A project by Stuart Bowditch and Ruth Philo with the people and communities along the River Stour which flows through Cambridgeshire, Suffolk and Essex.

## The River Runs Through Us

Ignoring the notion of the river as a boundary in this age where increasingly borders and divisions are drawn the artists aim to discover a deeper connectedness and primitive co-dependency that exists between people and water.

The artists will host a series of walks-and-talks and a swim through the Stour Valley during the summer of 2017 with local experts on the river's connections with ecology, literature, wildlife, writers and artists.

> Do you live or work by the river? Do you have something to contribute? Then please get in touch at therriverrunsthroughus@gmail.com

Twitter/TheRiverRunsTU Instagram/theriverrunsthroughus Facebook/theriverrunsthroughus

Walk 1 Manningtree/Mistley, Sunday 23rd July, 2 - 4pm Witches and Witch-Finders in the Tendring Hundred in 1645 Prof. Alison Rowlands, University of Essex

Walk 2 Nayland, Tuesday 25th July 10am - 1pm Tales from the River Bank Darren Tansley, Water for Wildlife Officer at Essex Wildlife Trust

Walk 3 Wrabness, Sunday 6th August 10am - 1pm **Coastal Foraging Walk** Matthew Rooney, member of The Association of Foragers

Walk 4 Flatford/Cattawade, Saturday 19th August 2017 10am - 1pm Walking out of Constable Country Simon Carter, painter and President Colchester Arts Society

Walk 5 Wissington/Wormingford, Wed 13th September 10am - 1pm Words from Wissington to Wormingford Dr. James Canton, University of Essex

A Swim, Dedham, Saturday 16th September 10am -

Wild Swimming

Kevin Sheath, Dedham Swimmers Club

Walk 6 Saturday 30th September 10am - 1pm A Walk through the East Country Prof. Jules Pretty, author and University of Essex

All events are free but booking is essential as space is limited. Booking and more information at www.theriverrunsthroughus.uk



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