



IMPROVING MENTAL HEALTH AND WELLBEING POST-COVID

FISHING EXPERIENCES

Fishing has many benefits and is an effective tool to counter the effects of the pandemic on the mental health and wellbeing of both young people and adults alike.

We are the Community Play and Development Service within Bradford Council and alongside our other play events, we can now also offer fishing experiences to young people and adults. After one of our fishing experiences, clients have reported an improvement in the following areas:

- confidence building
- skills development
- co ordination
- conduct
- behaviour
- patience
- concentration
- resilience

ABOUT

THE EXPERIENCES



All our fishing experiences take place at Farview Fishing Lakes, set in a beautiful location on the outskirts of Bradford.

What our customers say about us

"The warm welcome put the children at ease in unfamiliar surroundings. Lee and Caleb were friendly, caring and supportive; giving our pupils the appropriate attention they needed, whilst promoting independence and resilience. They were consistently attentive to the pupils' needs and interacted superbly with them. The patience and perseverance demonstrated by the pupils was an absolute pleasure to see. We could not recommend this experience enough."

Park Pupil Referral Unit

"It was wonderful and the children loved it and were beaming both days when we got back to school."

Fagley Primary School

"I didn't know how my class would get on as they're never sit still! BUT they all loved it and ask daily when we can come back again. One of them even said it was the best trip since we went to a theme park a couple of years ago! Their behaviour, concentration, and patience was amazing. It was safe, well organised, and you were great with the kids. Thanks again - it couldn't have gone better."

Beechcliffe School

An example fishing experience:

On arrival (via your own arranged transport), participants are briefed about the site and the session. They are allocated a shared peg (a space) with their own seat, bait and fishing tackle included. Tutors give an overview of fishing and the various techniques used. Participants will be encouraged to fish independently with tutors available to assist where necessary. They will find out about the species of fish they catch and will also have a photo opportunity if they wish to do so (taken by your staff) before the fish are returned safely back to the water.

Options to choose from:

2 hour experience- £250

Full day experience - £450

If you are interested in any other options including a series of days / weeks / months fishing experiences, these are available upon request.

What's included in the experience:

- All equipment -set up by the tutors
- Day fishing tickets
- Rod & line licences
- Public liability insurance
- Basic first aid
- Covid-19 safe specific risk assessment

Availability:

Any weekday all year round - we provide umbrellas in case of the Great British weather striking! 10:00 - 12:00 & 13:00 - 15:00 (flexible but allows for the cleansing of equipment and a possible change over of participants)

For more information:

www.skills4bradford.co.uk/Services/5198 or
www.facebook.com/BradfordCommunityPlayActivitiesDevelopmentUnit/

To book:

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