



Essex Rural Skills Project
Rural Community Council of Essex



Essex Rural Skills Project provides
practical, hands on courses
for participants aged 45+
from across North Essex

So what *do* we do?



- Environment and Conservation Skills
- Woodland and Land Management
- Horticulture
- Carpentry
- Mixed Trades Construction

We also provide:



- Life Skills
- Employability Skills
- Self Employment Skills
- CV Writing help
- Walk and Talk Counselling
- Group Therapy Sessions including Mindfulness
- Mentors







“I have moved into a new house and I actually got that job I told you about, so happy with myself and I have been working 5 days a week - my boss is pleased. Now I spend time with the family without feeling awkward because I don't work. So a massive thanks to all of you for helping me find myself again”







“I have learned about recognising my internal reactions and ways to defuse my irritation/anger. Have managed to be completely different as a result”







“Being here and around people is something I recognise as helpful and very important for me. I know the importance of this in managing my depression”







“I would recommend the course to anyone with mental health issues or low confidence and to anyone wanting to learn new skills. I have noticed on the course over a period of time people improve in socialising and practical skills. It has really helped me and I feel I have learnt a lot and my confidence has improved”







“I know I have problems and now I have been able to see that there are some solutions to these problems. If I keep myself busy, I can take steps to avoid the problems”







“It has done so much for me. I was at home all the time before – not going out and had become very isolated. I come here twice a week and really enjoy the courses”







“This place is great. Everyone has problems, but we are all together with it, and can help each other as well as the tutors who are really helpful. I am now volunteering once a week and am hoping that they will be able to take me on full time when they have enough work”







“When I started I wasn’t ready for a job at all. Now I have started to apply for jobs and been for an interview. I am also driving again and gaining confidence in getting around”



