

## HOW TO ACCESS OUR SERVICE:

- ◆ Are you 18 years or over?
- ◆ Have you been diagnosed with a mental health and/or addictions issue?
- ◆ Are you willing to participate in a goal focused exercise programme or activity to increase well-being, lose weight, gain fitness, confidence or health?

*If you are interested in our service you can self refer by contacting us on the numbers provided. A health professional or mental service provider can also refer you.*

## VISION

Realising potential  
*Tautokohia te mana tangata*

## VALUES

Connecting with purpose  
*Whakawhanaunga*

Engaging with respect  
*Manaaki*

Walking and learning together  
*Ako*

Acting with integrity  
*Whakamana*

# ACTIVITY BASED EXPERIENCE (ABE)

**EMERGE**  
*Aotearoa*



*Realising potential ■ Tautokohia te mana tangata*

*“Physical activity has the potential to improve the quality of life of people with serious mental illness by improving physical health and by alleviating psychiatric and social disability.”*

Richardson, Faulkner, McDevitt, Skrinar, Hutchinson & Piette, 2005

Activity Based Experience  
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## ABOUT EMERGE AOTEAROA

Emerge Aotearoa provides a wide range of community-based mental health, addiction, and disability support services nationwide. We believe that everyone is capable of living full and rich lives in their communities.

We were formed in 2015 following the merger of two established mental health providers, Richmond Services and Recovery Solutions. We took the best thoughts, principles, and practices from both these organisations to create a new organisation that would deliver the best possible outcomes, and be influenced and led by the people who use our services.

We operate in most geographic areas across New Zealand from Kaitiaki to the West Coast of the South Island, employ about 1000 staff and provide accommodation, services, and support to approximately 6,000 people. We are contracted to provide mental health, addiction, and disability services and have a housing portfolio that provides stable accommodation to people in a range of different situations.

As a non-governmental organisation (NGO) we prioritise people over profit, and continuously seek innovative and sustainable solutions. We combine this with professionalism and commitment to the highest quality of service.

Our focus is on helping people achieve their full potential, supporting individuals and whānau/families, and encouraging communities to embrace all people and their journeys.

IN EVERY  
ASPECT OF OUR  
WORK WE ARE  
COMMITTED TO  
SUPPORTING  
PEOPLE TO LIVE  
FULFILLING LIVES  
WITHIN THEIR  
COMMUNITY OF  
CHOICE

## WHAT IS THE ABE PROGRAMME?

- ◆ It is a free service where the primary aim is to encourage people living with mental illness and/or addictions to engage in healthier lifestyles. It seeks to improve physical health and mental well-being for all those participating.
- ◆ The programme offers person-centred, individualised programmes that are typically three months in duration. Throughout this time we will work with you to ensure you feel confident and are well resourced to continue with your chosen activity once you have finished the program.
- ◆ All we ask is a commitment from you to attend weekly appointments over this time at a location of your choice e.g. your home, local park, gym or other.
- ◆ Throughout the programme you will receive regular updates of your progress.
- ◆ You are encouraged to become more involved in the wider community as your self-confidence, health, fitness and well-being increases.
- ◆ Support is focused on your goals, interests and strengths.

### SUPPORT MAY INCLUDE:

- ◆ Regular face to face contact from a skilled Community Support Worker to support you with activities and exercises essential to your well-being.
- ◆ Accessing and participating in community sport and leisure activities.
- ◆ Any special interests and goals you have towards a healthy lifestyle.
- ◆ Active participation in individual or group activities, e.g. swimming, tennis, cycling, walking or jogging. Some of these groups may be organised by people who have accessed ABE in the past.

## WHAT YOU CAN EXPECT FROM OUR SERVICES

### FROM OUR STAFF:

- ◆ Professionalism and experience
- ◆ Individualised support tailored to your needs
- ◆ Respect
- ◆ Assistance to manage your health and well-being
- ◆ Encouragement and support
- ◆ Respect for your cultural identity
- ◆ Privacy and confidentiality

### FOR YOURSELF:

- ◆ Achieving goals you care about
- ◆ Development of skills for a healthy lifestyle
- ◆ Exploring your active side
- ◆ Feeling better about yourself and your body
- ◆ Recreation, adventure and fun in a friendly and relaxed atmosphere
- ◆ Increased self-confidence and self-esteem.

*“We now have evidence to support the claim that exercise is related to positive mental health as indicated by relief in symptoms of depression and anxiety.”*

Dr Daniel M. Landers, Arizona State University, 2006