



ROKT
FOUNDATION

ANNUAL REPORT 2024-25

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2025-2028

TRUSTEES & PATRONS

Lidia Shinwell – Chair of Trustees

Jason Costello – Trustee and Treasurer

Sinéad Sopala – Trustee

(Vacancy) – Trustee

Bob & Carol Bridgestock – Patrons

Sean Jarvis – Patron

MESSAGE FROM THE BOARD - Jason Costello, Trustee & Treasurer

I'm proud to serve as a Trustee at the ROKT Foundation, supporting our incredible CEO Katie Kinsella and the dedicated team as a sounding board and helping provide strategic and operational steer.

The work that we do at The ROKT Foundation delivers meaningful impact across our community that is inspiring.

If you are thinking about becoming a Trustee I say "go for it". I believe time is our most valuable possession, sharing it in this way is poignant and powerful.

One of the most moving moments for me was seeing our highly skilled instructors deliver sessions to families where a child has complex medical needs, alongside their able-bodied sibling and parents - all laughing together, squealing along with a few expletives scaling ROKT's lead wall. "This kind of thing doesn't happen to families like ours" were the words that came out of mum's mouth. That's real emotion, that's real impact that our little charity has made happen. Our team work hard to make a difference and it's their hard graft that creates a time together with memories that lives with everyone forever.



WELCOME TO THE ANNUAL REPORT 2024-25

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

Since April 2021, we have engaged and supported 2158 children from 47 schools across West Yorkshire. We have empowered 128 children with special educational needs through school specific programmes. In the spirit of inclusivity and engagement, we have helped 187 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 have a long-standing relationship with many adults attending our mental health and wellbeing courses. We received special recognition from National Indoor Climbing Award Scheme (NICAS) in developing courses aimed at adults, using climbing and achievement as a means to get well and stay well. NICAS have been particularly impressed with our partnership with 'Andy's Man Club' helping men who have experienced a real low point in their lives learn to climb, thrive, laugh and connect - helping them think differently and positively.

We continue to battle the cost-of-living crisis. Since 2021 we have delivered 10 Healthy Holidays programmes to give more than 600 children climbing, other sports and enrichment experiences, combined with good food and nutritional education. This year we have gone one step further with our financial resilience programme, showing children how to manage their money with an excellent partnership with 'Own Futures' bringing learning to life through climbing and active urban adventure.

I was honoured to receive a 'Strategic Leader' award from Charity Comms Inspiring Communicator awards, in recognition of the work done to engage and include children with special educational needs and disabilities in our climbing and adventure experiences. In early Spring 2025 we lost Max - a wonderful little boy who had a life limiting illness who was just 9-years-old. As a team we are honoured to have provided Max with the opportunity to climb alongside his brother, Charlie, for many sessions. We will continue to fight for this cause and support more families with children with SEND.

This year, like all third sector organisations, we are experiencing a hard financial landscape. Less funding combined with increasing core costs is proving challenging. For the first time our expenditure has been higher than our income. Yet we are committed to the cause and our forward plan for 2025-2028 shows innovation and creativity to continue our mission to Engage, Empower & Inspire.

Katie Kinsella, Chief Executive Officer



A black and white photograph of a person climbing a rock wall. The climber is wearing a dark t-shirt and a harness, and is positioned in the center-left of the frame. The rock wall is covered in various climbing holds. In the bottom left corner, there is a blue rectangular box containing white text and a red YouTube icon. On the right side of the image, there are three blue speech bubble shapes containing white text.

1 8 9
children with
additional needs
supported

2 1 5 8
kids taught
from 47 schools

6 0 0 0 +
people through
the doors of
ROKT

In May 2024, we made an in depth, moving short film in partnership with Andysmanclub. It told, in his words, the story of Andy - who we met when he joined one of our bespoke courses.

Here's how our climbing and urban activity charity worked with Andysmanclub and Recovery College Calderdale & Kirklees to join forces to save and change lives.

Andy's story is special. He went from a suicide attempt to helping others and is now part of the ROKT Foundation family, making a difference to other.

Thanks to his bravery and openness, his story can inspire - maybe even save - many others.

 **WATCH OUR FILM**



6 0 0
kids through
healthy holidays

2 5 1
kids through early
intervention

2 3 7
adults through mental
health courses

Hundreds of children have improved confidence and resilience through our amazing wellbeing programmes, in partnership with some great organisations, here at ROKT Foundation.

As you will see in our film, here's a longer look at the amazing Safety Nets project we co-created and delivered with Creative Minds.

It blends social, physical and mental health workshops with climbing and urban activity.

It really does what we do best - engage, inspire and empower. And it's young people in this case - improving lives along the way.

Thanks to funding from BBC Children In Need, this innovative project is making a difference.

The feedback from our partners, children and parents has been amazing and makes it all worthwhile.

Our new new sensory space, which we funded and created to support children with special educational needs, was also an extra string to this particular bow and proved popular with kids just wanting to take a moment away from the action.



WATCH OUR FILM



FROM THE FOUNDER

I can't remember exactly how many times I have said that climbing could be a positive force for change, but it must be into the thousands. The continued work ROKT Foundation has driven in the last year is yet further proof of just that.

As a sport and hobby, it enables people from all walks of life to escape, to learn, to cope, to grow. Although it is a fundamental human movement, it's a unique experience where the mind and body work together.

It's why our Foundation has a positive, often life-changing, impact in changing the lives of children, young people and adults who need - in some cases - life-saving intervention. And it's working.

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.

I continue to take so much pride and joy in seeing it thrive despite turbulent economic times. I am so proud of Katie and the entire team of instructors who are putting their efforts into making a difference.

ROKT Foundation continues to gain a growing reputation, attracting media attention and awards recognition in the past 12 months which helps in raising the profile of the charity, forming new partnerships and leveraging more funding - which is vital now more than ever.

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 (as I always say).

Dr Max Euan Noble, Founder of ROKT Foundation

1
CHARITY COMMS
AWARD
WIN

£582,509
INCOME &
GRANT FUNDING
SECURED 2021-25

78,000+
VIEWS OF OUR
SOCIAL MEDIA
CONTENT



250

**ladies supported via
Moving Through
Menopause**

8

**8 ROKTFACE charity
fundraisers**

20

**20 partnerships with
public, private sectors**

WATCH OUR MENOPAUSE FILM

Our work is far from traditional or solo...
We have delivered 8 ROKTFACE charity fundraisers, helping other charities to raise thousands for their cause including RSPCA.

More than 250 ladies supported through our Moving Through Menopause' programme attracting media coverage along the way.

We have developed a new sensory space to support children with special educational needs.

More than 600 children have benefited from our Healthy Holidays programme sporting and enrichment activities.

We have helped 14 Duke of Edinburgh students achieve their goals through volunteering and climbing sessions

We have forged more than 20 partnerships with public, private and third sectors partners to deliver physical activities and enrichment.

ROKT Foundation 2025-2028

We are an award-winning, innovative charity that since 2019, has been supporting people of all ages, using climbing and urban adventure activities to help people achieve physical and emotional wellbeing.

From the work we have done over the last five years, we know that sport and physical activity has a huge impact on our lives. Based in a fantastic urban adventure facility means we can engage with in the region of 1,500 people each year. Everyone should have the opportunity to play and achieve, regardless of age, gender, race, sexual orientation, religion or skill level. At ROKT Foundation we endeavour to Engage, Empower, Inspire.

To develop our medium plan for 2025-2028 we must take a detailed look at what is happening in the areas that we serve. This way we can tailor our approach to our community's needs. The overall picture locally is highly concerning. We are critically aware that the economic climate is hard. Below is some research data from Community Foundation for Calderdale (Source: Insight Report 2025)

Poverty: We know that around 1 in 6 homes in the locality are in fuel poverty
Child Poverty: Over 30% of children in Calderdale are living in poverty and 25% of children across West Yorkshire are from low-income families.

Lone Parent households: Almost 1 in 3

families are a lone parent household. (7.9% across West Yorkshire) this is 5% higher than the national average

Qualifications: Nearly 1 in 5 adults in Calderdale don't have any qualifications. (1.9% across West Yorkshire)
Employment rate: 74.0% of working age people are employed which is slightly under the national average.

Unpaid Carers: The Quality of life score for unpaid carers is 6.8 which is below the national average.

Cost-of-Living: Calderdale has more households that struggle to meet basic living standards compared to the rest of the country. In response, four social supermarkets have been set up in 2024/2025.

Across Calderdale we are pleased that:
Active Community: High levels of community activity and engagement. The not-for-profit (charity) sector is active in Calderdale. We are testament to that here.

Access to Leisure: Better than average access to leisure facilities, libraries, and cultural resources.

Access to Education: Access to learning, schools and training in Calderdale is good. We have excellent relationships with primary, secondary and higher education providers across West Yorkshire.

Crime levels: Lower-level crime statistics locally are positive

Robbery: lower in Calderdale than the national average and is the lowest in Yorkshire.
Anti-social Behaviour: lower than the rest of England. **Shoplifting:** Calderdale has one of the lowest rates compared to other places in Yorkshire.

Violent Crime & Sexual Offences: 5 people in 100 affected
Drug Crime: Calderdale has 4% of drug related crime – twice the national average

Youth Crime: Whilst youth offending is reducing due to initiatives and interventions, Calderdale has three times the national average of first-time youth offenders.

Public Order Offences: Calderdale has nearly double the rate than national average.

Criminal Damage (vandalism): The rate is 9.8 per 1,000 people, higher than national average of 6.7, but not the worst in Yorkshire.
Health and Wellbeing

Childhood Obesity: By the time children reach Year 6 and are in secondary school, 23.3% are obese which is higher than the national average.
Under 18s and Alcohol: In Calderdale, approximately 36 out of 100,000 individuals under the age of 18 are hospitalised for alcohol related issues. This is more than in many other places in the country and concerningly high.

Health Conditions: More people than average have cancer, asthma, diabetes, or are obese in Calderdale.

Mental Health, Depression, and Suicide: Approximately a third of Calderdale's population is estimated to suffer from mental health issues. This is the same as reported in 2022. The suicide rate is coming down. 43 people died from suicide in 2021, 28 in 2022, and 24 in 2023.

Men are more likely to die by suicide than women and suicide is the biggest killer of men under 50. (Source People's Health Trust)

Inactive and long-term sick is predominantly adults aged 50-64 but, concerningly there is fast growth in the 16-24 age group.

In Calderdale 16-64 age bracket, 11.4% are long term sick compared with 6.7% across West Yorkshire and 5.8% across England. Adults that are inactive and off long-term sick but have less than one year off sick are 17% likely to return to work. Those that are inactive and have more than a year off sick are only 3% likely to return to the workplace. (Source NHS West Yorkshire ICB 2025)

Inclusion in Sports and Physical Activity
We know that adults with disabilities are 43% less likely to engage in physical activity than adults without disabilities. (Sport England research)

However a report from 'Activity Alliance' stated 69% advised they had enjoyed their last experience of physical activity (sample size 5113) 53% research activities online and 38% engage through medical or social work professionals or personal contact from organisations. (Source: Activity Alliance Survey 2025)



WATCH OUR GIRLS EMPOWERMENT FILM

OUR RESPONSE TO THIS

Over the course of the next three years we will use climbing activity, urban adventure and our new outdoor offering to help tackle some of the issues that are affecting our communities.

Poverty

To date we have delivered more than 10 Healthy Holidays programmes to more than 600 children and young people across Calderdale in receipt of 'Free School Meals' With further government funding announced for the next three years, we will continue to build on this programme. We will provide amazing adventurous activities including climbing, caving, abseiling, boxing, karate and team games combined with more outdoor adventures. Tailored with good food and nutrition guidance to support healthy lifestyle habits and food choices.

Prevention rather than cure

This year we kick-started our 'Financial Resilience' programme, working alongside Own Futures to show children aged 9-11 across West Yorkshire how to manage their money.

It helps them understand what true cost of living is and the difference between 'want and need' in a difficult financial climate. We are empowering children with financial knowledge so they can make good choices on spending, saving and investing whilst encouraging them to be creative and entrepreneurial too. This combines a classroom experience with a financial expert, while bringing it to life through climbing.

 **WATCH FINANCIAL RESILIENCE FILM**

Activity and Inclusion

From 2025-2028 we will build on our rapport with local schools and community groups, providing alternative sporting activities that support focus, concentration, co-ordination and peer support.

We will increase our offer to support more specialist schools, offering group activities to children with Special Educational Needs and Disabilities, providing a platform to achieve with NICAS 'Ascend' qualifications. One-to-one sessions for children and young adults with more complex needs will continue and we will develop our strong relationship with Access Sport.

Tackling Crime

We have broadened our scope through our Girl's Empowerment programme. Working with groups of adolescent girls from across West Yorkshire we have given them the confidence to climb and shown them the basics of boxing.

Both sports rely on good technique rather than just testosterone, therefore showing our young female participants they are equal to their male peers in the world of sport.

We have combined this with police intervention sessions on the dangers and consequences of sharing images and what an unhealthy relationship looks like, the early warning signs of domestic violence.

Feedback has been astounding....

"Thank you so much for our experience at ROKT. I thought you may appreciate some comments from the girls.

"They all found it extremely enjoyable and fun. They found it a good experience working together and helping and encouraging each other overcome fears (the rock climbing and abseiling experience). They found it a great confidence booster.

"They enjoyed working with other people whom they may not normally work with and therefore built new bonds and friendships as well as strengthened already formed bonds. They found the police input was thought provoking and informative. They found the boxing exhilarating and again was great at building confidence.

"The escape room was a fantastic end to the course and was really fun and helped the whole group come together to solve a problem (despite the screaming!). Thanks again for an amazing opportunity"

Penni and Jess, teaching staff at Brooksbank Secondary School – Calderdale

During the next three years we will endeavour to provide diversionary activities for young people at risk of crime. We will use indoor and outdoor activities that allow young people to achieve, to support their peer group and to make better choices. We will continue our work with women and girls, responding to the priorities of the

Mayor of West Yorkshire in keeping girls safe and empowering them. We will work with staff and young people in education settings and community organisations to create a culture that encourages healthy relationships.

Health & Wellbeing

Early Years: responding to the data on childhood obesity we will mobilise an early year's 'Wild Climbers' initiative. Supporting children aged 3.5-4 and their parents and carers to engage in climbing, combined with good nutrition. This will help them foster independence, develop co-ordination, help them make new friends and have a healthy start as they transition into primary school.

Mental Health Support

We will continue to provide much needed mental health and wellbeing programmes for children and young people. We have recently completed a 12 month 'Safety Nets' programme with NHS Creative Minds that has supported children to understand how food, affects mood, how physical activity improves mental health and wellbeing.

The difference between online gaming connections, social media contrasted with face-to-face friendships. All combined with a climbing programme that creates positive challenge, teamwork, raising aspirations and improving confidence. We have been asked for more support in this area and we will prioritise this area of work from 2025-2028. Using the great outdoors to engage, empower and inspire.



OUR RESPONSE TO THIS

Mental Health Support continued...

Our adult mental health programmes have been some of the most long-standing and successful throughout our 5-year history.

With nearly 250 participants attending our adult programmes and over 250 ladies that have attended our 'Moving through Menopause' courses, it is clear that the research on climbing benefits for mental health are correct.

We will go further through our physical activity programmes, combining practitioner interventions to help reduce the 1 in 3 ratio of poor mental health and wellbeing and support tackling long term sickness.

Measuring the Impact of our Work
Sport England research estimates the social value generated by community sport and physical activity in England was £107.2 billion in 2022/23. £96.7 billion of this annual social value comes from the improved wellbeing that sport and

physical activity creates for individuals through participation and volunteering.

This includes £8.6 billion in wellbeing value for children, never before quantified.

Prevention of 1.3 million cases of depression and over 600,000 cases of type 2 diabetes, to savings of over £500 million from reduced GP visits and over £750 million due to reduced mental health service usage, all because of increased activity.

These figures are astounding but when segmented at grass roots level, they show a true picture of the power of physical activity on emotional and physical wellbeing.

More than 250 ladies on our Moving Through Menopause programme voiced, the 'sense of community' was an integral part in enabling them to look forward in their journey.

Several of our adult mental health clients feel able to stay in work because of the physical and social outlet they get through climbing.

A number of our children with neurodiverse conditions have achieved NICAS qualifications and gained the confidence to volunteer with us and elsewhere.

Many of our children on our financial resilience programmes want to aspire higher, earn money and learn to save.

ROKT Foundation is a small charity, in a small town, achieving big impact across West Yorkshire and we are one of many. We contribute to the monumental £97.6bn figure above.

Sustainability
Sustainability for the charity is imperative to continue to maintain and grow. The funding landscape is exceptionally hard for us and many charities across the UK.

For us, business engagement and increasing commissioned activity from schools will enable longer term sustainability.

We will use the next 12 months to introduce even more structured, commissioned educational programmes, increase awareness of corporate activities and look to expand individual giving and corporate donations. The Foundation commits to having a minimum of 3 months unrestricted funding reserves.



**WATCH ALL OUR
FILMS ON OUR
YOUTUBE CHANNEL**

FINANCIALS

As we draw to a close on the current strategic plan 2022-2025, we want to celebrate the income achieved over the last 5 years

2020-2025	Grants	Educational activities	Public Sector Commissions	Donations & Fundraising
Total income				
£582,509.11	£457,238.84	£79,927.00	£38,400	£6,943.27

Total Expenditure £510,825.64 Closing balance 24/25: £71,683.47

Apr 2024 – Mar 2025

Total income	Grant Funding	Local Gov Commissions	Educational Commissions	Fundraising & donations
£133,586.76	£103,583	£8,030.00	£19,871.50	£2,102.26

Expenditure 24-25

Project Delivery Instructor costs and partner delivery costs	Core Costs Utilities and equipment subscriptions	Staff Training	Equipment
£140,905.19	£5,557.41	£2992.10	£936.56

March 2025 year end balance: £71,683.47

The largest proportion of our funding income comes from grants and foundations.

FUNDING STREAMS

The majority of our funding is secured through grant giving organisations, trusts and foundations.

We are hugely grateful for the funding received.

Allen Lane Foundation
Arnold Clark Foundation
Children in Need Safety Nets
Community Foundation for Calderdale
Creative Minds
Feeding Britain
Hargreaves Foundation
Healthy Holidays Funding
Mayors Safer Communities Funding
One Community Foundation
Sport England
Swires Charitable Trust
Woodward Charitable Trust

This enables us to continue the vital work in and for our local communities of need.

We have a strong education provision.

Income from this provides much needed unrestricted funding to support the sustainability of ROKT Foundation.

Grants	78.3%
Education provision	13.8%
Commissions	6.7%
Donations & Fundraising	1.2%



LOOKING FORWARD



WATCH OUR DRUMS, BEATS & BLOCS
FILM FOR CULTUREDALE

PROVIDE POSITIVE
EXPERIENCES TO
SUPPORT HEALTH &
WELLBEING

SUPPORT
COMMUNITIES THROUGH
SPORT & PHYSICAL
ACTIVITY

USE OUR NATURAL
CLIMBING ENVIRONMENT
TO CONNECT PEOPLE TO
NATURE

CONTINUE TO
FORGE NEW
PARTNERSHIPS

DEVELOP OUR EARLY
YEARS OFFER SO MORE
CHILDREN MOVE
MORE OFTEN

ENGAGE
EMPOWER
INSPIRE

The background of the entire image is a photograph of a child with blonde hair, wearing a blue shirt and a red climbing harness, climbing a vertical wooden wall. The wall is covered in colorful, rounded climbing holds. The child is positioned on the right side of the frame, reaching up. The sky is visible in the background, with some thin vertical lines, possibly ropes or cables, running down the left side. The Rokt Foundation logo is at the top center, and the main text is in the middle. The website URL is at the bottom center.

ROKT
FOUNDATION

**ENGAGE
EMPOWER
INSPIRE**

ROKTFoundation.CO.UK