

What's in the box?

An overview of a unique
educational programme created
by Get Hooked on Fishing

**ANGLING
IN A BOX™**



By Get Hooked on Fishing

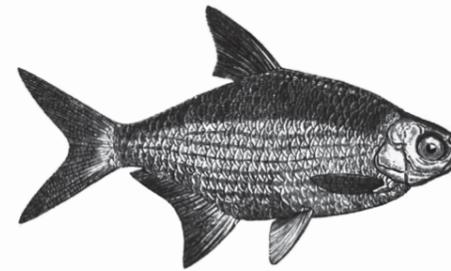
Angling in a Box

is a highly effective programme of personal development designed to give all our young people, especially those in need of further support, the skills and confidence to make positive life choices. This unique and innovative package allows the successful angling-themed programmes developed by Get Hooked on Fishing to be delivered anywhere in the UK.

This is not just about fishing – you will be able to help young people understand that life is full of possibilities.



What are the benefits of Angling in a Box?



To the provider

- Knowing that AIB makes a difference to young people
- Continual support from Get Hooked on Fishing
- Licensed to use the AIB brand
- Access to the GHOF network – over 10 years' experience
- Discounts at an exclusive angling retailer
- Increased angling support and opportunities for young people in your area
- Support from the Environment Agency, Angling Development Board and a range of other community organisations across the UK

To young people

- Learn transferable life skills to take back into the community and use for future education and/or employment
- Develop self-esteem
- Develop leadership skills
- Improve relationship with the community
- Understand that there are positive pathways and better opportunities available
- Understand the importance of taking care of the environment



Get Hooked on Fishing

GHOF is a registered charity that provides positive experiences, life skills and opportunities. Using mentors and coaches we engage young people in a range of angling-based activities and initiatives that are proven to develop their personal and social skills and improve their relationship with the community. Established in 2000 to prevent young people from choosing a life of crime, we have a proven track record of delivering social inclusion, improvements in school attendance and educational achievement.

Why angling? *

Angling intervention programmes can produce a genuine transformation in behaviour and can improve outcomes across the breadth of disadvantaged young lives. Key characteristics include:

- Drawing in disaffected young people through their fascination with the 'otherness' of fish and the excitement of catching.
- A mixed range of activities that maintain interest, including sports coaching, environmental education, community restoration projects, peer mentoring.
- Participating in activities within green spaces has long been associated with improved wellbeing and is thought to reduce attention fatigue and facilitate mental restoration. Water has also been associated with improved self-esteem and mood.

What's in the Box?

AIB Modules

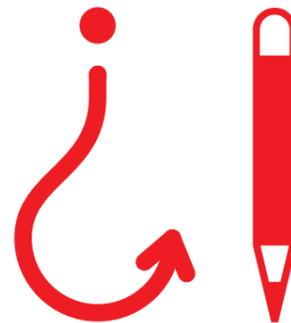
Our three-part modular programme has been specifically designed to connect with young people, encouraging them to learn new skills and gain qualifications. Our aim is to improve education and employment prospects and help develop self-confidence and self-efficacy.

Participants who advance through all three modules are provided with a unique peer mentoring and leadership opportunity that creates a continuum of learning and development within the organisation.

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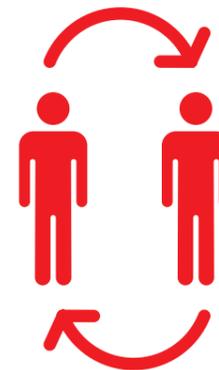
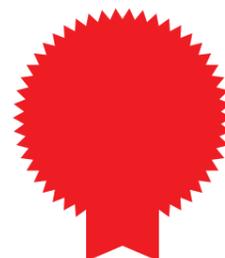
Tutor Resource

Your lesson plans for each of the three modules within one user-friendly document. It includes carefully created notes to ensure quality and consistency for the delivery of our programme throughout the UK. We pride ourselves on connecting with young people and this resource will help you do just that.



Module 1

An accredited introduction to angling. It covers basic fishing as well as aspects of the Countryside Code and Health and Safety. Delivered over two days or weekly over 5-6 weeks through tutor slides and student workbooks, it is a clear and succinct system enabling any coordinator to deliver the programme.



Module 2

GHOF's introduction to peer mentoring and personal development. Students who have completed Module 1, have shown improved behaviour and an interest in helping others will be selected. Selection is not based on pure angling ability, but on showing a willingness to learn and take part. Topics covered include:

- Advanced fishing techniques
- Introduction to peer mentoring
- Planning coaching sessions
- Understanding choices
- Understanding learning styles

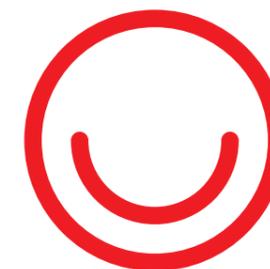
Module 2 takes 30-40 hours to deliver and is best delivered weekly. Students will also get an introduction to coaching new Module 1 students.

Module 3

The final piece in the peer mentoring and coaching jigsaw. Delivered on a three/four day residential scheme, the aim is for young people to become fully-fledged peer mentors and coaches. This module includes:

- Advanced coaching techniques
- Introduction to carp and predator fishing techniques
- Project management
- Designing your own fishery
- Introduction to goal setting
- Introduction to life coaching

A young person's journey through the modules takes between 9 months and a year.



AIB Training

Over four days we equip you with the knowledge and tools needed to work with young people as an AIB tutor. We ensure that the delivery of the AIB programme is a positive learning experience for both you and the young person.

AIB Operations Manual

Everything you need to know about running the Angling in a Box programme:

- GHOF aims and objectives
- A description of the modular AIB programme
- Delivery and best practice guidance
- Monitoring and evaluation guidance
- How peer mentoring works
- Our GHOF/AIB systems and protocols
- How to set up an angling club

Programme Resources

- Twelve full sets of angling equipment (including reels, hooks, storage boxes)
- Lesson plans, guidance notes, student workbooks, risk assessments, templates
- Complete 'How to' guide for running a GHOF/AIB programme
- Support with accessing additional funding to ensure future sustainability
- Training package on how to integrate angling and personal development
- Peer mentoring advice and guidance
- Telephone helpline and support from a regional manager
- Access to a Home Office approved database for monitoring and evaluation

* Source: Angling and Young People In Their Own Words: Young People's Angling Experiences The 'Added Value' of Angling Intervention Programmes Dr Natalie Djohari, January 2011

**If you would like further
information on how to
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