

# Adventure Therapy

*Inspiration on the High Road*



Adventure Therapy's aim is to deliver what the name says; a sustainable therapy through adventure. Open to current and Ex-Service personnel it takes groups of veterans on exciting motorised expeditions to some of the farthest, most spectacular regions of the world. Adventure Therapy (AT) will challenge participants mentally and physically, rekindling enthusiasm and life skills such as planning, project preparation, administration etc; AT's intent is to inspire them through to completion of the adventure and their return home.

The specialisation of this concept for veteran participation has been developing for two years, in conjunction with Global Enduro, who successfully run such adventures commercially. Global Enduro were recently honoured by the rare, joint participation of both Prince William and Prince Harry of Wales, on an event in Africa.

**Step One.** Participants are enticed to put their name forward for one of a number of adventures. Currently for civilians a deposit of £500 is requested.

- First class websites and dvds are available which communicate the tone and standard of the adventures. All are crafted into a balance of extreme achievement and experience, designed to create a motivational uplift very recognisable to Service Personnel. Although now, after a hard days' travelling, accommodation is often of an unexpected level, be it bunking up with others in a five star hotel, a personal beach hut or in a Sami Arctic teepee. Standards possible due to agreements made with local facilities. A southern India trip, run on both Ambassador cars and motorcycles might see 130 motorcycles, medics and mechanics on bikes, 3 Ambulances, mechanics vehicles, luggage lorry and rally control.

**Step Two.** The real challenge of the scheme; each participant is expected to raise sponsorship and backing. The base target figure varies for different adventures. Guarantees of a proportion of the base target amount and all that is raised above that figure are donated to a variety of charities.

- Since 2003, Global Enduro has taken over 1,600 participants to India and South Africa, on two wheels and four, raising over £2.6 million for charities including UNICEF, Rainbow Trust Children's Charity, Nelson Mandela Children's Fund, Sentebale and WCS.
- AT intend to add many Military charities to this list.
- Participants are individually guided and helped during this fund raising period by members of the organisation and representatives of the charities. This period of raising sponsorship fulfils some of the unique and most important aspects of the scheme. It is this time that creates an engaging reason for regular communication with the candidates both by our team and the welfare groups.
- For veterans we aim to balance the funds to be raised by them as 'achievable whilst giving a sense of having worked to earn their participation in this exhilarating experience over several months'.

**Step Three.** Once the target funds have been raised, it's off on the adventure of a life time.

There are five million veterans living in the UK of which some sixty thousand receive a pension, Adventure Therapy aims to give some of these people a chance to increase belief and assurance in their own abilities whilst helping others.

A website of the adventures can be found at:

[www.globalenduro.com](http://www.globalenduro.com)

# Adventure Therapy ( AT )

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**As I see it !** *"Having received a 7.62 round to the head whilst serving with the Scots Guards on Mount Tumbledown, Falklands 1982, I have personal experience of the consequences and dichotomy of participating in armed conflict. Many who have not served find it hard to understand that the very activity that could have scarred an individual may remain the very thing they wish they could still do. I've always felt that it wasn't the going to war that was hard, it was the coming home after. In my experience service personnel are proud to serve and accept the danger of death or even, as I see it, the ultimate sacrifice of living with a severe injury".*

- *The nature of modern warfare combined with the nature of modern society appears to have left us with some simple claimed statistics that are shameful:*

*25% of our Homeless are ex-service personnel.*

*The highest occupational group in HM prisons are military.*

*256 UK deaths in the Falklands ~ over 360 have committed suicide since.*

- *Research by Combat Stress shows that on average it is 13.7 years before a veteran requests any form of help.*

*Increased awareness and new systems like The Combat Stress Outreach Program will hopefully improve this scenario. However, as a veteran, I acknowledge the concept of meeting 'The Black Brigade' and without some lift in self belief, inspiration, and increased desire to Soldier on; life can become a backward slip whilst trying to run up a sand hill.*



*My experiences with Global Enduro have had an extraordinary effect on my life and outlook. It had seemed impossible that I might ever recapture any of the thrills of living that I had felt whilst active in the Army. The people and characters that I have met have been a joy and often like minded. Unlike the fine detail needed in a conflict zone where wrong choices can cost lives, I have struggled for years to take interest in the minutiae of so called normal life with its tedium and drudgery.*

*Innovation, flexibility, and understanding have all gone towards overcoming any aspects of my disability. By fully participating amongst the fit and mixing with many strata of*

*life represented, I have found new possibilities and although physically demanding there is a 'head space' freed from the normal every day concerns of home that is created by the need to concentrate while on such ventures as these.*

- *It is AT's belief that the best experience and benefits will come from the right mix of civilian participants and Veterans. Similarly a mix of disabled and fit.*

*Personally here were values I understood; here was a reward worth working towards. There need be no hindrance to or diversion from any personal requirements be they medical treatment, re-location or job seeking. Far from it; inspired and motivated these essential activities benefit enormously. This is not a hand out to poor crippled veterans but a chance for us to help others whilst living to the full.*

*Robert A. D. Lawrence MC.  
Captain (Ret'd) Scots Guards and Founder of Adventure Therapy*