

NEXT LEVEL SCHOOL PROGRAMMES FOR MENTAL HEALTH & WELLBEING



**CLIMB
SMILE
REPEAT**

**BOULDERING ROPE CLIMBING CAVING
ABSEILING ESCAPE WORKSHOP**

Rope climbing like nowhere else. Built inside a former flour mill, children will experience the thrill and adrenaline-pumping excitement of indoor rope climbing with our expert instructors. Kids can work their way 21.5m up Yorkshire's highest indoor lead climbing wall or take our four 16m silo rope climbs. Climbing's a great way to explore positive fear, overcome challenges and help to develop peer support skills. Our ultimate experience will enable kids to translate this into their everyday lives.

ROPE CLIMBING



Kids will get the opportunity to defeat the darkness, conquer tight spaces and build new found confidence after taking on our indoor caving system inside ROKT. They will support their teammates as they wind their way through the labyrinth and emerge feeling epic with an enhanced sense of camaraderie. High capacity, low queue time and easy exits mean everyone can take part and go as far as they can.

INDOOR CAVING



Climbing without ropes, problem solving and for any ability - that's bouldering. Build confidence on the traverse wall, take on the cave and test yourself in the main chamber. Kids will learn that it's not all about strength - it's about technique and problem solving. Bouldering is the ultimate physical mindfulness experience, completely concentrating the body and mind.

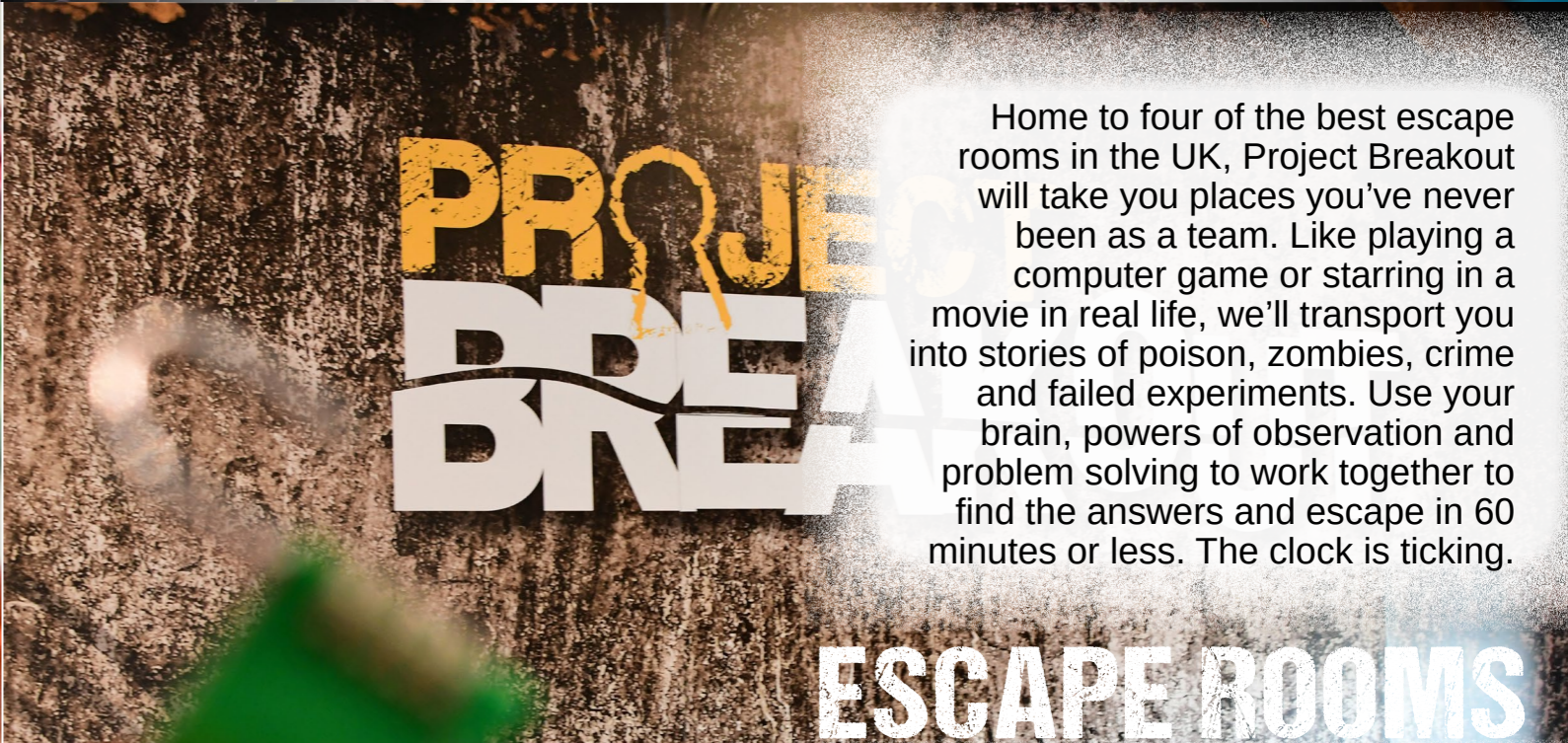
BOULDERING



PROJECT BREAKOUT

Home to four of the best escape rooms in the UK, Project Breakout will take you places you've never been as a team. Like playing a computer game or starring in a movie in real life, we'll transport you into stories of poison, zombies, crime and failed experiments. Use your brain, powers of observation and problem solving to work together to find the answers and escape in 60 minutes or less. The clock is ticking.

ESCAPE ROOMS



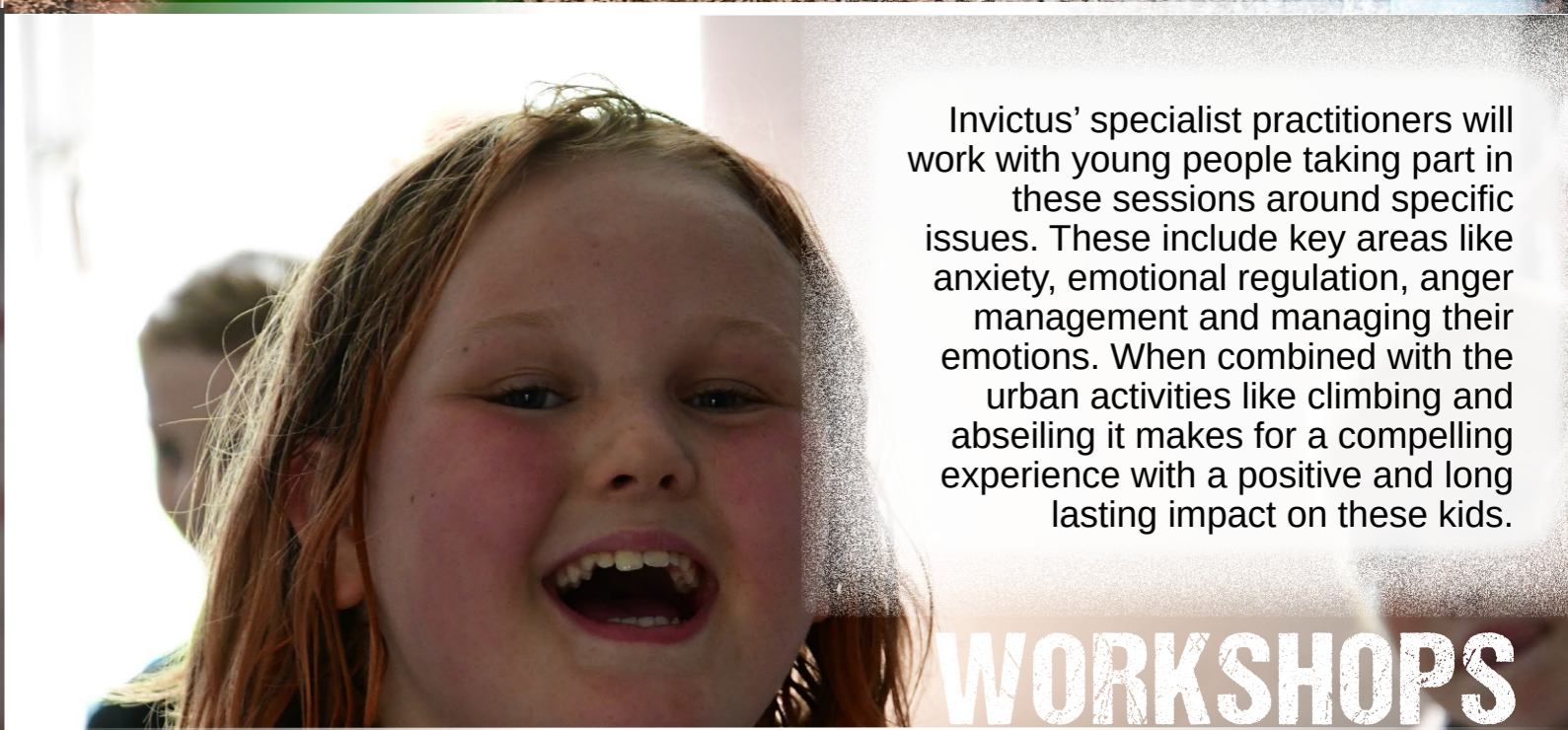
Kids will grab a helmet, climb the stairs to the top of the building, strap in and...drop! They will take the fastest and most exciting route from the top of ROKT Urban Adventure Centre to the bottom the fun way with an abseil down the spine of the atmospheric building. Indoor, secure and absolutely unforgettable. One to talk about when they get back to school for days, weeks and years.

ABSEILING



Invictus' specialist practitioners will work with young people taking part in these sessions around specific issues. These include key areas like anxiety, emotional regulation, anger management and managing their emotions. When combined with the urban activities like climbing and abseiling it makes for a compelling experience with a positive and long lasting impact on these kids.

WORKSHOPS



FREE SCHOOL MENTAL HEALTH & WELLBEING CLIMBING SESSIONS

WHO'S INVOLVED?

ROKT Foundation and Invictus Wellbeing charities have joined forces and secured funding to support mental health and wellbeing for children and young people aged 9-17 years old in Calderdale, Kirklees and Bradford schools.

HOW MUCH DOES IT COST?

It is completely free so there is no charge per child. That is thanks to the generosity of the NHS VCS Support Fund and Morrisons Foundation. See below for contact details to find out more.

WHO CAN TAKE PART?

We have free places for Calderdale, Kirklees and Bradford school children aged 9-17 to help those in need of extra support with their health and wellbeing. They may have been identified by teachers or the pastoral team.

HOW IT HELPS & WHAT TO EXPECT

With busy lives, social media, forthcoming exams and general uncertainty about what the future holds, we know more and more of our children and young people need that bit of extra support.

We have joined forces to create the perfect mental health and wellbeing course, combining unique self-help tips with a fun, exciting, adrenaline-pumping experience for all.

So, what can you expect? Basically all the exciting things listed on the other pages in this brochure!

Our 2 1/2 hour taster sessions are a mixture of urban activity experiences, escape rooms and Invictus Wellbeing sessional-based workshops which teach students about how to look after their mental health with tips and techniques on emotional support and resilience. The workshops encourage young people to think differently about how to support their own wellbeing.

After that, students will then be treated to 2 hours of climbing and activity sessions which include climbing, abseiling, indoor caving and escape rooms.

NICAS CLIMBING QUALIFICATION

As well as taster sessions, some students will be given the opportunity to sign up to longer term climbing courses which will enable some students to achieve their NICAS (National Indoor Climbing Award Scheme) level 1 certificate.

WHAT NEXT? LET'S DO THIS!

Do you have students you think would benefit from this project?

Then get in touch and we'll arrange a chat about the programme in more detail.

Email katie.kinsella@roktfoundation.co.uk

Call 01484 937180 | Visit www.roktfoundation.co.uk

