

Robinwood 2019

Maes-y-Nant, Cross Lanes, Wrexham



Robinwood at Maes-y-Nant

Set in the beautiful Welsh countryside based just outside of Wrexham, the original building dates back to the late Victorian era when it was built as a private house in around 1870. Its name in Welsh was Maes-y-Nant which when translated means 'house by a stream'. Although the stream remains, the old owners would struggle to recognise it now as the site has been transformed with purpose built facilities to provide an amazing Robinwood experience.

Activities

- ▶ All activities are on site and close together - making the most of every exciting minute.
- ▶ A first for Robinwood - Maes-y-Nant boasts a purpose built high ropes course.
- ▶ Raft Building and Canoeing takes place on a purpose built lake , shallow enough to be perfect for key stage 2 and big enough for a real feel of adventure.
- ▶ Maes-y-Nant features a brand new Giant Swing and a Zip wire of around 80 metres in length, perfect for Key Stage 2 adventurers.
- ▶ Maes-y-Nant offers Robinwood's Ultimate timetable, providing all the classic Robinwood sessions, including the legendary Piranha Pool, Dungeon and Quest themed problem solving sessions.
- ▶ Purpose built brand new buildings house Archery and a specially designed indoor Caving system, allowing these activities to take place year round.

Typical three day programme at Maes-y-Nant

Around 24 hours of high quality activity sessions packed into a 3 day course. Robinwood ensure our group gains the most possible from every moment spent at Robinwood, from wake-up around 7.00am to lights out (and sleep!) at 10.00pm.

Please note that this activity programme does vary dependent in particular on weather conditions and the timetable given below is only a sample. The activity programme we follow will be confirmed in advance of our course, within a personalised timetable for our school.

Day1

Arrivals are typically about 11.00am

Lunch

Giant swing

Raft building

Crate challenge

Evening meal

Trapeze

Quest

Hot chocolate and review

Day2

Breakfast

Zip wire

Canoeing

Archery

Lunch

Night line

Piranha Pool

Caving

Evening meal

Team challenge

Hot chocolate and review

Day3

Breakfast

Dungeon

Climbing

Challenge course

Lunch

Departures are typically about 1.30pm

More about the activities

So what will we be doing while we're away?

Archery



- ▶ Following an introduction and demonstration from their group leader, children receive individual coaching for their first arrows, until the group leader feels confident they have the skills needed to get arrows on target.
- ▶ Children use bows appropriate to their size and strength and everyone taking part in archery sessions must always follow the strict rules for the archery range.
- ▶ Robinwood take care to ensure that, after initial coaching, a good pace to the session is maintained ensuring the children get to shoot plenty of arrows.
As the session develops, the skills learnt through expert coaching are put to use in tournaments and fun based archery challenges.

Canoeing



- ▶ **Outdoor Activity**
- ▶ Canoeing takes place on very sheltered shallow water, with the children close to the bank at all times. The Canadian canoes used are very stable and accommodate up to 3 children in each canoe.
- ▶ A suitably qualified group leader will take charge of the group, assisting with individual coaching tips throughout. In the second half of the session the group leaders normally run canoe games, which enable children to practice their skills whilst also having great fun.
- ▶ Buoyancy aids, canoe helmets and other clothing appropriate to weather conditions are worn throughout.

Caving



- ▶ **Indoor Activity**
- ▶ Robinwood have specially designed indoor caving systems at all of their centres. They are constructed for realism and adventure, but also to introduce the activity at a level that is just right for the 7 to 11 year old age group. The tunnel system has emergency exits at frequent intervals.
- ▶ The children all wear caving helmets with a caving torch at the front, to guide them through the tunnel network. As with many of the activities, the instructors use lots of creativity to capture the imagination of the group, with cave exploration and rescue themes included for the later part of caving sessions.

Climbing



- ▶ **Indoor Activity**
- ▶ **Robinwood have purpose built indoor climbing walls at the activity centre, creating the safest possible environment for young people to be introduced to climbing. These sessions offer children a chance to challenge themselves on an individual level and to support each other as part of a team. Children have two safety ropes attached when they are climbing, doubling the safety provision. One rope is attached to an auto-belay and the other goes through a belay system operated by children, teacher(s) and the group leaders. As well as belaying, the children waiting for their turn to climb are kept busy providing encouragement to fellow climbers.**
- ▶ **Robinwood have extra challenges for those who choose to push themselves that bit further, as well as exciting climbing games to suit all levels of confidence and ability. Their instructors are skilled not only in the technical aspects of climbing, but also as motivators and confidence builders so that they can ensure every child leaves this session feeling proud of what they have achieved.**

Crate Challenge



- ▶ **Indoor Activity**
- ▶ Crate challenge is a high activity with the emphasis on teamwork. Four children, each wearing a harness with safety rope attached are given the challenge of building a crate tower together. For this session, Robinwood leaders use an auto-belay system which will ensure anyone falling from the tower is gently lowered to the ground at a very safe and steady pace. The children need to work as a team, climbing up the crate tower as they build it. The rest of the group offer assistance in different ways, in particular by passing crates up to those building the tower as the tower gets higher.

Dungeon



- ▶ Indoor Activity
- ▶ The group need to escape together from the Dungeon; a place full of cobwebs, spooky noises, skeletons and other horrors. They can only do this through excellent teamwork, with some problems to be solved in small groups and other challenges to be overcome with the whole group working together. Tunnels connect some of the dungeon areas. Typical problems include a sensed dungeon floor with only one safe route through, a cube cage with images of instructors trapped inside and a large tilt maze which needs total teamwork to solve.
- ▶ The stories group leaders tell to introduce the challenges to come help generate extra excitement and wonder, but whilst capturing the imagination, they remain conscious of the importance of not making it too frightening, particularly for the younger groups.

Giant Swing



- ▶ **Outdoor Activity**
- ▶ Adventure and teamwork combine on the giant swing. Two children wearing full harness go on the swing together, securely attached to the swing bar. The rest of the activity group pull on a rope which lifts the swing bar up to its starting position. The children on the swing can choose when they pull the release cord to start. It's their choice whether they start from the highest point or release closer to the ground for a more gentle swing. However high children choose to go, the giant swing is one of Robinwood's most exhilarating and popular activity sessions.

Nightline



- ▶ **Outdoor Activity**
- ▶ With blindfold in place the children put one hand on the rope and then follow it wherever it goes. It goes to all sorts of interesting places! Games and activities are generally played prior to the Nightline to maximise the group's chance of success in working together and helping one another. Discussion of the senses and developing communication and team work throughout the group can provide many educational benefits on this session. The surprises to be discovered on route as children worm their way over, under and through various obstacles ensure the session is also a lot of fun.

Challenge Course



- ▶ **Outdoor Activity**
- ▶ Robinwood challenge courses typically run through wooded areas of the grounds and incorporate many different challenges for the group. They have tunnels to crawl through, walls and scramble netting to climb on, rope bridges to cross and various other obstacles for the group to overcome. The course blends into the woodland environment, making use of the natural resources available.
- ▶ In order to make their way round, the group need to work together as a team to overcome the obstacles they face. At our Maes-y-Nant activity centre the challenge course is a high wires circuit designed to test both the individual and the team.

Piranha Pool



- ▶ **Indoor Activity**
- ▶ This session involves different ‘crystal maze’ type challenges, going back and forth across our ‘piranha pool’, without falling in. This themed problem solving session was introduced over the first couple of years that Robinwood operated and it has developed over the years since then to become, for many schools, the most talked about and eagerly anticipated session at Robinwood. To achieve success the group must demonstrate skills in planning, communicating, evaluating and problem solving. Robinwood also ensure that the “piranhas”(?!) are unable to cause any injury should a child (or teacher) briefly join them in their pool.

Quest



- ▶ **Outdoor Activity**
- ▶ **There are a series of problems for each activity group to overcome and if they can manage to do this the Quest is achieved.**
- ▶ **To find solutions they will need brain power and physical skills, but most of all teamwork. Robinwood have problems for the whole activity group together and problems for smaller groups, which ensure that every child is involved.**
- ▶ **The different centres often develop their own variations on this theme, including for example 'Dragons Quest', 'Knights Quest' and 'Alien Conspiracy'.**

Team Challenge



- ▶ Indoor Activity
- ▶ Most of the activity sessions take place with one activity group and their group leader at a time, but for team challenge Robinwood get a number of activity groups together one evening for various inter-group challenges. This is an opportunity for the whole school group to share experiences. Teachers, children, group leaders and course leaders spend time together, taking part in stimulating and fun challenges.

Trapeze



- ▶ **Indoor Activity**
- ▶ Could you climb up to stand on a platform around 5 metres above the ground, then leap off and catch a bar, which is dangling a short distance in front of you?
- ▶ That is the challenge that the children face on the trapeze session, but they are of course roped on and therefore safe from falling throughout.
- ▶ The skill, patience, experience and all round personality of Robinwood's instructors ensures every child is given the very best coaching and support to complete this challenge. The buzz of excitement created throughout makes this a very popular activity session.

Zip Wire



- ▶ **Outdoor Activity**
- ▶ **Zip wire is a real thrill activity, which is great for group support and encouragement, individual confidence and achievement. There are two zip wires from each platform, in order to reduce waiting time and maximize group involvement.**
- ▶ **Children wear a helmet and a full body safety harness, as they do for the trapeze session. They are roped on from the moment they leave the ground, with rigorous safety standards carefully enforced by the Robinwood instructors throughout.**

Raft Building



- ▶ **Outdoor Activity**
- ▶ Another great activity for teamwork combined with watersports fun. Robinwood provide a range of items that could be used to make a raft, with various design options possible to challenge the group before they get out on the water. As with a number of the outdoor activities, Robinwood can adapt sessions in response to weather conditions. The children are very likely to get wet during this session! Buoyancy aids and canoe helmets are essential kit for all watersports (provided by Robinwood.)

Staffing levels

- ▶ The level of supervision on activity sessions is appropriate to the nature of the activity taking place. For most activity sessions the group leader takes charge of their activity group, of between 9 and 13 children, without assistance from other Robinwood staff. For certain activity sessions including zip wire and stream walk for example a second, appropriately qualified, member of the Robinwood team is timetabled to work with the group leader. Although group leaders run a lot of sessions on their own, we do activity session observations on a frequent basis, to aid staff development and to look to improve standards wherever we can.
- ▶ Additional to all the Robinwood staff there are of course the teachers and other adults who accompany children on a trip to Robinwood.

Accommodation

So where will we be staying while we're away?

Accommodation

- ▶ Dormitories and teachers accommodation are all housed in the main building. Within Robinwood's accommodation, children sleep in dormitories with between 2-12 children, with en-suite toilets and wash basins.
- ▶ Maes-y-Nant accommodation can cater for up to 170 adventurers at a time. The children get to share a dormitory with their friends, whilst teachers rooms are located close to the children.
- ▶ We will not be able to sort out room allocations until nearer the visit and this will be done with the children as fairly as possible. If you have any concerns about your child and groupings, please note these on the Information form which will be sent to you.

Supervision outside of activity times

- ▶ Children attending a Robinwood course are supervised by Robinwood staff throughout their stay; whether this is during activity sessions, break times, meal times or night times. Robinwood organise things so that when they're not sleeping the children are kept busy all the time. Most of the time that means taking part in activity sessions, but in-between activity sessions the group leaders get the children involved in games, puzzles, songs and a variety of different challenges which are a key part of the whole Robinwood experience. Break times are also spent reviewing experiences and getting children kitted out for their next activity session.
- ▶ Children sleep in dormitories with all bedding provided and toilet facilities close by. Robinwood recognise that children of this age do not always get showers of their own accord, so showers are timetabled in for all activity groups and group leaders ensure good standards of cleanliness are maintained.
- ▶ Night duty staff supervise overnight assisted at relevant times by bedtime staff and wake-up staff. All dormitories have a call assistance button that can be pressed by the children, if they need a member of the Robinwood team overnight.

Food

- ▶ **The food is good and there is plenty of it!**
- ▶ As well as toast and cereals, Robinwood provide a full cooked breakfast. At lunch time they typically provide a chicken wrap or baked potatoes with fillings, sandwiches, soup, fruit and yoghurts. Robinwood provide a cooked evening meal, pasta bolognese or pizza for example, followed by a tasty dessert. Meals vary throughout the year with more hot food and hot soup available over winter time. Break time snacks are also provided by Robinwood.
- ▶ There is always a vegetarian option and special diets can be catered for as required as long as Robinwood are notified in advance. They aim to provide healthy meals that will appeal to the children in order that they get the energy intake they need to fuel their three days at Robinwood.

Safety

- ▶ Robinwood have an excellent safety record over 23 years of operation and currently more than 45,000 visiting pupils each year. All of the activities take place in safe secure environments that are appropriate to provide a safe introduction to adventure activities for groups of 7 to 11 year olds.
- ▶ The quality of Robinwood's staff team and the extensive training programme they undergo is central to having and maintaining an outstanding safety record. They have a rigorous programme of activity session assessments to ensure everyone is working to the right standard.
- ▶ Robinwood also instil an attitude of safety as a state of mind; such that all staff have safety as their highest priority whatever is happening.

Risk assessments

- ▶ Robinwood have carried out detailed risk assessments of all aspects of a Robinwood course, including activity sessions and other areas. They review and update these assessments on a regular basis and ensure that children are not placed in risk situations.
- ▶ A member of school staff will also visit Robinwood prior to the visit to complete risk assessments for Oswald Road Primary School.

Insurance

- ▶ Robinwood have comprehensive public liability insurance cover in place for up to £10m.

Safeguarding

- ▶ Robinwood Activity Centres are committed to protecting the safety of the children that visit their centres and ensuring that they are in an environment within which they feel safe and happy.
- ▶ Robinwood believe that all children should be treated with respect and endeavour to ensure this is the case through robust and clear policies relating to recruitment and behaviour of staff and accompanying adults. They ensure their safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice.

Kit List

So what do we need to take?

Sample Kit List

- ▶ 1 bath towel
- ▶ 1 old towel for wet activities
- ▶ Swimming costume (to be worn under clothes for wet activities)
- ▶ Toiletries bag including toothbrush, toothpaste, soap, hairbrush etc.
- ▶ Night clothes
- ▶ Slippers or indoor shoes.
- ▶ Socks and underwear
- ▶ 3 t-shirts, shirt or blouses (at least 1 with long sleeves)
- ▶ Sweatshirt
- ▶ 1 thick jumper

- ▶ **1 light sweater**
- ▶ **3 pairs of trousers and/or jeans and/or tracksuit bottoms clothes for the evening activities**
- ▶ **Waterproof jacket (and trousers if possible)**
- ▶ **Sturdy shoes and wellies**
- ▶ **2 pairs of trainers, including one old pair**
- ▶ **Large plastic bag for dirty clothes**
- ▶ **Drinking water bottle**
- ▶ **Sun hat/cap and suntan lotion (to be applied by the child)**
- ▶ **A torch and book to read**
- ▶ **A disposable camera (optional)**
- ▶ **Any medications are to be sent in a labelled sealable bag.**

Please note, some of Robinwood's activities require arms and legs to be covered.

- ▶ Children are likely to get muddy or dirty whilst on their activities so please bring old clothes!
- ▶ All clothes should have the child's name in - we cannot guarantee your children will return with all items but this will help.

Getting kitted out for poorer weather conditions

- ▶ Robinwood group leaders take care to ensure that children are always correctly kitted out for the weather conditions. Although they will give the children a level of responsibility to prepare for each activity themselves, leaders always get the group together before they start a session to ensure they are properly kitted out. They check the number of layers worn and the thickness of layers worn and ensure children have suitable waterproof and windproof outer layers. As long as the children are properly dressed for the conditions, they can have a great time and it is often more of a real outdoor adventure if the weather is challenging.
- ▶ Robinwood provides a lot of extra clothing available for all children to supplement the clothing each child brings themselves. They supply hard wearing waterproof cagoules and waterproof over-trousers; they also supply thick fleece tops, extra wellies, fleece mittens and a variety of other warm kit for use as needed. Although activities can successfully take place as described in poor weather conditions, if the weather is 'severe' Robinwood always err on the side of caution and offer alternatives inside.

What NOT to bring - these items are not covered by the centre's insurance:

- ▶ Mobile phones
- ▶ Expensive cameras
- ▶ Electronic games
- ▶ iPods or mp3 players
- ▶ Aerosols
- ▶ Expensive or much-cherished jewellery
- ▶ Expensive or favourite clothing or shoes

Gift Shop

- ▶ There is a gift shop on site so if children wish to bring pocket money with them we recommend they bring no more than £20.00 (which they will be responsible for.)

Midnight snacks

- ▶ We promise to ensure that your children are well-fed while they are away. As stated previously, the food is fabulous!
- ▶ Please do not send them with lots of sweets, crisps and fizzy drinks stashed in their cases! They will need their sleep!
- ▶ And so will the teachers!!!

Health, Medicines and dietary concerns

- ▶ It is important that we are aware of any health issues, medicines that need to be administered or dietary needs any individual has before we go on the trip. This is so that we can ensure that the proper risk assessments have been carried out and Robinwood has been informed prior to our arrival.
- ▶ I will be sending home a form for Parents or Guardians to fill in asking for two contact numbers in case of emergency and information about any dietary needs or health issues that we need to be aware of i.e. asthma, eczema, allergies, bed wetting, travel sickness etc. On this form you will also need to note down any concerns regarding groups or sleeping arrangements for your child.
- ▶ All medicines will be kept in a teacher's room and administered when necessary. Children with inhalers can keep those with them. Medicines should be handed to Mrs Gibson in a resealable bag, clearly labelled with child's name and the dosage and time to be taken.

Reasons for Robinwood

So what will we get out of this experience?

Throughout their time at Robinwood, the children will have the opportunity to:

- ▶ challenge themselves to overcome fears;
- ▶ improve their listening skills;
- ▶ take on leadership roles;
- ▶ become more confident speaking out in a group;
- ▶ support others in challenging situations;
- ▶ become great team members and help their group work more as a team;
- ▶ work successfully with children they would not normally work with.

Children also learn to:

- ▶ become more aware of the needs of others;
- ▶ improve their problem solving skills;
- ▶ develop new skills; e.g. resilience and perseverance;
- ▶ overcome physical challenges.

We're looking forward to this new
adventure!!!

▶ Robinwood - Here we come!!!

Question Time

Thank you for coming