

REGENERATE

Regenerate General Information For New Participants

About REGENERATE:

REGENERATE combines the benefits of being outside in nature, being in a supportive group environment, and enjoying gentle adventures. The focus is on building your strengths and through empowerment and having fun with others.

Events are run for small groups up to about 8 participants, occasionally a few more. Events include short @ 2 hour weekly sessions, single day adventures, and 3 day overnight camps.

Guidelines

Guidelines will be set up at the beginning of each event by both facilitators and you/ group. On top of this there are some general rules around the program.

These are: **no violence, no drugs or alcohol, no use of social media, and we turn our location setting to off on our phones.**

We also expect everyone respects each other's privacy if talking about the group to others, including where we meet, and what people may disclose.

What to expect

REGENERATE is set up for you to gently ease your way through the **3 levels**.

- A weekly Regenerate session, then an Adventure Day, then invited to a camp to further your recovery.

At a **REGENERATE** session, we start with a cuppa and light snack, which also gives everyone a chance to informally meet each other. Once we pack up, we start with some welcoming and coming together games or activities. After this we use the parklands and the group to reflect on our strengths, thoughts, and hopes. There will be 'solo time' set aside for reflection/thinking, we then come together to share any thoughts with the group, then wrap it up with another small activity to end with some fun. Sessions times 9:45am - 12ish.

Once you feel ready to move forward, you and the REGENERATE staff discuss options for an **Adventure Day**. We meet as a group around the Darebin area at 9:45am to travel by minibus out of the hussle and bussle of the city. Activities may include a bush walk, climbing or water activity such as surfing. Like the Weekly REGENERATE sessions, there will be guided activities and time for solo reflection and sharing with the group. This is a chance to explore further your strengths, and build relationships with other women. We aim to be back by 5pm.

Building on previous events, if you and REGENERATE staff feel ready, **camp**s provide you (and your children if you have any) the chance to deepen your experience of Bush Adventure Therapy on a 3- 4 day (2 - 3 night) trip. In a bush, beach or river setting, some camps are for women only, and others are for women and their children. Camps are a great opportunity to strengthen friendships, and families, and create new positive memories. We plan to leave Friday morning and return Sunday afternoon.

Outreach Counsellor Role:

The Outreach Counsellor's role is to meet with you initially to introduce you to the REGENERATE program and help you participate and get the most out of the program. Any supports beyond this will be discussed with you, and if necessary, a referral can be made to an appropriate service.

Getting there / turning up

We support you to find ways to get to REGENERATE events on your own. When you tell us that you will be coming along we will expect to see you there.

If you are unable to attend for some reason, the more notice you can give us the better so we are not concerned when you do not turn up. There are also only around 8 places at each event and we can offer your space to someone else.

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Equipment: You need to provide your own clothes (including appropriate footwear) and water bottles. We have a list to help you get organised with the essentials on the REGENERATE website. The REGENERATE team provides the rest, including equipment specific to activities, raincoats, sunscreen, tents if needed and we do the catering too.

Retracting Consent.

You can retract your consent at anytime if you wish.

This can be done in writing and either given to one of the Regenerate staff members, or e-mailed to regenerate@adventureworks.com.au

Feedback and complaints.

Regenerate value your feedback. We use feedback to improve our practice, and tailor the program to the needs of participants where possible.

Feedback and complaints can be given to Regenerate staff through many mediums;

- Face to face conversations with staff, which will be documented accordingly.
- Reflection forms (which are given out and the end of events)
- E-mailing staff directly.
- E-mailing Regenerate directors on directors@adventureworks.com.au