



ADVENTURE
SPECIALTIES TRUST

EST. 1984

INSPIRE



**AN ADVENTURE THERAPY
DAY PROGRAMME FOR YOUNG WOMEN
IN ŌTAUTAHI CHRISTCHURCH**



DO YOU WANT TO BUILD THE CONFIDENCE TO TRY NEW THINGS?

**DO YOU WANT TO FEEL MORE COMFORTABLE WITH
OTHER PEOPLE IN A GROUP SETTING?**

**WANT TO LEARN BETTER WAYS TO COPE WITH STRESS AND
ANXIETY?**

**ARE YOU WANTING TO FEEL BETTER ABOUT YOURSELF AND
MORE HOPEFUL ABOUT YOUR FUTURE?**

OUR INSPIRE PROGRAMME MIGHT BE FOR YOU!

Here is what other INSPIRE participants have said:

"Met some wonderful people and learnt their healthy habits when it comes to mental health."

"Made me feel I can do anything I put my mind to!"

"I have gained more of a positive and confident mindset."

"[I learned] to push myself to talk and connect with others more."



PROGRAMME DETAILS

WHO IS THIS FOR? WHAT DOES THIS LOOK LIKE?

A group of 6-8 young women (aged 14-18) meeting together to go on a different adventurous activity each Wednesday (9am – 3pm) over a period of eight weeks during the school term.

WHAT ACTIVITIES WILL WE DO?

The activities will be in different locations in/around Christchurch. They could include sea kayaking, rock climbing, abseiling, walking, surf kayaking, high ropes, canyoning, caving or mountain biking.

Each activity has 'easier' and 'harder' options available. Challenge is definitely a part of our programme, and each activity or environment will challenge everyone in a different way. Challenge can be good for us! It is really important to us that you choose your level of challenge. For some, this will mean not going very high on a climb, or very hard on the surf kayaking and would rather enjoy the nature. That is ok, and we will make practicable efforts to allow as much choice in this as possible. We always try to make choices available and make it really clear where choices are not practically possible. (See the "Challenge By Choice" section below for more details about this).

WHAT IS THE KAUPAPA / PURPOSE?

We try to facilitate this programme as an opportunity for you to improve your wellbeing and we try to tailor it as much as we can to meet your individual goals.

Our general goals are working towards: increased self-worth, a better toolkit for maintaining your personal hauora (health and wellbeing), stronger connections with others, a greater hope for a future with purpose, and a stronger connection with who you are, your values and your taha wairua (spiritual side). Read more about these outcomes on page 9.



WHO LEADS THE PROGRAMME?

Our two wonderful, highly experienced facilitators are Anneke and April.

Anneke is a qualified therapist and mental health professional who has 15+ years experience working with young people and families. **April** is a qualified outdoor instructor with a passion for empowering young women. Read more about April and Anneke on page 7, Our Facilitators.

WHAT TO EXPECT EACH DAY

Here is a rough timetable:

9am

April and Anneke will meet the group each Wednesday morning at Adventure Specialties Trust (71 Bamford Street, Woolston)

Group circle up and 'check in'

Discuss and decide the plan for the day together

Discuss the theme or thought for the day

The group will travel together in the Adventure Specialties van to the activity

Head out on the adventure!

12:30 ish

Lunch will be provided

Some time to relax and reflect in nature

Re-group, optional sharing time

Continue on adventure

2:30pm

Arrive back at the Adventure Specialties Trust office

Touch base about the plan for the next week

Finish 3pm

(You will also receive a letter each week via email from the facilitators as a reminder of what we did that day and the conversations that were had.)



DATES

The INSPIRE programme runs during the school term, one day a week (e.g. every Wednesday) for 6-8 weeks. For the most up-to-date info about programme dates, please check our website:

www.adventurespecialties.co.nz/programmes/inspire-christchurch

It is our hope that people will be able to come for the full eight weeks, however this can be flexible if required.

COST

Please check the website (above) for the most up-to-date info about costs.

LOCATION

The group will meet at the Adventure Specialties Trust office at 71 Bamford St, Woolston, and travel to the activity location together in our van.

DO I NEED TO BRING ANYTHING?

The facilitators will let you know if you need to bring anything, but all specialist equipment (like kayaks, PFD/life jackets, abseiling equipment, etc.) is provided. Food is also provided.

HOW FIT DO I NEED TO BE?

You don't have to be super fit but you do need to have an average level of fitness (for example, being able to walk 1km within 25 minutes)

You need to be medically able to participate in the activities. It is important to us that you have a state of physical and mental health that allows for safe participation in this programme. This will allow our facilitators to choose appropriate activities for the group and support individuals accordingly.



OUR APPROACH

STRENGTHS-BASED THERAPY

Our conversations and facilitated discussion in our Adventure Therapy programmes are guided by the 'Solution Focussed' and 'Strengths Based' model of therapy.

Contrary to what the name suggests this is not about the facilitators offering 'solutions'. It is more about a model of thinking that is more forward focussed – on where you want to go and the skills and strengths you have to get you there. We don't go delving into people's deep personal past or analysing problems. We focus on movement towards your goals, whatever those might be.

WE EACH KNOW OURSELVES BEST

It is important for us to acknowledge that any person knows themselves, their situations and their challenges the best.

We honour that and facilitate conversations and opportunities rather than telling people what to do. We do not presume to be experts or have the answers to any problems. We are not there to assess, diagnose or prescribe solutions. We are simply here to facilitate an experience where you can connect with nature, with yourself and others, reflect on your life and experiences with the goals of moving towards your own goals.

CHALLENGE BY CHOICE

Challenge is definitely a part of our programme, and each activity or environment will challenge everyone in a different way. Challenge can be good for us! Although the same challenge is not good for all people, at all times.

It is really important to us that you choose your level of challenge. For some, this will mean not going very high on a climb, or very hard on the surf kayaking and would rather enjoy the nature. That is ok, and we will make practicable efforts to allow as much choice in this as possible. We always try to make choices available and make it really clear where choices are not practically possible.



CONNECTION WITH NATURE

This programme is an opportunity to take more time in the day to connect with nature rather than just move through it.

On a daily basis we will go to a different environment and do an activity there. Most of the time this will be an adventurous activity, however, we may also do some activities specifically to connect with nature – maybe a mindfulness walk, or doing some art pieces/ sculptures with nature, or any other ways of connecting in a relationship with nature.

SAFE AND SUPPORTIVE ENVIRONMENT

First and foremost it is a priority that that this group is a safe and supportive environment for all people.

Obviously in outdoor activities the physical safety is important! We have qualified instructors and a safety management system that is audited and registered with Worksafe NZ, and we need people to follow our safety rules.

It also means emotional safety – this means we take time to build a culture where sharing is ok and encouraged by others. Where respect is really important and intentionally built upon on the group.

It is also safety to be yourself no matter what culture, gender, sexuality, profession, age or personality you have. We aim to build a group environment where everyone is safe and supported on their journey of wellbeing.



OUR FACILITATORS

ANNEKE BEARDSLEY

Anneke Beardsley is our Adventure Therapy Clinician. She has a Social Work qualification, is registered as a clinician with ACC and her experience includes specialist foster care, residential care, mental health and schools-based Social Work. Anneke has worked with children, young people, adults and families.

Anneke believes strongly in the healing and health benefits that come from a connection with te Taio (the Natural world) and is passionate about supporting and encouraging people as we adventure together.



APRIL HEATH

April is our qualified Outdoor Instructor. She has a Bachelor of Education (Physical Education and Outdoor Education) plus NZOIA qualifications in Bush and Mountain Biking.

April is passionate about te ao Māori and whakapapa connections. Since working in the outdoors, April has seen the similarities with Māori worldview of te taiao [nature] and the outdoor industry. She loves exploring this relationship through her personal journey and in mahi contribution.





PROGRAMME OUTCOMES

It is envisaged that as a result of participating in this programme, participants will develop:

> SELF-WORTH

People feel better about themselves. They know a bit more about what makes them special and what strengths they have to offer in a workplace. They can practice more self-acceptance and self-compassion around their mental health and challenges that they face in life without letting them be barriers to work.

> TOOLS FOR HAUORA (wellbeing, health, good spirits)

People gain and develop strategies they can use in everyday life to help their physical, social, mental, emotional and spiritual wellbeing. They will gain some specific confidence about managing our own wellbeing in the workplace.

> WOVEN INTO COMMUNITY / WHANAUNGATANGA

Social and relationship skills enabling them to develop, maintain and strengthen relationships in their everyday lives and in workplaces. This includes communication, dealing with conflict, appreciating diversity, ask for and offering help, solving problems with others, speaking in front of others.

> HOPE FOR A FUTURE WITH PURPOSE

Energy and motivation to work towards the future they hope for and their personal and work goals. They will finish the course with some clear next steps towards work, training or work readiness.

> TAHA WAIRUA / SPIRITUAL WELLNESS

Their own spiritual identity (wairuatanga) and an understanding of how this adds to their overall health and wellbeing. They have a stronger connection to place (tūrangawaewae), and to nature.



ABOUT ADVENTURE SPECIALTIES TRUST

Adventure Specialties Trust is at the forefront of developing adventure therapy services in New Zealand. We have been delivering outdoor education for over 38 years providing a huge range of challenging activities on New Zealand's rocks, rivers, mountains, caves, sea and coast. BUT our real point of difference is in how we deliver those programmes. We facilitate every experience we offer to maximise the opportunity for each participant to develop holistically. We incorporate our partner organisations values and missions into our programme design with specific aims and objectives identified for each trip we provide.

Adventure Specialties Trust is passionate about our vision of 'lives inspired by adventure.' Our mission is to respond to community needs by providing purposeful adventure to facilitate therapeutic outcomes and positive growth. We are a faith based organisation with an established set of values that guide our business decisions and how we work with our clients.

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 taio, 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 that everything we do is high quality.



INTERESTED?

If you would like to find out more about the programme, or you would like to apply to attend, please contact Amy, the programme co-ordinator, and she can chat with you about what happens next.

AMY HORN

Email: amy@adventurespecialties.co.nz

Phone: the Christchurch office [\(03\) 348 4547](tel:(03)3484547).

Find out more about Adventure Specialties Trust

Website: www.AdventureSpecialties.co.nz

Facebook: [Adventure Specialties Trust](#)

Instagram: [@adventurespecialtiestrust](#)

Linkedin: [Adventure Specialties Trust](#)

YouTube: [Adventure Specialties Trust](#)

Please note that anyone who is keen to attend will need to complete an enrolment form and a medical/consent form.