



## **The Bradford Bulls Foundation – for your wellbeing and your future**

Covid has impacted the mental health and physical wellbeing of many people in our communities. People have also lost their jobs and are suffering from social isolation. We want to help give people the best opportunity to return to work at the same time engaging them in activities which help to prevent loneliness, improve their self-esteem and maintain their physical and mental fitness.

### **Offload Men's Mental Fitness Programme (over 16s)**

The acclaimed Offload programme provides a relaxed environment for men to meet and talk with current and former professional players to learn the techniques they use to manage their mental wellbeing.

Over the course of the **8-week 'season of fixtures'**, men build their own mental fitness and develop coping strategies to challenge difficult situations and learn how to recognise when people close to them may need their support.

The programme is fully supported by a Clinical Leadership Group who have helped design the programme and provide 24/7 escalation support.



**When:** 6.30pm on Wednesdays  
**Where:** Bradford Bulls Foundation rooms, Odsal Stadium, Bradford, BD6 1BS  
**Referrals/registration:** [offload@bullsfoundation.org](mailto:offload@bullsfoundation.org) or 0333 323 5075 (option 5) or at [www.bullsfoundation.org/offload](http://www.bullsfoundation.org/offload)

### **Back Onside Fitness & Wellbeing Programme for over 30s**



Build a positive mindset towards exercise Back Onside is delivered in fun, friendly atmosphere helping all involved to achieve their fitness goals.

The 10 weekly 'fixtures', each lasting up to 60 minutes, focus on multi-sports activities, circuit training and team-building exercises.

Designed and delivered in partnership with professional PT instructors and Bradford Bulls players, Back Onside is aimed at men and women over 35, although we will take referrals for younger people where need is established.

**When:** Wednesday evenings. Women 7-8pm, men 8-9pm  
**Where:** Dixons City Academy, Ripley Street, BD5 7RR  
**Referrals/registration:** [backonside@bullsfoundation.org](mailto:backonside@bullsfoundation.org), 0333 323 5075 (option 5) or <http://www.bullsfoundation.org/back-onside>

### **Employability Hub**



A quiet, secure environment with a suite of resources for people to search and apply for employment opportunities online, update and improve their CVs and make use of online skills and training videos.

Desktop PCs, webcams, audio/visual equipment, printing and copying and stationery are all provided free of charge, along with a cuppa!

Later in the year we will hold workshops with advice and support from SkillsHouse Bradford on topics such as interview skills, CV writing, job matching, application form completion, getting closer to the labour market and barriers to work.

E-mail [info@bullsfoundation.org](mailto:info@bullsfoundation.org) to book some time (to maintain social distancing we can only allow two people at a time.)