

# CLIMB & CONNECT

Free access to bouldering for referred individuals & groups



No Experience Needed  
Anyone Can Try, Give it a Go!

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# What is Bouldering?

Bouldering is climbing at a low height (max 4.5m) with thick safety mats below - no rope skills needed!

**It's fun, social & easier than you think**

# What is Climb & Connect?

A funded program to **support wellbeing for adults** (16yrs+) experiencing loneliness or mental health challenges. It is available to **referred groups or individuals**, who once enrolled can enjoy access to Rhino Boulder **free of charge**

# How can I be referred?

Your social prescriber or support organization can confirm whether you are eligible and refer you into the programme.

Once you have been referred, get in touch with Rhino Boulder mentioning who referred you and that it is for the **"Climb & Connect"** program. We will ask you to complete a short questionnaire so we can understand the impact climbing is having on wellbeing, and then you go climbing!

# What is Included?

Whatever works best for you! Your supporting organization may be arranging **group sessions**, otherwise you can sign up to one of Rhino Boulder **taster sessions** or simply get a **punch card** and climb at your leisure.

Our friendly team will help you get started, **no experience or fitness level required.**



Find us in Bromley town centre, at Units 6&7 The Mall, Bromley, BR1 1TR

## Opening Hours

Mon-Fri: 10am-10pm

Sat-Sun: 9am-8pm

 **020 8050 8720**

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