



Mersea Island Festival - Building a Gateway

Sunday 21 August - Monday 29 August

A festival of fun and opportunity for everyone - with and without disabilities. Try new activities, build self-confidence and make new friends.

The Mersea Island Festival returns this year from Sunday 21 to Monday 29 August at Essex Outdoors Mersea. It's the 36th year of the festival - two inclusive activity breaks which bring together children, young people and adults with or without a physical or learning disability.

The festival, which is operated by the Mersea Island Festival Trust, is attended by friendship groups, clubs and families with disabled young people

and provides an opportunity for those with and without a disability to try new activities, build self-confidence, make new friends and have loads of fun! Places are available for the day, the weekend or the whole week.

The programme includes a wide variety of activities including assisted climbing, zip wire, adventure course, archery, trampolining, water sports, art activities, circus skills, dance and band workshops, judo and quad bikes. Offsite there's an opportunity

"My daughter loves coming to the Festival every year as she meets people she hasn't seen since the previous Festival as well as making new friends. She definitely increases in confidence and independence each year after attending Mersea."

to visit a farm, play golf, fish and go water skiing. In the evenings there are live bands, discos, a big screen cinema and camp concert.

Tom Brennan, Chair of the Mersea Island Festival Trust, said: "I recall a quote that says if opportunity doesn't knock, build a door. So, we have gone one better and built a gateway that opens up into a

thrilling selection of sporting and leisure activities for the young at heart of all abilities.

For me, personally, each year is inspirational - seeing wheelchair users moving up a climbing wall and then down a zip wire or speeding through the surf in an inflatable behind a speedboat. Whatever your interest, even those you didn't know you had, you can be one of our many guests each year who say, 'I'd never get to do this if I didn't come to Mersea Island Festival!'

A team of 60 volunteers are on hand to make sure that everyone has a great time. The Festival has become a must-do in the calendar of so many people over the years and, based on the feedback we receive each year, the week and weekend offer something fairly unique.

For further information on the Festival, please contact Phil Ager, Festival Coordinator on: Telephone: 01206 383226 Email: info@merseafestival.org.uk www.merseafestival.org.uk

ABOUT THE TRUST

Mersea Island Festival first took place in 1981 as a youth work project. In 2003, the 'European Year for Disabled Persons' Mersea Island Festival gained charitable status. (Reg. charity 1097455)

Our year-on-year success is reliant upon local fundraising activities, donations from corporate, public and grant making organisations and private individuals, all of whom make this annual festival possible. Every penny we raise provides essential facilities, services and equipment for an exciting range of activities, and funds bursaries for low income groups.