

**FREE SUMMER ACTIVITIES FOR CHILDREN ON FREE
SCHOOL MEALS FOR SUMMER 2022**



ROKT
FOUNDATION

**HANGOUT
WITH
HEALTHY
HOLIDAYS**

**BOULDERING ROPE CLIMBING CAVING
ABSEILING ESCAPE WORKSHOP**

Rope climbing like nowhere else. Built inside a former flour mill, you will experience the thrill and adrenaline-pumping excitement of indoor rope climbing with our expert instructors. You can work your way 21.5m up Yorkshire's highest indoor lead climbing wall, working in teams to see how high you can climb and work out how many calories you've burned! Great way to explore positive fear, overcome challenges and help to develop peer support skills, too.

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. Great for building climbing confidence and there will be chance to play lots of food-themed games as you take on the walls as part of this low level climbing. You will learn that it's not all about strength - it's about technique and problem solving. Bouldering is the ultimate physical mindfulness

BOULDERING



WATCH OUR
HEALTHY HOLIDAYS
FILM
[HERE](#)



Take on some of the best escape rooms in the UK at Project Breakout. It will take you players places you've never been as a team, just like playing a computer game or starring in a movie in real life. Use your brain, work as a team and problem solve to find the answers and escape in 60 minutes or less. The clock is ticking. You may even get the chance to test out our new portable game too.

ESCAPE ROOMS

Grab a helmet, get into position and drop...take the fastest route from the top of ROKT Urban Adventure Centre to the bottom the fun way, with an abseil down the spine of the building. On the way collect food stickers to make your perfect Healthy Holidays meal. Definitely the fun way to food shop...One to talk about when you get back to school for days, weeks and years.

ABSEILING



Make some noise! You will get the opportunity to pick up the sticks and get loud with a full hour of fun with expert drummers from What Is Drum. As a group you'll learn about rhythm and beat - and by the end of the session you'll be making ROKT rock! Magic happens through, music, rhythm and movement, so bring the noise and let's get banging.

DRUMMING

HEALTHY HOLIDAYS: KEY INFO



WHO'S INVOLVED?

Once again ROKT Foundation, based at ROKT in Brighouse will be providing an array of activities for Calderdale children aged 7-16 that are on free school meals. Children enjoy a weekly half day session from July 26 to August 12.

HOW MUCH DOES IT COST?

It is completely free. Inspired by Marcus Rashford and thanks to funding from the Government, Calderdale Council and Community Foundation for Calderdale, there is no cost to families who have children on free school meals.

WHERE IS IT?

Activity will take place at ROKT Urban Activity Centre in the centre of Brighouse. It is easily accessible by bus, car and train with free on site parking. Some activity may take place outdoors, but still begins here.

WHAT WILL THEY BE GETTING UP TO?

The youngsters will get to take on a host of exciting activities to have fun and build their confidence. These include bouldering, rope climbing, indoor abseiling, indoor caving and escape room puzzles.

They will also get to make some noise with a full hour of music action alongside with expert drummers from What Is Drum. As a group they will learn about rhythm and beat - and by the end of the session they'll be making ROKT rock!

And new for 2022: the groups will be venturing outside to a Calderdale location for children to experience climbing and bouldering in the great outdoors.

We will transport kids to a local outdoor climbing facility to experience how early humans climbed for their food and survived in the wilderness.

Don't worry though, there aren't any saber tooth tigers...we think!

FOOD AND DRINK

With a jam-packed activity programme kids will need refuelling, so we have snacks on arrival provided by Focus4Hope, hot food from local providers for indoor activities and nutritious packed lunches for when we are on the go.

SPECIAL EDUCATIONAL NEEDS SESSIONS

Monday sessions will be just for children with additional needs and all activities will be adjusted to suit. Due to the age of our building, the upper floors are not fully wheelchair accessible, so children must have a level of mobility. SEN bookings can be made directly by emailing info@roktfoundation.co.uk

HOW TO BOOK

To book a space please visit www.calderdale.gov.uk/healthyholidays and choose ROKT Foundation. Any problems, email info@roktfoundation.co.uk or call us on 01484 937 180.