

STRESSED? ANXIOUS? NEED SUPPORT?



ARE YOU A MILITARY VETERAN?

**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

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



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

IRAS Project ID: 330850 V2, 03/02/2026