



MĀNUKA TRAIL

AN **OUTDOOR THERAPY** PROGRAMME
FOR **CHILDREN AGED 9-11** IN ACC'S
SENSITIVE CLAIMS SERVICE

INFO FOR KIDS



A young boy with dark hair, wearing a black long-sleeved shirt and black shorts, is kneeling on the ground in a forest. He is smiling and looking towards the camera. In front of him is a small campfire burning brightly, surrounded by a ring of logs. The ground is covered in dry leaves and twigs. The background is a dense forest with green foliage.

YOU ARE INVITED!

Come along to Mānuka Trail with us. It is an outdoor adventure for kids who have been through tough times, and who are ready to grow, play, and feel strong.

WHEN AND WHERE IS IT?

Mānuka Trail is a group that happens outside in the forest and gardens for eight Wednesdays in a row, from 10am-12.30pm.

WHO ELSE WILL BE THERE?

You and seven other children around your age, who have also been through some hard things. There will also be two adults guides, Anneke and Diana.

In the first week, one of your caregivers will come along for a short time to help settle you in. In the last week, they will come back, so you can show them what you've discovered and created.

WHAT HAPPENS AT MĀNUKA TRAIL?



BELONGING + FRIENDSHIP IN THE FOREST

We help each other — whether it's weaving flax, moving heavy logs, or building a bridge across the creek.

We share food (maybe around a fire, if it's safe to make one), try some outdoor cooking, explore together, and sometimes just sit quietly, side by side.

In the forest, you can be yourself and feel like you belong. You're part of a team.



GROWING SKILLS + CONFIDENCE

Out here, every day brings something new to try — lighting a campfire, making something with your own hands, learning which plants help and heal.

You'll set your own challenges, and choose what you'd like to do and learn.

Each step you take builds your confidence and helps you discover your own strengths.



FEELING CALM + STRONG INSIDE

Big feelings like worry, anger, or sadness are part of life — but nature can help. Out here in the forest, you'll find ways to feel calm, safe, and steady again.

Maybe it's lying back in a hammock, walking barefoot through the grass, splashing in puddles, listening to the wind in the trees, or making art from leaves and sticks.

You'll learn what helps you feel steady and safe again—and practice it in your own time, your own way. No pressure, no rush.



SOME QUESTIONS THAT OTHER CHILDREN HAVE ASKED

WHAT IS IT'S RAINING AND COLD?

We keep going! We will dress for the weather and find shelter, if we need it. Playing outside in all kinds of weather can actually help you feel even stronger.

WHAT IF I'M HUNGRY?

We will have PLENTY of warm drinks and snacks (like fruit, muesli bars, muffins) and we will sometimes cook some simple food together too.

You and your caregivers can let us know if you have any dietary requirements. And you might like to have your own lunch once you leave, if you're still hungry. But we don't think you will be!

WHAT DO I WEAR?

Bring clothes that can get muddy, sturdy shoes, warm layers and a rain jacket. We will send you a list to help you get ready. We also have warm thermals, raincoats and other warm clothes that you can borrow each week.

WHAT IF I NEED TO USE THE TOILET?

There are toilets nearby. We will show you where they are.

WILL MY SCHOOL MIND THAT I WON'T BE THERE?

Your caregivers and therapist will talk with your school to make sure that they know you'll be away for eight mornings that school term.

You're welcome to show them your weekly letter from us, so that they know what you've been up to!



OUR FACILITATORS

Mānuka Trail will be run by the friendly staff from Adventure Specialties Trust. They are specially trained to keep you physically and emotionally safe while you're exploring the outdoors together in your group.

ANNEKE BEARDSLEY
ADVENTURE THERAPY CLINICIAN



DIANA JOHNSTON
OUTDOOR INSTRUCTOR





HOW TO JOIN

If you would like to come on Mānuka Trail, we would love to have you join us!

There is a form on our website that you will fill in with your caregiver and your counsellor. It will tell us a little about you.

The questions in the form will be similar to these:

- > Important info about your health (like allergies or medicines)
- > Your strengths — what you're good at
- > A few goals that you are keen to work on (like making new friends, trying new things with support, or learning new ways to feel calm and steady when things feel hard)
- > Who your protective adults are, and how we can contact them (if we need to, while you're on the programme with us)