



Adventure Unlimited

www.aultd.org

About Adventure Unlimited

Adventure Unlimited (AU) is a local charity based in Brighton. We provide outdoor education and adventure activities to around 6,000 children and young people each year, the majority of whom face a broad range of disadvantages, and live in Brighton and Hove. AU offers one-off and progressive activities designed to be fun and to give young people opportunities to grow and develop, as well as opportunities to gain awards.

Extensive research carried out on the benefits of outdoor education shows the extraordinary effect it has on disadvantaged young people in particular, giving them a positive experience of themselves, confidence, aspiration and perspective, practical skills, understanding of the importance of team work and decision-making, an ability to cope with hardship, improving health and instilling care for the environment; all of which we have witnessed in action through our activities.

AU makes its activities inclusive by being affordable through subsidies, local or with transport provided, and with additional 1:1 support as required. AU is approved by the Adventure Activities Licensing Authority, follows child protection, health and safety and equality policies and procedures, and works with a passionate team of

experienced and qualified staff, who together with our volunteer team are fully trained and CRB checked.

AU furthermore supports disadvantaged young people and unemployed adults with employability through a volunteering and training programme that includes opportunities to gain awards and qualifications as well as support to find employment.

Summer activities

Summer activities will depend on funding, but are likely to include the following. Free places offered on all open access activities to looked after children 10+, subsidised places offered as advertised on our website.

- Open access 3-day adventure programmes for 8–12 year olds: ‘Wild Things’. Activities may include obstacle course, zip wire, bushcraft, rock climbing or bouldering and woodland games. Transport provided from Brighton to venues in Sussex.
- Open access adventure days for 13–19 year olds. Activities plus transport as above plus kayaking.
- New Heights: one adventure day a week brought to Hyde Housing estates in Portslade and Saunders Park free of charge; plus opportunities for young people to volunteer. Activities may include mobile climbing tower, bushcraft, archery and woodland games.
- Open access indoor rock climbing for all ages 5+ at our site at the Stanley Deason Leisure Centre, Wilson Avenue, East Brighton.
- Our mobile climbing tower will be appearing at events around the city throughout the year.

We can provide tailored activities to groups and are happy to provide a quote on request. We can bring activities to a suitable outdoor venue, or book groups in to our indoor climbing wall, or our woodland site in mid Sussex. We can provide children with accredited awards for the skills they have learnt from climbing to team work. We provide a

dedicated course director who stays with the group throughout, and additional 1:1 support as required.

To book activities go to our website www.ault.org and use our webform.

To discuss a new funding or project opportunity email director@aultd.org

