

## My Visit to Maes y Nant, Cross Lanes



My Name is: .....

## Robinwood Activity Centre is at Dobroyd Castle, Todmorden in Yorkshire.

When we arrive, this is what I will see.



These are the main dining rooms where we eat our meals.



At breakfast time, I can have cereal, toast, sausage, beans and potato waffles.  
I can have all of these if I want or I can just choose my favourites.

When I arrive at Robinwood, my lunch will be either pizza or a choice of sandwich (cheese, ham, tuna or jam) with crisps and a penguin biscuit.

My Group Leader will ask me what I would like for the rest of my stay.

These are my options:

**Evening meal Day 1:**

Baked Potato  
(with choice of filling)  
Pasta Bolognese  
Tomato Pasta  
Salad available

Ice Cream

**Lunch Day 2:**

Hot dog  
Chicken burger  
Sandwich with filling  
(cheese, ham, tuna or jam)

Oreos  
Mini muffin  
Raisins

**Evening meal Day 2:**

Fish Fingers and Chips  
Curry and Rice  
Peas and Sweetcorn available

Chocolate chip cookie

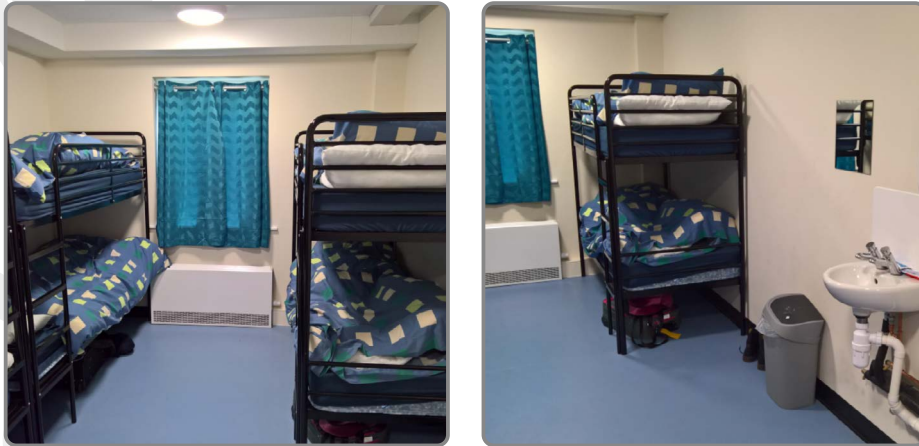
**Lunch Day 3:**

Sausage Roll  
Cheese Roll  
Sandwich with filling  
(cheese, ham, tuna or jam)

Crisps  
Fruit  
Caramel wafer

If I don't like something, I can tell my Group Leader or my Teacher and they will arrange something different for me so that I have something that I like.

These are examples of where I might sleep.  
The bedrooms all have a name to help me  
remember which one I am in.



This is a bedroom door with the name on it.



There are helpful instructions inside the bedrooms.



If I need help at night, I can press a button  
that tells the Robinwood night staff that I need  
somebody to come to my room. It won't wake  
anybody up in my room if I press it.





The toilets all have locks on the door.  
The toilets near my bedroom looks like this.



The toilets and showers I will use in the day time  
look like this.



This is a picture of a group kit cupboard (mine may  
have a different name on it).

When I have finished with my wet clothes,  
after a shower I leave them in the  
green bin to be washed.



When it's time for a drink, I can have one at the Drink Station.

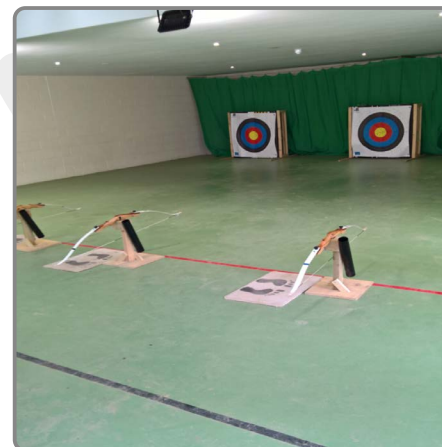


These are the activities I can do. I will do them all but they will be in the order shown on my group's timetable.

Archery: I will learn to shoot a bow and arrow and play lots of fun archery games.



At night I can fill up my bottle from the tap in my room.





**Canoeing:** For canoeing I will wear a buoyancy aid and a helmet so that I am safe.



**Caving:** I will wear a helmet to protect my head.



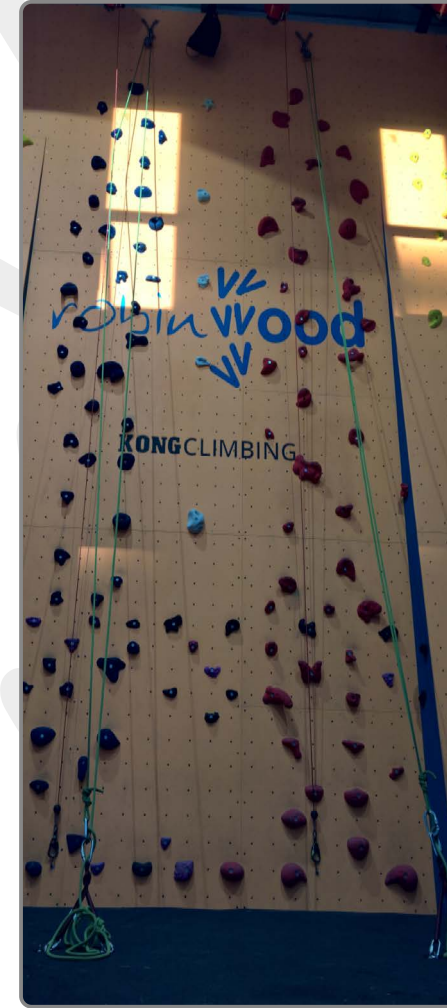
If I want to get out of the caves there are exit hatches in the roof. If I knock on it, my Group Leader will come and let me out.



**Challenge Course:** I will wear a helmet and harness to keep me safe. I will go over the obstacles with my friends.



**Climbing:** I will wear a harness and helmet so that I am safe.

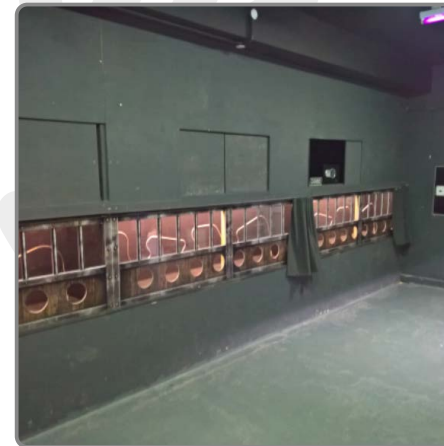




**Crate Challenge:** I will wear a helmet and harness to keep me safe.



**Dungeon:** I will solve lots of different puzzles to help my team escape.



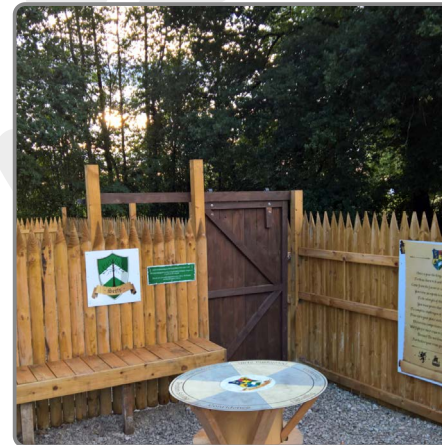
I will also wear a sash like the ones in the photo. They have different names on.



**Giant Swing: I will wear a harness and helmet to keep me safe. I will pull the rope to help my teammates**

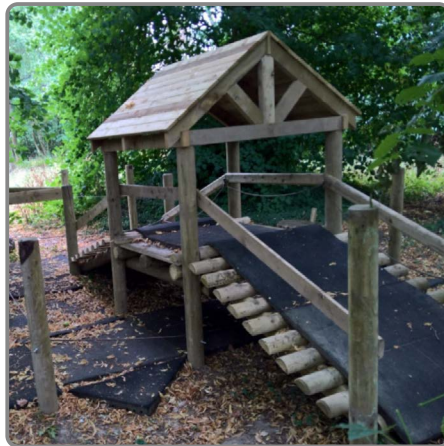
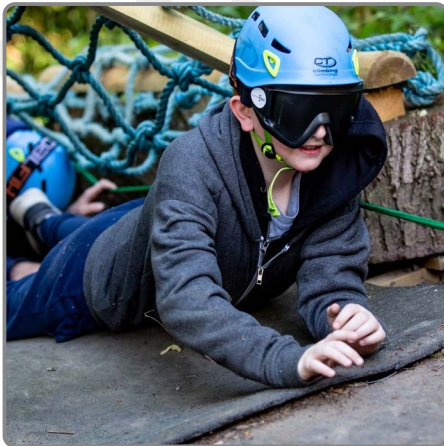


**Knight's Quest: I will help my team to solve puzzles and help them complete the challenge.**





**Night Line:** I will wear goggles so that I can't see,  
then hold on to a rope in a line with my friends so  
we always know where we are going.  
My friends will pass on instructions to help and a  
helmet will protect my head.

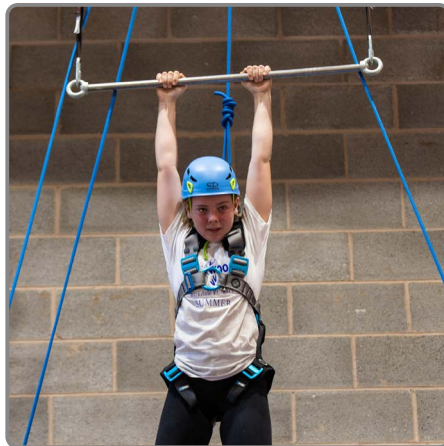
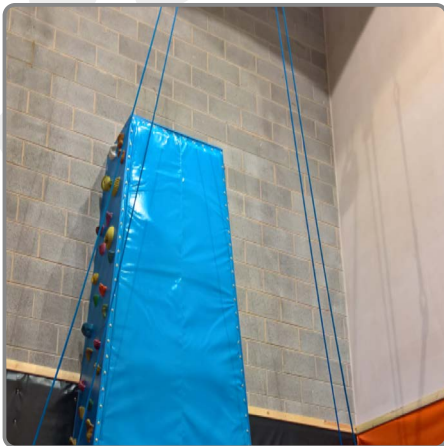


**Piranha Pool:** I will work with my team to solve the  
clues and get out of the room within 40 minutes.  
I will wear a Piranha Pool t-shirt.





**Trapeze: I will wear a harness so that I am safe. We will climb up onto the tower and jump off attached to a rope.**



**Team Challenge: I will join the rest of my school and play games**





**Zip Wire: I will wear a harness and helmet so that I am safe. I will sit the top of the tower and wait for my turn.**



**Which activities are you looking forward to the most?**



**We can't wait to see you at Robinwood!**