

AHEAD OF THE GAME

FOUNDATION



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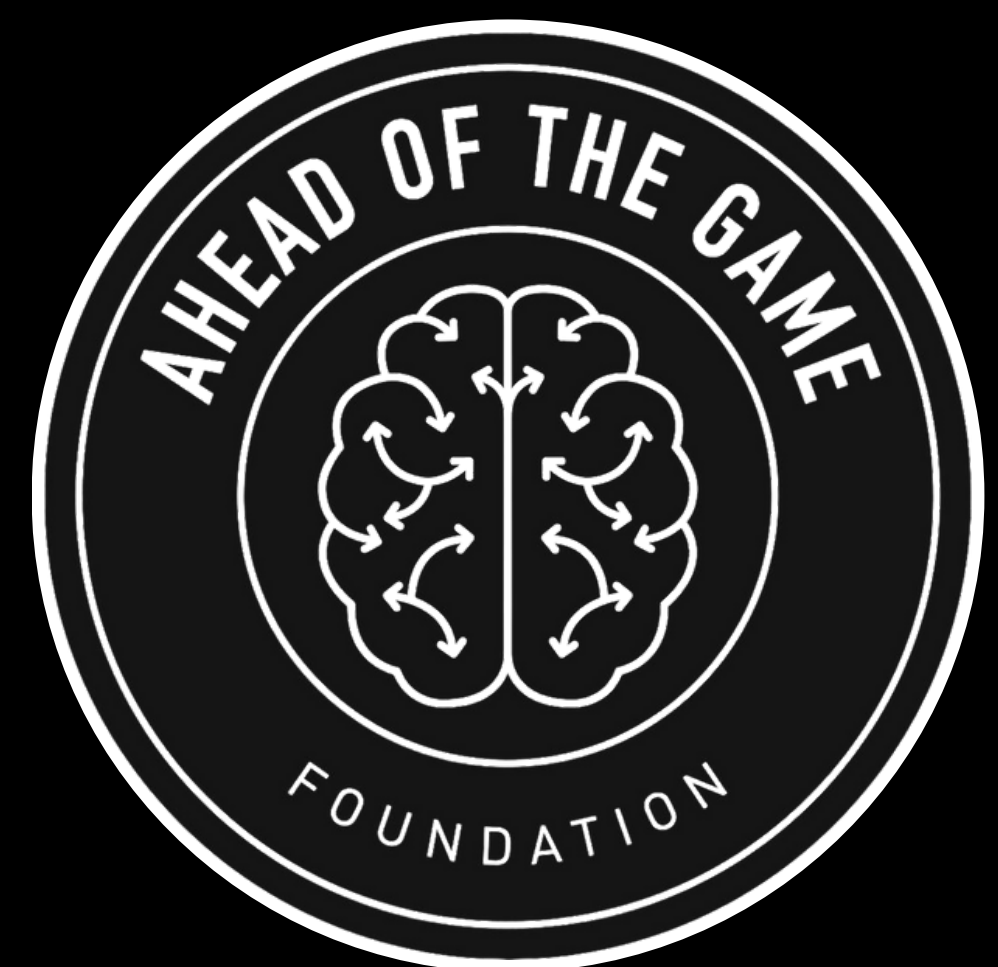
AHEAD OF THE GAME FOUNDATION LAUNCHED IN 2021, BY FOUNDER DAVE BOLTON (FORMER WORLD KICKBOXING CHAMPION & GBM IV BRAIN TUMOUR SURVIVOR) AND DOMINIC MATTEO (FORMER PROFESSIONAL FOOTBALLER & BRAIN TUMOUR SURVIVOR), FOLLOWING THEIR OWN DIAGNOSIS. THE FOUNDATION'S AIM IS TO RELIEVE THE NEEDS OF THOSE DIAGNOSED WITH CANCER AND/OR A LONG TERM HEALTH CONDITION CAUSED BY CANCER, TREATMENT OR SURGERY. THIS IS ACHIEVED BY PROVIDING A FULLY FUNDED HEALTH & WELLBEING CANCER PRE/REHABILITATION PROGRAMME DELIVERED BY FULLY QUALIFIED SPECIALIST COACHES; EDUCATIONAL WORKSHOPS ON RELATED TOPICS AND EFFECTS OF CANCER; SIGNPOSTING INDIVIDUALS TO OTHER ORGANISATIONS WHEN APPROPRIATE SUCH AS MENTAL HEALTH COUNSELLING, AND/OR SPECIALIST NUTRITIONIST ADVICE.

AHEAD OF THE GAME FOUNDATION AIMS TO HELP RAISE BRAIN TUMOUR AWARENESS, WHILST ALSO WORKING ALONGSIDE BRAIN TUMOUR RESEARCH AND THE BRAIN TUMOUR CHARITY TO FUND VITAL RESEARCH WITHIN THIS MASSIVELY UNDERFUNDED FIELD. SHOCKINGLY BRAIN TUMOURS RECEIVE LESS THAN 1% OF THE NATIONAL FUNDING ALLOCATED TO ALL CANCERS. YET BRAIN TUMOURS ARE THE LEADING CAUSE OF DEATHS IN ADULTS AND CHILDREN UNDER THE AGE OF 40, WHICH IS MORE THAN ANY OTHER CANCER. ONLY 12% OF THOSE DIAGNOSED WITH A BRAIN TUMOUR WILL SURVIVE BEYOND FIVE YEARS.

THE AIM OF THE FOUNDATION IS TO BRIDGE THE GAP IN THE NHS BY PROVIDING FREE REHABILITATION TO THOSE DIAGNOSED WITH ALL TYPES OF CANCER, THROUGH OUR HEALTH & WELLBEING CANCER REHABILITATION PROGRAMME.

THE PROGRAMME INCLUDES:

- Initial Consultation up to 2 hours
- Functional movement screening and testing session
- A bespoke pre/rehabilitation exercise programme. The programme will be safe, structured and phased which will be coached weekly. The weekly coached sessions can be delivered by a live online platform, in person at one of our facilities or when cleared by the cancer specialist coach to participate in a monthly group exercise session with other programme enrollees
- Nutritional guidance and support
- Mental health counselling
- Family support counselling
- Financial support / guidance
- Yoga (optional)
- Pilates (optional)
- Guided walks (optional)
- 8 week mindfulness course (optional)



VISIT OUR WEBSITE: WWW.AHEADOFTHEGAMEFOUNDATION.COM