

# GAS

Geelong Adventure Specialists



## GEELONG ADVENTURE SPECIALISTS

Est. 2013

# *PROGRAM CALENDAR*

Spring 2023

Summer 2023/24

NEW



REGISTERED  
NDIS  
PROVIDER

[www.geelongadventurespecialists.com.au](http://www.geelongadventurespecialists.com.au)



# Introducing GAS

## About us

Everyone is welcome at GAS. We specialize in tailoring outdoor adventure experiences to match the interests and abilities of our participants. GAS has been a registered NDIS provider since 2017, proudly contributing to the provision of diverse and innovative support options in the Geelong Region.

Responding to feedback from current participants we have created a program of events that includes social day trips and holidays as well as skill development workshops.

If you love the outdoors, enjoy socialising, and want to explore the places and activities that our incredible region provides then you are in the right place.

## Who are these events for?

We understand that disability is not black and white. We put groups together based on people's interests, reasons for being there, fitness and mobility. In an attempt to connect people with similar experiences we break down our programs into two broad categories:

- **Disability Support (Developmental, Intellectual & Sensory Disabilities)**
- **Mental Health Support (Psychiatric Disabilities, Physical Disabilities & Learning Disabilities)**



# Registration process

## Existing participants

If you are a participant at GAS already, please do the following:

- 1 Talk to a GAS staff member or contact Laura [laura@geelongadventurespecialists.com.au](mailto:laura@geelongadventurespecialists.com.au) to express your interest.
- 2 Laura will get in touch to process your request.

## New participants

If you are new to GAS, please:

- 1 Email [molly@geelongadventurespecialists.com.au](mailto:molly@geelongadventurespecialists.com.au) and request an Intake Form.  
List the program dates that you wish to attend.
- 2 We'll then set up a time for you to meet us (Intake Interview) and express your interest in these programs and/or organize 1:1 support.

### \*Can't email?

If you are unable to email, call us on the following number:

**(03) 5222 1431**

(We may be out with a group, so please leave a voicemail if we miss you on your first try. We will get back to you as soon as possible.)

• **Before you can attend an overnight trip, you must do at least one Day Program.**



# PROGRAM CALENDAR

Spring 2023 - Summer 2024

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## ADVENTURE CLUB

Youth Program Age 13-17

### MONTHLY ADVENTURE CLUB (10AM – 3PM)



- Once a month on a Saturday
- Meet at GAS HQ, Newtown

We're going on an adventure!! Come and join us for some fun in the outdoors. This group is for teens that love the outdoors and want to explore a variety of different outdoor activities with their peers. Participants will have the opportunity to partake in an array of different activities including: rock climbing, abseiling, kayaking, bush walking, mountain bike riding and bush cooking.

**Participants:** High school aged youth who have autism.

**Approximate Cost:** \$300 per session



### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Lunch and snacks
- Waterproof jacket
- Hiking boots or sneakers

### MOUNTAIN BIKE RIDE

**Saturday 16th September**

Ready for a wheelie good time?

Today we will be riding the mountain bike trails at the You Yangs before heading over to Big Rock to enjoy some lunch together.



### GAMES DAY

**Saturday 21st October**

Bring out your competitive side as we tackle some Par 3 golf and round off the afternoon playing some basketball at the park



## FISHING

**Saturday 18th November**

Let's reel in some big fish. Today we will head to the Barwon River to cast our rods. Hopefully with a little bit of luck we will be able to catch something.

*\*If you have any of your own fishing gear feel free to bring it along.*



## ROCK CLIMBING

**Saturday 16th December**

Let's hang around at Staughton Vale. Today participants will have the opportunity to have a climb and abseil in the Brisbane Ranges.



## KAYAK

**Saturday 20th January**

Today's adventure will take us to the beautiful Anglesea River where we will paddle around and explore the area. Afterwards, we will head to the Anglesea beach for a swim.

*\*Pack a spare change of clothes and a towel*



## LORNE WATERFALLS

**Saturday 17th February**

Let's go chasing waterfalls! We will find some awesome waterfalls down in Lorne before enjoying some chippies on the beach together.

*\*Participants will still have to pack their own lunch*



## SATURDAY GROUP COSTS

Example session cost:

Group Activities in the Community – 1:2 – Saturday – TTP [04\_104\_0136\_6\_1\_T] \$46.75/hr

- 5-hours of Service Delivery: \$233.75
- 1-hour of Non-Face-To-Face Services (group planning and equipment preparation): \$46.75

Group Activity Based Transport [04\_591\_0136\_6\_1] \$1/km

- 20 kilometers: \$20.00

Total Cost: \$300.50


*Cost will vary to reflect accurate km travelled (shared equally between participants).*



MIXED EVENTS

Adult Program Age 18+

CONNECT OUTDOORS (10AM – 4PM)

- 
- Every Friday
  - Meet at GAS HQ, Newtown

*Spending time in nature is good for the soul! Add a few likeminded people and it's a whole lot of fun too. Join us weekly as we venture into local national parks and reserves for a cafe coffee, short bushwalk, sightseeing and a picnic.*

*\*On the third Friday of every month (ADVENTURE DAYS) we'll travel a little further afield to explore different bush walking locations outside of Geelong.*

**Participants: Adults who have a psychiatric disability.**  
**Approximate Cost: \$260 per session**



WHAT TO BRING:

- Small backpack
  - Water
  - Hat
- Waterproof jacket
  - Hiking boots or sneakers

\*'ADVENTURE DAYS' SCHEDULE

- |                   |                      |
|-------------------|----------------------|
| • 15th September: | Werribee Zoo         |
| • 20th October:   | Lorne: Phantom Falls |
| • 17th November:  | Lerderderg Day Trip  |
| • 15th December:  | Ballan Day Trip      |
| • 19th January:   | Forrest Day Trip     |
| • 16th February:  | Sorrento Day Trip    |



**\*All other day trips will take place around the Geelong region, Bellarine Peninsula and Surf Coast.**

# Programs

## DISABILITY SUPPORT

### ADVENTURE GROUP (10AM – 4PM)



- **First Wednesday of the month**
- **Meet at GAS HQ, Newtown**

*Come and join us for some fun in the outdoors. This group is for adult men and women with a psychiatric disability who want to explore a variety of different outdoor activities. Participants will have the opportunity to partake in an array of different activities including: rock climbing, abseiling, kayaking, bush walking, mountain bike riding and bush cooking.*

**Participants: Adults who have a psychiatric disability.**

**Approximate Cost: \$260 per session**



### WHAT TO BRING:

- **Small backpack**
- **Water**
- **Hat**
- **Lunch and snacks**
- **Waterproof jacket**
- **Hiking boots or sneakers**

### BUSH WALK

**Wednesday 7th September**

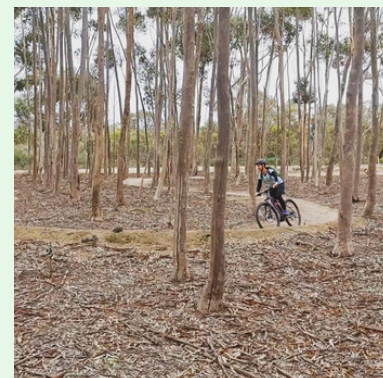
Today's adventure will take us to the You Yangs where we will get to explore. Come along for a fun walk in the great outdoors.



### MOUNTAIN BIKE RIDE

**Wednesday 4th October**

Let's explore all things that the Hurst Rd tracks have to offer via our bikes. Today we will be heading to Anglesea to explore the beautiful Heathland.





## ROCK CLIMBING

### Wednesday 1st November

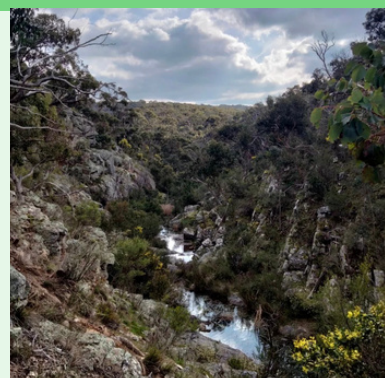
Today we will be hanging around at Staughton Vale in the Brisbane Ranges. Come along for a climb and reach new heights.



## BUSH WALK

### Wednesday 6th December

Come and explore the beautiful Otway's with us. Today we shall be heading down to Lorne to chase some waterfalls and round out the afternoon by having some lunch on the beach.



## KAYAKING

### Wednesday 7th February

Where going on a paddling adventure along the Painkalac Creek in Aireys Inlet. We shall explore the creek and enjoy some lunch together in Anglesea.



## WEEKDAY GROUP COSTS

Example session cost:

Group Activities in the Community – 1:2 – Weekday – TTP [04\_102\_0136\_6\_1\_T] \$33.22/hr

- 6-hours of Service Delivery: \$199.32
- 1-hour of Non-Face-To-Face Services (group planning and equipment preparation): \$33.22

Group Activity Based Transport [04\_591\_0136\_6\_1] \$1/km

- 30 kilometers: \$30.00

Total Cost: \$262.54

*Cost will vary to reflect accurate km travelled (shared equally between participants).*



WOMEN'S EVENTS

Adult Program Age 18+

CONNECT OUTDOORS (10AM – 4PM)



- Last Friday of the month
- Meet at GAS HQ, Newtown



Spending time in nature is good for the soul! Add a few likeminded people and it's a whole lot of fun too. Join us monthly as we venture into local national parks and reserves for a short bushwalk, sightseeing and plenty of time to relax & socialize over a cafe lunch.



**Participants:** Adult women who have a psychiatric disability.  
**Approximate Cost:** \$280 per session

WHAT TO BRING:

- Small backpack
  - Water
  - Hat
- Waterproof jacket
  - Hiking boots or sneakers

CONNECT OUTDOORS SCHEDULE

- |                  |                        |
|------------------|------------------------|
| • 6th October*:  | <b>Inverleigh</b>      |
| • 27th October:  | <b>Anglesea</b>        |
| • 24th November: | <b>Brisbane Ranges</b> |
| • 19th January:  | <b>Queenscliff</b>     |
| • 23rd February: | <b>Lorne</b>           |

*\*date change due to public holiday falling on the last Friday in September.*





# Programs

## DISABILITY SUPPORT

### WOMEN'S DAY TRIP (1PM – 5PM)



- Weekly on a Tuesday
- Meet at GAS HQ, Newtown

Join the GAS crew and a fabulous group of women as they enjoy a cafe afternoon tea together and a short easy walk. There will be plenty of time for sightseeing and socializing.

**Participants: Adult women with sensory, developmental or mild cognitive disabilities alongside mental illness.**

**Approximate Cost: \$180 per session**



### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Waterproof jacket
- Hiking boots or sneakers

### DAY TRIP SCHEDULE

Day trips will happen weekly and will involve a cafe stop, and a short, easy walk to areas such as:

- Ocean Grove
- Inverleigh
- Barwon Heads
- Geelong
- Drysdale
- Queenscliff
- Pt Lonsdale



# Programs

## DISABILITY SUPPORT

### WOMEN'S ADVENTURE GROUP (10AM – 4PM)



- Second Wednesday of every month
- Meet at GAS HQ, Newtown

Come and join us for some fun in the outdoors. This group is for adult women with a psychiatric disability who want to explore a variety of different outdoor activities. Participants will have the opportunity to partake in an array of different activities including: rock climbing, abseiling, kayaking, bush walking, mountain bike riding and bush cooking.

**Participants:** Adult women who have a psychiatric disability.  
**Approximate Cost:** \$260 per session



### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Waterproof jacket
- Hiking boots or sneakers
- Lunch and snacks

### BUSH WALK

**Wednesday 13th September**

Today's adventure will take us to the You Yangs where we will get to explore. Come along for a fun walk in the great outdoors.



### MOUNTAIN BIKE RIDE

**Wednesday 11th October**

Let's explore all things that the Hurst Rd tracks have to offer via our bikes. Today we will be heading to Anglesea to explore the beautiful Heathland.





## BUSH COOKING

**Wednesday 8th November**

Love to cook up a storm? Today we will be heading out to the Brisbane Ranges to make some yummy food on the fire.



## ROCK CLIMBING

**Wednesday 13th December**

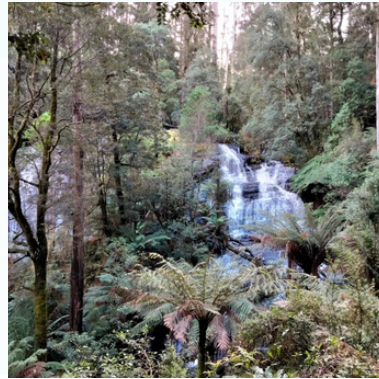
Let's hang around at the You Yangs. Today we will go for a climb and finish off with an Abseil at Big Rock in the afternoon.



## BUSH WALK

**Wednesday 10th January**

Come and explore the beautiful Otways with us. Today we shall be heading down to Lorne to chase some waterfalls and round out the afternoon by having some lunch on the beach.



## KAYAKING

**Wednesday 14th February**

Where going on a paddling adventure along the Barwon River. We shall explore the river near Barwon Heads before heading to the foreshore to enjoy some lunch together.



## WOMEN'S RETREATS

Adult Women's Program  
Age 26+

### PHILLIP ISLAND



- **December - Wednesday 6th - Friday 8th, 2023**
- **Meet at GAS HQ, Newtown**

*Phillip Island is a delight, with its seal colonies and fairy penguins. We'll step back in time on Churchill Island, watch the penguin parade and wander the rugged coastline and beautiful beaches with a small group of fabulous women.*



### OTWAYS



- **March - Wednesday 6th - Friday 8th, 2024**
- **Meet at GAS HQ, Newtown**

*Retreat and reconnect with a small group of likeminded women. Expect daily walks in nature, great food and plenty of laughs. We'll visit many local attractions including Forrest, the Otway Fly, the Great Ocean Road, opp shops, gift shops, cafes and art galleries.*



### DANDENONG RANGES



- **June - Wednesday 5th - Friday 7th, 2024**
- **Meet at GAS HQ, Newtown**

*Retreat and reconnect with a small group of likeminded women. Expect daily walks in nature, great food and plenty of laughs. We'll visit many local attractions including Puffing Billy, Belgrave, Olinda, opp shops, gift shops, cafes and art galleries.*



**Cost \$2500 per retreat**



# Programs

BUSH ADVENTURE THERAPY

## NATURE BASED THERAPY

Youth Program (Age 13-17)

Adult Women Program

Adult Men Program

### 6 WEEK COURSE – MANAGING ANXIETY



- Wednesdays 4:30pm - 6:30pm (Age 13-17)
- Tuesdays 10am - 1pm (Adult women)
- Tuesdays 2pm - 5pm (Adult men)
- Meet at GAS HQ, Newtown

Managing anxiety can be challenging, often making daily life a struggle. Building on personal resilience, this 6 week course will help you better understand the science behind anxiety, and will draw on techniques to help you recognise your own thoughts, feelings, behaviours and bodily sensations.

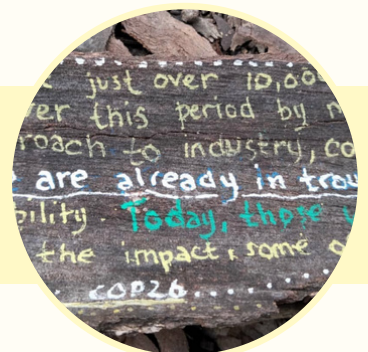
Sessions will combine a mixture of psychoeducation and practical skills, which may look like meditation, nature art, resilience building, bush craft, journaling, hiking, and gentle mountain bike riding. Each session will be facilitated by a trained counsellor and an outdoor education specialist.



### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Lunch and snacks
- Waterproof jacket
- Hiking boots or sneakers

Cost: \$1560



# Programs

BUSH ADVENTURE THERAPY



## TEEN BOYS SUMMER SUPPORT PROGRAM (TERM 3)

Youth Program 14-18 years

### WEEKLY GROUP ADVENTURES



- 5 weeks (Tuesday Dec 19 + Jan 2, 9 & 16)
- 2:30 - 5:30pm
- Meet at You Yangs Regional Park
- Overnight camping trip (Jan 22 & 23)

**Cost: \$3900 per participant**

*This individually tailored support program is designed based on the unique needs of each teen boy while creating a safe and inclusive environment for all to attend. Each session can look different e.g. bushwalking, playing board games, bush cooking, bush crafting, bike riding etc. depending on what the group decides it wants to do.*

**Facilitated by a youth mental health specialist and experienced support staff, this group will help teen boys to develop effective communication, emotional regulation, understand how their mind works and practical strategies for capacity building and increased resilience as they transition into early adulthood.**



### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Food (afternoon tea)
- Waterproof jacket
- Hiking boots or sneakers





# Programs

BUSH ADVENTURE THERAPY



## EXPEDITION EXPERIENCE

Youth Program 14-17 years

### MULTI-DAY CANOE JOURNEY



- 5 days - Glenelg River (Date TBC)
- Departing from GAS HQ, Newtown

*Take an opportunity to unplug from your devices and connect deeply with yourself, others, and the world around you by taking part in one of our multi-day expeditions in some of Victoria's more remote locations. Immerse yourself in outdoor living as you learn the bush skills required for a journey through environments that will challenge and inspire.*



*Be warmed by the campfire as stories are shared that explore how these challenges can help strengthen our mindsets for the future.*

**Cost: \$3350 per participant**

**Average Canoe Distance per day: 6-8km**

### WHAT TO EXPECT:

- Make life-long friends
- Once in a life-time opportunity
- Close animal encounters
- Learn how to canoe
- Beginner friendly
- Yummy food and snacks



# Programs

## ADDITIONAL INFORMATION

# SUITABILITY CHECKLIST

*Our goal is to be inclusive of all abilities, but to work safely in the outdoors within our capacity and scope of expertise we are unable to provide service in the following scenarios:*

- Participant requires personal care assistance
- Participant requires specialist transportation
- Participant requires medication to be administered
- Participant dislikes being outdoors
- Participant is violent
- Participant may abscond
- Participant has a heightened interest in fire
- Participant is unable to attend free from alcohol/other drugs
- Participant requires specialist assistance to communicate their needs (Behaviour Support Plan)
- Participant requires digital assistance to communicate. (Hearing assistive technologies for example are not the target of this exclusion, rather any device that is easily damaged in the outdoors like an i-Pad or phone)

**\*\*Chat to us if you have questions about this list, our intention is to include not exclude; we'll do everything we can within our capacity to accommodate.**

### **Staff Ratios**

*We run all groups at a 1:2 ratio with a minimum of 2 GAS staff.*

### **Staff Qualifications**

*GAS staff are highly skilled professionals with additional qualifications in adventure activities. You will meet different GAS staff members when you do different activities, based on their qualifications & skill set. For example; in order to guide paddling, staff must have a Flatwater Guide certification from Paddle Victoria & hold a current Community Surf Life Saving Certificate.*

### **Transport**

*if you're unable to meet at GAS HQ, we may be able to assist with transport, just ask.*

### **NDIS Funding**

*GAS is a registered provider. GAS groups can be funded via core or capacity building line items, for example:*

*Core funding: Group Activities 04\_102\_0136\_6\_1\_T & Activity Based Transport 04\_591\_0136\_6\_1.*

*Capacity building funding: 09\_011\_0125\_6\_3 Community Participation Activities, 09\_008\_0116\_6\_3 Innovative Community Participation.*

### **Individual Support**

*At GAS we also offer 1:1 support and bush adventure therapy. We'd love to hear what you're interested in, just give us a call.*



## **GENERAL ENQUIRIES**

### **For all general enquiries:**

info@geelongadventurespecialists.com.au  
(03) 5222 1431  
22/11 Newcastle Street  
Newtown, 3220

## **FOR BUSH ADVENTURE THERAPY**

### **Contact Shelley:**

shelley@geelongadventurespecialists.com.au  
(03) 5222 1431  
22/11 Newcastle Street  
Newtown, 3220

**\*Other languages:** If you need an interpreter, please call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone GAS on (03) 5222 1431. Our business hours are 9am – 5.00pm