

# STRESSED? ANXIOUS? NEED SUPPORT?



**ARE YOU A TRAIN/TUBE DRIVER?**

**ARE YOU STRUGGLING AFTER  
EXPERIENCING TRAUMA?**



**Would you like to find out about joining an  
Essex-based angling initiative for those who  
have experienced trauma?**



**Over the next year, the University of Essex, supported by  
iCARP CIC, will be running a project looking at how social  
fishing in a tranquil, rural environment can help those  
suffering with PTSD**

OR EMAIL [angling@essex.ac.uk](mailto:angling@essex.ac.uk)

Or scan the QR code to take you to the webpage:



University of Essex & iCARP encourage inclusivity and diversity in  
everything we do

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