

## **Men's Mental Fitness Programme for Blackburn with Darwen Powered by Rugby League Cares**

### **Group Sessions FAQs**

If you're interested but not sure what it's all about – here's some questions from real men who attended our groups.

- **How many sessions are there?**  
Six. One session a week over six weeks.
- **How long are the sessions?**  
1 hour. We'll discuss each topic for about 45 – 60 minutes with a chance to ask questions at the end.
- **Where do I go and what time?**  
Once you've signed up we'll give you a call to discuss. If you want to join a group we'll send all the details about where to go and when.
- **What actually goes on in a session?**  
We chat about real-life stuff like stress, pressure, confidence, resilience, sleep and share ideas that actually help.
- **What will the topics be?**  
There are six looking at a different topic each week:  
Mental Fitness, Stress, Mindset, Emotions, Resilience and Influence.
- **Do you have to speak during the group?**  
No, although it's encouraged, all activities and participation is voluntary. You can join in as much or as little as you want.
- **What if I don't want to speak/share?**  
That's fine. You can just listen, take what helps, and leave the rest.
- **Will I be put on the spot?**  
No, no one gets chosen or made to speak. Just open questions to the group so you can join in if you want to.
- **Who else will be there?**  
There will be a Rugby League Cares team member who will lead the session.  
One of our former professional elite athletes with their own lived experience.  
  
The other men at the session will be men from the local area, different ages and backgrounds, all just normal lads.
- **Is it all about problems?**  
No, it's about building Mental Fitness, giving you the tools and strategies to look after yourself.
- **Will it help me day to day?**  
Yes, you'll leave with simple ideas you can actually use in real life.
- **Is this programme just for people with poor mental health?**  
No, everyone's mental health changes daily. Our programme is about equipping you with tips and tools to help manage the challenges life throws at us.

➤ **What if I don't like sport?**

You don't need to be a rugby league fan or even a sports fan to benefit from the programme. Our team of former professional elite athletes use their lived experience to bring to life real challenges that we all face in life.

➤ **What should I wear?**

Whatever feels comfortable, we may move around the room at times, but there is no physical activity as part of the sessions.

➤ **Do I need to bring anything?**

You don't need to bring anything, although a bottle of water and notepad may be useful.

➤ **How much do the sessions cost?**

Free! This programme has been funded by Blackburn with Darwen Public Health so it is free for any men who live, or are registered with a GP in Blackburn with Darwen.

➤ **What happens after I sign up?**

You'll receive a phone call from Rugby League Cares within one week, to give you some more information about the programme and discuss which group you are interested in.

➤ **How long will I have to wait?**

If you're interested in our groups at Blackburn Library or Darwen Heritage Centre, a new group starts every six weeks.

So depending when you get in touch with us, the maximum you will wait is 5 -6 weeks, but you may start within a week if session 1 is starting soon.

**Visit the website to SIGN UP NOW**

[www.rugbyleaguecares.org/bwd](http://www.rugbyleaguecares.org/bwd)

Or **email us** if you have more questions

[bwd@rlcares.org.uk](mailto:bwd@rlcares.org.uk)