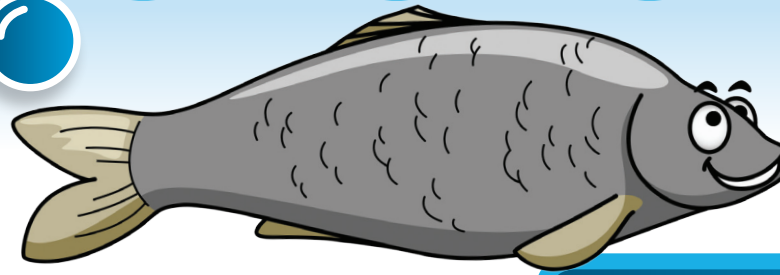


# GET FISHING



10  
GOOD REASONS  
TO TRY  
FISHING!

Fishing offers something for everyone. Here's what people at Get Fishing events said...



After a road accident caused a brain injury and PTSD I have had problems with concentration and tiredness. Fishing helps me focus and keeps me alert but relaxed. It's helped escape a very dark place and be happy again. Brilliant.

I can't stress enough to anybody reading this, angling really has been such a huge benefit to me and my life. Please GO FISHING!

You'll be pleased to hear I'm back fishing on my own. I did what you told me and I feel really confident now - thanks. I've got two more friends who want to come next time - see you then!



For anyone thinking about giving fishing a go, I really urge you to get out there and try fishing! It's a quick, easy, inexpensive way to escape your screens and get some vitamin D. Enjoy the peace of just watching your float go under and forget about your stress.

After a close friend died suddenly last year from Covid-19 I started getting anxiety attacks. The doctor said to get out in nature and try meditation. It's hard to explain but fishing feels like I do both things at the same time and it really helps.

- 1 Get active
- 2 Enjoy the environment
- 3 Try something new
- 4 Find new friends
- 5 Improve mental health
- 6 Stress reduction
- 7 Healthy lifestyle
- 8 Increased wellbeing
- 9 New experiences
- 10 Great fun!

# GET FISHING FOR WELLBEING!

You too can enjoy the health and wellbeing benefits that fishing gives to thousands of people. Fishing is so easy to get into - subscribe on our website to receive info on beginner lessons where everything you need will be provided.

[WWW.ANGLINGTRUST.NET/GETFISHING](http://WWW.ANGLINGTRUST.NET/GETFISHING)



The Get Fishing campaign is run by the Angling Trust, a not-for-profit organisation that represents anglers and is the National Governing Body for angling in England. Our angling participation work - supported by Environment Agency fishing licence income and Sport England funding - helps introduce thousands of people to fishing each year.



# GET FISHING OFFERS SOMETHING FOR EVERYONE!

Fishing is a fun, social and all-inclusive sport that has amazing health and mental wellbeing benefits.

When you go fishing you'll be surrounded by the beauty and peacefulness of nature, but you can also experience all the challenges and activity that fishing involves!

Fishing is great for the mind and allows you the time, space and fresh air just to breathe, de-stress and escape the hustle and bustle of modern life.

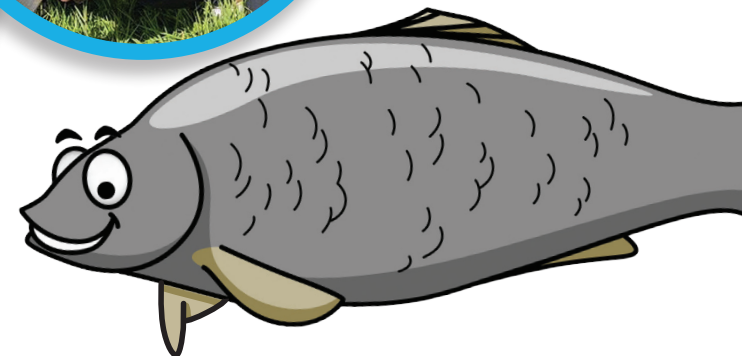
To help you get into, or rediscover what fishing is all about, the Angling Trust's "Get Fishing" campaign has everything you need.

Find out about local fishing events, how to get started, get great advice for all ages and abilities, meet new friends and let angling boost your wellbeing.

**Subscribe for free and receive the latest news and information about fishing events and angling venues in your area...**



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