

STRESSED? ANXIOUS? NEED SUPPORT?

**ARE YOU A MILITARY VETERAN
OR BLUE LIGHT WORKER?**

**ARE YOU STRUGGLING AFTER
EXPERIENCING TRAUMA?**

**Would you like to find out about joining an
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**

TO FIND OUT MORE EMAIL angling@essex.ac.uk

Or scan the QR code

