
Rock UK Adventure Centres Ltd

Frontier Centre



Our Adventure...

Monday 10th March to Wednesday 12th March 2025



TRANSFORMING YOUNG LIVES



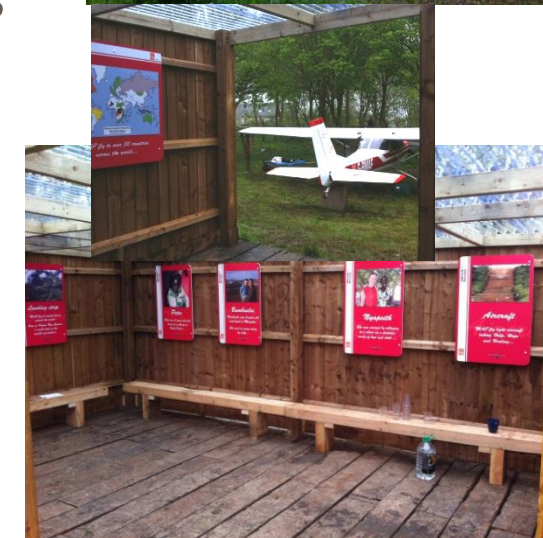
— CELEBRATING —
100 YEARS
OF ADVENTURE
— 1922-2022 —



Frontier Centre

- Frontier Centre is a 122 acre site overlooking 600 acres of lakes along the Nene Valley
- Frontier Centre opened in 1984 and has welcomed over 250,000 guests since then
- Over 230 people can be accommodated
- Dining Hall can seat 140+ people. Self catering options also available in some accommodation blocks
- Indoor Sports Hall & Conference Suite
- Over 25 adventurous activities
- Spot-Light sessions e.g. *“above & beyond”*

www.rockuk.org



We believe adventurous activities help to...



- Create an encouraging environment in which team work is promoted
- Facilitate personal achievement and assist in overcoming personal fears
- Build up self confidence, self esteem & a sense of belonging
- Promote communication and co-operation



Adventurous Activities

High Ropes



Bushcraft



TDTs



Rafting

At Rock UK we want to equip every person with a passion and appreciation for their environment. All our instructors have a genuine passion for the outdoors and it's more than just a job. They encourage high levels of resilience, confidence and independence when tackling challenging activities....

www.rockuk.org

We create memories for life.



Accommodation



kuk.org



Safety and Security

- All groups are given a safety welcome talk on arrival.
- A member of staff is on duty 24/7 and 25+ staff live on site.
- All visitors are given a security wristband.
- All members of staff wear a uniform and have a name badge.
- All staff are DBS checked.



And finally...

We look forward to welcoming you to Frontier Centre...



**YOUR
ADVENTURE
STARTS HERE**

www.rockuk.org



Specifics for Hawthorn

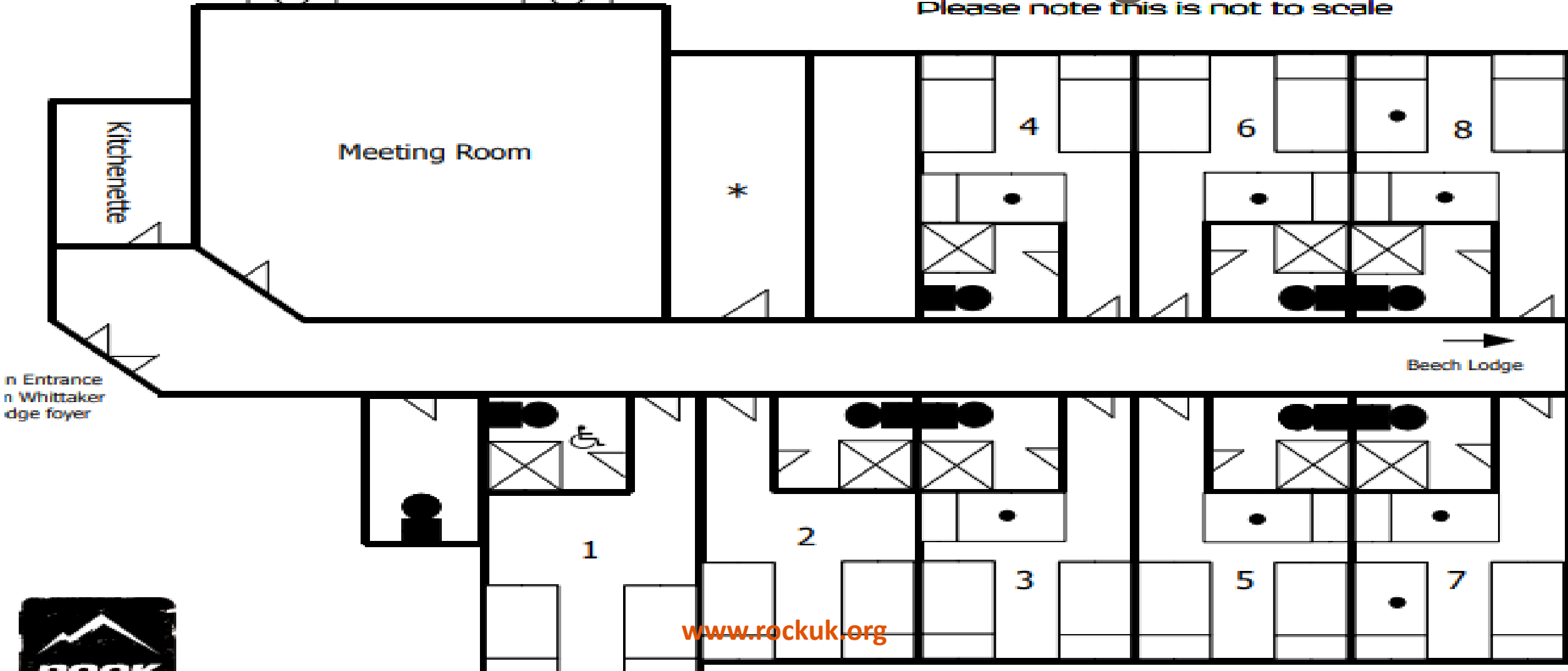
- Bedrooms
- Meals
- Activities
- Medication

Specifics for Hawthorn

Bedrooms

Ash Lodge

Please note this is not to scale



Specifics for Hawthorn

Meals

Breakfast at 8.45am

Lunch at 1.15pm

Dinner 5.30pm / 6.30pm

Example meals:

Breakfast: toast, sausage, hash brown, bacon, baked beans cereals, fruit

Lunch: pizza, hot dogs, potato wedges, sausage rolls, salad bar

Dinner: fish cakes, chips, veg, cottage pie, chicken pie

Dessert: rice pudding, jelly, ice cream, flapjack

www.rockuk.org



Specifics for Hawthorn

Activities

Based on trust, this session aims to show how trust is important and explores the role of trust in everyday life in the world today. We create an environment where groups can 'visualise' trust as one member guides another blindfolded around an obstacle course. Failing to trust your guide could mean getting wet in the swamp.

Available at:
Frontier Centre

This activity is designed to get individuals to think about how the decisions they make in life can have consequences for themselves and others. Using a purpose built maze, teams will take on a variety of challenges and games to see how they deal with the possibility of dead ends, time pressures and the competition from others. They will collect puzzle pieces around the maze to make up phrases and sentences that are incorporated in the main story telling.

Available at:
Frontier Centre
Carrot Wood



Specifics for Hawthorn

Activities

Learn about bows and arrows, and the skill needed to become an archer whilst trying to out-score your friends on this activity. It will challenge your maths skills, your focus and dexterity as you work out the best technique to succeed.

Available at:

Frontier Centre
Carrotty Wood
Whithaugh Park
Summit Centre



Learn how to use your natural environment to survive. Working as a team you will learn to build and light fires using sparks and build your own shelters. You will learn more about the natural environment around you, how to use it and look after it.

Available at:

Frontier Centre
Carrotty Wood
Whithaugh Park
Summit Centre



Specifics for Hawthorn

Activities

It's about much more than just reaching the top. Our purpose built climbing towers provide a safe way for you to challenge yourself and conquer fears. You'll develop confidence, learn to trust and learn about taking risks; all in a safe environment. You'll learn about technique, skill, balance, perseverance and determination.

Available at:
Frontier Centre
Carrotty Wood
Whithaugh Park



Learn the art of open canoeing in this exciting and challenging activity. As you paddle along a lake or river, we'll guide you through the basics of paddling forwards, steering the boat in different directions, using different stroke, stopping, balancing the boat and getting in and out of the canoe safely. This is one for teamwork and overcoming fears, but we make sure you also have great fun playing games on the water.

Available at:
Frontier Centre
Carrotty Wood
Whithaugh Park
Summit Centre



Specifics for Hawthorn

Medication

- Children must carry their inhalers at all times.
- Any other medication (including ointments and creams) must be handed to Miss Blakeley on departure day.
- Parents must fill in medical consent form for EACH medicine / cream.

Kit List

- 2 pairs of trainers (one old pair as they will get wet). One for indoors - no flip flops or slippers please
- 1 pair of Wellies (if you have them)
- 3 pairs of thick socks
- 3 pairs of warm trousers (no jeans)
- 3 warm jumpers (fleeces if possible)
- 3 + shirts (long sleeved top required for archery)
- Underwear
- 2 towels and washbag (roll on deodorant - no sprays please)
- Warm hat and gloves
- Waterproof jacket and trousers
- Pyjamas
- 2 binbags to carry wet clothes



Specifics for Hawthorn

Next Steps

- Fill in the online forms – will be sent tomorrow (Thursday 6th February).
- Help your child to pack and unpack their suitcase.
- Teach your child to make their bed (bottom sheet, duvet cover and pillow case).

- If you are not sure about anything, please ask 😊

Questions...

