

Gecko House

BOATHOUSE CLIMBING CENTRE SESSION 2 - HELD ON 17TH AUGUST

With invited organisations and open invitation to the public 🦎

- Itinerary

18.00-18.30: Arrival - tea coffee biscuits, welcome from Andy (organiser) with update on recent activity, also the opportunity for represented groups to introduce themselves.

18.30-19.30: Mindfulness workshop run in partnership with a qualified and experienced psychologist, Stef.

19:30-21.00: Social time to chat, climb, have another cuppa, continuing the conversation of signposting and what specialist organisations and individuals can offer and need.

- Attended

Dangling Dads (dads climbing group for mental health support)
Women with Altitude (women's group for mental health support)
Climbing Families UK (providing network to outdoor climbing for families)
AK Outdoors - Outdoor Adventure for well-being (PTSD and rehabilitation)
Conwy Family Information
Members of the public

- Apologies

Conwy Monkeys (ASD climbing organisation for young people)
Conwy Family Services
Adferiad Recovery
MIND
GP's
MATES
Personal Behaviour Business Advisor
Mums and babies fitness wellbeing

Other Interested Parties

Plant Children
Fitness Expert CCBC.
Local Community Leaders.
PCOs
Young Offenders