

Writing & 'Adventures of an Anxious Mind' Successes.



In return for helping to promote adult learning, the college are going to cover the cost of the next stage of my counselling course. This is a yearlong course and I am not really sure how much it would have cost me, but must be in the region of £600 - £1000.

They are going to publish my story on their blog and circulate it around the campuses.

I may be able to go and do talks to the students.



Cicerone publish guide books on the National Trails (along with loads of other adventure tracks) and they have given me a couple of free books and then a discount on others I need.

They will also publish my story in their news letter.



A local newspaper; the editor Nick Gill has published two of my articles on Mental Health.



The organisers have posted my story and the link to my Just Giving page on Twitter and Facebook, in order to support my efforts in tackling the challenge, and raising money for Mind.



I got an interview with Caroline Guthrie, the Senior Development Manager for an article for my blog; and she said she can try and help further as and when I tackle the long distance walks.



Invited to do a talk at a Health & Wellbeing evening they are hosting for parents and students.

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