

Gecko House

BOATHOUSE

CLIMBING CENTRE

SESSION 1 - HELD ON 17TH JUNE

With invited organisations to introduce Gecko House

- Itinerary

18.00-18.15: Arrival - tea coffee biscuits etc.

18.15: Introduction from Andy (organiser) - what Gecko house represents and why it has formed.

18.30-19.00: Bouldering intro for all - don't worry you don't need to climb that high but stepping of the ground will help even if its only a foot.

19.00-20.00: Mindfulness workshop run in partnership with a qualified and experienced psychologist, Stef.

20.00-21.00: Social time chat climb drink, see how we all can help each other try to workout if any issues may occur and how we might stop them. Create a list of any other organisations that would benefit us and them etc OR just chat and climb.

- 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)

Conwy Monkeys (ASD climbing organisation for young people)

AK Outdoors - Outdoor Adventure for well-being (PTSD and rehabilitation)

Conwy Family Services

Adferiad Recovery

CVSC

- Apologies (with interest shown for further discussion and involvement)

MIND

GP's

MATES

Personal Behaviour Business Advisor

Theologian / religion professor

Mums and babies fitness wellbeing

Other Interested Parties

Plant Children

Fitness Expert CCBC.

Local Community Leaders.

PCOs

Young Offenders