

# GAS

Geelong Adventure Specialists



## GEELONG ADVENTURE SPECIALISTS

Est. 2013

# PROGRAM CALENDAR

Spring 2022

Summer 2023



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.

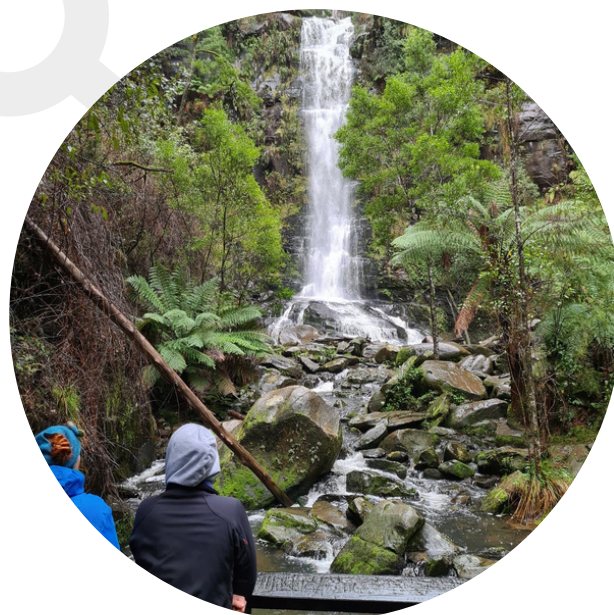
Responding to feedback from current participants we have created a program of events that includes social day trips and holidays as well as skill development workshops.

If you love the outdoors, enjoy socializing, 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 [shelley@geelongadventurespecialists.com.au](mailto:shelley@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:

**0490 037 699**

(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 2022 - Summer 2023

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## OUTDOOR LIFE

Young Adult Program Age 16-25  
Adult Program Age 26+

### WEEKLY OUTDOOR LIFE GROUPS



- Mondays 9:30am - 3:30pm (Age 16-25)
- Wednesdays 10am - 4pm (Age 26+)
- Meet at GAS HQ, Newtown

Join us every week as we explore our backyard. This group loves the outdoors, adventure and good company. The itinerary is determined by the group week to week but examples include: riding the Bellarine Rail Trail, walking on the beach at Point Addis, hiking around Lake Elizabeth, cooking on a campfire in the Brisbane Ranges, learning to ride mountain bike trails at the You Yangs, rock climbing at Staughton Vale, paddling in Anglesea.

**Cost: \$250 per session** (Inclusive of transport and equipment)



- WHAT TO BRING:**
- Small backpack
  - Water
  - Hat
  - Lunch (snacks if needed)
  - Waterproof jacket
  - Hiking boots or sneakers

### OUTDOOR LIFE HOLIDAYS (3-DAY CAMPING TRIP)



- January 30 - February 1, 2023 (Age 16-25)
- February 6 - 8, 2023 (Age 26+)

Each group will work together to design the ultimate holiday experience.

**\*Approximate cost: \$2500**

\*Subject to change



## ADVENTURE CLUB

Youth Program Age 13-17

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



- Third Saturday of every month
- 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.*



**Cost: \$280 per session** (Inclusive of transport and equipment)

- WHAT TO BRING:**
- Small backpack
  - Water
  - Hat
  - Lunch (snacks if needed)
  - Waterproof jacket
  - Hiking boots or sneakers

### ROCKCLIMBING

**Saturday 17th September, 10am – 3pm**

Come and challenge yourself to reach new heights! Join us in heading up to the You Yangs to embark on all things rockclimbing and abseiling.



### MOUNTAIN BIKING

**Saturday 15th October, 10am – 3pm**

Ride @ You Yangs: Join us in hitting up the trails at the You Yangs for a Mountain Bike Ride. After the ride we shall enjoy lunch together before heading over to explore Big Rock.





## BUSHCOOKING

**Saturday 19th November, 10am – 3pm**

Bushwalk/Cooking @ Anakie Gorge: Today we head down to the Brisbane Ranges to go for a stroll along the beautiful Anakie Gorge walking track. Afterwards, we shall get stuck into some bush cooking before returning home!

**\*Participants still need to bring their own lunch**



## BELLARINE RAIL TRAIL RIDE

**Saturday 17th December, 10am – 3pm**

Bellarine Rail Trail Ride + Picnic + Games: Today we are going on a biking adventure along the Bellarine Rail Trail. We shall enjoy a picnic lunch together before rounding off the afternoon with some games.



## KAYAKING

**Saturday 21st January, 10am – 3pm**

Anglesea River Kayaking: What better way to explore the Anglesea River then going for a paddle. Take in the scenery of the coast on a kayak and discover little sea creatures when we head to the rock pools.



## ADVENTURE CLUB OVERNIGHT CAMPING TRIP



- **Sat 18th - Sun 19th February, 2023**
- **Location: Anglesea**

The Adventure Club crew will work together to design the ultimate coastal camping trip. Activities might include surfing, canoeing, stand-up-paddle boarding, mountain bike riding and swimming. Accommodation: 2-3 person tent share.

Aproximate cost: \$1900  
(Inclusive of transport all activites and food)



# Programs

MENTAL HEALTH SUPPORT

## CONNECT OUTDOORS

Adult Program Age 18+

### WEEKLY SOCIAL GROUP (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 short bushwalk, sightseeing, a picnic and plenty of time to relax & socialize.*

*On the last Friday of every month we'll get a little more adventurous and try activities like rock climbing, mountain bike riding and paddling. Suitable for all skill levels.*



**Cost: \$250 per session** (Inclusive of transport, lunch and equipment)

### WHAT TO BRING:



- Small backpack
- Water
- Hat
- Snacks (if needed)
- Waterproof jacket
- Hiking boots or sneakers

### EXAMPLES OF ACTIVITIES



Bushwalking



Picnics



Relaxing



# Programs

MENTAL HEALTH SUPPORT

## WOMEN'S EVENTS

Adult Women's Program Age 26+

### MONTHLY DAY TOUR (9AM – 5PM)



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

A monthly day trip combining bushwalking in beautiful locations, visiting local attractions, appreciating great food and enjoying good company.



**Cost \$350 per session**

(Inclusive of all food transport and activity costs)

### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Waterproof jacket
- Hiking boots or sneakers
- Money for shopping (optional)

### GEELONG AND YOU YANGS

**Friday 30th September, 9am – 5pm**

Join us as we begin with a coffee at the Geelong Waterfront. Connect in a deeper way to local culture and environment through the National Wool Museum's "Wadawurrung Dja: Awakening Country" exhibition. Relax in the beautiful gardens of the Barrabool Maze Estate as we share lunch together. Wrap up the day with an invigorating bushwalk at the You Yangs (Wurdi Youang).



### BLACKWOOD

**Friday 28th October, 9am – 5pm**

Join us as we begin with a coffee at the Blackwood Post Office Cafe then wander through the wildflowers of the Wombat State Forrest. We'll finish the day in Ballan with an opp shop/gift shop browse and another cuppa!



## BRISBANE RANGES

**Friday 25th November, 9am - 5pm**

Wander into the Brisbane Ranges with us, share stories around the campfire and try your hand at whittling a spoon. Oh and it wouldn't be a Brissy Ranges adventure without a visit to The Old Workshop Cafe in Anakie.



## BELLARINE TASTE TRAIL

**Friday 23rd December, 9am - 5pm**

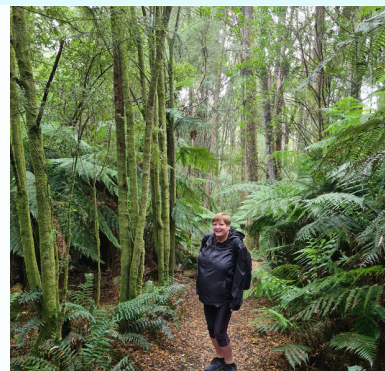
Did you leave your christmas shopping to the last minute? No problem! Join us as we pick up the Bellarine Taste Trail, collecting incredible local produce for a picnic lunch together in Point Lonsdale. Plenty of opportunity to find those last minute gifts!



## FORREST

**Friday 27th January, 9am - 5pm**

Join us for morning tea at the beautiful Tarndie homestead before descending into the rainforest at Lake Elizabeth for a walk and picnic. We'll finish the day off perfectly with a visit to Pennyroyal Raspberry Farm.



## MOGGS CREEK

**Friday 24th February, 9am - 5pm**

Explore the Great Otway National Park from Moggs Creek Picnic Area, taking time to appreciate the surroundings. We'll drop in at one of our favourite cafes for a lunch, spend some time on the water with Anglesea Paddle Boats & finish at the Great Ocean Road Chocolaterie.





# Programs

MENTAL HEALTH SUPPORT

## WOMEN'S RETREATS

Adult Women's Program  
Age 26+

### HEPBURN SPRINGS



- September - Wednesday 7th - Friday 9th
- 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 Lavendula, Mineral Springs, Chocolate Mill, opp shops, gift shops, cafes and art galleries.*



### HALLS GAP



- December - Wednesday 7th - Friday 9th
- Meet at GAS HQ, Newtown

*Is there anywhere more beautiful than the Grampians (Gariwerd)? This awe inspiring mountain range is renowned for spectacular hiking, stunning views and inquisitive wildlife alongside a rich and continuing Aboriginal history. We cant wait to share it with you!*



### APOLLO BAY



- March 2023 - Wednesday 8th - Friday 10th
- Meet at GAS HQ, Newtown

*Apollo Bay is one of our favourites! Relax and unwind as we settle into the pace of coastal holiday life. Walk along the beach and swim in the ocean every day, eat fresh healthy food, wander the shops and galleries and connect with a small group of fabulous women.*



# Programs

BUSH ADVENTURE THERAPY



## TEEN BOYS SUPPORT PROGRAM

Youth Program 14-18 years

### WEEKLY GROUP ADVENTURES



- 5 weeks (Saturday Nov 5, 12, 19, 26 & Dec 5)
- 2:30 - 5:30pm
- Meet at You Yangs Regional Park
- Overnight camping trip (Dec 17 & 18)

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 adulthood.



### WHAT TO BRING:

- Small backpack
- Water
- Hat
- Food (if needed e.g. snacks)
- Waterproof jacket
- Hiking boots or sneakers





# Programs

BUSH ADVENTURE THERAPY



## EXPEDITION EXPERIENCE

Youth Program 14-18 years

### MULTI-DAY CANOE JOURNEY



- 5 days (January 16 - 20) Glenelg River
- 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: 04\_210\_0125\_6\_1 Community Social & Recreational Activities, 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.*



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## **GENERAL ENQUIRIES**

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

info@geelongadventurespecialists.com.au  
0499 217 990  
PO Box 2001  
East Grovedale, 3216

## **FOR BUSH ADVENTURE THERAPY**

### **Contact Shelley:**

shelley@geelongadventurespecialists.com.au  
0490 037 699  
PO Box 2001  
East Grovedale, 3216

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**\*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 0490 037 699. Our business hours are 9am – 5.00pm