

ROKT FOUNDATION

England & Wales · Charity number 1175904

Details

Status Registered

Legal form CIO

Registered 2017-11-23

Register [View on the Charity Commission register](#)

Contact

Address ROKT Foundation
Old Flour Mill
Mill Royd Street
Brighouse
West Yorkshire
HD6 1EY

Phone 01484 937180

Email info@roktfoundation.co.uk

Website www.roktfoundation.co.uk

Activities

Objects: 3.1 TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY PROVIDING FACILITIES FOR INDOOR CLIMBING AND OTHER SPORTS CAPABLE OF IMPROVING PHYSICAL HEALTH AND FITNESS; 3.2 TO PROVIDE OR ASSIST IN PROVIDING FACILITIES FOR SPORT, RECREATION OR OTHER LEISURE TIME OCCUPATION OF SUCH PERSONS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES OR FOR THE PUBLIC AT LARGE IN A COMMON EFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE WITH THE OBJECTIVE OF IMPROVING THEIR CONDITIONS OF LIFE. FOR THE PURPOSES OF CLAUSE 3.1 AND 3.2 "FACILITIES" IS DEFINED AS THE PROVISION OF LAND, BUILDINGS, AND EQUIPMENT AND ORGANISING SPORTING AND RECREATIONAL ACTIVITIES.

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Classification

- **How:** Other Charitable Activities
- **What:** General Charitable Purposes, Amateur Sport, Recreation
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Calderdale
- Kirklees

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£133,586	£150,391	-	-
2024-03-31	£128,270	£127,404	-	-
2023-03-31	£119,099	£92,911	-	-
2022-03-31	£114,582	£73,941	-	-
2021-03-31	£12,450	£8,030	-	-

Trustees

Name	Role	Appointed
Jason Costello	Chair	2025-11-27
Hannah Bond		2026-02-10
LIDIA SHINWELL		2017-11-23
Sinead Sopala		2023-10-27

ROKT FOUNDATION

England & Wales - Charity number 1175904

Accounts

ROKT

FOUNDATION

**ANNUAL
REPORT
2024-25**

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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 shorts, and is secured by a rope. The wall is covered in various climbing holds. In the background, another person is partially visible, also climbing. The overall scene is an indoor climbing gym.

189
children with
additional needs
supported

2158
kids taught
from 47 schools

6000+
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**



600
kids through
healthy holidays

251
kids through early
intervention

237
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.

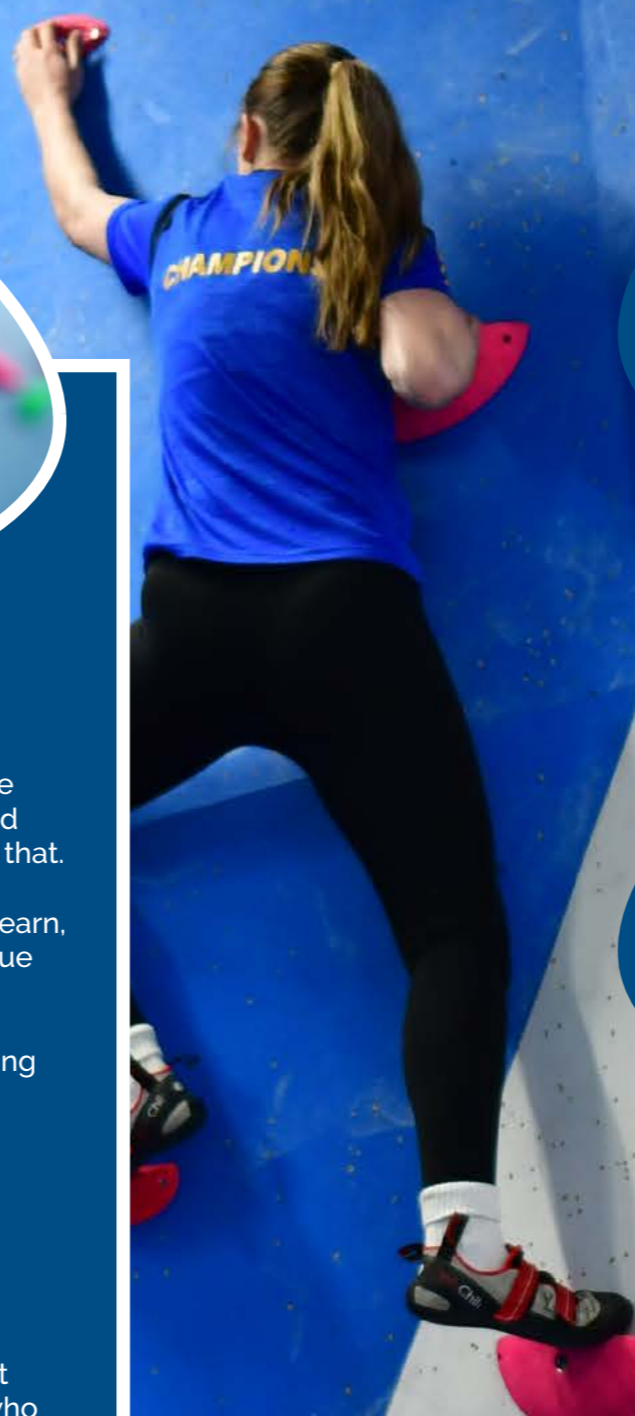
Our future plans are even more exciting and together we can change lives, get people climbing and create that lasting legacy using the power of climbing. Onwards, upwards...and beyond (as I always say).

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 our physical activity programmes, combining practitioner interventions to help reduce the 1in 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

Total income	Grants	Educational activities	Public Sector Commissions	Donations & Fundraising
£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



**ENGAGE
EMPOWER
INSPIRE**



ROKTFoundation.co.uk

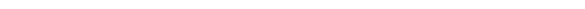
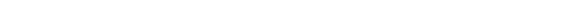
ROKT Foundation						
Statement of Financial Activities Including Income & Expenditure Account						
Income and Accounts Update 31 March 2025						
Income from:	Unrestricted funds	Restricted project funding	Total 2024.25	Opening Balance April 2024	Unrestricted Funding	Restricted Project Funding
				<u>13,818.10</u>		<u>74,669.87</u>
Grants		103,583				
Donations & Fundraising	2102.26					
Commissioned projects	0	8030				
Subsidised educational activities	19,871.50					
Total Income	21973.76	111,613	133,586.96			
Expenditure on:						
Project delivery		140,905.19				
Core costs	5557.41					
Staff training and development	2992.1					
Equipment	493.03	443.53				
Total Expenditure	9042.54	141,348.72	150,391.26			
Balance March 31 2025			71,683.67			

[Redacted]

Total

88,487.97

[Redacted]





Section A Independent Examiner's Report

Report to the trustees

On accounts for the year ended Charity no (if any)

Set out on pages (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2025**.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: Date:

Name:

Relevant professional qualification(s) or body

(if any):

Address:

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Not applicable

ROKT FOUNDATION

England & Wales - Charity number 1175904

Accounts

The logo for Rokt Foundation is a blue, rounded shape with a white, splattered texture. Inside, the word "ROKT" is written in large, white, bold, sans-serif capital letters. Below it, the word "FOUNDATION" is written in smaller, white, sans-serif capital letters.

ROKT
FOUNDATION

The text "ANNUAL REPORT 2023-24" is written in large, white, bold, sans-serif capital letters with a splattered texture, matching the logo. It is positioned over a background image of a busy street scene in Halifax, showing buildings, a street with people, and a white van.

**ANNUAL
REPORT
2023-24**



CONTENTS: ANNUAL REPORT 2023-24

Messages from Trustees, Director & Founder

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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

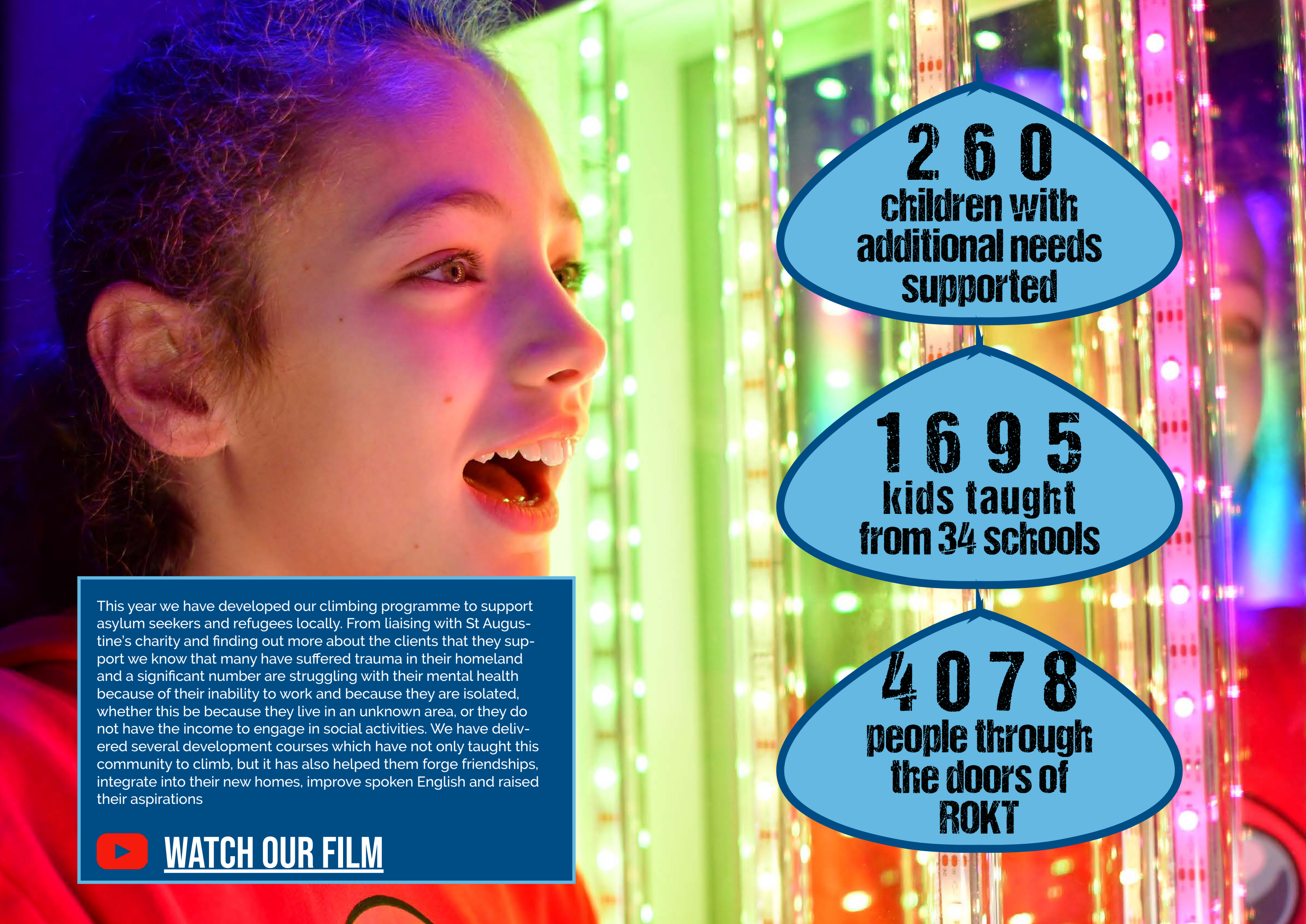
ROKT Foundation continues to improve year upon year and the board are proud to represent the charity and the amazing work they do within our community. I came to be on the board due to working as Sports Lead at Highbury Specialist school in Brighouse, and got to see, first hand, the powerful effect that 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**

101
**Moving Through
Menopause**

323
**kids through mental
health courses**

168
**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

1

**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 developer Adam Harper. Passivhaus does not require any extra heating, trying to reduce heating that's a social need that we could be able to have a home can afford to heat."

Climate executive Coun Kate Ravilious 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

than now 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 Ravilious said: "For 20 years, Passivhaus buildings have been helping cut carbon emissions across the world. Those who have built them

wilding and risk

etland, had limited the aerial. ans have now been approved. Council officers said of nature meant many of res of the site designed to ling were now less effective when the wetlands were if in 2005. r report they said: "The ction is now limited as and pond cell capacity has been dramatically y sediment deposits and rth'ing the scheme, officers wering the previously araised stream banks will sider flood plain and in-the ability of the stream to er during heavy rainfall. ilation of the leaky dam flood water onto a newly et meadow where water sorbed and held."

"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

BBC LOOK NORTH

Katie Kinsella
Director, ROKT Foundation

BBC LOOK NORTH

BBC LOOK NORTH

YORKSHIRE POST

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

COUNCIL LOR is urging more than carrot to be used to put pressure on bus companies to re-consider or reduced services. Coun Paul Stanger told Guide the Council constituents daily and him what was being done get back bus services, whose now or reduction meant they did not get to work on the do-ns. Coun Regan Dickenson (Con, strick) asked council leader an Jane Scullion how the bus services could be tackled at se Yorkshire level. 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."

Authority and its transport committee fairly over some of the less popular services, she said. "We could use that money to subsidise some of those less popular early-morning and late-evening services," she said. Coun Stanger (Lab Dem, Great and Stainforth) said his ward has been heavily 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.

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BREAKING at home • Cinema legend dies • TV star's cancer has spread

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



A man with a headband is climbing a rope, giving a thumbs up. He has a determined and happy expression. The background is a blurred indoor climbing wall.

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

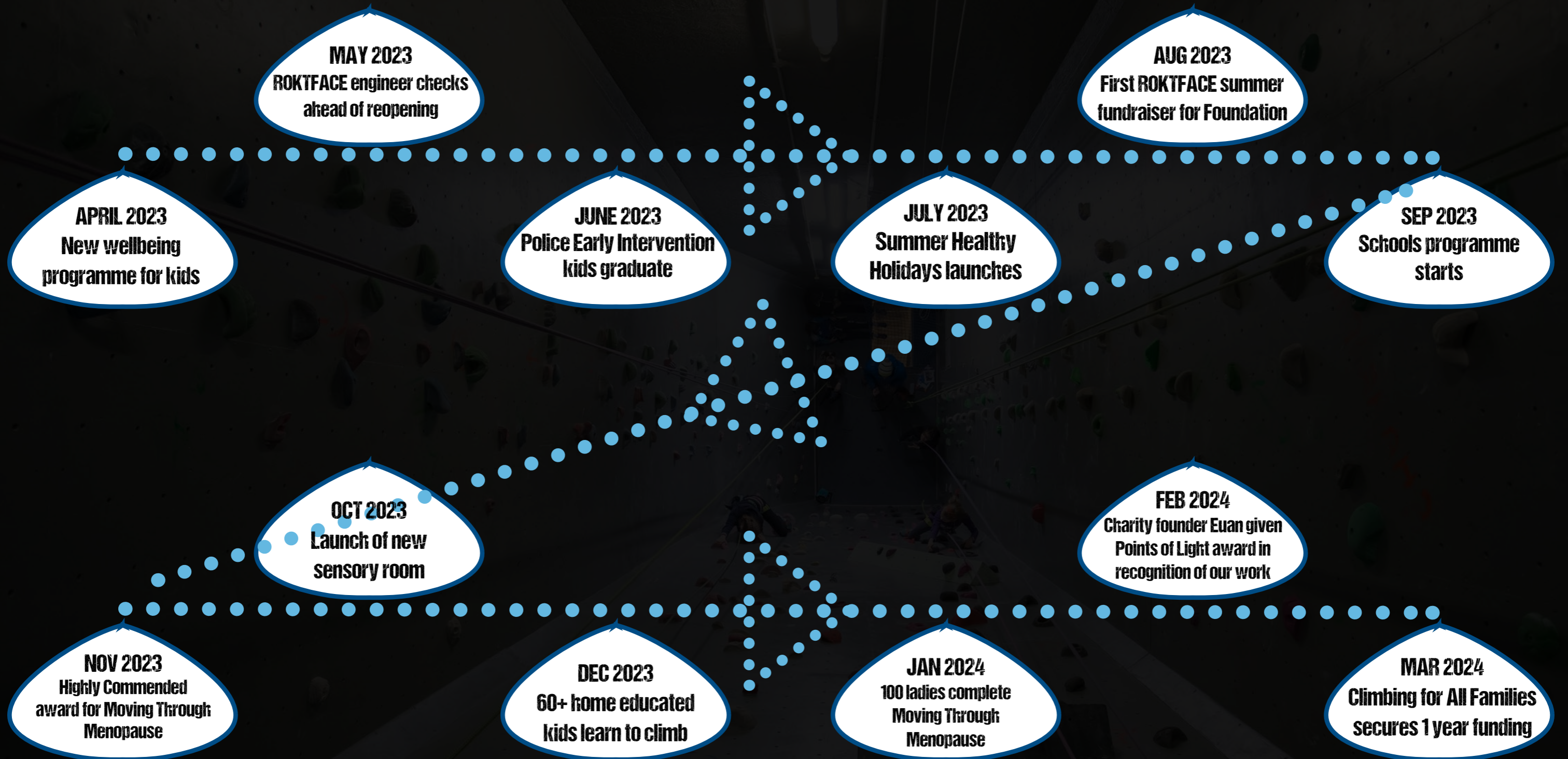
“This summer was my first time using the healthy holidays programme.

“ 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 prospective 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
£128270.68	£104,718	£3,080	£18,440	£2,032.68

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
£100,789.19	£25,698.60	£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 £104,718 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

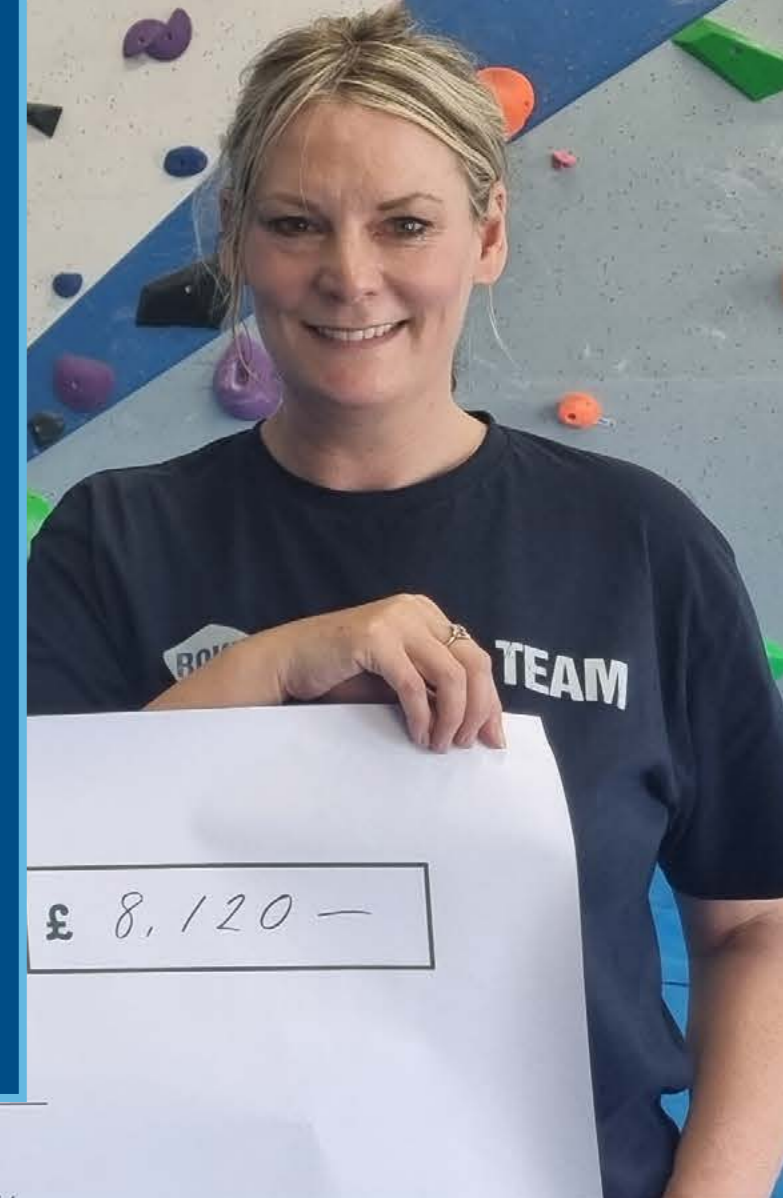
These grants have allowed us to initiate new programmes and continue to embed further our successful, long-standing support.

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

National Lottery Funding and Sovereign Healthcare 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 image features a background of a person climbing a large, layered rock formation under a clear blue sky. The top of the image shows green tree branches. A dark blue, teardrop-shaped logo is centered at the top, containing the word 'ROKT' in large, white, distressed letters, with 'FOUNDATION' in smaller, teal, sans-serif letters below it. The main text 'ENGAGE', 'EMPOWER', and 'INSPIRE' is written in large, blue, distressed letters with white outlines, stacked vertically in the center. At the bottom, a dark blue rectangular box contains white text about the charity's future plans, followed by the website 'ROKTFUNDATION.CO.UK' in white, bold, sans-serif letters.

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.

ROKTFUNDATION.CO.UK

ROKT Foundation

Statement of Financial Activities Including Income & Expenditure Account

For The Year Ended 31-March 2024

Income from:	Unrestricted funds	Restricted project funding	Total 2024	Opening Balance	Unrestricted Funding	Restricted Project Funding	Total
				April 2023			
				<u>13,818.10</u>	<u>74,669.87</u>	<u>88,727.97</u>	
Grants	2000	102,718					
Donations	1575.68						
Commissioned projects		3080					
Fundraising activities	457						
Subsidised educational activities	18440						
Total Income	22472.68	105,798	128,270.68				
Expenditure on:							
Project delivery		100,789.19					
Core costs	25698.6						
Staff training and development		916.9					
Charity events	0						
Total Expenditure	25698.6	101,706.09	127,404.69				
Closing Balance 31 March 2024	11,522.18	78,427.29	89,949.47				
			89,593.96				
		not cleared	355.51				
		Closing Bank	89,949.47				



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
ROKT Foundation

**On accounts for the year
ended**

31.3.2024

**Charity no
(if any)** 1175904

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Paula Taylor

Date: 31.10.24

Name:

Paula Taylor

**Relevant professional
qualification(s) or body
(if any):**

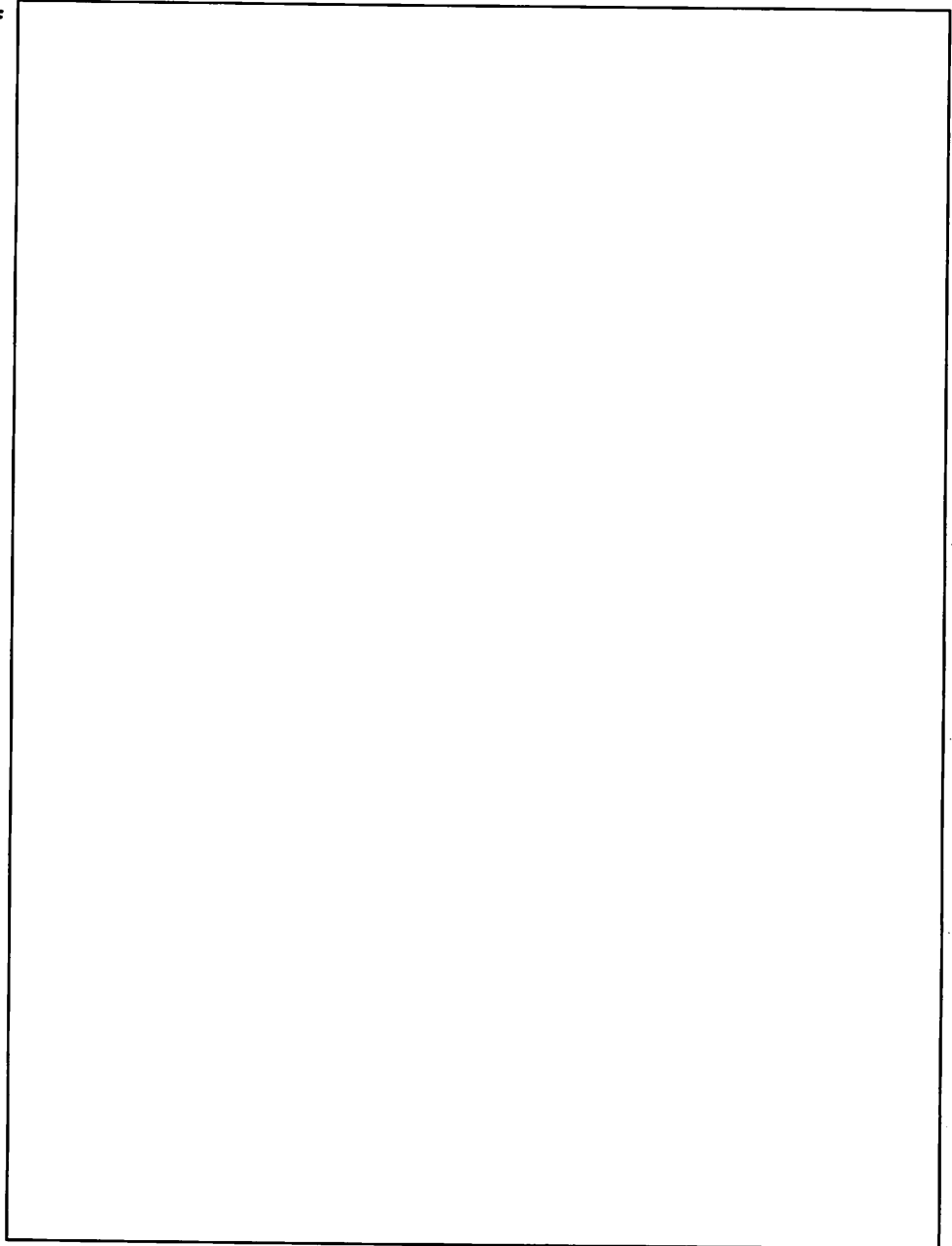
Association of Accounting Technicians

Address:

6 Linden Way, Wetherby. LS22 7QU

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



ROKT FOUNDATION

England & Wales - Charity number 1175904

Accounts



ROKT
FOUNDATION

**ANNUAL
REPORT
2022-23**

CONTENTS: ANNUAL REPORT 2022-23

Notes from trustees, director and founder
Impacts for 2022/2023
Highlights and 2022/2023 timeline in brief
Financial summary & fundraising
achievements
Looking forward

TRUSTEES & PATRONS

Lidia Shinwell (trustee)
Jason Costello (trustee)
Gary Byrnes (trustee)
Bob & Carol Bridgestock (patrons)
Sean Jarvis (patron)
Sinead Sopala (trustee)

MESSAGE FROM THE BOARD

ROKT Foundation goes from strength-to-strength and its reach is all encompassing, helping increase a person's health both mentally and physically. We are proud to support such an inspirational charity and delighted to report how well the Foundation has performed over the last 12 months.

As an organisation, we are reaching out to support new clients of all ages and abilities, seeing first-hand how clients have thrived in the setting and achieved more than they thought possible. Our objectives for the short to medium term are to grow as an organisation, to support new and varied audiences, develop strong and meaningful partnerships locally and across West Yorkshire so that we can continue to engage, empower and inspire.



WELCOME TO THE ANNUAL REPORT 2022-23

The last 12 months have been transformational. We have taken our work based around the positive fear of climbing and urban adventure to new heights. Lives have been changed, families supported and children inspired. Real change, real difference. Our ground-breaking Climbing For All Families programme has seen mums, dads and guardians be given the chance to take part in the activities their children with additional needs enjoy - from climbing to caving to team games. No longer is it just one or the other - it's all. Our UK-first Moving Through Menopause project put climbing and holistic support at the heart of a new 10 week course that women taking part have said has changed their lives. It attracted TV coverage which in turn helped spread the word. This year saw us whisk our charity - and our service users - into the great outdoors and taking our experiences and impacts to a new level. In winter 2022 ROKT Foundation was nominated as a finalist in the Community Spirit Awards for 'Best New Charity' and it was great to receive recognition so early on. It gave us a chance to increase our profile and celebrate our success, whilst forging new partnerships. Partnerships have been critical and we understand the power of working together to help more people in bigger ways. It's why we say everything we do is to *engage, empower and inspire!* And we will.

Katie Kinsella, Director for Community & Business Engagement



1,285
people
engaged

687
kids from
29 schools

69
kids with
additional
needs

A major highlight for this year was the launch of our ground-breaking new project to use climbing to help women transition through the menopause.

We used the Olympic sport to help women tackle the effects of menopause alongside other key therapies ranging from an expert GP to pilates and nutrition.

Bouldering, rope climbing and caving were all on the agenda for the 16 women on the pioneering pilot course which ran for 10 weeks last spring thanks to a Sport England Jubilee Grant. We secured regional coverage on ITV Calendar and Yorkshire Post, attracting an unprecedented number of course enquires.

 **WATCH OUR FILM**



45
refugees
supported

33
Climbing For All
Families

190
climbers on
courses

We are immensely proud of our Climbing for All Families which really took off this year. From working with children with additional needs we discovered from their parents/guardians how difficult it can be to find activities for the whole family to do together. We decided to change that! With money from the National Lottery Community Fund we have created a safe space for children, their siblings and the wider family to come and enjoy the experience of active urban adventure. Sessions include team games, bouldering, harness swing, rope climbing and indoor caving. We extended this to two specialist schools and offered families the opportunity to come see their amazing kids in action - and their new found confidence and skills.



WATCH OUR FILM



WATCH OUR FILM



FROM THE FOUNDER

When I first built ROKT Climbing Gym inside this old disused flour mill over a decade ago I already knew the effect sport had on wellbeing. Climbing makes you focus with such intensity.

As we evolved what the climbing at ROKT offered, it became clear that climbing enabled people from all walks of life to escape, mostly upwards, and to experience mind and body working together, increasing that connectedness with time and experience. More obvious was the impact on children and families where neurodivergence and/or physical challenges meant accessing environments that delivered for their needs was hard.

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 after years of planning, we finally launched this charity only to be hit with a global pandemic. But in reality, the timing could not have been better because what the ROKT Foundation offered was what people needed the most. And the stats in the last few pages - and the pages to come - show just how much of an impact we have had. Thanks to Katie, who has built the foundation, and our awesome climbing team and partners, we have made a difference.

By working together with others, we have reached a huge group of people and used climbing to make a difference in their lives - not just when they are on the wall but for days, months and years after.

It's why the plans for the future are so exciting and together we can support even more people, get even more people active and leave a lasting legacy using the power of climbing. Onwards and upwards, as they say.

Dr Euan Noble, Founder of ROKT Foundation

1
AWARDS
FINAL

£119K
GRANT FUNDING
SECURED

300K+
PEOPLE REACHED
THROUGH MEDIA
COVERAGE



OUR MISSION & SUCCESSES

At ROKT Foundation our mission is to engage, empower and inspire, supporting those that would not normally partake in physical and wellbeing programmes.

We want to provide opportunities to help stop the negative upward trend in physical and mental health of all ages.

CHARITABLE PROJECTS

Over the last 12 months we have delivered 14 different charitable projects in line with our mission to improve physical and mental health and wellbeing. We continue to gather vital evidence to make sure we are best supporting those we are here to help.

We know that climbing is an amazing way to improve and synchronize body and mind. This is something we are strengthening with a considered and carefully managed outdoor offer.

Yet ROKT Foundation strives to be more than climbing and urban adventure.

We are utilising the amazing facilities at our base to develop other enrichment opportunities. This has included things like music development programmes to support children's mental health and grassroots karate masterclasses for children from more deprived communities as part of the Healthy Holidays programme.

CHILDREN'S MUSIC PROGRAMME

Climbing is a huge part of what we do to support physical and mental health and wellbeing, but our aim since we reopened our doors in 2021 was to develop a broad ranging offer to support more vulnerable groups of all ages.

In winter 2022/2023 we started our new music programme supporting children and young people struggling with emotional health and wellbeing.

The three-session programme supports children to create their own piece of music.

Over the course of their journey they discussed music genres and what appeals to them. They developed a piece of music with vocals that were thoughts, feelings or messages they want to share.

Funded by Creative Minds and supported by Rex Reebo music producer, we have worked closely with the Calderdale Police Intervention Unit and Newsome Academy girls so far. Take a listen to their *engaging, empowering and inspiring* music.

[LISTEN HERE](#)

CHILDREN'S MENTAL HEALTH

Around 100 children from across Kirklees were helped through our partnership programme with Invictus Wellbeing.

The challenge of climbing combined with Invictus Wellbeing's group sessions to tackle worries such as self-harm, social media pressures, body image and transitioning to secondary school had a great impact.

ADULT MENTAL HEALTH

Adult mental health continues to be a priority for us and since April 2022 we have supported 44 new climbers through our dedicated courses. Importantly, 18 that joined us in 2021 have been helped to continue their climbing journey, which is amazing and shows the ongoing positive impact of our work.

This has included working with a small group to develop lead climbing skills and support the start of outdoor climbing activities, something which will grow during the next 12 months. Partnerships are vital to our work and we teamed up with expert referral organisations including EIP Insight, Recovery College for Calderdale & Kirklees and Andy's Man Club.

This enabled us to reach the right people and help even more in need of support. Our work in the mental health field also led us to the menopause project which you can read about and watch earlier in this document,



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

Climbing regulates and stimulates emotions and is a mindful activity. When climbing, clients can feel fear or anxiety when challenged with a new route, they can feel frustrated when trying to achieve what seems unattainable, they feel elated and confident when they achieve and get stronger throughout their climbing journey.

Importantly they also learn how to manage frustrations when things don't go their way on the wall. All such emotions translate into everyday life and help people to become more resilient.

Climbing develops problem solving and communication skills

Problem solving is at the very heart of what climbing is all about. As the sport requires the visual analysis of a given route to determine the best possible path to reach the top, it is very usual to conduct this analysis in pairs or groups.

We find this is particularly important to our clients managing their mental health and wellbeing. Often nervous about speaking to others, having a focus for communication, and speaking about a climbing route and how to navigate it helps participants to have a reason to be heard. This massively supports their confidence.

Climbing will take you to nature

The longer people stay climbing, the more likely it is they will end up outdoors within nature. This is something as an organisation, we are keen to explore and develop with our client bases, offering them the opportunity to engage in outdoor climbing and adventure experience.

We started this in summer 2022 through our Healthy Holidays programme and look to develop the outdoor experience in years to come.

“This was great for him... he wants to look into an apprenticeship as an activity instructor.”

“I just wanted to say a huge thank you to Phil and Paul for the session they held for Lewis and Hayden today. Their encouragement and enthusiasm pushed Lewis out of his comfort zone and for Hayden, as the older sibling, they often miss out of things.”

“So this was great for him, so much so he wants to look into an apprenticeship as an activity instructor. We will look out for the next sessions. Thank you to you all.”

Donna - Climbing For All Families parent

“Had a brilliant time...feeling proud of themselves.”

“Thank you for the boys' session with you. They both had a brilliant time and were feeling very confident and proud of themselves after.”

“Dad, Craig, wanted to leave some feedback about the session. He said the staff were very professional, really good with the children and had very good SEN knowledge. With thanks”

Claire - Climbing For All Families parent

“I really enjoyed...pushing through my fear of heights. This has helped improve my self-esteem and confidence.”

“I just wanted to say a massive thank you for the opportunity to engage with the moving through menopause course. I really enjoyed challenging myself and pushing through my fear of heights to be able to reach the top of the wall (Which I never thought I would be capable of!)

“This has helped improve my self-esteem, confidence and has had a positive impact on my anxiety and mental health. Once again, a big thank you and I will continue to promote this to other ladies! Thank you.”

Moving Through Menopause participant

“Climbing outdoors..really tests your body and mind.”

Climbing outdoors. is a completely different experience.

“It really tests your body and mind, in a good way! Thanks to ROKT Foundation for making this happen.”

Health & Wellbeing participant

TIMELINE 22-23

MAY 2022
Invictus Wellbeing
sessions launch

AUG 2022
Outdoor climbing for
65 kids

APRIL 2022
First SEN Healthy
Holidays

JUNE 2022
New Police early
intervention starts

JULY 2022
Summer Healthy Holidays
featuring refugee kids

SEP 2022
Adult refugee
development starts

NOV 2022
Finalist for New
Charity of the Year

FEB 2023
Moving Through
Menopause launch

OCT 2022
Staff attend outdoor
climbing instructor
training

DEC 2022
Healthy Holidays for
95 kids at Xmas

JAN 2023
ROKTAGON school
training sessions

MAR 2023
SEN kids parents
open day



WATCH OUR FILMS...

FINANCIALS

2022/23 has been a positive year for fundraising and delivery.

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

April 21 – Mar 22

Total income	Grant Funding	Local Gov Commissions	Educational Commissions	Fundraising & donations
£114,582.00	£86,189.84	£10,050	£17,643	£699.16

Expenditure

Project Delivery Instructor costs and partner delivery costs	Core Costs Utilities and equipment subscriptions	Staff Training
£74,722	£15,733	£2,456

March 2023 year end balance: **£89,396**

“The largest proportion of our funding income comes from successful applications to grant giving trusts and foundations. During the financial year 2022-2023 ROKT Foundation secured £90,487 in grant funding.”

FUNDING STREAMS

Capital Funding has kindly come in from various key funders.

These include:

Boshier Hinton
The Toy Trust
Community Foundation for Calderdale
Tesco Small Grant
Hedley Foundation

They have all provided funding to help us develop a sensory space for children with special needs to be enjoyed with their families. We aim to have this completed in September/October 2023.

With NHS Creative Minds funding we have been able to develop a fantastic new music programme to support children's mental health and wellbeing by using music as a way to tap into their anxieties and emotions. But importantly, also inject positivity into their thoughts through sound creation and teamwork. We have run three successful Healthy Holidays programmes with financial support from the Department for Education. This has included an SEN programme too. The funding supports children primarily on free school meals to have opportunities to engage in active urban adventure whilst learning about the importance of good nutrition. It is an amazing programme with hundreds of children supported each year. Our Climbing for All Families programme has been a huge success, supported by National Lottery Community Funding. With funding from Sovereign Health Care Trust we have been able to support more than 40 adult refugee and asylum seekers to climb. These people are often living within hotels and with very little money. Our free activity has allowed our climbers to become focussed, learn a new skill and find out more about what exists in their new communities.



LOOKING FORWARD

Throughout the next 12 months we will continue to inspire people to get moving and create more enrichment programmes to support the body and mind. We know that adults with long term health conditions and learning disabilities are twice as likely (43%) to be inactive compared to those without. Our work with specialist schools and our support for the SEN agenda means we will continue to challenge this head on, encouraging and engaging children to try new forms of sport which we hope will broaden horizons, increase aspirations which will support them into adulthood. Children's and adult mental health remain a key focus in what we do as a Foundation. Engagement and integration is key. With an increasing refugee and asylum seeker population, we will play our part to support them alongside partner organisations. As always we will continue to engage, empower and inspire. From 2023 -2025 ROKT Foundation will aim to continue to do the following →

**SUPPORT
MORE ACTIVE
COMMUNITIES**

**SUPPORT
ACTIVE WORK-
PLACE AGENDA**

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

**ENGAGE
EMPOWER
INSPIRE**

**EFFECTIVELY
MARKET &
PROMOTE WHAT
WE DO**

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

**SUPPORT
THE ACTIVE
SCHOOLS
AGENDA**

The logo consists of a dark blue, rounded, teardrop-shaped background with a bright blue border. Inside, the word "ROKT" is written in a large, white, distressed, stencil-like font. Below it, the word "FOUNDATION" is written in a smaller, light blue, clean sans-serif font.

ROKT

FOUNDATION

The background is a photograph of a person climbing a white rock face. The person's hands are visible on the left, gripping a blue horizontal ledge. A large, out-of-focus pink balloon is in the lower right foreground. The overall image has a light blue tint.

ENGAGE
EMPOWER
INSPIRE

ROKTFUNDATION.CO.UK

ROKT Foundation

Statement of Financial Activities Including Income & Expenditure Account

For The Year Ended 31-March 2023

Income from:	Unrestricted funds	Restricted project funding	Total 2023	Opening Balance April 2022
Grants		90487		
Donations	423.49			
Commissioned projects		9240		
Fundraising activities	620			
Subsidised educational activities	18329.5			
Total Income	19372.99	99727	119,099.99	
Expenditure on:				
Project delivery		74722.15		
Core costs	15733.07	0		
Staff training and development	2456.02	0		
Charity events		0		
Total Expenditure	18189.09	74722.15	92,911.24	
Closing Balance 31 March 2023			89,396.93	



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
ROKT FOUNDATION

On accounts for the year ended

31.3.22 updated 31.03.2023

Charity no (if any) 1175904

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022 updated 31.03.2023

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Paula Jobson

Date:

20.9.22 updated 31 03.2023

Name:

Paula Jobson

Relevant professional qualification(s) or body (if any):

Association of Accounting Technicians

Address:

6 Linden Way

Wetherby

LS22 7QU

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Note PDF so have updated info from previous submission (2022 yearend)

Audited year end 2022/2023 and all in order - delay in submission until Jan 2024 because of changes to submission by Charity Commission.

ROKT FOUNDATION

England & Wales - Charity number 1175904

Accounts



ROKT
FOUNDATION

**ENGAGE
EMPOWER
INSPIRE**

ANNUAL REPORT 2021-22

CONTENTS: ANNUAL REPORT 2021-22

Notes from trustees, director and founder
Impacts for 2021/2022
Highlights and 2021 timeline in brief
Financial summary & fundraising
achievements
Looking forward

TRUSTEES & PATRONS

Lidia Shinwell (trustee)
Jason Costello (trustee)
Gary Byrnes (trustee)
Bob & Carol Bridgestock (patrons)
Sean Jarvis (patron)

MESSAGE FROM THE BOARD

ROKT Foundation goes from strength-to-strength and its reach is all encompassing, helping increase a person's health both mentally and physically. We are proud to support such an inspirational charity and delighted to report how well the Foundation has performed over the last 12 months since April 2021. How, as an organisation, we are reaching out to support new clients of all ages and abilities, seeing first-hand how clients have thrived in the setting and achieved more than they thought possible. Our objectives for the short to medium term are to grow as an organisation, to support new and varied audiences, develop strong and meaningful partnerships locally and across West Yorkshire so that we can continue to 'Engage, Empower and Inspire'.



WELCOME TO THE ANNUAL REPORT 2021-22

Since reopening in April 2021, following a really challenging year like so many charities experienced, I am really pleased to see how we have not only recovered but thrived as an organisation. The priority over the last 12 months has been to provide a safe and inviting offer to our clients. Throughout 2021 we have developed and harnessed our approach to 'Climbing for All', allowing children and young people with a varying degree of disabilities, the opportunity to climb. What we have witnessed has been amazing. Children achieving and excelling and most importantly having fun. We have really strengthened our links with partner organisations and as a result are supporting adult mental health programmes across Calderdale and Kirklees, using the power of climbing as a catalyst for supporting mental health and wellbeing. We are reaching further into our local communities through schools and other community focussed organisations. We are supporting those that are economically disadvantaged, affording children, young people and their families the opportunity to engage in urban adventure - something they would not normally have the confidence or financial means to do. Over the next 12 months we will implement our longer-term strategy with a view to providing support for new communities, with more innovative approaches to mental and physical wellbeing. We will continue to *engage, empower and inspire!*

Katie Kinsella, Director for Community & Business Engagement

1,157
people
engaged

The infographic features three blue, teardrop-shaped callouts arranged vertically on the right side of the page. Each callout contains a statistic in a bold, black, sans-serif font. The background of the entire page is a blurred photograph of a group of people, with a young girl in the foreground looking upwards and to the right.

4 2 9
kids from
25 schools

75
kids with
additional
needs

Our innovative partnerships have meant we have engaged, empowered and inspired more than 1,000 people in our first full year. More than half of these were children and young people - the rest being made up of adults, showing the full spectrum of our work.

75 children with additional needs have been part of our courses where our team took them higher and further than they thought possible, with lasting positive impacts on children living lives with barriers to overcome everyday. We helped them climb over those barriers thanks to our ground breaking Climbing for All programme.



WATCH OUR FILM



101
adults mental
health support

102
kids mental
health support

33
charity
volunteers

Teaming-up with partners has seen us unleash the power of the ROKT Foundation, enhancing existing support and creating new pathways. More than 30 children have been shown the dangers of crime in partnership with West Yorkshire Police. And our work with Invictus Wellbeing has seen us have a game-changing positive impact on the mental health of more than 100 kids, ranging from those suffering from depression to suicidal tendencies. This work has been replicated with a similar amount of adults, improving their life chances and wellbeing.



WATCH OUR FILM



WATCH OUR FILM



FROM THE FOUNDER

When I first built ROKT Climbing Gym inside this old disused flour mill over a decade ago I already knew the effect sport had on wellbeing. Climbing makes you focus with such intensity.

As we evolved what the climbing at ROKT offered, it became clear that climbing enabled people from all walks of life to escape, mostly upwards, and to experience mind and body working together, increasing that connectedness with time and experience. More obvious was the impact on children and families where neurodivergence and/or physical challenges meant accessing environments that delivered for their needs was hard.

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 after years of planning, we finally launched this charity only to be hit with a global pandemic. But in reality, the timing could not have been better because what the ROKT Foundation offered was what people needed the most. And the stats in the last few pages - and the pages to come - show just how much of an impact we have had. Thanks to Katie, who has built the foundation, and our awesome climbing team and partners, we have made a difference.

By working together with others, we have reached a huge group of people and used climbing to make a difference in their lives - not just when they are on the wall but for days, months and years after.

It's why the plans for the future are so exciting and together we can support even more people, get even more people active and leave a lasting legacy using the power of climbing. Onwards and upwards, as they say.

Dr Euan Noble, Founder of ROKT Foundation

1
WORLD-FAMOUS
FOOTBALLER RETWEET

£86K
GRANT FUNDING
SECURED

1
NATIONAL
AWARDS
NOMINATION

OUR MISSION

At ROKT Foundation our mission is to engage, empower and inspire, supporting those that would not normally partake in physical and wellbeing programmes.

We want to provide opportunities to help stop the negative upward trend in physical and mental health of all ages.

PEOPLE

...are at the heart of all we do. Before any programme or funding bid we conduct in depth research to see what interventions will achieve the outcomes required by participants. Programmes are tailored to the participants and adapted as we move forward with the participants in order that they achieve THEIR outcomes. Programmes are reviewed in real time and then at the conclusion.

UNLOCKING URBAN ACTIVITY

With one of the highest lead walls in Yorkshire at 21.5 metres high, 250 ft of indoor caving and an indoor abseil through the spine of the enormous mill that once supported flour production, the experience is truly unique.

Our offer allows participants to experience adrenaline fuelled activities in an urban, indoor

environment that challenges, builds confidence, generates camaraderie and importantly peer support. We offer bespoke outdoor and indoor programmes depending and tailored to the desired outcomes and the ability and accessibility of our participants.

All programmes aim to build on a sound base to build confidence and then take people further than they thought possible, no matter how far that is for the individual.

INCLUSION

We see no reason why our non-mainstream activities including climbing, abseiling, and caving shouldn't be accessible to all. It's why we are developing our 'Climbing for All' experience for children and young people with additional needs to create a truly inclusive experience.

We only run inclusive programmes. Ability or circumstance are challenges we all face and our programmes don't exclude anyone. The skill of the staff ensures the groups we work with move forward together whilst learning from each other.

IMPROVEMENT

We continue to develop and upskill our workforce and to improve our facilities to understand and support new and varied client bases. Our staff embody the Foundation ethos and act as ambassadors for the ROKT Foundation

INNOVATION

We strive to innovate, developing new programmes and opportunities. This will include developing from just indoor adrenaline to getting outdoors for summer activities.

We develop new programmes and each course is tailored to the specific needs of the client group. We constantly look for different opportunities, venues, locations and challenges to better deliver the required outcomes

SHARING OUR SUCCESS

We collaborate with excellent partners, across several localities, geographic boundaries, and areas of expertise, to engage more people of all ages that need and will benefit from our support.



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

Climbing regulates and stimulates emotions and is a mindful activity. When climbing, clients can feel fear or anxiety when challenged with a new route, they can feel frustrated when trying to achieve what seems unattainable, they feel elated and confident when they achieve and get stronger throughout their climbing journey.

Importantly they also learn how to manage frustrations when things don't go their way on the wall. All such emotions translate into everyday life and help people to become more resilient.

“I feel a lot better about myself, it gives me the confidence to do something even harder.”

David is a participant from Calderdale & Kirklees Recovery College. He has struggled with his mental health. He has been climbing with ROKT Foundation since July 2021.

“It keeps me fit and it's a challenge all the time, pushing myself.

“Once I've got over the challenge, I feel a lot better about myself, it gives me the confidence to do something even harder.

“When I first started climbing, I was doing easy stuff - it wasn't easy at the time but it's a doddle now.

“When I look back from when I started to where I am now, the things I found really hard before now feel easy, even the harder levels.

“I feel I can figure out problems better now, I really think about what I am doing now, where my feet go, where my arms are, whereas before I was all over the place. I am better at problem solving now.”

David - participant

Climbing is a very social sport by nature

With this in mind it has supported less vocal students to communicate better, young people who may be at odds with the world, start to engage with each other and this instils great camaraderie as participants get to know each other. Research has shown that spending time with friends has a direct correlation with lower levels of anxiety and depression. We are supporting the forging of new friendships and the strengthening of existing, through our approaches to health and wellbeing.

“Firstly, I would like to say thank you for all the work you have done with Bradley over the past few weeks on the Invictus wellbeing programme. “Here at the William Henry Smith School, we work with children and young people aged 5-19 across a broad spectrum of social, emotional, and mental health challenges.

“Our focus is the quality of life of all our children, giving them experiences they may not have had before and through partaking in this programme, Bradley has benefited hugely from your sessions in many areas of SEMH.

“He has shown an improvement in regulating his behaviour and emotions when returning from your sessions.

“He has shown more understanding in problem solving activities and when climbing in school you can see him thinking about where his hand or foot is going to go next.

“His confidence is growing through spending time at ROKT, being able to feedback to peers and staff about what he did in each session.

“He is now working with different adults in different environments which is a great achievement for Bradley, as he becomes anxious when facing new challenges and environments but had taken these tasks in his stride.”

Lydia Presley - Class Teacher at William Henry Smith School reporting on 7-year-old Bradley.

Climbing develops problem solving and communication skills

Problem solving is at the very heart of what climbing is all about. As the sport requires the visual analysis of a given route to determine the best possible path to reach the top, it is very usual to conduct this analysis in pairs or groups. We find this is particularly important to our clients managing their mental health and wellbeing. Often nervous about speaking to others, having a focus for communication, and speaking about a climbing route and how to navigate it helps participants to have a reason to be heard. This massively supports their confidence.

“His confidence is growing through spending time at ROKT.”

“Communicating with others has made a difference. I feel I'm bad at talking and saying words. At ROKT I must learn words and communicate, especially with things like belaying. I feel I'm more comfortable about communicating when I'm at ROKT now, which is good.

“When I started, I was really shy, I hardly said a word. I was terrified walking in to ROKT at first. “Now I'm able to talk to others and help them when they're climbing, which is massive. It's been a journey - my communication has come along over eight weeks, it's been a huge improvement. I walk into ROKT confidently now.

“I also feel like I have POWER, even if I get as high as a bunk bed it's like ‘yes I've done it’ It's that sense of achievement, knowing that I've done it all myself.”

Joanne- Mental Health & Wellbeing Climber – Recovery College for Calderdale & Kirklees

Climbing will take you to nature

The longer people stay climbing, the more likely it is they will end up outdoors within nature. This is something as an organisation, we are keen to explore and develop with our client bases, offering them the opportunity to engage in outdoor climbing and adventure experience. We will start this in summer 2022 through our Healthy Holidays programme and look to develop the outdoor experience.

“When I started, I was really shy...(now) I feel like I have POWER...”

TIMELINE 21-22



WATCH OUR 21-22 FILM

FINANCIALS

Following a very tough year in 2020 with little income secured because of the inability to offer intervention and educational courses, 2021 has been a positive year for fundraising and delivery.

April 21-Mar 22

Total income	Grant Funding	Local Gov Commissions	Educational Commissions	Fundraising & donations
£114,582.00	£86,189.84	£10,050	£17,643	£699.16

April 20 – Mar 21

Total income	Grant Funding	Local Gov Commissions	Educational Commissions	Fundraising & donations
£15,689.88	£9,596.00	£205.98	Nil	£205.98

Expenditure

Project Delivery Instructor costs and partner delivery costs	Core Costs Utilities and equipment subscriptions, staff training	Equipment Climbing	Charity Events
£54,972.27	£17,647.23	£1,216.73	£105.00

March 2022 year end balance: **£63,208.18**

“The largest proportion of our funding income comes from successful applications to grant giving trusts and foundations. During the financial year of 2021-2022 we raised over £86,000 in grants.”

FUNDING STREAMS

With the help of funding from The National Lottery Community Fund, Betty's & Taylors and One Community' Kirklees, we have been able to support many children with their mental health and wellbeing.

Combining our support with onsite interventions from experts in children's mental health such as Invictus Wellbeing Foundation and Bee Quirky has meant that we can support young people aged 12-17 with coping strategies to support everyday pressures but expose them to positive fear, the power of peer support and overcoming challenges through our urban adventure activities.

We will continue to develop our intervention with schools across Kirklees with our remaining funding throughout 2022.

We will start this in summer 2022 through our Healthy Holidays programme and look to develop the outdoor experience.

Following an incredibly challenging year in 2020 with minimal activity, One Community Kirklees and Community Foundation for Calderdale worked with Sport England to provide Clubs in Crisis funding to support organisations like ROKT Foundation to kick start programmes.

We used this funding to work with West Yorkshire Police to support young people in Calderdale and Kirklees at risk of or involved in crime. The intervention ranged between one off taster sessions with young people in schools to more intensive development courses with young people on the police referral programme. Combining physical team related activity with police learning about knife crime, county boundary lines drugs crime, gang culture and cyber-crime has helped reinforce the message with young people about making sensible life choices.

Adult mental health support has been a significant part of our annual programme. Supported by Community Foundation for Calderdale, One Community Kirklees, and Calderdale Council.

We have engaged over ninety clients from Calderdale's Early Intervention Psychosis 'Insight,' Calderdale & Kirklees Recovery College and more recently 'Andy's Man Club' Dewsbury. Confidence and development in climbing, combined with social network support in this area has been phenomenal and something we want to harness in 2022 and beyond. Barbur has been climbing with us for a good while now, an Insight client who now supports others to climb.

You can learn more about his experiences and how climbing has supported him on his journey to better mental health and in his words 'How climbing changed my life!' [Watch Barbur's Story](#).

With funding from Department for Education, throughout summer 2021 we took on the challenge to become a lead provider of the Healthy Holidays Calderdale programme.

A Marcus Rashford inspired initiative, it is to support children from deprived communities with new and exciting healthy activities along with healthy food and nutrition guidance. Over the course of two programmes we supported 200 children with the opportunity to try new things, including great food. See what they thought in [our film here](#) We are delighted to have secured funding to deliver a 2022 summer and winter programme.

LOOKING FORWARD

Looking forward throughout 2022 and beyond our mantra will be the same as we ask of our clients. We will keep trying to do more and do it better.

Our strategic aspirations will mirror those of our national and regional partners including Sport England and Yorkshire Sport Foundation.

As lead organisations, they understand that their overarching plans are only successful if implemented at a local level and through organisations that understand the cause.

"Together, we won't stop until everyone has the opportunity, the inspiration and the freedom to get moving"

Uniting the Movement, Sport England

From 2022 -2025 ROKT Foundation will aim to do the following →

**SUPPORT
MORE ACTIVE
COMMUNITIES**

**SUPPORT
ACTIVE WORK-
PLACE AGENDA**

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

**ENGAGE
EMPOWER
INSPIRE**

**EFFECTIVELY
MARKET &
PROMOTE WHAT
WE DO**

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

**SUPPORT
THE ACTIVE
SCHOOLS
AGENDA**

MOVING FORWARD

Looking at our landscape helps us to determine future direction and intervention. There are two overriding themes that inform what we should be doing over the next 12 months and beyond.

Physical inactivity

ROKT Foundation operates to support people primarily in West Yorkshire which has a population of 2.3 million. (2020) The area has a rich cultural mix of ethnic groups and communities. How people live influences how healthy and active they are. On a strategic level, government agencies and sports organisations look to improve space, place and air quality to grow and regenerate neighbourhoods. ROKT Foundation is a small but integral part of this. The unequal impact of Covid-19 has meant people from 16-35 and the over seventy-five's have been affected the most and the inactivity gap has widened. We know that one in three adults are inactive which means they get less than 30 minutes of physical activity per week.

ROKT Foundation has use of a fantastic, accessible space and an ethos to improve health and wellbeing, targeting those that are more likely to be inactive because they will benefit the most. Research shows that women from ethnically diverse groups and lower socio-economic backgrounds are 60% more likely to be inactive. Currently, more than half of children and young people do not reach the national guidelines with one in three doing less than an average of 30 minutes per day.

Two thirds of adults and young people said their mental health deteriorated during lockdown. One in four adults and one in six young people experienced mental distress for the first time during the height of the pandemic. We know that half of adults affected by mental health issues turned to exercise as a coping mechanism throughout this time.

We must understand that inactivity is complex.

People need motivation, confidence, and capability to be active. We need to reduce the time being sedentary and focus on increasing movement. Physical activity and sport have a part to play in rebalancing the scales for the most adversely affected post pandemic. Everyone should have the chance to benefit from leading a more active life.

The time is right to increase momentum to effect change. We are now at a point in which national, regional, and local organisations are working better together than ever before. Uniting the Movement' a collaboration between Sport England and Mind strives to break down the segmentation between mind and body. Since ROKT Foundation's inception we have strongly advocated that mind and body are not mutually exclusive, they are intrinsically linked. We move, we feel better, we feel better, we move more. This is reflected in the activities we deliver and the people we engage. We want to go further and from 2022 ROKT Foundation will:

- Create new women only programmes with an added concentration on women from diverse communities, encouraging them to engage in an activity that will challenge their bodies and minds.
- Deliver more health and wellbeing programmes to adults, not just those that are receiving clinical intervention by statutory agencies, but others identified through more informal networks.
- We will be a part of embedding the 'Creating Active Schools' framework in our locality, supporting the development of young leaders in climbing to empower and inspire others.
- We will continue developing targeted programmes, using climbing and urban adventure to achieve wider wellbeing, social and educational outcomes. With a view to broadening our scope, we will develop more outdoor based activities, using our indoor facilities more creatively.

Deteriorating mental health across all ages

ROKT Foundation, throughout 2021, has strived to support mental health improvements, not just adult mental health but children and young people from the age of seven up to 17. This is because we know that it is a real area of concern.

Rising mental health issues in children and young people.

Worryingly, deteriorating mental health in children is increasing and suicidal behaviour among children has become a public health priority. Suicides in children has risen, non-fatal self-harm has increased and become more common in young people, many of whom use it to cope with stress.

In April 2019-March 2020, 108 children and young people died from suicide. Seventy-eight percent were aged between 15-17. Suicide is more common in boys and overall the split between white and BAME was 79% - 21% (comparable).

Significantly only 24% had a diagnosed mental health condition. Potential triggers include abuse or neglect with 32% having experienced this. Sixteen percent had a diagnosis of neuro development mental condition at time of death and 30% had experienced problems in school such as non-attendance and exam stress, 23% had experienced bullying (including cyber bullying). A staggering 44% had communicated thoughts on suicide or self-harm.

Over the last 12 months from April 2021, ROKT Foundation has provided vital support to children and young people.

We have supported 429 children from 25 schools across West Yorkshire. Four schools specialise in childhood trauma and behavioural problems, a further three have sent young people to us from pupil referral units,

youngsters that cannot sustain learning within mainstream education.

We have supported 18 young people referred from the police early intervention team, some children that have been victims of crime, trauma, and abuse. 103 children and young people aged between 12-17 identified with support of Invictus Wellbeing Foundation have attended our climbing taster and development programmes.

Some are already receiving clinical support through CAMHS, but a considerable number are not, or are still waiting for a diagnosis.

14 children struggling with speech and language have come to ROKT Foundation to improve confidence and overcome anxiety with speech and language differences.

We worked with Bee Quirky on an eight-week programme to support 17 children under the age of 10 that had experienced personal trauma. 67 youngsters with physical disabilities or neuro development delays have attended ROKT Foundation.

From analysing the evidence on child suicide and self-harm, being aware of and understanding the potential triggers.

All the children we have worked with identified above could be considered at risk. Therefore we need to continue to do more.

MOVING FORWARD

Deteriorating Adult mental health

We know that in the UK, one in three adults are now struggling with their mental health and wellbeing. Current suicide rate in England is 10 per 100,000 and in Calderdale this is higher.

It is evident that with people struggling with conditions such as psychosis this number doubles. This is partly attributed to the negative stigma associated with psychosis which causes isolation and loneliness.

Using and responding to this evidence base, over the last 12 months the Foundation has helped provide targeted support through climbing and urban adventure. Collaborating with expert practitioners such as NHS Insight and NHS Recovery and Wellbeing College we have offered people opportunities to try new activities that challenge, stimulate, and improve their mental health.

Through a co-created bespoke development programme of climbing activities culminating in an accredited climbing qualification, providing individuals with the opportunity to gain further qualifications.

We have supported forty-two clients from EIP Insight and a further thirty-eight from Recovery College Kirklees & Calderdale. We have now engaged 'Andy's Man Club' and are currently working with eight men with a view to expanding this. We are also supporting public sector and charity workers through a Calderdale Cares 4 Us programme.

Moving forward ROKT Foundation will:

- Develop new partnerships across the locality and West Yorkshire to support more clients of all ages
- Further upskill further ROKT Foundation staff in understanding mental health support and suicide prevention techniques.
- Continue to represent the Foundation through local steering groups and Boards that advocate methods for improved mental health.
- Increase the work we do with young people through schools, targeting pastoral and behavioural specialist leads to create adapted development programmes to support resilience.
- We will develop support for 'mainstream' employees through more initiatives like Calderdale Cares 4 Us
- We will gather more evidence to make the argument for the need to commission longer term, third sector interventions from organisations like ours in the support for mental health.

The information above concentrates on what we will work on during the next 12-18 months in relation to physical and mental health. The longer-term plan for the Foundation is to diversify our offer to compliment what we currently do. It is to grow our outdoor provision with accessible climbing and adventure, which is integral to our planning. It is to develop our staffing complement and support their professional development. Throughout the short, medium, and long term ROKT Foundation will continue to engage, empower and inspire.



**ENGAGE
EMPOWER
INSPIRE**

ROKTFoundation.co.uk



Receipts and payments accounts

For the period from	1.4.21	To	31.3.22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Grant Income	-	86,190	-	86,190
Donations and Fundraising	699	-	-	699
Commissioned Projects	-	10,050	-	10,050
Subsidised Educational Activities	17,643	-	-	17,643
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	18,342	96,240	-	114,582
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	18,342	96,240	-	114,582
A3 Payments				
All Expenditure	-	73,941	-	73,941
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	73,941	-	73,941
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	73,941	-	73,941
Net of receipts/(payments)	18,342	22,299	-	40,641
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	22,567	-	22,567
Cash funds this year end	18,342	44,866	-	63,208

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Bank Account	18,342	44,866
		-	-
		-	-
	Total cash funds	18,342	44,866
(agree balances with receipts and payments account(s))		OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets			-
			-
			-
		-	
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities	Grant Funding	Government, Lottery Trust	58,000
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Mr Gary R Byrnes

CC16a



Last year

to the nearest £

32,344
375
450
1,451
-
-
-
-
34,620

-
-

34,620

16,472
-
-
-
-
-
-
-
-
-
16,472

-

16,472

18,148
-
-
18,148



Endowment funds to nearest £

-
-
-
-

OK

Endowment funds to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

17.08.2021



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
ROKT FOUNDATION

On accounts for the year ended

31.3.22

Charity no (if any)

1175904

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Paula Jobson

Date:

20.9.22

Name:

Paula Jobson

Relevant professional qualification(s) or body (if any):

Association of Accounting Technicians

Address:

6 Linden Way

Wetherby

LS22 7QU

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty box for disclosure details]

ROKT FOUNDATION

England & Wales - Charity number 1175904

Accounts



ROKT Foundation – Report of the Trustees for the year ending 31st March 2021

The Trustees of The ROKT Foundation Charitable Incorporated Organisation present their annual report and accounts for the year ending 31st March 2020 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102)

Aims and Objectives

ROKT Foundation aims to provide sport, recreation and leisure facilities for all, breaking down barriers to access and helping all ages experience the opportunity to develop a healthier lifestyle through active urban adventure.

The Foundation aims to provide the opportunity for all ages to engage in the activities that we offer.

Target harder to reach communities and provide people with the opportunity to get healthy and fit.

Inspire people to think differently about health and activity, offering fun and creative ways which improves physical and mental health and wellbeing.

The Founder and Trustees are passionate about making a difference. The Foundation - wants to raise awareness and provide opportunities to help stop the negative upward trend in deteriorating physical & mental health.

Working alongside partner agencies and health professionals, the Foundation will have a direct impact in improving the lives, physical and mental well-being of local people who engage.

Founder & Trustees

Founder – Dr Max Noble

Trustees:

Mrs Lidia Shinwell (Chairperson) – Appointed November 2017

Mr Gary Byrnes (Treasurer) – Appointed November 2017

Mr Jason Costello -Appointed March 2019

Review of Activities and Achievements from April 1st 2020 – March 31st 2021

The period from April 2020 to March 2021 was dominated by COVID 19. As a result of the global pandemic and several lockdowns over the 12-month period to ensure safety of the local and wider population, for the most part of 2020 it has not been possible to deliver health and wellbeing activities through ROKT Foundation.

Trustees have been kept informed of the ongoing situation in relation to the charity and have been updated and communicated with via e-mail on a quarterly basis. Formal, face to face Trustee meetings have not taken place throughout 2020 but we look forward, in line with Government guidelines and social distancing rules, to resuming face to face trustee meetings again in Spring/Summer 2021.

During December 2020 there was a small amount of activity when ROKT Foundation commenced the disability sports 'Climbing for All' programme. In September 2019 ROKT Foundation secured an agreement and funding from Calderdale Metropolitan Borough Council to provide climbing activity for children and young people with disabilities. A sum of £2,000 was secured for capital infrastructure and a 2 year revenue commission to provide activities for disabled clients. In addition a further £500 was awarded from 'Local Giving' enabling the Foundation to purchase equipment to support accessible rope climbing. In January 2020 the Boshier Hinton Foundation kindly part funded training for instructors to support them in provision of accessible climbing and understanding client needs, this has led on from FUNdamentals 1&2 training which has allowed the team to refresh skills in delivering creative climbing courses for children and young people – supported by LOCALA funding.

In December 2020 we supported a small number of children with additional needs to experience basic bouldering, rope climbing and accessible rope climbing with the use of specialist equipment. The children thoroughly enjoyed the sessions, gained confidence in climbing and importantly, received the necessary social interaction they had not been able to get during spring and summer. The activity ceased when the country went into a third lockdown.

Following recent discussions with Calderdale Council we can report that they have agreed to a 3-year commission of activity which will mean a sum of £6,000 is allocated to ROKT Foundation each year until 2024 to support weekly term time out of school activities and several holiday programmes.

Delayed Programmes

In the report ending March 2020, Trustees identified several programmes that were to commence throughout the year. These have been unable to take place but will be commencing from April 2021 aligning with the Government guidance for health and wellbeing activities. Below is a summary and timeline of when such activities will resume.

Activity	Funder	Timeline for delivery
Support for back to/into work or training for NEET participants	European Social Fund	June 2021 – Dec 2021

Climbing High – police early intervention project	UK Youth – funding diverted to core funds. New funding secured from Hedley Foundation	May 2021 – Dec 2021
Bee Quirky – Children’s mental health and wellbeing project	Sovereign Trust & Comic Relief	May 2021 – Sept 2021

Future Programmes

In line with Government guidance, it is anticipated that there will be a safe return to activities that support mental health and wellbeing throughout the spring and summer. With this in mind ROKT Foundation has recently applied for and successful in securing funding for two new projects that support these aims.

A sum of £4225 has been secured to work with partner agency ‘Insight’ that supports adult service users with early intervention psychosis, a condition that means those with the condition are more at risk of self-harm and suicide. The ‘Suicide Prevention’ small grant funding from Calderdale Council will support 50 service users to use climbing as a catalyst to support their mental health and wellbeing, 30 of which will complete a National Indoor Climbing Award level one and several will be able to become climbing ambassadors for new recruits to the project.

The Foundation has also secured just under £10,000 National Lottery ‘Community Fund’ to work with Invictus Wellbeing Foundation on a 12-month programme to support young people from aged 12-17 using climbing and active urban adventure to help them understand ‘positive fear’ adrenalin and the importance of peer support. We aim to pilot both projects over throughout the summer and winter with a view to broadening the project to help others in the future.

Financial Return

The financial return from April 2020 – March 2021 is attached at appendix 1 of the report.

Donor Contributions

As a result of COVID 19 we have been unable to carry out any fundraising activity and donor contributions have been minimal with just £178.00 secured in contributions through ‘Local Giving’.

Impact from April 2020-March 2021

As a direct result of COVID 19 ROKT Foundation has been unable to deliver the charitable programmes identified for 2020. We are very much looking forward to resuming activity from spring 2021 and beyond along with partner agencies to support physical and mental health and wellbeing programmes. Whilst non-operational we have concentrated on ensuring all COVID specific risk assessments have been carried out and are in place for full reopening.

Marketing and Promotion

Marketing and promotion across all platforms has been minimal because ROKT Foundation has not been operational. In the coming weeks and months we will be celebrating the programmes as they are delivered through social media, on our website and direct mailshots

to donors, participants and partner agencies. Some of the social media activity and pictures from the brief winter programme of dis sports are detailed at appendix 2 of the report.

The Foundation continues to gathering momentum on social media and digital with clear messaging on the [ROKT Foundation](#) website , regular news feeds on social media including [Facebook](#) and [twitter](#) we ensure that we recognise the support of grant givers and in turn they are keen to reference the work of the Foundation

Next Steps

ROKT Foundation will deliver the grant funded programmes over the coming months, delivery dates now are still dependent on the current global crisis and ensuring the recovery road map is consistent.

The Foundation will continue to develop new partnerships locally and regionally, identifying demand from local communities that can make a difference and supporting such activity by sourcing available funds through grants and donors.

The programmes throughout 2021 will be concentrating on physical activity and mental health and wellbeing, providing a holistic approach, utilising Foundation's facilities with complimentary activities such as emotional support building, lessons in making good life choices and inspiring people to raise aspirations, including academic development through more structured climbing development courses.

Longer term the ROKT Foundation will work with partners to look at the potential for delivering more urban adventure activities not only within the ROKT Foundation facilities but at grass roots level out in communities.



Receipts and payments accounts

For the period from	1.4.20	To	31.3.21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Grant Income	-	12,244	-	12,244
Donations and Fundraising	206	-	-	206
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	206	12,244	-	12,450
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	206	12,244	-	12,450
A3 Payments				
All Expenditure	-	8,030	-	8,030
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	8,030	-	8,030
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	8,030	-	8,030
Net of receipts/(payments)	206	4,214	-	4,420
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	206	4,214	-	4,420

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Bank Account	206	4,214
		-	-
		-	-
	Total cash funds	206	4,214
(agree balances with receipts and payments account(s))		OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Groundwork ESF Grant to be paid in installments - delay because of COVID 19	Groundwork ESF	5,638
	Comic Relief Grant - delay because of COVID 19 - unable to deliver project	Groundwork comic relief	1,735
	Disability Sports Funding from Calderdale MBC - delay because of COVID 19 - unable to deliver	Calderdale MBC	6,000
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Mr Gary R Byrnes

CC16a



Last year

to the nearest £

32,344
375
450
1,451
-
-
-
-
34,620

-
-

34,620

16,472
-
-
-
-
-
-
-
-
-
16,472

-

16,472

18,148
-
-
18,148



**Endowment funds
to nearest £**

-
-
-
-

OK

**Endowment funds
to nearest £**

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of approval

17.08.2021