

## What is unique about Adventure Quest (UK)?

Adventure Quest (UK) ethos is based on a wilderness therapy approach which pays particular attention to providing practical application of leadership skills and focuses on building self-awareness, self-development and personal motivation.

Adventure Quest (UK) differs from other outdoor providers in that our focus is on supporting ex-military personnel with mental and psychological conditions.

We at Adventure Quest (UK) understand the difficulties many people face when leaving the armed forces. These can include but are not exclusive to:

- A genuine sense of abandonment and/or loss
- Adjusting to a new life within the civilian world
- Accepting that your new life is not solely guided by the principle of "you must or must not"
- Appreciating that the world you now inhabit is full of greyness rather than black or white principles "Civilians just don't understand me or what I have been experiencing"

Our course is designed to work in conjunction with and enhance the effectiveness of traditional therapy and treatment and is not a replacement for or alternative to formal psychological treatment and support.

## We don't stop there:

at Adventure Quest (UK) we also recognise the importance of obtaining meaningful long-term employment. As part of the course we also facilitate two employment fairs. These fairs are designed to provide individuals with opportunity to meet specialist recruitment organisations who will be able to discuss with individuals their future aspirations and provide them with guidance and support in locating meaningful employment.

## About Adventure Quest

Adventure Quest (UK) is a Community Interest Company (C.I.C.). We conduct our business and activities for community benefit, and not purely for private gain. Unlike many private companies we do not pay dividends to shareholders, thus maximising our ability to contribute to the wider needs of 'our community'. As a C.I.C., Adventure Quest (UK) needs to make a financial profit to ensure we are a sustainable and viable contender within this competitive arena. However, what makes us different, as a C.I.C is that the profit we make is re-invested back into the community we serve; veterans care.

To contact us, please call or email using the details below:

### Adventure Quest (UK)

Email: [info@adventurequestuk.org](mailto:info@adventurequestuk.org)

Phone: 07825 688512

Website: [www.adventurequestuk.org](http://www.adventurequestuk.org)

## Meet the Team

The staff working for Adventure Quest have been hand-picked to provide both a high level of expertise and more importantly understand the requirements needed to support ex-military personnel in the outdoor environment.



### Paul Lefever: Managing Director

**Qualifications:** BSc Mental Health Nurse, Mountain Leader (S), Walk Group Leader, Physical and Mental Health First Aid trainer & assessor.

**Experience:** Paul has been running outdoor, wilderness and mountain therapy courses for over 9 years. Paul has also served with the British Army (1991 to 1996). Paul has recently taken up a position as a freelance coach for RBL - Battle Back Centre in Lilleshall.



### Bruno Yates: Mountain Instructor

**Qualifications:** BSc (Hons) Sports Science, Diploma in Outdoor Activities, Mountain Instructor Award, Mountain Instructor Certificate (Trained), International Mountain Leader (Aspirant), Winter Mountain Leader, BCU Level 2 Paddlesports coach.

**Experience:** I've been working in the outdoors for 10 years teaching and instructing mountaineering, hillwalking, rockclimbing, canoeing & kayaking along with team building and personal development.



### Mark Brightwell: Mountain Leader

**Qualifications:** Mountain Leader (S), MSc - Environmental Technology

**Experience:** Mark served with the Gurkhas between 2005 and 2011, during which time he became qualified as an ML and led expeditions in Kenya, Borneo and Nepal. Having been injured in Iraq in 2007 he gained first hand experience of physical and mental trauma.



### Anthony (Evo) Evans: Support Worker

**Qualifications:** Military Mental Health First Aid, Military Map reading instructor, Mountain Leader (Aspirant)

**Experience:** Ex-Reconnaissance Soldier and Military Operating department Practitioner. Medically discharged after 18 years. Currently in the maintenance stage for type 2 PTSD.

Over 90% of Adventure Quest freelance instructors are WIS Veterans who have completed the Adventure Quest programme



*"Adventure Quest Offered Me The Opportunity To Rebuild My Life"*



## What is Adventure Quest (UK)?

Adventure Quest is a specialist UK based Adventurous Activities Rehabilitation provider, We provide a therapeutic programme of support to WIS Veterans who reside in the UK. As part of the Adventure Quest programme we assist our veterans in developing the necessary skills to undertake the Mountain Leader (summer) Award.

Our programme has been crafted over many years of direct experience in providing outdoor courses for people experiencing mental ill health. This means we understand the requirements needed to delivery such a unique course. By enrolling on our course veterans can be confident that they will receive information and guidance from our pool of experienced and qualified staff.

We are able to offer courses free of charge, thanks to funding support from our funding partner Help for Heroes.



## Who do we support?

Our courses have been designed to work with individuals who have served in the British Armed Forces and who are currently receiving support and treatment for a mental health condition (example: PTSD, depression, anxiety). In some cases individuals who leave the armed forces can lock themselves into a cycle of negative behaviours that appear challenging to break and can prevent positive choices being made. Evidence shows that spending quality time in wild mountainous settings can unlock this cycle and provide individuals with real health benefits.

## How to enrol on the programme?

In order to successfully enrol on the course, each individual must complete the following:

- Complete the online application form
- Attend an Intro Course at H4H Phoenix House PRC

On successfully enrolment, each person will then receive a bespoke 'learning plan' to assist in their development. This approach has been crafted over many years to ensure that we focus on individuals' strengths, skills and potential and is crucial when deciding on which qualification to pursue.



## Our track record

The founder of Adventure Quest (UK) has a long and successful track record of delivering ground-breaking mountainous therapy courses to adults and veterans residing in the UK since 2006.

## Who should apply?

Ex-military personnel who served in the British Armed Forces and have sustained an injury, have been wounded or have a psychological condition that is directly related to time in service.

**To apply**, please complete our secure online application form, which can be found at:  
[www.adventurequestuk.org](http://www.adventurequestuk.org)

If you wish to discuss the course or speak to a member of the Adventure Quest (UK) team before completing the application form please do contact us.

## I would love to get involved but I can't afford to:

We understand that enrolling on this course is a major undertaking and requires a high level of commitment. Adventure Quest (UK) offers a means-tested bursary, which is available for all enrolled eligible veterans once qualified to participate on the course.



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