



**ADVENTURE
SPECIALTIES TRUST**

EST. 1984

RESTORE

**AN ADVENTURE THERAPY PROGRAMME
TO RESTORE WELLBEING**

AUCKLAND



ARE YOU LOOKING TO IMPROVE YOUR SENSE OF WELLBEING?

Adventure Specialties Trust is offering an Adventure Therapy programme for clients of MSD.

Basically, it is spending time outside, doing some sort of adventurous activity with a focus on wellbeing and growing confidence, and supporting you on the journey towards feeling ready for employment.

If this sounds good to you, consider joining our Restore programme!

Previous participants described this programme as:

“Getting out and enjoying nature and the company of others”

“A chance to better understand myself and others”

“Improving yourself and others while having a blast”



KAUPAPA / PURPOSE

- To support you in your journey of restoring wellbeing
- To build confidence and self-esteem on the path towards feeling ready for employment
- To help you feel hopeful and positive about the steps you can take towards the future
- To connect with nature and explore further in Auckland
- To enjoy being in nature through activities and experiences (these will be active and will range in their level of challenge)
- To discuss aspects of life and wellbeing in an open, safe and supportive environment
- To connect with others in the group

WHAT DOES THIS LOOK LIKE?

A group of up to ten people, meeting together to go on a different adventurous activity, one day a week for eight weeks. The activities will be in different locations near Auckland. The activities could include sea kayaking, rock climbing, abseiling, walking, surf kayaking, high ropes, canyoning, caving or mountain biking. Each activity has 'easier' and 'harder' challenges available. Transport from a central location, all specialist equipment and food are provided.

The two facilitators will bring our group together at the start and end of each day. There will be chance to connect with each other and also discuss a thought or theme each day that the facilitators will prepare.

SOLUTION-FOCUSED FACILITATION

Our conversations and facilitated discussion in this programme are guided by the model of 'Solution Focused Brief 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 focused – 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 that might be.



GROUP VS INDIVIDUAL SESSIONS

This service is designed as a group programme, however there will also be some individual support. You will meet individually with one of our facilitators prior to starting the programme to get to know each other, we can understand your hopes and goals for the programme, and you can ask any questions you have about the programme. During the programme time itself the focus will be on the group sessions, but there will be time for individual catch ups too – but these are not full counselling sessions. At the end of the programme there will be more opportunity for individual catch up for reflection and moving on to the next thing.

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, 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! Though the same challenge is not for everyone, 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's ok, and we will make practicable efforts to allow as much choice in this as possible. We always try to make choices available, and we will also make it really clear where choices are not practically possible.



A FOCUS ON NATURE CONNECTION

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 like rock climbing, walking, kayaking or biking. 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 everyone in the group 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.



PROGRAMME OUTCOMES

If you participate in this Adventure Therapy programme, we believe you will experience these outcomes:

INCREASED SELF-WORTH

Feel better about yourself. Learn more about what makes you special and what strengths you have to offer in a workplace. Practice more self-acceptance and self-compassion around your mental health and other challenges that you face in life, without letting them be barriers to work.

TOOLS FOR HAUORA (WELLBEING, HEALTH, GOOD SPIRITS)

Gain and develop strategies that you can use in everyday life to help your physical, social, mental, emotional and spiritual wellbeing. Gain some specific confidence about managing your own wellbeing in the workplace.

WOVEN INTO COMMUNITY / WHANAUNGATANGA

Learn social and relationship skills which will enable you to develop, maintain and strengthen relationships in your everyday life and in your workplace. This includes communication, dealing with conflict, appreciating diversity, asking for and offering help, solving problems with others, and speaking in front of others.

HOPE FOR A FUTURE WITH PURPOSE

Find energy and motivation to work towards the future you hope for, and towards personal and work goals. Finish the programme with some clear next steps towards work, training or work-readiness.

TAHA WAIRUA / SPIRITUAL WELLNESS

Learn about your own spiritual identity (wairuatanga) and how this adds to your overall health and wellbeing. Find a stronger connection to place (tūrangawaewae) and to nature.



WHAT TO EXPECT EACH DAY

9 am

Meet up with the rest of the group in the morning at the prearranged location

- > The group will all travel together in an Adventure Specialties van to the activity
- > Group circle up and 'check in'
- > Discuss and decide the plan for the day together.
- > Discuss the theme or thought for the day.
- > Head out on the adventure!

1230 ish

Lunch will be provided

- > Some time to relax and reflect in nature.
- > Re-group, optional sharing time.
- > Continue on adventure.

3 pm

Back at pick up point

- > Touch base about the plan for the next week.
- > 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.

WHO IS THIS FOR?

This programme is open for people who are MSD clients, who are interested in the programme, aged 18 upwards, are able to walk for 1km in 25minutes, are medically able to participate, are willing and able to commit to attend all 8 sessions (with exception to illness and exceptional circumstances)

All participants will need to complete a medical and enrolment form. 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.



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 To respond to community needs by providing purposeful adventure to facilitate 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 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 it high quality.



INTERESTED?

If you'd like to know more about the course, contact your MSD case manager or call [0800 559 009](tel:0800559009) and quote opportunity number 22259996 (Auckland).

Find out more about the programme details on our website:
www.adventurespecialties.co.nz/programmes/restore-auckland.

If you're keen to come on board, your next step is to let your MSD case manager know you are interested in applying.

They will then confirm whether you are eligible for the programme and ask you to complete an enrolment form along with a medical and consent form.

Once that is all sorted, we will make a time to meet with you and take it from there!