



**ADVENTURE
SPECIALTIES TRUST**

EST. 1984

ANNUAL REVIEW

2021



OUR VISION

Lives Inspired by Adventure

OUR MISSION

To respond to community needs by providing purposeful adventure, which facilitates therapeutic outcomes and positive growth

OUR VALUES

We are guided by our Christian faith, which places the love of God at the centre of all that we do. This is expressed by the following values:

WE ARE HOPEFUL. Change is possible for everyone. We are optimistic, we are confident and we use a holistic, strengths-based approach which supports hauora, “the winds of wellness.”

WE ARE STRONGER TOGETHER. We practice mahi tahi. We encourage each other and our participants. We grow community partnerships and collaborate to achieve shared goals.

WE ARE ADVENTUROUS. Outdoor adventure will transform lives. We use healthy adventure and a connection with te taiao, the natural world, to nurture growth and learning.

WE ARE INCLUSIVE. Everyone is welcome. We honour Te Tiriti o Waitangi. We practice equity, respect and manaakitanga.

WE ARE SAFE. We embrace physical, emotional, social and cultural safety. We continually invest in our team and resources to ensure all that we do is high quality.



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THE YEAR IN NUMBERS



239
PROGRAMMES

146
PROGRAMMES
CANCELLED OR POSTPONED
DUE TO COVID

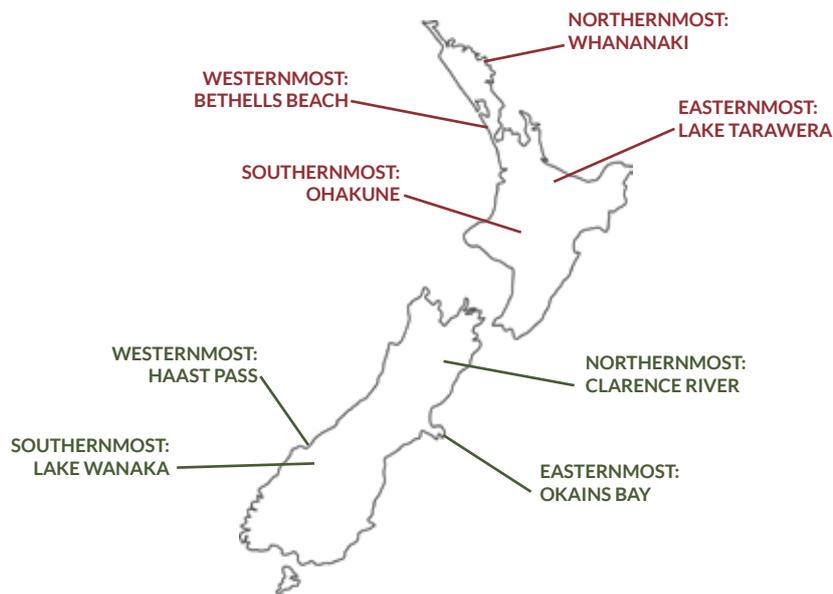
4,371
PROGRAMMES
SINCE 2001*



3,784
PARTICIPANTS

90,618
PARTICIPANTS
SINCE 2001*

NORTH ISLAND PROGRAMME LOCATIONS



SOUTH ISLAND PROGRAMME LOCATIONS



13
FULL-TIME
INSTRUCTORS

4
INTERNS

8
ADMIN AND
MANAGEMENT

6
TRUSTEES

*Figures taken from data collected since 2001. However, there was data missing from two years (2007 and 2008). Possibly stolen by the washing machine sock monster. So we have made conservative estimates of the missing years, based on the years before and after the missing data.

*“I saw that people have strengths and weaknesses in different areas. This programme helped increase my **patience** and my **understanding**.”*





WORD FROM THE CEO

Kia ora koutou!

As I sit in my home office, I reflect on **what a great organisation Adventure Specialties Trust is** and at how adaptable we have been to continue working during a very challenging year. Even though, for much of six months, our Auckland branch was unable to deliver any programmes, **Adventure Specialties is still here and we are still doing great mahi within our communities.**

Thanks needs to go to our great staff team and trustees who have been **patient and supportive**, and of course thanks to all the additional financial support we received through government subsidies, philanthropic support, private donations and charitable donations. Without this support, Adventure Specialties Trust would look very different and may very well have been a covid tragedy! Instead we are full of **hopefulness and positivity.**

One of the key highlights of 2021 was having an opportunity to **relook at our Vision, Mission and Values statements**, our programme outcomes and also how we define ourselves. We want to be **a relevant and vibrant organisation** and so we continually evaluate our practice and the direction that we are heading. I'm proud that our new statements reflect who we are, how we serve and how we outwork our mahi. Full version on pages 2 and 9.

Our new Vision statement is "Lives Inspired by Adventure," which means that people who complete our programmes will be inspired to do things differently. Maybe that will mean seeking more adventure in their lives or feeling inspired to chase their goals or living a better life! Our new Values statements also reflect our Christian values and heritage as they guide us as to how we work and treat our people: **We are hopeful, we are stronger together, we are adventurous, we are inclusive, we are safe.**

Another key highlight was Glenda Simpkins' farewell party. Glenda, along with her late husband Lyndsay, founded Adventure Specialties Trust 37 years ago. **It was great to celebrate Glenda's long-term commitment to the Trust** with an afternoon of stories from the early days, shared by past and present staff, as well as some good food and the launching of a book, "Essays," which holds many of Lyndsay's writing (contact the office for a copy)!

We also celebrated the moving into our own building in Christchurch. To celebrate this, we had an opening evening filled with stories of lives being changed by our work in the Canterbury region, a fun raffle, and a Māori blessing that represented our faith and our bicultural journey. We still have a long way to go to raise full funds to develop our building further (donations gratefully accepted), but it is currently workable and a place we can call home.

Finally, **I am immensely proud of our organisation** and I believe Adventure Specialties Trust is **already living up to its new Vision** and has certainly inspired lives through adventure!

Tim Wills
CEO



*“I love getting out in nature.
It makes me feel calm.”*



CHAIR'S REPORT

Tēnā koutou e te whānau,

Here we are again. The year 2021 began to look a lot like the previous year as the Trust needed to navigate through another chapter in our nation's Covid journey. As we look back, **the trustees of Adventure Specialties Trust are very thankful for the hugely talented and motivated team of professionals** that once again got us through.

The role of a board of trustees is to, in the first instance, support the CEO and this we have sought to do. There were many more meetings than usual, sitting in front of a screen and pouring over spreadsheets as we worked to stay ahead of a changing situation. **There was always a balance to be struck between the need to look at the numbers and the time needed to just hear how our people were doing.** Numbers matter, but people and their personal needs as they deal with the anxieties and tensions of a crisis situation matter more. There are a mixed bag of skills contributed by the team of trustees including **a very keen desire to ensure people were being looked after.**

We reluctantly said farewell to two trustees this past year. Andrea Fox from East Cape, and Jennine Thompson from Christchurch leave us after three-and-a-half and four years respectively. Andrea has led us on our bi-cultural journey and we are grateful for the support of her marae and whānau. Jennine has been our go-to expert for all things financial. Jennine also did some stellar work in coordinating and supporting the initial fitout and move into the new Christchurch premises. **We are grateful to both of these very capable people for their contribution to the work of the Trust.** I harbour a not-so-secret wish that we might see them back with us again one day. Meantime, we say thanks.

We are also pleased to welcome a new Trustee, Vincent Heeringa. Vincent brings with him experience in writing, marketing and PR. **Thanks are also due to the other members of the board, Tanya and Bruce,** for their ongoing support of the Adventure Specialties Trust mission. It is a pleasure and a privilege to be a part of a team of passionate individuals who are entrenched in the mission and the vision that is Adventure Specialties Trust.

Ngā mihi ki a koutou katoa



Brian Knolles
Chairman



OUR SOCIAL IMPACT

After each programme, we ask participants to fill in a survey so that we can measure the impact that our programmes have had on them. Here are the stats from the responses we received:

95%

WELLBEING:

Participants felt an increased sense of wellbeing. This may involve physical, mental, emotional, social or spiritual aspects.



"This programme has helped me come out of my comfort zone."

"I picked up my hope after this programme. I made friends, helped and being helped, I felt encouraged on the way."

"It made me feel positive and calm."

"Being in nature distracted me from being stressed."

97%

SOCIAL SKILLS:

Participants felt better able to work better with others. They felt better able to develop strong relationships in their everyday lives.



"I've learnt I can work with others and I don't need to be alone."

"You don't know it all. You learn something different every day."

"Learning to work with different types of people."

"We have bonded closer together as a family."

97%

CHARACTER:

Participants developed a better sense of their inbuilt character strengths; the qualities and skills that will help them through life.



"I never realised that I could be a leader."

"I have the ability to persevere even when not entirely confident."

"I've gained confidence in myself and feel more comfortable doing more activities now."

"Giving me more confidence that I am capable and determined."

99%

ONGOING PARTICIPATION:

Participants felt more motivation and better able to recreate outdoor experiences in their own lives, independently of programme support.



"I want to spend more time outdoors in all weather and encourage my family to spend more time outdoors in nature."

"Do more bike riding because it's fun."

"I would like to experience more tramping with family and friends."

"I've started doing outdoor bootcamps to stay active."

97%

MANAAKITANGA:

Participants felt more kindness, empathy, respect, generosity and a desire to uplift others.



"When I see others having a hard time, I feel more empathy towards them."

"I've been more respectful to my family."

"Being here and being uplifted by others around me makes me want to treat others the same."

"It has reminded me to help those around me more often."



INTRODUCING OUR NEW OUTCOMES

During 2021, we brought in new terminology and outcomes for our general populous programmes (school groups and outdoor education, for example) which we are now calling “**Adventure with Purpose**”. We have always had a real purpose for what we do, a desire to help people grow and take a deeper look at life. So these new outcomes, along with new instructor resources, give us greater clarity and the ability to make a real difference through our adventure activities. We also refined our **Adventure Therapy** outcomes and, in 2022, you will see us reporting on the new outcomes as shown below.

ADVENTURE THERAPY



OUTCOMES

- > SELF WORTH
- > TOOLS FOR HAUORA
(HEALTH AND WELLNESS)
- > WOVEN INTO COMMUNITY
(WHANAUNGATANGA)
- > HOPE FOR A FUTURE WITH PURPOSE
- > TAHA WAIRUA (SPIRITUAL WELLNESS)

ADVENTURE WITH PURPOSE



OUTCOMES

- > SELF AWARE
- > SOCIALLY AWARE
- > CULTURALLY AWARE
- > ENVIRONMENTALLY AWARE
- > MOTIVATED TO BE ACTIVE

PROGRAMME HIGHLIGHTS 2021

'INSPIRE' ADVENTURE THERAPY PROGRAMME FOR ADULTS

One day a week over eight weeks, our group (up to ten participants plus April, our Adventure Therapy facilitator, and Anneke, our Adventure Therapy clinician) adventure together in the Canterbury area. Based on Rose Pere's TE WHEKE Model of health and wellbeing, each week we reflect on a different aspect of the model. For WHANAUNGTATANGA (community belonging), we might discuss working together in a double kayak and then reflect on the benefits of having supportive people in our lives and ways that we can strengthen these supports. For WAIRUATANGA (spirituality), we might focus on awe and wonder, experiencing all the wonderful curiosities of the rocky shoreline while coasteering, and linking this to feelings of gratitude, and more widely still, about what spirituality means for each of us.

There have been a steady stream of referrals, which shows the need for adult group programmes like this in Christchurch. COVID (among other challenges) has significantly impacted on the health and wellbeing of our participants; Some have lost a job and some self-esteem. For some, anxiety has increased to a level where it has become difficult to leave home. COVID lockdowns and isolation requirements have also led to significant feelings of loneliness. With this programme, we aim to increase connection, increase confidence, and support people as they experience the outdoors, which is a major protective factor for mental health and wellbeing. We are looking for funding or sponsorship so that we can continue to provide places for people who cannot afford it.

Feedback from participants included: *"I am feeling so much better than I was before I started this course. A lot less anxious."* And *"I see people having difficulties in lives in this difficult time. I picked up my hope after this programme. I made friends, helped and being helped I was encouraged on the way."* And *"(It gave) me more confidence that I am capable and determined."*

RUTHERFORD COLLEGE + TU MANAWA ACTIVE + SPORT WAITAKERE

We ran a programme for Year 10 girls, in partnership with Rutherford College in West Auckland which was funded by the Tū Manawa Active Aotearoa Fund through Sport Waitakere.

Rutherford College had started an initiative aimed and getting girls within the school to motivate other girls to become more active and involved. This ambassador group, called the Kotuku G.E.M (Going the Extra Mile), saw a core group of Year 10 girls become those who kept encouraging the rest of the Year 10 girls to take part in opportunities as they came up.

"Got me out of my comfort zone, shows vulnerability which then allows me to build stronger bonds with others in the same situation as me and share memories and gratitude together."





NEW PARTNERSHIP WITH MAHITAHİ TRUST

We love creating partnerships with organisations that are doing amazing things in their community. Mahitahi Trust provides wellbeing programmes, steeped in tikanga and kawa, with an added focus on recovery from alcohol and drugs. [Tikanga and kawa are Māori principles that help guide everyday behaviour and also the relationships between individuals, families, and communities.]

We collaborated with Mahitahi to create an Adventure Therapy programme to support their on-going drug and alcohol rehab programme. We combined outdoor adventure activities with group therapy tools, like team-building exercises, facilitated group discussions, one-on-one chats, space for personal reflection and simply spending time in nature, with its proven therapeutic benefits.

Here is some feedback from the staff at Mahitahi: *“Our three-day outdoor experience with Adventure Specialties was an amazing opportunity to fully immerse ourselves with the environment. Exploring Karangahake Gorge through hiking, mountain biking and abseiling enabled us, as a rōpū [group] to confront challenges, overcome fears and find the confidence to trust our ability and acknowledge our potential as individuals to aspire to reach our goals. It strengthened our whānau connection through the sharing of those experiences together, the confidence of our guides to provide safety around our activities and provide a space to reflect and process the day by a camp fire. To acknowledge the shifts in our whānau through this experience has been nothing short of amazing, with the huge bonus of memories that whānau will have for years to come. Highly recommend, ngā mihi nui.”*

LYTTLETON PRIMARY SCHOOL CAMP

This was a three-day camp where fifty-five Year 7 and 8 students from Lyttleton Primary stayed out at Orton Bradley Park in Charteris Bay, Christchurch. While on camp, we took them coasteering, sit-on-top kayaking, abseiling, mountain biking and up the high ropes course at the park.

As this camp covers two year groups at the school, we had quite a few repeat students who recognised several of the instructors and chirped up, excited to see them again. This hyped up several of the more new students, some of whom were feeling nervous about trying out the activities for the first time.

The theme of our activities for the camp was ‘Social Awareness’ and Self Awareness’ (read more about our new outcomes on page 9). Entwined with each pursuit, we encouraged thorough brief and debriefs, as well as team-building activities to help the students to find their place within the group and to help them understand what it means to be in the ‘Challenge Zone’ of growth and personal development.



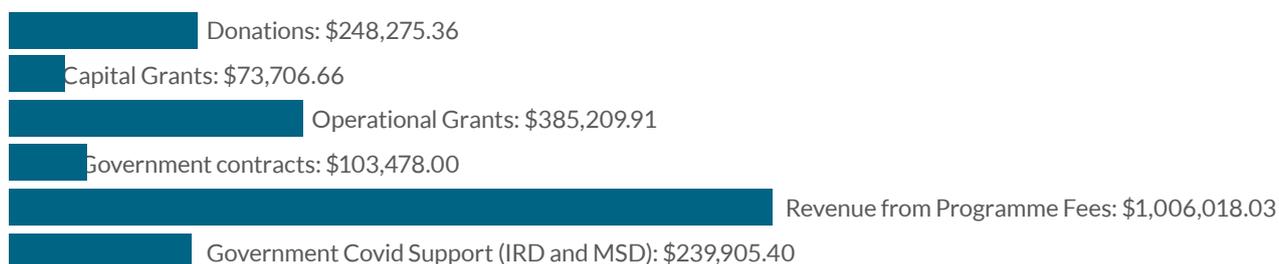
FINANCES

Like a lot of organisations, we were unable to deliver our usual services due to covid-related lockdowns. During 2021, we had 146 programmes cancelled or postponed.

Our Auckland branch was most impacted by this and we experienced almost six months with no programmes running. Fortunately, our Canterbury branch was largely unaffected by the prolonged lockdowns and they were able to deliver most of their scheduled programmes. However, this inability to work with our communities obviously impacted us financially, with income from services down 45% from what we had budgeted. The good news is that, similar to 2020, we were again well-supported by numerous organisations and government agencies. This allowed us to ride out the difficult financial challenges.

2021 also saw much better financial reporting and systems due to employing external expertise to oversee our accounting processes. This has made deep analysis and projection much easier. In conjunction with Kerryn, our new accounts administrator, we saw the introduction of many new and more efficient ways of managing our accounts. These systems and efficiencies were particularly important to track our finances as we as we navigated through a year of significant change.

Overall, our finances are in good shape enabling us to continue to grow and develop the work we do our communities. Below is where our income came from in 2021. Full financial reporting is available in our audited accounts from the Charities Commission.



STAFF NEWS

STAFF OF 2021

Amy Horn
Andy Balcar
Anita Sword
Anna Cunningham
Anneke Beardsley
April Heath
Bex Charteris
Brenda Lewis
Dave Moss
Grace Robertson
Hannah McLeay
Jeff Lappin
Joel Buckley
Kerryn Rothery
Kyle Smart
Laura Vernon
Libbee Dove
Mark Johnston
Peter Ross
Rani Harris
Tim Wills
Tom Batts

INTERNS OF 2021

Benek Cowie
Ellain Joseph
Joseph Scott
Levi Bernard

TRUSTEES OF 2021

Andrea Fox
Brian Knolles (Chair)
Bruce Conway
Jennine Thomson
Tanya Laybourn
Vincent Heeringa

NEW STAFF

A big welcome to April, Anneke, Bex, Caitlin, Kerryn, Rani and Tom.

FAREWELLS

Big hugs and thanks to Libbee who supported us in raising funds and to Laura who was one of our amazing instructors.

STAFF TRAINING

Staff training is where we get the chance to “look inside the engine” of AST and make sure we are all heading in the same direction.

In January, we spent five days together rafting down the Grey River / Māwheranui River. Our focus was on becoming familiar with our outcome areas from our strategic plan, as well as growing our facilitation skills.

In July, we got together again. This time with a focus on staff wellbeing and putting into practise the outcomes work that we had start in January. We also did further technical training in Sea Kayaking, Coasteering and in the Bush.

Our staff often give us feedback that they really appreciate the value that we place on staff training. It gives them a real sense of belonging and this helps them do their work when it gets tough.

NZOIA AWARDS

Congratulations to the staff who successfully completed their New Zealand Outdoor Instructor Association qualifications during the year.

- Rock 1: Peter Ross
- Kayak 1: Grace Robertson
- Mountain Bike 1: Andy Balcar, April Heath, Laura Vernon.

Congratulations to Grace Robertson who was awarded the “Emerging Instructor of the Year” award at the annual NZOIA Outdoor Excellence Awards. This is awarded to a young instructor who is showing proven performance and huge future potential. Congratulations Grace!



THANK YOU!

Thank you to the many individuals and trusts who have supported us this year, with both regular and one-off donations, on-going general operational support, and with words of encouragement. We have felt the wonderful support of our wider community. Some of you have partnered with us for the first time this year; others have stood by us for many, many years and we are so grateful.

With your financial support in 2021, we have improved our new Christchurch headquarters and purchased a new van for programmes in Auckland. We have been able to work with new partners in our local community that we had not reached before, through funding for our 'Inspire' programmes. We have also been able to purchase a new luggage trailer, wetsuits, climbing gear, fleece and thermals, white water helmets, sit-on-top kayaks, plus supporting our instructors in their professional development!

Thank you to all the organisations who supported us with funding and grants:

Longview Trust, Foundation North, Outdoor Education Support Fund, RATA Foundation, Lottery Community Fund, Tū Manawa Active Aotearoa, New Zealand Community Trust, Auckland Airport, Wilberforce21, Steadfast Community Trust, Pub Charity Limited, The Trusts Community Foundation, Catalytic Foundation, Lion Foundation, Four Winds, COGS Manukau, COGS Rodney/North Shore, COGS Waitakere, Mazda Foundation, Sargood Bequest, Sir John Illott Trust, Acorn Foundation, Kiwi Gaming, Auckland Council, Foodstuffs Community Trust, One Foundation, Henderson/Massey Local Board, Graeme Dingle Foundation, Recreation Aotearoa, Shining Star, Manuka Trust, and MK Hunt Foundation.

Thank you to all the clients who partnered with us:

Oranga Tamariki Ministry for Children, Ministry of Social Development, Springboard Community Works, Department of Corrections, Tuilaepa Youth Mentoring Services (TYMS), Rutherford College, Diocesan School for Girls, Papakura College, Springs Road, Mauri Toa Rangatahi West and South, Kings College, Kings Primary, Aorere College, Albany Senior High School, Civil Aviation Authority, Kingsway School, Waiheke Primary, St Kentigern College, Sancta Maria College, Youth Horizon Trust, AUT, St Dominics Christian College, Anglican Trust for Women and Children, SAFE Network, Otago Health, Kaipara College, Sport Waitakere, Family Works Te Hononga, Mahitahi Trust, Kingslea School, Aidanfield Christian School, Canterbury Youth Workers Collective, Scripture Union NZ, A Rocha Aotearoa, Pegasus Bay School, Active Muslim Explorers, Papanui High School, Burnside High School, Te Puna Wai O Tuhinapo, Lincoln Scouts, Hillview Christian School, Te Kaupapa Whaka Ora, Breens Intermediate School, Cholmondeley High School, Cholmondeley Children's Centre, Waipara Adventure Centre, Arahina ki Otautahi, Otautahi Creative Spaces, Hillmorton High School, Rangiora High School, Medbury School, Cashmere High School, Annandale Lodge, Christchurch South Intermediate School, Diamond Harbour School, Purapura Whetu Trust, Sport Canterbury, Woodend Christian Camp, Ashburton Christian College, Hagley High School, Ladbroke School, Te Oranga Care and Protection Unit, Girl Guides, Ashgrove School, Ohoka School, North Loburn School, Kaikoura High School, St Thomas of Canterbury College, Youth Alive Trust, Lyttleton Primary School, Prebbleton School, Akaroa Area School, Paparoa Street School, YWCA, Mainland Canoe Polo Association, Belfast Community Network, Outwest Youth Community Trust, Horizon School, Recreate NZ, Sydenham Community Preschool, Ara Institute of Canterbury, Adventure Works, Shirley Boys High School, Te Aho o Te Kura Pounamu, Kaukura Hauora o Tainui, Rangi Ruru Girls School, Papanui Youth Development Trust, Emerge Aotearoa, Christian Methodist Mission, Pakuranga College, Step Ahead Trust, Christian Camping New Zealand, Korowai Manaaki Youth Justice Residence, Living and Learning Centre Henderson, Glendowie College, Papamoa College and ACG Tauranga.





ADVENTURE
SPECIALTIES TRUST

EST. 1984

LIVES INSPIRED BY ADVENTURE

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