

Working together – left, carers and youth campers from Mersea try their hand at crabbing on Brightlingsea waterfront. Below, Zara Coulson keeps her crab at arm's length. She's not sure she likes what she's

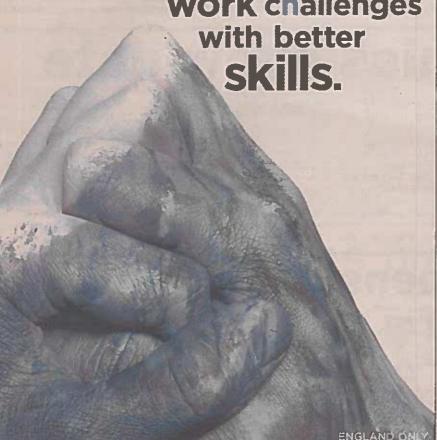
Pictures: LOUISE MORRIS (58059-1 and 2)

Our future.

will require a better level of skills and qualifications. Without proper training we our hands. will face an uphill struggle dealing with the challenges that are inevitable as jobs start to change. Getting further qualifications with training both on or off the job will help us overcome these obstacles. We all have it within us to develop and succeed and by taking control of our future, we can turn a mountain into a molehill.

> To improve your skills call 0800 011 30 30 or visit lsc.gov.uk/inourhands

Overcome work challenges with better



Crabbing fun on special outing

BACON bait and buckets helped lure crafty crustaceans from their watery home.

A group of people taking part in the Mersea Festival visited Bright-lingsea's scenic waterfront to enjoy a few hours of the traditional pastime of crab-

And their patience and skill was rewarded with buckets full to the brim of crabs - all of which were

by WENDY BRADING

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returned to their watery homes at the end of the ses-

sion.
The Mersea Festival is being staged at Mersea Outdoors and activities for the disabled and able-bodied participants have included archery, a zip wire, climbing, circus skills and trampolin-

ing. About 360 youngsters,

aged from eight upwards, are taking part in the five-day festival helped by a team of more than 70 volunteers.

A smaller festival for about 200 people is being held over the Bank Holiday weekend.

Eleanor Lumber, one of the outdoor instructors from Mersea Outdoor at the crabbing event, said: "It has been brilliant.

"They have all caught some crabs and they have just loved it."



Got one – David Jarvis catches a crab on the trip from Mersea island youth camp.(58059-3)