



ADVENTURE
SPECIALTIES TRUST

IMPACT

**SOCIAL IMPACT REPORT
+ ANNUAL REVIEW**

2022



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 that everything we do is high quality.



EST. 1984
ADVENTURE
SPECIALTIES TRUST

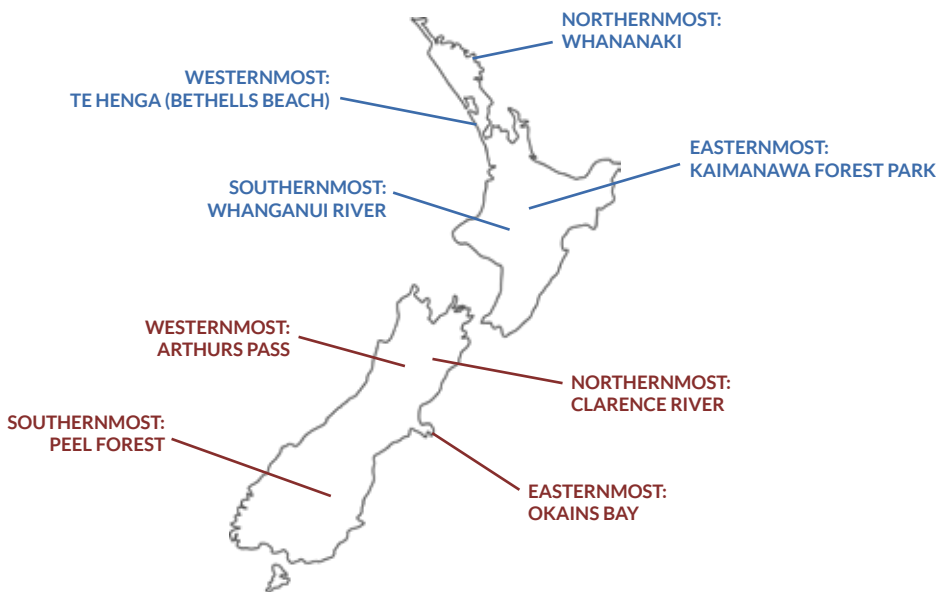
THE YEAR IN NUMBERS

4,579
PARTICIPANTS
IN 2022

95,197
PARTICIPANTS
SINCE 2001*

344
PROGRAMMES
IN 2022

NORTH ISLAND PROGRAMME LOCATIONS



4,715
PROGRAMMES
SINCE 2001*

SOUTH ISLAND PROGRAMME LOCATIONS

17
FULL-TIME
INSTRUCTORS

9
ADMIN AND
MANAGEMENT

5
TRUSTEES

3
INTERNS

*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. Data from 1984 - 2001 no longer available.



WORD FROM THE CEO

Kia ora koutou,

In our line of work, we often talk about **challenge and resilience** and, in recent years, the challenges that our organisation has faced have certainly made us a resilient organisation. 2022 was no different, as we started the year with more covid disruptions, rescheduling and cancellations. We also had to cope with staff shortages which put additional pressure on an already hard-working team. Then, as if that wasn't enough, our Auckland office building suffered a significant flood (from a burst water pipe) forcing the team to operate out of a temporary office space for nine months! I now feel it has become normal to be dealing with constant change and disruptions. However, despite all of this (and evidenced as you read through this Annual Review), we were still able to make a difference. As such, **I am immensely proud of the team and our supporter base** who have made this possible!

This Annual Review takes a different form to previous years. Rather than having a separate **Social Impact Report**, we have included a lot more detail about our social impact within this document.

The new format and detail paint a clear picture about **how important our work is and the difference that we are making**. You will see that we are much more defined with our two focus areas (our 'Adventure with Purpose' programmes and 'Adventure Therapy' programmes), and how we report on their respective outcomes. We have also included our **new Theory of Change models** which clearly show how we make a difference. You will also see more information about our bicultural journey, as we strive to be led by Te Tiriti o Waitangi. All of these are examples of how we are meeting the needs of our communities and how we are inspiring lives!

I am also excited to **celebrate the growth that we saw in 2022** with the type of programmes we are delivering. Our Adventure Therapy work grew, with a prime example being an opportunity to partner with the Ministry of Social Development, running a **pilot programme for newly unemployed people who are unable to work due to significant mental health challenges**. Through this programme (Restore), we were privileged to help many gain confidence and, for some, upon graduating, they were able to re-enter the workforce! Thanks to the team who facilitated this programme and helped so many make positive changes in their lives. We also saw some great growth with our Adventure with Purpose programmes, as we partnered with Sport New Zealand (through funding from their Tū Manawa Active Aotearoa scheme) delivering **programmes for disengaged youth or youth from minority groups**. These programmes allowed young people to try new activities, to encourage them to be more active and to help them with on-going motivation.

Finally, thanks to all who have been involved in the journey thus far. Thanks to the Trustees that have continued to offer support and guidance helping **ensure that our waka stays true to its core values**. Thanks to all the supporters and philanthropists who have provided funding and encouragement. Thanks to the staff who went above and beyond. And, of course, thanks to the clients who were willing to put their trust in us.

Ngā mihi nui

Tim Wills
CEO





TE HAERENGA KI TE KOTAHITANGA

THE JOURNEY TOWARDS UNITY

Adventure Specialties Trust is on a journey of learning and growth. We are working towards being an organisation that is Treaty-led, and we are developing our ability for Māori and non-Māori to work well together.

A guiding whakataukī for us on this journey is '*Nāu te rourou, nāku te rourou, ka ora ai te iwi*'. This proverb says, 'With your food basket and my food basket, the people will thrive.' We are committed to bringing ourselves, our resources, and a humble attitude. We will contribute what we are able to, so that we, and the generations that follow us, may live in a land where there is unity, so all people may thrive.

We work towards kotahitanga – unity, solidarity, togetherness. We are trying to integrate it into the way we think, make decisions and conduct our mahi.

OUR MOTIVATIONS

- We are committed to being led by Te Tiriti o Waitangi.
- This journey towards kotahitanga is interlinked with our value of Faith. We believe that God created a range of diverse and amazing cultures, all of which have a unique set of strengths and gifts.
- We are joining others who hold a vision of Aotearoa as a country that has kotahitanga.
- We want our clients to have a culturally safe and supportive experience on our programmes.
- We create opportunities for staff to engage in this bicultural journey in their professional and personal lives.

WHAT DOES THIS LOOK LIKE?

INTERNALLY

- We encourage our staff team to be culturally responsive and competent. We are continuing to develop our knowledge and use of te reo Māori, including the use of waiata (songs), karakia (prayers) and correct pronunciation. We are privileged to have a good relationship with Pāhāōa marae on the East Cape, where we hold staff training events and programmes.
- We partner with Kaupapa Māori organisations, including Māori mental health agencies. They have helped us learn about tikanga and how to run our programmes in a way that is best suited to Māori participants.
- We encourage a diversity of cultures on our staff team.
- Our internship programme is run in partnership with Praxis Youth Development, who have a strong focus on understanding te ao Māori and working with Māori.

OUT ON PROGRAMMES

- We work hard to create a culturally safe space. We want all people to know that they are welcome and encouraged to bring everything of themselves, including their cultural perspectives. We invite people to share their pepeha as part of the introduction process.
- Our staff honour and encourage mātauranga (Māori wisdom) and tūrangawaewae (connection to place) by inviting participants to share stories and knowledge of the places or areas that they are connected to.

(This is a shortened version of the original document. Read the full document on our website: www.AdventureSpecialties.co.nz > About)

***“We often discussed
[on this programme]
how mental health is viewed
through the filter of our culture
and how we can view ourselves
through the same lens.
Having an awareness of this allows me
to challenge some of my own
negative ideas about mental health
and the need we all have
to be heard and supported.”***

- quote from an Adventure Therapy programme participant



CHAIR'S REPORT

Tēnā koutou e te whānau,

The year that was 2022 was no less challenging than recent years. Covid continued to be one of the challenges that defined the year. In addition, we have needed to focus on many other significant issues that shape the society we are operating within. **Challenges are a part of life** and meeting these head on is what we needed to do in order to continue to fulfil our mission.

The role of a board of trustees is to, in the first instance, support the CEO and this we have again sought to do throughout 2022. The political, environmental, societal and legal environment within which we operate is changing. There are more and more significant issues to work through. It is not just about finances. Of course the numbers matter, but so also do the compliance requirements. **Aligning our compliance obligations with our mission and values requires a whole lot of wisdom and creativity.** Seeing the possible in the midst of what seems impossible is the role of a trustee in the times in which we operate. Fortunately, we have a dedicated team of passionate people with a range of skills that continue to contribute to this task. It is not getting any easier but we are committed to the task and are inspired by the Adventure Specialties team that we support. We believe in the mission and will continue to do what it takes to support **a great team of instructors and leaders** to do what it takes to make this all happen.

Recruitment is perhaps a key challenge as we enter into 2023. There are many opportunities in support of our mission and so what we need are the talented individuals who can deliver the programmes. Across the adventure industry, there are today more opportunities than in the past and so recruiting becomes a major priority. This is primarily a management issue and we look towards Tim and his team to do the mahi and make this happen. However Tim needs the governance framework within which to operate. This is but one example of the way in which **an effective board can support an effective team of managers to do what they do.** Board and management working together in partnership is what we aim to do well. This partnership is outworked across a number of significant issues that require good policy guidelines in order to ensure Adventure Specialties continues to be a compliant and respected provider of safe and effective services to its community.

We are pleased to welcome a new Trustee, Liam Gao. Liam is a chartered accountant and brings with him considerable experience in understanding the numbers. Liam is more than just an accountant and so we also get to appreciate his considered and analytical view of the tricky issues. Thanks are also due to the other members of the board, Tanya, Bruce and Vincent, for their ongoing support of the Adventure Specialties Trust mission.

It is perhaps appropriate that a mission such as Adventure Specialties Trust, which specialises in challenge and adventure, should present its board of trustees with its own list of adventurous challenges to navigate. This is the work of the board and so we have surfed the white water that was 2022 and are now getting ready to tackle the next course. **It continues to be a pleasure and a privilege to be a part of a team of passionate individuals** who are fully entrenched and committed to the mission and the vision that is the Adventure Specialties Trust.



Ngā mihi ki a koutou katoa

A handwritten signature in black ink that reads "B. R. Knolles".

Brian Knolles
Chairman

“I learned that everyone has their strengths and their weaknesses so that we all need to work together in order to succeed.”



- quote from an 'Adventure With Purpose' programme participant (not pictured)

OUR SOCIAL IMPACT

INTRODUCTION

Adventure Specialties Trust was founded on the philosophy that the outdoors offers a unique opportunity for impactful change. The combination of being outside, experiencing an activity, and being with others offers a unique backdrop for the growth and development of people.

Human life is diverse and complex, so we know that we will never fully understand exactly what part our programmes play in the growth and change in our clients' lives. However, our **Outcomes Evaluation** process gives us some understanding of how well we are achieving our desired outcomes. We can use the resulting information to celebrate our successes, consider changes to improve our services, and better articulate what it is that we do on our programmes.

This **Social Impact** section illustrates a small selection of the things we do at Adventure Specialties Trust to tackle some of society's challenges and make a positive difference in our communities. Though the issues are complex, and the challenge is real, we see that we are moving positively towards our vision of 'Lives Inspired by Adventure'.

OUR EVALUATION FRAMEWORK

Programmes at Adventure Specialties Trust are diverse! We have 'Adventure with Purpose' and 'Adventure Therapy' programmes, both of which have their own set of outcomes (pictured below). A programme can range from half a day through to 21 days in length. We offer a wide range of outdoor activities, from kayaking to rock climbing to alpine to caving and more. Plus, many of our programmes are designed and delivered in partnership with our clients (for example, schools and community organisations), which can influence every aspect of the programme. So, evaluating the influence of each programme is not a simple task!

Our current approach is that each programme only focuses on three of the five possible outcomes. At the end of each programme, participants are asked to fill in an **Outcomes Evaluation** questionnaire, which contains questions specifically relating to those three outcomes. There are different questionnaires, depending on the type of programme, and some programmes have a 'before' and 'after' questionnaire, depending on how long and in-depth the programme is. Afterwards, the responses are collated and analysed. The statistics on the following pages show some of the data from the 2022 **Outcomes Evaluation** questionnaires.

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

***“I now know that
I can do hard things
with the help of others.
I can endure hardship.”***



- quote from an 'Adventure Therapy' programme participant (not pictured)

OUR CONTEXT IN AOTEAROA NEW ZEALAND

Aotearoa New Zealand is a great place to live in many respects. We have a beautiful country, and state-funded healthcare, education and social welfare. We enjoy all the luxuries of a developed country.

However, there are also areas in which we, as a country, are struggling. At Adventure Specialties Trust, we find these statistics heart-breaking and they form our motivation to do the work that we are doing. The statistics below give a snapshot of some of our greatest concerns. This is often what we see our clients struggling with, but we also know that what we do as an organisation can help change these statistics for the better.

UNMET NEED FOR MENTAL HEALTH SUPPORT

Approximately one in six young adults (15-34 year olds) reported an unmet need for professional help for mental health, substance use, stress or emotions. Over the last five years, there has also been an 80% increase in unmet needs for adults.

BULLYING

New Zealand has one of the highest rates of bullying in the world. Over one third of the Year 5 and 9 students surveyed reported that they were bullied on a monthly basis. Bullying commonly took the form of 'being made fun of' and 'being excluded on purpose'.

PSYCHOLOGICAL DISTRESS

One in four young people (aged 15-24) and one in nine adults experienced 'high' or 'very high' levels of psychological distress (in 2021/2022). This includes anxiety, psychological fatigue and depression.

SUICIDE

The suicide rate in New Zealand has been dropping, but it is still 50% higher than the OECD average. Rates continue to be higher for Māori than non-Māori. The highest age group affected is 20-24 year olds.

RACISM

Of all the types of discrimination that New Zealanders experience, racism is the most common one. 96% of Māori say racism is a problem for their whānau.

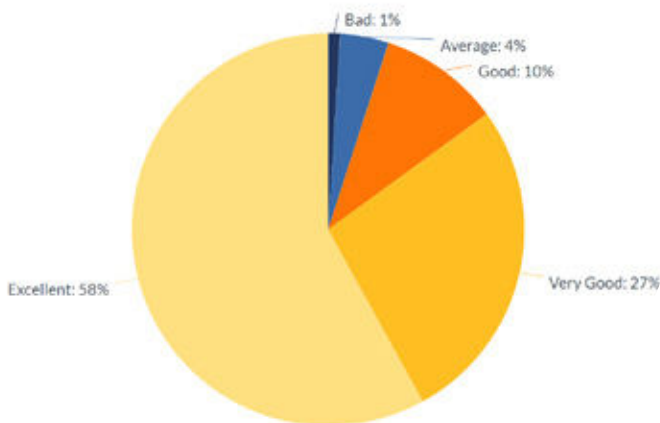
INACTIVITY

Only half (52%) of adults met physical activity guidelines. Over 13% of New Zealanders surveyed did little or no physical activity.

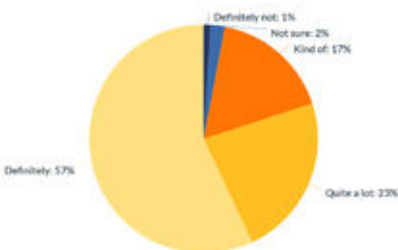
SOCIAL IMPACT: ADVENTURE THERAPY

After each programme, we ask participants to fill in an **Outcomes Evaluation** questionnaire, so that we can measure the impact that our programmes have had on them. Here are the statistics from the **Adventure Therapy** programme responses we received, plus some quotes from the open-ended questions:

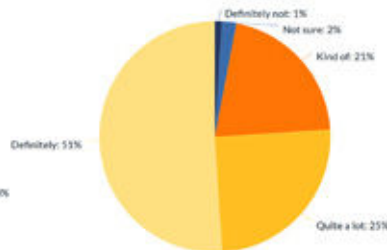
“OVERALL, HOW WAS YOUR PROGRAMME?” (n=145)



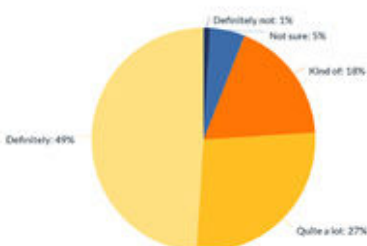
“I FEEL PROUD OF MYSELF FOR SOMETHING POSITIVE I DID ON THE PROGRAMME” (n=148)



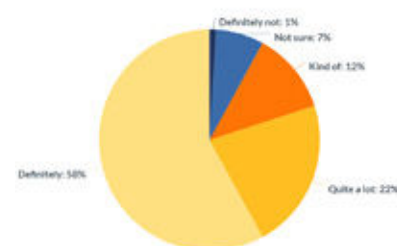
“I FELT A SENSE OF BELONGING WITHIN THE GROUP” (n=147)



“I DID SOMETHING ON THIS PROGRAMME THAT MADE ME FEEL BETTER” (n=147)



“I FELT CONNECTED TO THE ENVIRONMENT I WAS IN TODAY” (n=147)



“I’m feeling more confident.”

“EVERYONE goes through ‘stuff’ and everyone struggles from time to time.”

“It got me to think more about how the activities I do affect my mood.”

“I enjoyed connecting with other people who all had different backgrounds and experiences, but who in the moment were walking the same path as me.”

“It has made me think more about my mental health and that has been very helpful. Thank you.”

“I enjoyed engaging with Te Reo Māori and it made me more interested in my personal culture.”

“Made me feel I can do anything I put my mind to.”

“Because of my specific, recent trauma, I was worried I wouldn’t ever be able to enjoy walking, tramping, and recreating in the outdoors ... Getting out in a safe, supportive team was great and allowed me to realise I CAN accomplish things that I also have negative or mixed feelings about.”

“I think I learnt to be more easy on myself and live in the moment.”

“I felt a lot more confident talking to people. Especially forming connections with other people. It felt like family.”

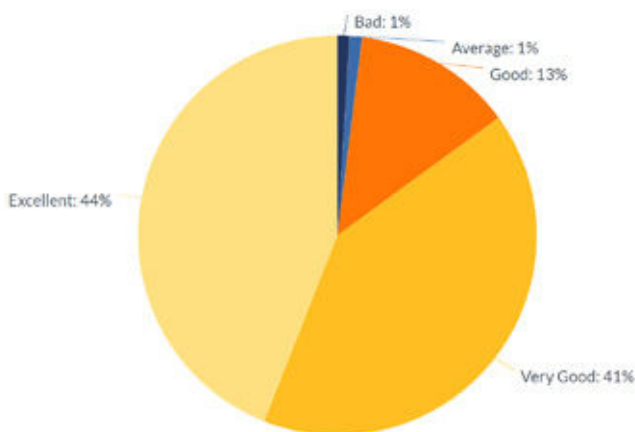
“It taught me I need to seek peace and make time for activities that give me peace.”

“I can do hard things. I can start again.”

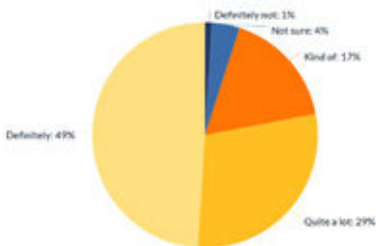
SOCIAL IMPACT: ADVENTURE WITH PURPOSE

After each programme, we ask participants to fill in an **Outcomes Evaluation** questionnaire, so that we can measure the impact that our programmes have had on them. Here are the statistics from the **Adventure With Purpose** programme responses we received, plus some quotes from the open-ended questions:

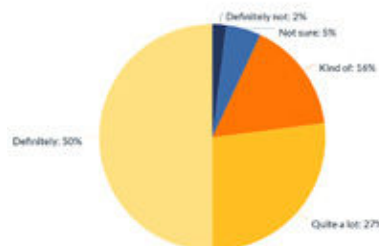
“OVERALL, HOW WAS YOUR PROGRAMME?” (n=405)



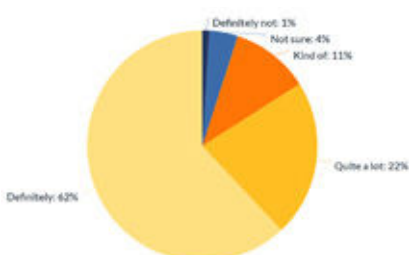
“I LEARNED THAT IT IS IMPORTANT TO WORK WELL WITH OTHERS” (n=425)



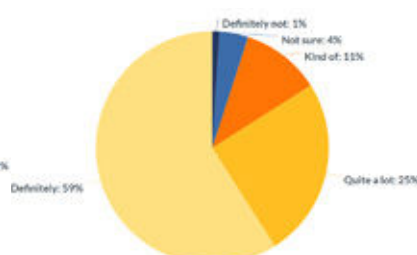
“I AM AWARE OF HOW TO BETTER CARE FOR THE ENVIRONMENT” (n=429)



“I ENJOYED BEING ACTIVE” (n=441)



“I ENJOYED BEING OUT IN NATURE” (n=441)



“It has made me see how fun being active is. How good it is for you.”

“I have learnt to leave no trace on the environment and how I can respect the environment.”

“I learnt that working together is a lot easier and the best experiences.”

“I never knew how beautiful God’s creation was until camp and now I want to care for it.”

“This programme allowed me to realise that I am persistent and mentally strong.”

“I learnt more about te ao Māori.”

“I learnt that a lot of people in my class are stronger than they look and they don’t give up easily.”

“I didn’t want it to stop. I loved every minute even when I was doing things I hated, like biking. Keep doing what you guys are doing, it’s amazing.”

“Learning more about how rivers work, learning to put bivvys up. Learning I can walk further and faster than I thought.”

“Being outdoors for the first time in a while just made me want to do it more, I guess.”

“I’ve been an active person my whole life but it’s inspired me to do things I’ve never done, like caving.”

“I enjoyed bonding with the class and it inspired me to spend more time with everyone.”

SOCIAL IMPACT: ADVENTURE THERAPY

For certain programmes, which are longer or more in-depth, we ask participants to fill in a pre- and post-programme questionnaire. These questionnaires allow us to measure changes in participants' responses to certain statements between the start and end of the programme. For example, a participant's response to the statement "I am comfortable working in a team environment" may differ at the start versus the end of the programme, due to their experience working in a group while on the programme.

In order to have confidence that the reported changes are due to participants' experience on our programme, we follow statistical 'best practices' and analyse the P-value, which represents the probability that the reported change is not due to random chance. We consider any statistical change with a P-value less than 0.01 as significant, meaning that there is a 99% probability that the change has not occurred due to random chance. This allows us to have confidence that the reported changes are a result of participants' experiences on our programmes.

Below are the top 10 statements which reported the greatest change from our Adventure Therapy (Level 3) programmes (n=47). All of the statements are statistically significant (P-value <0.01). The magnitude of change is also reported as a percentage.

"I feel connected to something bigger than just me." (P=0.000, 25.3% increase)

"I feel confident going into new groups of people." (P=0.000, 25.1% increase)

"I have a sense of purpose." (P=0.000, 22.2% increase)

"I am enough just as I am, and my presence matters." (P=0.001, 16.9% increase)

"I know of healthy ways to express myself." (P=0.002, 16.7% increase)

"I recognise my achievements." (P=0.002, 16.1% increase)

"I am kind to myself (i.e. positive self-talk, self-respect, etc.)." (P=0.002, 16.0% increase)

"I can think of ways to improve my waiora (wellbeing)." (P=0.001, 12.2% increase)

"I am able to maintain strong connections with others." (P=0.009, 11.4% increase)

"I am comfortable working in a team environment." (P=0.006, 11.1% increase)



ADVENTURE WITH PURPOSE THEORY OF CHANGE

1

KEY COMPONENTS IN ALL OUR MAHI ARE:



COMPETENT, WELCOMING STAFF



COLLABORATIVE PROGRAMME DESIGN



COMPREHENSIVE SAFETY



WILLING PARTICIPANTS

2

DURING THE PROGRAMME WE FOCUS ON:



CONNECTION WITH NATURE:

- Developing a relationship with nature
- Kaitiakitanga¹
- Learning about the places we go



HAVING ENJOYABLE OUTDOOR EXPERIENCES:

- Feeling good about achievements
- Inspired to do more activities or hobbies



FACILITATED CONVERSATIONS:

- Experiential Learning
- Increasing confidence in sharing ideas
- Understanding different perspectives



WORKING AS A GROUP:

- Developing manaaki²
- Cooperating to achieve a goal
- Developing leadership and social skills



EXPERIENCING CHALLENGE AND SUCCESS:

- Developing confidence and self-belief
- Understanding more about self
- Reinforcing personal strengths and skills



EXPLORING IDEAS OF CULTURE:

- Recognising and respecting difference
- Realising more about own culture and values
- Understanding the bicultural foundations of Aotearoa

¹caring /value for the environment ²compassion, empathy and generosity to others

3

AS A RESULT, PARTICIPANTS WILL HAVE MORE:

ENVIRONMENTAL AWARENESS

SELF AWARENESS

CULTURAL AWARENESS

MOTIVATION TO BE ACTIVE

SOCIAL AWARENESS

LIVES INSPIRED BY ADVENTURE

ADVENTURE
SPECIALTIES TRUST

EST. 1984

ADVENTURE THERAPY THEORY OF CHANGE

1

**KEY COMPONENTS IN ALL OUR
MAHI ARE:**



**COMPETENT, WELCOMING
STAFF**



**THOUGHTFUL PROGRAMME
DESIGN**



COMPREHENSIVE SAFETY



WILLING PARTICIPANTS

2

**DURING THE PROGRAMME WE
FOCUS ON:**



CONNECTION WITH NATURE:

- Focused on relationship
- Creating opportunities for awe and wonder
- Absorbing physical stress-reduction benefits



EXPERIENCING SUCCESS:

- Discovering personal strengths and skills
- Developing confidence and self-belief
- Becoming more hopeful about the future



REFLECTING ON EXPERIENCES:

- Celebrating strengths and successes
- Sharing ideas, listening to others
- Transferring learnings into everyday life



EXPERIENCING CHALLENGE:

- Practicing skills to regulate emotions
- Developing confidence in own abilities



**HAVING ENJOYABLE PHYSICAL
EXPERIENCES:**

- Relieving stress and overwhelm
- Developing tools to maintain wellbeing
- Improving mood, sleep, appetite and connection with body



**A SAFE AND HEALTHY
GROUP CONTEXT:**

- Connecting with others
- Improving ability to co-regulate
- Gaining social confidence and trust with others

3

**AS A RESULT, PARTICIPANTS WILL
HAVE MORE:**

SELF WORTH

TOOLS FOR HAUORA (WELLBEING)

WHANAUNGATANGA / CONNECTION WITH OTHERS

HOPE FOR A FUTURE WITH PURPOSE

TAHA WAIRUA /SPIRITUAL WELLNESS

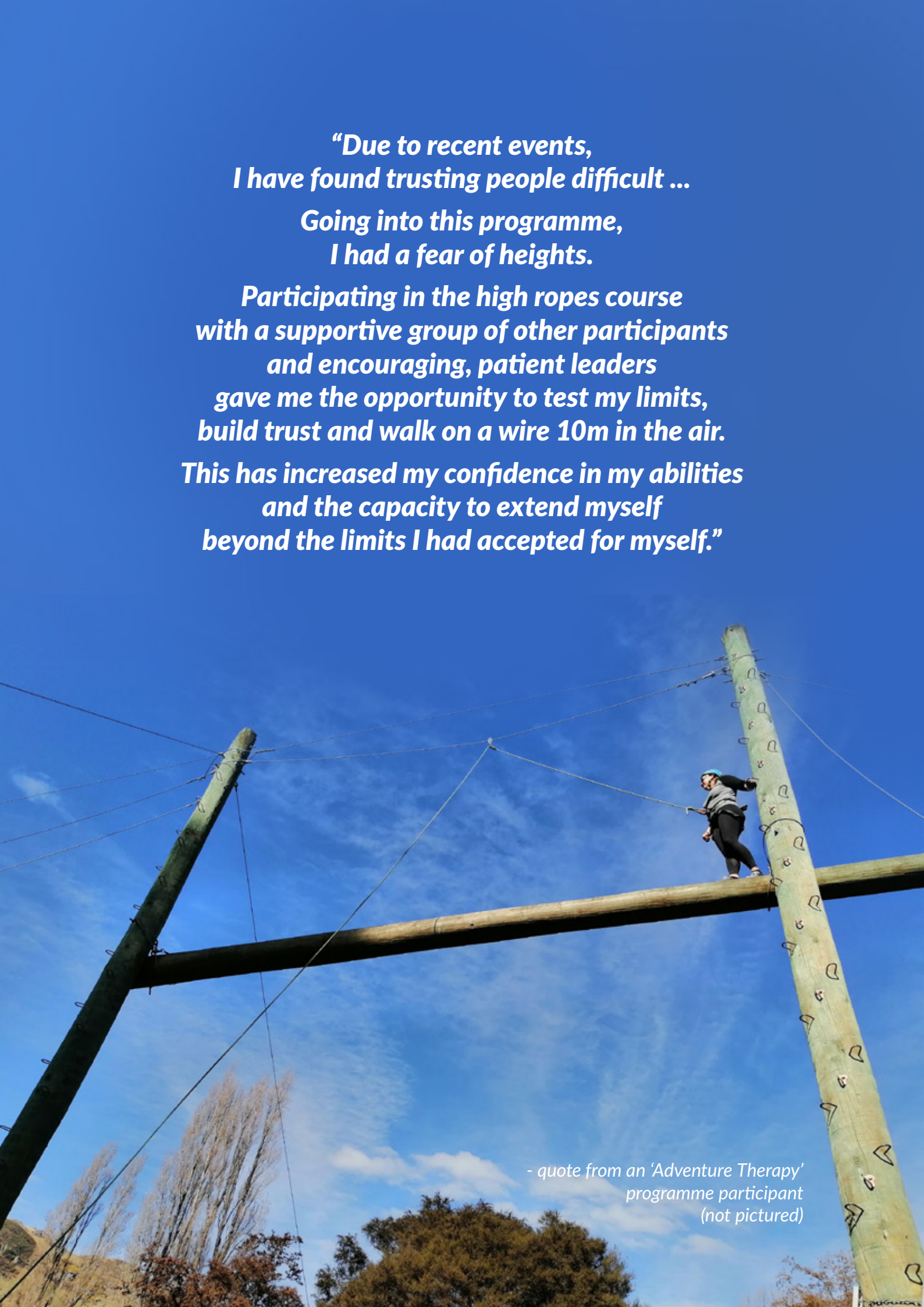
LIVES INSPIRED BY ADVENTURE



***“Due to recent events,
I have found trusting people difficult ...***

***Going into this programme,
I had a fear of heights.***

***Participating in the high ropes course
with a supportive group of other participants
and encouraging, patient leaders
gave me the opportunity to test my limits,
build trust and walk on a wire 10m in the air.
This has increased my confidence in my abilities
and the capacity to extend myself
beyond the limits I had accepted for myself.”***

A low-angle photograph of a person walking on a high rope course. The person is wearing a blue helmet and dark clothing, and is positioned on a horizontal wooden beam. The structure is supported by two tall, vertical wooden poles. The background is a clear blue sky with some light clouds. In the bottom left corner, there are some trees and a hillside.

*- quote from an 'Adventure Therapy'
programme participant
(not pictured)*



PROGRAMME STORIES: ADVENTURE THERAPY

‘RESTORE’ PROGRAMME TO RESTORE WELLBEING

One of our new Adventure Therapy programmes in Christchurch is called ‘Restore’ which is a partnership with the Ministry of Social Development (MSD). Each group has ten adult participants, all new clients of MSD, for whom **anxiety, depression, or other mental health challenges are preventing them from working**. The programme aims to restore some energy, self-worth, and hope on their journey towards wellbeing and eventually returning to work, study, or other community involvement.

The Restore participants, plus our Adventure Therapy facilitator (outdoor instructor), and our Adventure Therapy clinician (mental health professional) met once a week for eight weeks. Each day involved a combination of **one outdoor activity** (like kayaking, mountain biking, coasteering, tree planting) combined with different **group therapy activities** and facilitated discussions about a range of wellbeing topics.

Some feedback from our first two Restore programmes:

“Restore **gave me an opportunity to try difficult things** that I’m proud to complete.”

“I can do hard things. I can start again.”

“Learning about everyone else’s journeys made me reflect on my own.”

“Restore allowed me to realise that **I CAN accomplish things** that I also have negative or mixed feelings about.”

“I no longer need to avoid old colleagues or old workplaces.”

“I met wonderful people and learned their **healthy habits when it comes to mental health**.”

“Restore improved my confidence in being around people and in groups.”

“Reconnecting to outdoor activities reminded me of who I am and what’s important to me.”

- Anneke, Christchurch-based Adventure Therapy clinician

“I DON’T WANT TO BE IN A GANG ANYMORE”

Isn’t this amazing feedback from one participant on an Auckland-based Adventure Therapy programme:

“I came home more open to talking with my mum and my nan. I was **more open to telling them how I felt** about things that were going on with me. I have never been able to do that before. I am more mindful of what my behaviour feels like for my mum and my nan. **I haven’t been in a physical altercation since camp**. I am able to turn down cannabis especially at school because I want to stay at school and work on my future and not be a bum. I have more self-control, I have dreams now.

“Because of camp, I have rethought what I want to be. **I did think before camp that I wanted to be in a gang** but realise now that, in the long term, it’s not going to be good for my life. I would like to work towards opportunities to become a builder. **I never thought I would have any other dreams.**”

***“I’ve definitely
changed my mindset.
Being outside and
doing activities
made me realise that
being nice and busy outside
helps my mental health.”***



- quote from an 'Adventure With Purpose' programme participant (not pictured)



PROGRAMME STORIES: ADVENTURE WITH PURPOSE

KINGS COLLEGE CAMPS

Every year, we run multiple 21-day camps for Kings College Year 10 students. Each camp is split into three sections. The first, Ahuroa, runs for nine days and is focused on team building and gaining skills in the outdoors. Then, the boys spend five days sailing on the Steinlager II around the Hauraki Gulf. The last section is based in Central North Island, on the edge of Tongariro National Park.

A common lesson that the students leave with, by the end of the programme, is **being open to hanging out with new people**. Although they've spent the last year in the same form class with each other, it is sometimes only in these few weeks at camp that the students start to hang out with others that they may not have chosen to hang out with before and realised that they have something in common.

In their reflections, they mention that they now **don't judge others** and are more open to getting to know everyone, even if they think that they have nothing in common. They mention things like realising that **everyone has strengths and weaknesses, together you're stronger**, and **being more willing to trust others**.

- Nathalie, Auckland-based instructor

ACTIVE MUSLIM EXPLORERS

This was a great group, created for members of the Muslim community to come together and have fun experiences in the outdoors and challenges rooted in their faith. Over our three-day camp, based in Craigieburn Forest Park, we completed Cave Stream which is a 500m underground cave in the Canterbury region. This was a favourite activity for the group! The next two days were spent tramping in the Dracophyllum Flat area in less-than-ideal weather. On the last day, the group struggled with a difficult bush bash, several river crossings, and constant rain. Although everyone was very worn down, wet and cold when we arrived at camp, the team came together perfectly. **Groups paired off to do jobs, such as setting up tents, a group shelter/cooking area, and starting a fire in tricky wet conditions**. With a bit of instruction on getting the fire going, the team was off to the races and collected enough wood to keep our fire going all night.

Under the group shelter around the fire, great discussions were had on all topics, from Muslim faith and connection to the great spirituality of the outdoors, right down to a heated debate over the best biscuit flavours. Overall, a great example of **how a challenging day in the outdoors can help to form strong team bonds and deepen connections to oneself, to community, and to the sacredness of the natural world**. As an instructor, I was inspired by the resilience and dedication of the group, getting up early and staying up late for daily prayers, whether in the rain or sun. A great time was had by all.

- Patrick, Christchurch-based instructor



FINANCES

Throughout 2022, we continued to be affected by covid-related disruptions.

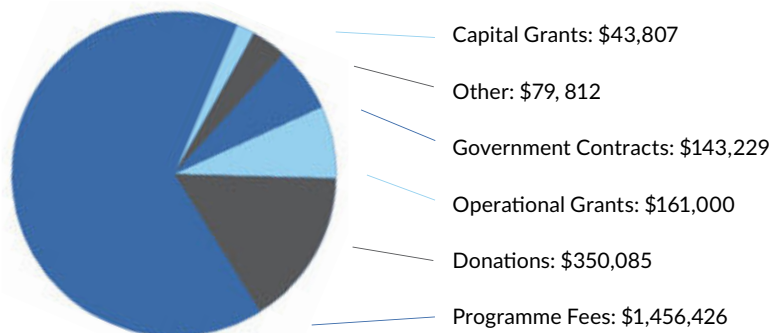
These had a financial impact on our organisation as we had to manage staff illness, isolation requirements and last-minute cancellations or postponements. We also had two significant fundraising events (hosting American Universities on New Zealand cross-cultural tours) cancelled due to the uncertainty of our borders being open. Fortunately, we were able to manage these changes well and, despite the loss of some budgeted income, we were still able to finish the year with a \$60K surplus.

Thank you to our financial team who provided great reporting, allowing us to make good decisions as to how we could use our funds to best serve our communities. It must also be noted that, without our financial supporters and donations, we would be unable to provide our services. In 2022, funders and donors supported our work to the tune of \$508,083, helping us to achieve our Vision of inspiring lives through adventure. Overall, we are in good financial shape and full details are available in the audited accounts on our website or from the Charities Register website.

Financial Summary*

Total Revenue: \$2,234,360
 Minus Expenses: \$2,171,984
Surplus: \$62,376

Revenue Breakdown*



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

Auckland Airport Community Trust, Auckland Council, Catalytic Foundation (United Way), Foundation North, Four Winds Foundation, Grassroots Trust, Henderson/Massey Local Board, Lion Foundation, Longview, Lottery Community Fund, Manuka Trust, MK Hunt Foundation, Pub Charity Ltd, Rata Foundation, Recreation Aotearoa Outdoor Activity Fund, Sargood Bequest, Sport Canterbury, Sport Waitakere, The Trusts Community Foundation, Tū Manawa Active Aotearoa, and Wilberforce.

*Figures are representative only and may show slight variance to the audited accounts.

STAFF NEWS

STAFF OF 2022

Amy Horn
Andy Balcar
Anita Sword
Anna Cunningham
Anneke Beardsley
April Heath
Bex Charteris
Brenda Lewis
Caitlin Gillespie
Dave Moss
Grace Robertson
Hanna McLeay
Isaac Bayldon
Jeff Lappin
Joel Buckley
Joseph Scott
Kerryn Rothery
Kyle Smart
Mark Johnston
Nathalie Nasrallah
Oliver George
Patrick Seifert
Peter Ross
Rani Harris
Tim Wills (CEO)
Tom Batts

INTERNS

Anna Swanney
Oliver George
Micah Heath

TRUSTEES

Brian Knolles (Chair)
Bruce Conway
Liam Gao
Tanya Laybourn
Vincent Heeringa

NEW STAFF

Caitlin Gillespie
Isaac Bayldon
Joseph Scott
Oliver George
Patrick Seifert
Nathalie Nasrallah

FAREWELLS

Big hugs and thanks to the wonderful staff and trustees that we farewelled over 2022.

Jennine Thomson (trustee) plus Anna Cunningham, Laura Vernon, Hanna McLeay and Joel Buckley (Auckland instructors).

STAFF TRAINING

As an organisation, we value the importance of having the entire team together for training, culture building, and the embedding of our Vision, Mission and Values.

Thanks to covid, for the first time in 25-odd years, the two centres did not physically come together as a full national team, but instead we spent a couple of days online, covering our new Mission, Vision, Values and our new programme outcomes. We also had a fantastic session with Amanda Pilbrow on 'inclusive practice'. Then, armed with some new tools from our updated facilitation guide, the Christchurch team went tramping in Arthurs Pass and the Auckland team went sea kayaking in Mahurangi Harbour. This enabled us to practice those updated facilitation skills on each other!

In July, we made the commitment to get the national team together for a few days, just north of Auckland. We covered a wide range of topics, from safety with cookers, child protection, the environment, restorative practice and bush craft, to name a few. We even made time for a good old sing-along and practiced our faith values by sharing communion together.

As well as coming together as a national team for training and whanaungatanga, individual staff also pursued their own professional development goals, with a number of our staff attending workshops and technical training events.

INDUSTRY INVOLVEMENT

Congratulations to staff who successfully completed their New Zealand Outdoor Instructor Association (NZOIA) qualifications during the year:

- Sea Kayak 1: Peter Ross
- Lead Climbing endorsement: Peter Ross
- Rock 1: Joel Buckley
- Bush 1: Grace Robertson, Peter Ross, Joseph Scott

Thanks also to Mark Johnston, our Safety and Training manager, who stepped down from a 6+ year stint on the Recreation Aotearoa outdoors subcommittee.





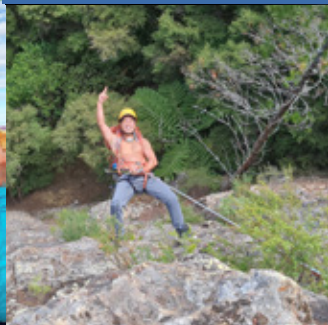

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**"Scky as
100,000/10
Best Time of mi
Living Body"**

- Family Camp participant



AUCKLAND

09 837 6033
office@adventurespecialties.co.nz
1/4 Winston Place
Henderson

ONLINE

adventurespecialties.co.nz
Facebook, Instagram, LinkedIn, YouTube
@adventurespecialtiestrust

CHRISTCHURCH

03 348 4547
chch@adventurespecialties.co.nz
71 Bamford Street
Woolston