

“Step Ahead has helped transform my life, it has given me hope and purpose.”

“There’s always someone to talk to at Step Ahead.”

“Step Ahead has been a contributing factor towards my recovery and journey to wellness.”



How to join: Whakapiripiri mai:

- Give us a call and let us know when you’d like to visit for a look around.
- Choose an activity you’d like to try.
- If you enjoy the experience, we’ll go from there.



Where are we? Kei hea mātou?

Christchurch
Ōtautahi

- 167 Stanmore Road, Linwood
- 9 Puriri Street, Riccarton

Rangiora

(Transport available from Kaiapoi and Amberley)

- Mondays: 86 Victoria Street
- Wednesdays: 11 Albert Street

Ashburton
Hakatere

- Fridays: 44 Cass Street, Ashburton

Get in touch: Karanga mai

Email: info@stepahead.org.nz

Freephone: 0800 688 732

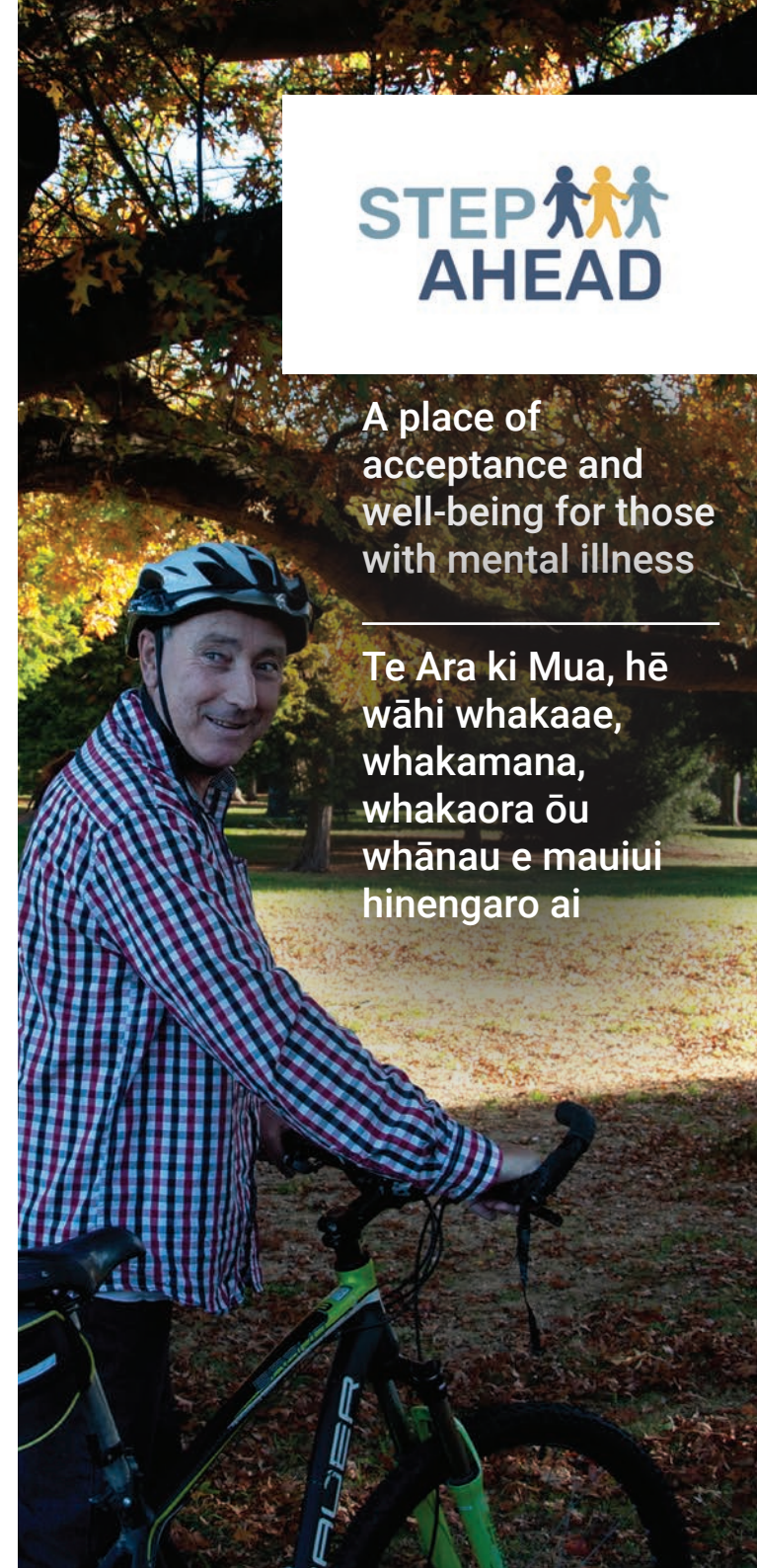
Phone: 03 389 4001

www.stepahead.org.nz

**STEP
AHEAD**

A place of
acceptance and
well-being for those
with mental illness

Te Ara ki Mua, hē
wāhi whakaae,
whakamana,
whakaora ōu
whānau e mauriui
hinengaro ai





We are a community-based not-for-profit supporting people who experience mental illness.

Te Ara ki Mua

We create an environment of support and growth by providing a variety of activities that enhance members' mental and physical well-being. All activities are subsidised by the trust, meaning members pay either nothing or little more than a gold coin to participate.

We warmly invite people who experience mental health issues to join Step Ahead Trust.

Our aim is to support people to step into community life and wellness. We are a welcoming, understanding, and accepting place that helps people 'step ahead' in their recoveries by organising all sorts of activities and get together.

Members enjoy activities such as: **Koia tēnei ngā mahi ā tinana, mahi ā hinengaro rānei:**

- Walking and tramping
- Swimming
- Tai chi
- Biking
- Drawing, painting and crafts
- Mosaics
- Lunches and dinners
- News discussions
- Gardening
- Woodwork
- Sewing
- Games and quizzes
- Ten pin bowling
- Speakers and education sessions
- Communication courses
- Skill development
- Day trips and evening activities

Step Ahead is a non-judgemental and relaxing place to make friends, learn new skills, try new things, have fun, and learn how to better manage life's everyday challenges.



Members are at the heart of what we do and are involved at every level of the organisation, from suggesting activities, to sometimes being employed by Step Ahead, and even joining the Board of Trustees. Members support and assist each other every day, and often form long-lasting friendships.

Who can join? **Mō wai tēnei?**

Anyone over the age of 18 who has a mental illness and can attend independently. New members are always welcome, and can be referred by a GP, health care worker, clinician, friend, family member, or just come along on their own.