

Angler John Brooks with social group member Mike



## GONE FISHING...

**There is lots** of talk about the Olympic legacy – and the adult social group of the NAS West Cornwall Branch feel they are benefitting from it. Two members of the social group, Trevelyan and Christian, took part in the Olympic flame relay in 2012. This year, four group members have been learning to fish, thanks to a project called Sportivate, which encourages young people to take part in regular physical activity.

Nathan, Aaron, Mike and Reece accepted the challenge to learn sea angling skills under the guidance of Angling-School CIC. During the summer they took part in skills sessions to learn the basics about tackle,

bait, casting and fishing safely.

The skills sessions were interspersed with trips to the Prince of Wales Pier in Falmouth, where the anglers' patience and skills paid off, as they caught a haul of mackerel. Afterwards, the group was presented with a new rod and reel each, donated by the Environment Agency.

John Brooks, from Angling-School CIC, said: 'The success of the project can be measured by the independence and confidence which the anglers now demonstrate. All of them have now been fishing with a friend or parent following the coaching. We're pleased to have taken part.'