

The logo for Rokt Foundation is a blue oval with a white border. Inside the oval, the word "ROKT" is written in large, white, distressed, block letters. Below "ROKT", the word "FOUNDATION" is written in smaller, white, sans-serif, all-caps letters.

ROKT

FOUNDATION

The background of the cover is a high-angle photograph of a city street. On the right side, a tall, white climbing wall with numerous colorful holds is visible. Two people are climbing the wall. Below the wall, a street with pedestrians, white vans, and buildings is shown. A blue oval logo with the text "ROKT FOUNDATION" is in the top left corner. The text "ANNUAL REPORT 2023-24" is overlaid in large, white, distressed, block letters across the middle of the image.

ANNUAL REPORT 2023-24

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TRUSTEES & PATRONS

Lidia Shinwell (trustee)

Jason Costello (trustee)

Kirsty Young (trustee)

Sinéad Sopala (trustee)

Bob & Carol Bridgestock (patrons)

Sean Jarvis (patron)

MESSAGE FROM THE BOARD - Kirsty Young, trustee

ROKT Foundation continues to improve year upon year and the board are proud to represent the charity and the amazing work they do within our community. I came to be on the board due to working as Sports Lead at Highbury Specialist school in Brighouse, and got to see, first hand, the powerful effect that climbing can have on children with additional needs. During their time at ROKT, the children had an unbelievable increase within their own physical development, as well as communication and independent skills. As the project was funded for by the 'Climbing for All' project, the children's families were also able to attend and join in with their children for the final session. This was empowering for all our families, as having children with additional needs can make extra-curricular activities more of a challenge, so this enabled them to spend some quality time as a family whilst climbing. The foundation continues to support, and empower, across varied audiences within the community, to continue supporting the benefits that climbing brings to all.



WELCOME TO THE ANNUAL REPORT 2023-24

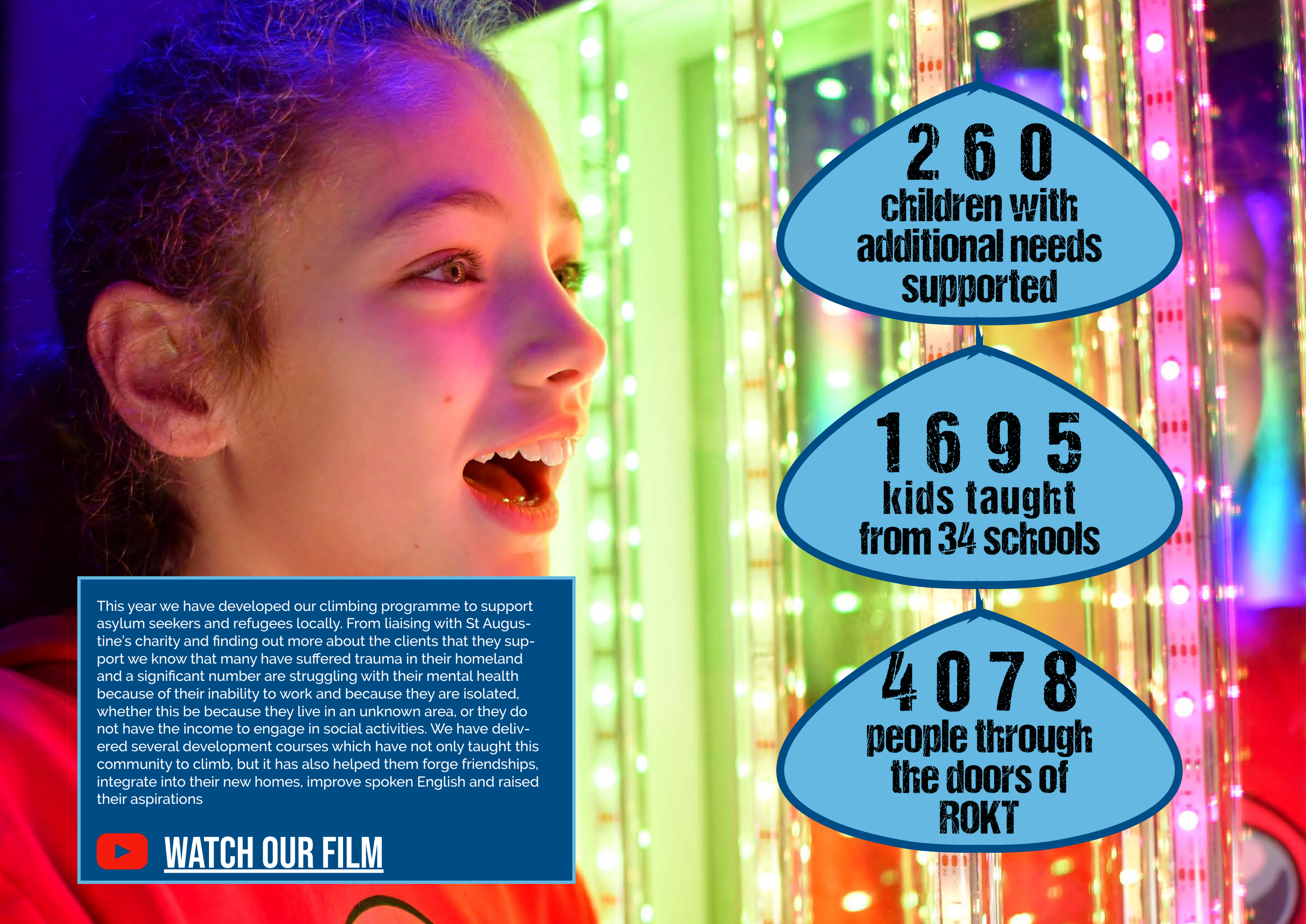
I'm always astounded at how quickly each year passes at ROKT Foundation and how much we get through in that year. Supporting new programmes and engaging new audiences. As our first 'strategic plan' 2022-2025 reaches its penultimate year, it has been good to consolidate what we have achieved as a young charity.

Since reopening our doors in April 2021, following the pandemic we have engaged 40.78 people, supported 1695 from 34 schools across West Yorkshire and empowered more than 260 children with special educational needs. In the spirit of inclusivity and engagement, we have helped 128 children and adults from overseas with our refugee and asylum seeker support programmes, helping those forced to leave their homes, feel more at home through climbing.

We continue to do our bit to battle the cost-of-living crisis. Since 2021 we have delivered 7 Healthy Holidays programmes to give just under 500 children the ultimate active urban adventure and enrichment experience, combined with good food and nutritional education.

We have been delighted to get recognised for our innovative 'Moving through Menopause' programme, receiving a highly commended award from the Community Spirit Awards, we continue to support ladies into the second year of this inspiring initiative. The accolades continued when in February of this year our Founder, Dr Max Euan Noble received the 'Points of Light' award from the Prime Minister in recognition the fantastic work of ROKT Foundation. We have lots of exciting new programmes and partnerships to look forward to for 2024-2025 and beyond where we will continue our mission to Engage, Empower, Inspire.

Katie Kinsella, Chief Executive Officer



2 6 0
**children with
additional needs
supported**

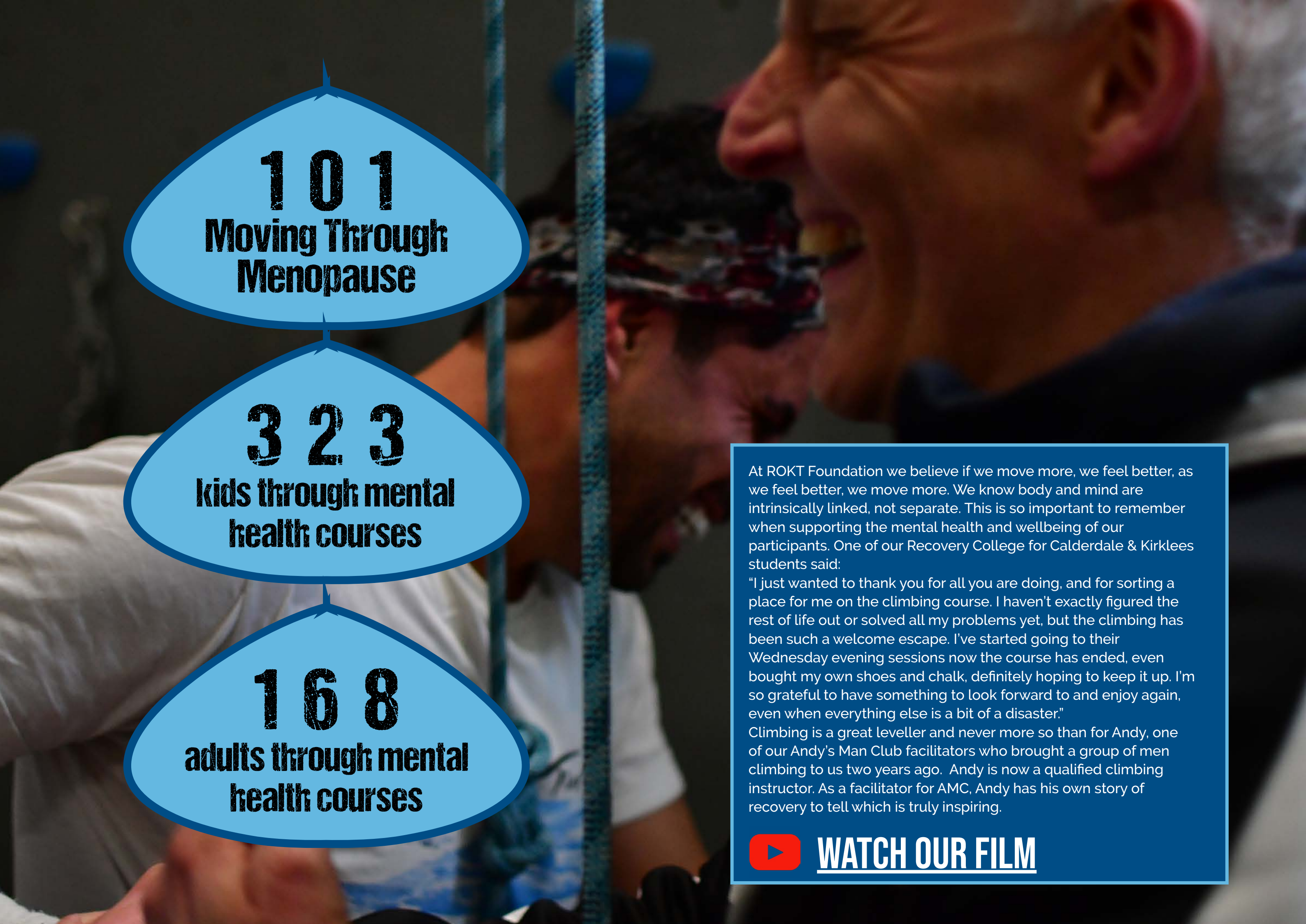
1 6 9 5
**kids taught
from 34 schools**

4 0 7 8
**people through
the doors of
ROKT**

This year we have developed our climbing programme to support asylum seekers and refugees locally. From liaising with St Augustine's charity and finding out more about the clients that they support we know that many have suffered trauma in their homeland and a significant number are struggling with their mental health because of their inability to work and because they are isolated, whether this be because they live in an unknown area, or they do not have the income to engage in social activities. We have delivered several development courses which have not only taught this community to climb, but it has also helped them forge friendships, integrate into their new homes, improve spoken English and raised their aspirations



WATCH OUR FILM

A background image showing a man in a blue shirt climbing a rope. He is looking down and has a focused expression. The rope is blue and hangs vertically. The background is slightly blurred, showing other people and what appears to be an indoor climbing facility.

1 0 1
**Moving Through
Menopause**

3 2 3
**kids through mental
health courses**

1 6 8
**adults through mental
health courses**

At ROKT Foundation we believe if we move more, we feel better, as we feel better, we move more. We know body and mind are intrinsically linked, not separate. This is so important to remember when supporting the mental health and wellbeing of our participants. One of our Recovery College for Calderdale & Kirklees students said:

"I just wanted to thank you for all you are doing, and for sorting a place for me on the climbing course. I haven't exactly figured the rest of life out or solved all my problems yet, but the climbing has been such a welcome escape. I've started going to their Wednesday evening sessions now the course has ended, even bought my own shoes and chalk, definitely hoping to keep it up. I'm so grateful to have something to look forward to and enjoy again, even when everything else is a bit of a disaster."

Climbing is a great leveller and never more so than for Andy, one of our Andy's Man Club facilitators who brought a group of men climbing to us two years ago. Andy is now a qualified climbing instructor. As a facilitator for AMC, Andy has his own story of recovery to tell which is truly inspiring.



WATCH OUR FILM



WATCH BBC MEDIA COVERAGE



FROM THE FOUNDER

I've always believed climbing could be a positive force for change and the work ROKT Foundation has undertaken during the last 12 months is proof of that.

Climbing enables people from all walks of life to escape, to learn, to cope, to grow - it's a unique experience where the mind and body work together.

This is why the Foundation is making such strides and changing the lives of children, young people and adults who need, in some cases, life-saving intervention. And it works.

ROKT Foundation was created with the goal of providing access to a place where everyone is welcome, that inspires change, growth and ultimately combines excitement with challenge and experiences that shape positive perspectives.

So, to see it thriving now is a dream come true. I am so proud of Katie and the team of instructors who are putting the work in to make a difference.

ROKT Foundation is now gaining a reputation and has attracted a record amount of media coverage these last 12 months which helps in raising the profile of the charity, forming new partnerships and leveraging more funding.

I am very proud of the Points of Light award I received not for myself, but for the work ROKT Foundation and all its partners are doing day in, day out. That recognition is for us all - fuelling the fire we have inside us to help others.

Our future plans are even more exciting and together we can change lives, get people climbing and create that lasting legacy using the power of climbing. Onwards, upwards...and beyond.

Dr Max Euan Noble, Founder of ROKT Foundation

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**PRIME MINISTER
POINTS OF LIGHT
AWARDS**

£365,786

**INCOME &
GRANT FUNDING
SECURED 2021-24**

**575,000+
PEOPLE REACHED
THROUGH MEDIA
COVERAGE**

MEDIA COVERAGE

The joys of climbing for all families



A scheme that gives families with disabled children the chance to climb together is to start after Brighouse-based charity the ROKT Foundation won funding from Sport England. Climbing For All Families was tested last year and the charity received positive feedback. Pictured are participants Lilly, Martha and Fia.

YORKSHIRE POST

BBC RADIO
Leeds

heart

YORKSHIRE POST

THE YORKSHIRE POST

8 Nov 2023

homes with nearby air; Council's housing development manager Adam Harper said: "Passivhaus does not require little heating required, trying to reduce heating that's a social need that we could be able to have a home can afford to heat."

omes are built with super-insulation, triple-glazed windows and airtight walls which are

scheme were not able to answer how expensive they would be, but according to Checkatrade the average Passivhaus price is £225,000. "I think back to when I was a child growing up in Halifax with frost on the inside of the windows," housing executive Coun Michael Pavlovic said.

"What I think we're creating here is something for the future, for our children to be able to grow up in environments where they're healthier

ness and when it arrives because you have no idea what it's going to be. "That should take some of that anxiety out and I just think it's amazing."

An open day for prospective buyers will go ahead at Duncombe Square on Friday.

Climate executive Coun Kate Ravillious said: "For 20 years, Passivhaus buildings have been helping cut carbon emissions across the world. Those who have built them

Chapney Coles, from the Passivhaus Trust, said: "The visits to Duncombe Square will be a great way to share the project team's technical knowledge of building to the Passivhaus standard and show other councils, building professionals, and social housing providers what is possible for large-scale housing developments."

Two sessions will take place between 10.30am and 12.15pm and at 1.30pm to 3.15pm.

wilding and risk taking

etland, had limited the artificial. ans have now been approved by Bradford Council. Council officers said of nature meant many of the sites designed to flood were now less effective when the wetlands were flooded in 2005.

report they said: "The scheme is now limited and the pond cell capacity has been dramatically reduced by sediment deposits and the scheme, officers were aware of the previously raised stream banks will flood flood plain and in the ability of the stream to erode during heavy rainfall, the risk of the leaky dam flood water onto a newly wet meadow where water sorbed and held."

as providing better flood relief, officers said the scheme would boost wildlife, adding:

"The current condition and management of the site has resulted in little diversity and opportunities for wildlife. The construction of the weir to feed the wetlands resulted in the loss of valuable habitat for fish and invertebrates."

Sensory room thrills for disabled



Children with a range of disabilities will have a new space to thrive inside after a Brighouse charity opened a new £18,000 experience. A new sensory room at ROKT Foundation has opened to users from across West Yorkshire. The charity offers climbing and "urban activity" in the town. Visit www.roktfoundation.co.uk

Bus companies need to treat us with more fairness, council told

COUNCIL LOR is urging more than a carrot be used to put pressure on bus companies to reduce or reduce services. Coun Paul Rastenger told Councillors the Council constituents daily and him who was being done get back bus services, whose removal or reduction meant they did not get to work on the day.

Coun Rastenger (Lab Dem, Great and Stainforth) said his ward had been badly hit, losing one service and another reduced.

Better communication was needed with constituents who asked what was being done about bus services on a daily basis.

He said: "There seems to be more of a carrot than a stick and I think we really need to be saying you should be doing something for us otherwise we will be looking elsewhere."

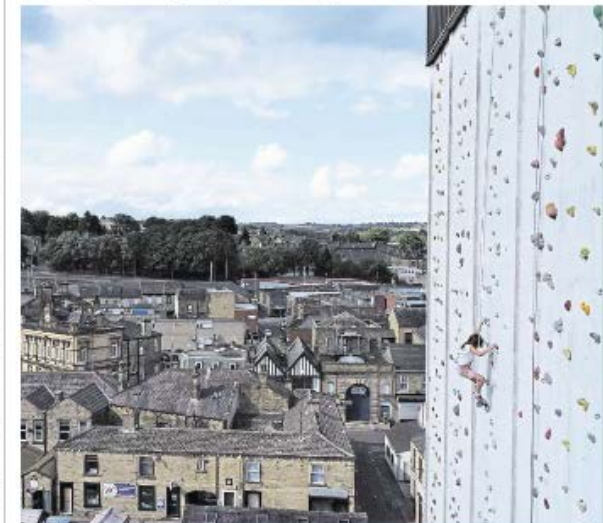
Coun Scullion said she was very angry about the cuts bus companies had made because they were declaring profits. Companies argued they struggled to recruit drivers, which had been an issue.

"But it is no excuse - they bid for these contracts and the difficulty is, as the bus companies withdrew from the contracts they consider unprofitable, the burden falls on the West Yorkshire council taxpayer," she said.

West Yorkshire could not subsidise every withdrawn route.

Authority and its transport committee fairly over some of the less popular services, she said. "We could use that money to subsidise some of these less popular early-morning and late-evening services," she said. Coun Rastenger (Lib Dem, Great and Stainforth) said his ward had been badly hit, losing one service and another reduced. Better communication was needed with constituents who asked what was being done about bus services on a daily basis. He said: "There seems to be more of a carrot than a stick and I think we really need to be saying you should be doing something for us otherwise we will be looking elsewhere."

Scaling the heights for charity



A climber tackles ROKTACE, the UK's highest outdoor man-made climbing wall, located at ROKT in Brighouse. It has not operated since before the Covid-19 pandemic and profits from all climbs yesterday went to the ROKT Foundation climbing charity www.roktfoundation.co.uk.

Katie Kinsella
Director, ROKT Foundation
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BBC LOOK NORTH

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Read more: 44 photos that will take you back to nights on the town in 2009

YORKSHIRE POST

A man with dark hair and a headband is climbing a green rope. He is looking up with a determined expression and giving a thumbs up with his right hand. He is wearing a black watch on his left wrist.

OUR MISSION & SUCCESSES

We are hugely proud of the projects we've delivered during the last 12 months and indeed, the last three years. At every level and through every project we strive to improve not only physical, but emotional health and wellbeing.

MOVING THROUGH MENOPAUSE

One of our fastest growing and impactful programmes has been Moving through Menopause the programme had just initiated when the last impact report was produced, and we are delighted at how successful this programme has been.

Originally conceived as a weight loss idea, this quickly changed to become an in depth, insightful, holistic approach to women's health. Research shows that 85% of women have symptoms when transitioning through menopause, to varying degrees of severity. Yet many feel alone in their journey and lack support. Our ten-week programme has allowed ladies to learn a new sport,

get expert clinical and functional advice in managing hormones, learn about how good nutrition can really impact on emotional and physical health and how Pilates, breathing techniques and active mindset can support on a daily basis.

We have been overwhelmed by the success of the project and delighted to have received The National Lottery Community fund and Sovereign Healthcare funding to deliver the programme to up to 200 ladies throughout 2024 -2025.

"I thought that I was quite well informed about the impact of the menopause, but the course provided me with a significant amount of information and advice that have helped me to manage my symptoms much more effectively and in a positive way. I really believe that the provision of courses such as this will have a positive impact in reducing the pressure on health services, including mental health, enabling people to understand and manage the issues themselves."

"In addition, the opportunity to try climbing was amazing; it was something I would never have thought to try otherwise. I suffer from vertigo but managed in the space of 7 weeks to conquer my fear and scale a 21-metre-high wall. The experience improved my confidence in myself and boosted my self-esteem, inspiring me to try other things. I can't recommend the course enough to anyone approaching or dealing with the menopause!"

Sheila Keogh – course 5 participant 2023

ASYLUM SEEKER AND REFUGEE SUPPORT

We have supported 128 asylum seeker and refugee clients to learn valuable climbing skills, giving them a sense of belonging and purpose through our physical activity programmes.

Over the course of the last 18 months we have worked with St Augustine's Centre and Homes for Ukraine to support refugees and asylum seekers with activities to engage their body and mind.

From the work that we have done and the contacts we have made, we know that the clients in need of support are often isolated because; if seeking asylum, are unable to seek paid employment.

Many are being housed in temporary accommodation in an area that they do not know. Our programme has seen a significant numbers of Afghan refugees, Somalian, Iranian, Iraq and Albanian refugee and asylum seekers. While they can volunteer through St Augustine's, many need the chance to socialise and feel part of the community they live in.

We have also supported more asylum seeker children than ever. Working closely with the family support team at St Augustine's we have welcomed around 50 children onto our Healthy Holidays programme. This has provided them with fun and challenging activities, but also the opportunity to play and have fun with other children from the local community. We plan to develop this to deliver wider family sessions and expand our provision to support asylum seeker and refugee families in Kirklees.



IMPACTS

ROKT Foundation is dedicated to supporting physical and mental health and wellbeing. Across our programmes, we research how to support our client bases and get vital feedback from them to make sure we are best supporting them.

By measuring and evaluating we can understand how our interventions have had a positive impact on both our participants and those connected to them, including carers, teachers, and wider families.

The ROKT Foundation mission is to engage, empower and inspire, we work with groups that would not normally come along to climb, whether this is because of low income, low aspirations, lack of awareness, anxiety or even fear. We then support them to improve their confidence and self-value.

From the beginning of a course to the end of a course, confidence is raised, self-esteem is built and the challenge to do more and do it better is encouraged by us and welcomed by those we support. Our approach works because climbing is an activity that appeals to our human nature, physically, mentally, and emotionally

CHILDREN'S MENTAL HEALTH & WELLBEING

Children's mental health will always be a priority for ROKT Foundation and as such we have developed authentic partnerships with mental health practitioners to deliver a variety of health and wellbeing interventions.

Throughout the last 12 months, we have worked with Invictus Wellbeing Foundation and Creative Minds to deliver a successful Safety Nets programme.

We have worked with eight primary and secondary schools across Calderdale and Kirklees to identify with pastoral leads and behavioural specialists, children with low self-esteem, lacking confidence and in need of extra support.

This highly interactive programme has shown children how to take charge of their mental health and wellbeing, giving tips and advice on how to eat well to feel well, the importance of a good night sleep and how friendships and peer support make a positive difference.

All that is underpinned by challenging activities including caving, bouldering, roped climbing and abseiling to allow children to understand achievement through challenge and positive mindset.

However, our one-to-one provision has proven invaluable to supporting the emotional wellbeing for many children. Working across funding programmes to support children's emotional wellbeing and special educational needs has enabled us to target children that are neuro-diverse and identified as struggling to cope.

Our expert instructing team, with Climbing for All training techniques have encouraged and enabled children at odds with the world to shine.

TACKLING INEQUALITIES

From 2021-2023 delivered seven Healthy Holidays programmes to just under 500 children.

85% of our mainstream programme supported children in receipt of free school meals from low-income families, the remaining 15% supported children with special educational needs and 'looked after' children. Our programme has had a fantastic mix of physical and enrichment programmes, alongside health and nutrition learning. During summer 2023 children were given the opportunity to summit ROKTFACE, the outdoor climbing wall at a height of 28 metres. Children aged 7-16 of all abilities tested their nerve and climbing skills on the UK's highest man-made climbing wall.

"I wanted to express my deepest gratitude to all of you for the incredible opportunity you've provided for Lachlan to pursue his passion for climbing.

"He has truly relished every moment of it and is absolutely ecstatic about being able to attend the climbing club.

"Your support and encouragement have not only made a difference in his life but have also sparked a new found joy and

enthusiasm in him.

"Words cannot fully convey the impact this has had on Lachlan and our family. Your dedication and commitment to fostering his growth and development are deeply appreciated.

"Please note that your efforts have made a lasting impression and have positively influenced his journey. With heartfelt thanks..."

Tammy and John - parents

"My son is happy here, he feels safe."

Refugee parent

"This summer was my first time using the healthy holidays programme.

"My son attended several different activities, and my daughter the rock climbing. Both children really enjoyed the groups they attended, it kept them entertained, educated them and kept them active.

"From my perspective the programme really helped me financially with the cost of living ... providing my children with a hot meal and activity, I will definitely use it in future if available next summer."

Parent from Healthy Holidays programme

TIMELINE 23-24



WATCH OUR FILMS...

FINANCIALS

2023/24 has been a positive year for fundraising and delivery.

April 23-Mar 24

Total income	Grant Funding	Local Gov Commissions	Educational Commissions	Fundraising & donations
£129,200.68	£102,718	£3,080	£19,370	£457

April 22 – Mar 23

Total income	Grant Funding	Local Gov Commissions	Educational Commissions	Fundraising & donations
£119,099.00	£90,487	£9,240	£18,329	£320

Expenditure

Project Delivery Instructor costs and partner delivery costs	Core Costs Utilities and equipment subscriptions	Staff Training
£101,123.68	£25,6898.60	£916.90

March 2024 year end balance: £89,949.47

“The largest proportion of our funding income comes from successful applications to grant giving trusts and foundations. During the financial year 2023-2024, ROKT Foundation secured £102,718 in grant funding.”

FUNDING STREAMS

Funding has kindly come in from various key funders.

- These include:
- The National Lottery
 - Community Foundation for Calderdale
 - One Community Kirklees
 - Department of Education
 - Morrisons Foundation
 - Sport England
 - Tesco
 - Toy Trust
 - British Gas
 - UK Youth
 - Magic Little Grants
 - Creative Minds
 - Sovereign Healthcare Trust

These grants have allowed us to initiate new programmes and continue to embed further our successful, long-standing support.

Community Foundation funding has enabled us to develop further our support for Refugee and asylum seeker communities.

National Lottery Funding and Sovereign Health-care monies have allowed us to continue our 'Moving through Menopause' programme, following a highly successful pilot programme.

Children in need of mental health support have been given a helping hand from the 'Safety Nets' project, part funded by Morrison's Foundation and Voluntary Sector Alliance. Staff have been supported with training opportunities with core funding provided by British Gas.

We are delighted that we receive the grant funding we do. As we progress as a charity we will strive to secure longer term, core funding to really develop our offer and our staff within the organisation.



LOOKING FORWARD



WATCH OUR CLIMBING FOR ALL FILM

In the short to medium term we will continue to inspire all ages and abilities to get moving, try new forms of exercise through climbing and through our developing partnerships. We will harness the wow factor of ROKTFACE and utilise this in the spring and summer months, not only supporting our participants but supporting other charities to fundraise on the UK's largest man-made climbing wall.

We will be celebrating Calderdale's year of culture, through CultureDale we will join climbing and cultural enrichment to create a diverse and welcoming programme of activities for children and young people.

We have made a good start with our developing outdoor provision and this is something we will continue to grow with good staff training and development to create more outdoor opportunities for young people and adults.

We will strive in the coming year and beyond to go further with our inclusive approach, working hard to support those with neuro diverse conditions and physical disabilities to engage, empower and inspire. We have been astounded by the uptake for our SEN programmes and the trust parents and carers put in us to challenge their children to do more and do it better.

As we continue to support people in their battle with the 'Cost of Living' crisis, we will develop innovative programmes that support children and young people to manage finances in a creative way, working with financial experts and using climbing activities to make this learning truly resonate.

We will continue to support West Yorkshire Police early intervention teams to help reduce the numbers of young people involved in crime. Working alongside schools and through police referrals we will develop enrichment and learning programmes to help young people make good life choices. And we will continue to... →

**ENGAGE
EMPOWER
INSPIRE**

**SUPPORT
ACTIVE WORK-
PLACE AGENDA**

**SUPPORT
MORE ACTIVE
COMMUNITIES**

**EFFECTIVELY
MARKET &
PROMOTE WHAT
WE DO**

**IMPROVE
HEALTH & CARE
FOR WHO WE
SUPPORT**

**ENSURE WE'RE
INCLUSIVE, SAFE
& ACCESSIBLE**

**SUPPORT
THE ACTIVE
SCHOOLS
AGENDA**

The background of the entire page is a photograph of a person climbing a large, layered rock formation under a clear blue sky. The top of the image shows the green leaves of trees. The Rokt Foundation logo is centered at the top, featuring the word 'ROKT' in a large, white, distressed font inside a dark blue oval, with the word 'FOUNDATION' in a smaller, teal, sans-serif font below it. The main text 'ENGAGE', 'EMPOWER', and 'INSPIRE' is written in a large, blue, distressed font with white outlines, stacked vertically in the center of the image. At the bottom, there is a dark blue rectangular box containing white text about the charity's future plans, followed by the website address 'ROKTFoundation.CO.UK' in a white, distressed font.

ROKT
FOUNDATION

**ENGAGE
EMPOWER
INSPIRE**

LONGER TERM NEXT STEPS

SUSTAINABILITY FOR THE CHARITY IS IMPERATIVE TO CONTINUE TO MAINTAIN AND GROW. BUSINESS ENGAGEMENT AND INCREASING SCHOOLS' ENGAGEMENT WILL ENABLE LONGER TERM SUSTAINABILITY. WE WILL USE THE NEXT 12 MONTHS TO EXPLORE AND TRIAL MORE EDUCATIONAL AND TRAINING PROGRAMMES, EXTENDING TO WEEKEND PROVISION. WE WILL LOOK TO HIRE FACILITIES TO OTHER LIKE-MINDED PROVIDERS AND ALSO TO GROW THE WORKFORCE WITH CLIMBERS THAT WE HAVE SUPPORTED FROM THE OUTSET OF THEIR JOURNEY.

ROKTFoundation.CO.UK