, Stanmore 10am



All safety equipment such as harnesses, climbing shoes, and ropes are provided. You do not need to have any experience with climbing, just a willingness to try something new and have fun!

Stanmore Men's Group

Monday 2nd September at 12:30pm



Join our Men's Group for a walk and a hot drink.

We will be heading out to Rangiora to join with the men out there. We will be walking for approximately one hour, before stopping in a local park for a hot drink.

Due to the increase in requests for Printing, we will be charging the following

A4

- ✓ Black & White – 20 cents
- ✓ Colour – 50 cents

A3

- ✓ Black and White – 50 cents
- ✓ Colour – \$1

LAMINATING

- ✓ A4 only – \$2



Nutrition at Stanmore

On **Monday 2nd September at 11am** I will be facilitating my first Nutrition Group at Stanmore.

During this session we will focus on diabetes and pre-diabetes and how you can manage these conditions and improve your lifestyle.

I will be offering a Nutrition Group every first Monday of the month at Stanmore and other bases if there is interest.

I would like to know more about what you would like to hear about. What topics would you like to be covered? Please let me know and I am looking forward to meeting you all.

Marco

Performing Arts

Wednesdays, departing Stanmore at 9:45am

Come join our exciting Performing Arts Group run by Many Hats Theatre. We are using the Many Hats Theatre workspace for these activities. This is an amazing opportunity to work in a performance space.

Over the next month specialists in different fields such as dance, movement and puppetry will be coming to workshop with us as a group. Talk to SoonMay if you have any questions.



Spring Craft at Puriri

On **Wednesday 4th September** we will be celebrating Spring by making flower-themed crafts at Puriri. In the morning we will make a seed bomb and miniature pots using airdry clay. This is a two-part project with the second part being on **Wednesday the 18th September**. On the afternoon of the **Wednesday 4th September** we will be making candles decorated with dried flowers.



Karen

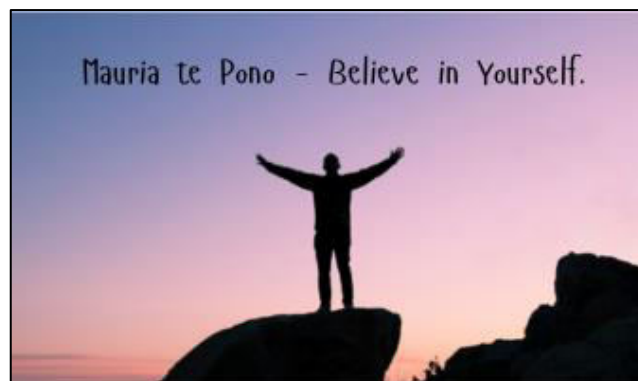
Park Run

Park Run is a weekly fun and free community event held on a Saturday morning in Hagley Park. Walk, jog, run, volunteer or spectate – it's up to you!

We are currently helping members to join this activity with the aim of having a regular group of Step Ahead members meeting at the start each week to support each other.

This month we will be meeting at 7am on **Saturday 14th and 28th September**. We will meet at the green shed by the tennis courts in Hagley Park.

Contact Kevin for details.





Members volunteering at Willowbank.

Christian Fellowship

Several Stanmore members have expressed an interest in attending a Christian Fellowship Group. Holy Trinity across the road at 168 Stanmore Road can meet this need for us by welcoming Step Ahead members to the various ongoing opportunities they provide.

Starting on **Monday 2nd September at 12:45pm** an introductory course begins on exploring pathways to deepen one's understanding of Christianity and its relevance in day-to-day life. Check the Stanmore programme as we will introduce you to the good people who will be running the group. Members are welcome to attend on an ongoing basis.

Also on offer is the opportunity to attend the following:

- Wednesdays 10am an Eyewitness Bible Study
- First Sunday of the month at 11am all are welcome to attend a café style brunch for free or a koha (donation)
- Thursdays Welcome Space 10am-12pm, with the focus being on social connection, joining in on board games, sharing a cuppa and conversation

Te Reo at Rangiora

Join us and learn a few Māori kupu/words through music with kawhe/coffee and kōrero/chat on **Wednesday 11th September at 10:30am** at our Rangiora base.

No experience needed, all welcome.



Step Ahead Art Exhibition

Our exhibition opens on **Thursday 19th September** and runs until **Sunday 29th September**.

This year's venue is the Christchurch South Library at 66 Colombo Street in Beckenham. Many of you as Christchurch City library members may know this library well.

There will be our usual opening event with entertainment provided by Step Ahead's talented musicians. Entries will be limited to two items per person with consideration also needing to be given to the size and weight of entries.

The opening is on **Thursday 19th September at 2:30pm**. Please book in as usual. See you there!



If you have any questions please talk to myself or Di.

Karen

Pottery Workshop at the Ruffshuffler Pottery Studio

Wednesday 11th September at 12:30pm
(\$15 to be paid by 4th September)

Come along to a pottery workshop. Learn some amazing skills with a very experience artist, and make your own work of art. This is suitable for beginners. Wear clothes that might get a little messy. Spaces are limited, so please book and pay by **Wednesday 4th September** to we can confirm numbers.



Talk to SoonMay if you have any questions.

Step Ahead Trust

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