

My Visit to Maes y Nant, Cross Lanes



My Name is:

**Robinwood Activity Centre is at Maes y Nant,
near Wrexham in Wales.**

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 pizza with crisps, carrot & cucumber sticks and a chocolate 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)**

Mini muffin

Evening meal Day 2:

**Fish Fingers and Chips
Curry and Rice
Naan
Peas and Sweetcorn available**

Chocolate chip cookie

Lunch Day 3:

**Sausage Roll
Cheese & Onion Pasty**

**Crisps
Fruit
Chocolate biscuit**

**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.



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

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.



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.

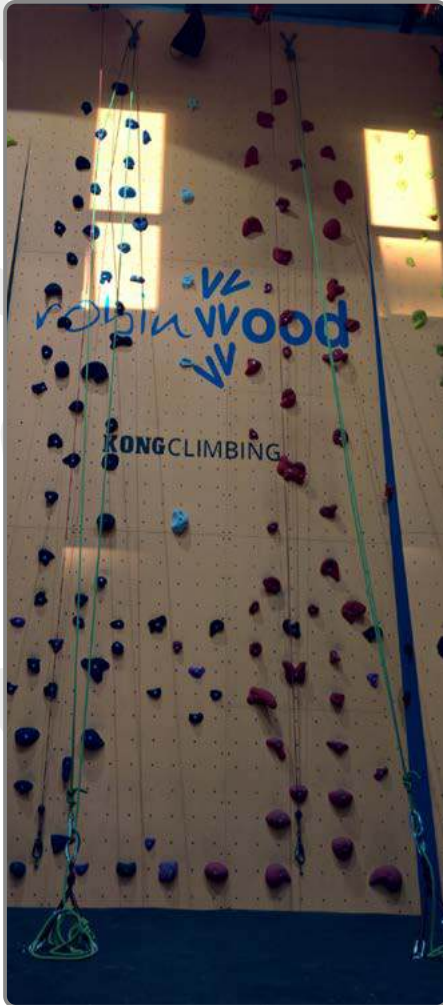


If I want to get out of the caves there are exit hatches in the roof. If I knock on it, my Group Leader will come and let me out.

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 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.**



Raft Building: I will work with my friends to build a raft. We will test it on the lake and have races on it. At the end I may get a chance to jump into the lake, if I want to.



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!