Bouldering Progression Pathway Sessions

We are thrilled to announce that we have secured new funding for Bouldering Progression Pathway Sessions starting September 6th, 2023. This funding has enabled us to offer free bouldering sessions for children and young people aged 6-25 with special educational needs and disabilities (SEND) in Southend, Castle Point & Rochford District registered families. The British Airways Community Fund has also kindly funded free bouldering sessions for SEND children and young people aged 18-25 in Southend.

In partnership with Indirock, we provide complimentary bouldering sessions for children and young individuals who are neurodivergent and/or have disabilities. These sessions can benefit children and young people with neurodevelopmental conditions, such as Autism and ADHD, who may struggle with social and emotional communication, self-regulation, and executive functions. Bouldering can help build motor skills, co-ordination, balance, core strength, and self-confidence, enhancing their overall well-being.

Children and young people who are Autistic or/and are ADHD (amongst other neurodevelopmental conditions) have difficulty with social and emotional communication. They may also need support with self-regulation and developing their executive functions.

How would this appear?

- difficulty managing frustration
- sporadic impulse control
- emotionally reactive behaviours
- struggling with problem-solving

In what ways can bouldering be beneficial?

Children and young people who are neurodivergent may have difficulties with their gross and fine motor skills. Their stability, balance, and core strength may be underdeveloped.

- Boosts co-ordination
- Builds core strength
- Improves balance
- Strengthen muscles (perfect for those with hypermobility)
- Develop motor processing
- Enhances self-confidence and self-esteem
- Strengthens sequential thinking
- Builds trust
- Promotes decision making
- Gain confidence to take responsibility to make their own choices
- Develops autonomy

STRM - SEND the Right Message
Registered Charity 1193572

INDIROCK

Our Bouldering Progression Pathway Sessions offer three options to choose from.

1 'Give it a go' taster sessions

Wednesdays Term Time

Time: 4.30 pm - 5.30 pm

Ages 6-9, 10-17, 18-25**

2 Two bespoke induction sessions

By working with the Indirock instructor, you can enhance your skills and receive two additional sessions for free after completing the initial induction.

Wednesday Term time.

Time: 4.30 pm - 5.30 pm.

Ages 6-9 Ages 10-17 Ages 18-25**

3 Have you visited Indirock previously?

Have you visited Indirock without us? It is possible to skip the 'Give it a go' session and proceed directly to the induction to enhance your skills.

Instructions will follow on after you have booked.

Members book via this QR code:

To register with us scan this QR code

info@strmsupport.co.uk

* See the schedule for which date your child's age group is on
**Please note this is open to only new climbers who have yet to climb with STRM Charity. Free STRM charity membership registration is required before booking.

Watch our Youtube video about Bouldering at Indirock
https://youtu.be/pVDHLEINxgQ?si=bEN3zHdhLRgZ39xq