Rural Support

The Farm Support Charity for Northern Ireland

THE WEE BOOK OF FARM SUPPORT IN NORTHERN IRELAND



Rural Support provides a range of programmes and services for farmers and farm families in support of their business and personal wellbeing. All support is accessible via our freephone confidential Support Line **0800 138 1678**, which is open Monday to Friday 9am to 9pm.

These include;

- On-farm Business Support
- Bereavement and Loss Support
- Person-Centred Support
- Farm Business Programmes
- Support for Older Farmers
- Social Farming Support Service
- Agri Sector Training.



Directory of Programmes and Services

Farm Business Support

Aims to help farming families tackle farm business issues such as finance/debt and business decisions regarding the future. It is aimed at families or individuals experiencing stress or worry in relation to the farm and provides independent support from a business mentor, experienced in agriculture.

Rural Support helps with farm business and financial issues by;

- Providing free, confidential, face to face support
- Easing the burden of dealing with finance or business issues
- Helping you identify a way forward
- Looking at realistic options for the future of your business
- Supporting you to take action.

If you would like help and support in relation to your farm business, please call our freephone confidential Support Line **0800 138 1678** - where a trained member of staff is ready to listen.

Counselling Support

Aims to help farmers and farm families feel understood and supported, whilst finding ways forward to resolve issues they might be having in relation to mental health, bereavement, family relationships and/or trauma.

Our trained counselling professionals will come to where you feel most at ease and safe, so that you feel comfortable and supported when talking about the challenges and issues you are facing - at your family home or a place of convenience to you.

If you would like to avail of counselling support, please call our freephone confidential Support Line **0800 138 1678** - where a trained member of staff is ready to listen.



Royal Countryside Fund Farm Resilience Programme

This programme offers free business skills training to family farmers across Northern Ireland and is open to dairy, beef and sheep farmers.

It helps family farms to explore new ideas that could practically and financially benefit their business through a series of workshops delivered by expert consultants providing one-to-one support.

Topics include;

- Understanding your farm accounts and budgeting
- Know your figures: farming without subsidies
- Your farm and the environment
- Planning for your future
- Get ahead in farming.

To find out more about this programme please email **farmsupport@ruralsupport.org.uk**

Please note the location of this programme changes each year.

THE ROYAL COUNTRYSIDE FUND
Farm Resilience Programme

Farming For the Generations

Aims to support farm families across Northern Ireland by fostering long-term planning that enables effective, sustainable farm succession.

The programme will cover workshops on essential skills needed for a seamless transition, designed to enhance knowledge and skill of both generations.

The scheme is built on a four-phased approach;

- Planning for Succession
- Preparing the Successor
- Leading Succession
- Farming in Partnership

This programme is funded under DAERA's transformational new Sustainable Agriculture Programme (SAP).

For more information on this programme please email **farmgenerations@ruralsupport.org.uk**

Life Beyond

Provides support for farming families in Northern Ireland who have experienced loss through a farm accident, suicide, unexpected or expected death and is facilitated in partnership with Embrace FARM.

The programme is unique to the farming community and offers;

- Tailored support according to each family's individual needs
- Bereavement counselling that includes trauma support
- Mentoring support for the farm business
- Free, confidential and impartial guidance for all of the farm family
- Delivered in the privacy of the family home.

If you would like to find out more information about Life Beyond please call our freephone confidential Support Line on **0800 138 1678**.

Life Beyond

Social Farming Support Service

Social Farming is an innovative use of agriculture to promote therapy, rehabilitation, social inclusion, education, and social services in rural areas. Social Farms provide activities that are structured, meaningful, and part of a typical farming week for participants with an assessed support need.

The farmer experiences satisfaction from supporting participants to learn new skills and grow in confidence; has company when working; witnesses their family and community play a part in helping others to have a rewarding experience in a farm environment.

The Social Farming Support Service guides and supports farms to set up as a Social Farm, ensuring service delivery meets three pillars: a person-centred service, a place for all, and a safe farm environment.

If you would like to find out more about this service please email
socialfarming@ruralsupport.org.uk

Across the Hedgerow

Provides isolated individuals from the farming community with listening support and companionship via regular telephone calls. Individuals are paired with one of our volunteer team based on common interests, hobbies etc. and a regular call arrangement is agreed.

The service reduces isolation and improves the mental and emotional wellbeing of both the client and the volunteer. Clients can self-refer to the service or be referred by a third party with their permission.



To avail of this service or to refer someone you care about, please call our freephone confidential Support Line on **0800 138 1678**

NI Agri-Rural Health Forum

Co-ordinated by Rural Support, the Forum brings together key decision-makers in agriculture, public, voluntary, government and related commercial organisations to help influence public opinion and ensure the appropriate incorporation of mental and physical health needs in rural communities – particularly for farming families – into strategy and policy development.

Vision:
An empowered agri-rural community that develops, lives and maintains the highest possible level of health and wellbeing in support of stronger farm businesses and healthier farming families.

Mission:
To tangibly improve the health and wellbeing of those in the agricultural community in Northern Ireland through the development of practical and innovative solutions which address emerging trends or issues.

If you would like to hear more about the Forum, please visit **www.ruralsupport.org.uk**

Plough On

Aims to tackle rural isolation and increase social opportunities for older male farmers. Its core purpose is to improve mental and physical wellbeing through socialisation and participation in rural heritage/farming-based activities and excursions, encouraging individuals to get and stay well – physically and emotionally.

Funded through The National Lottery Community Fund, the project has established groups across Northern Ireland providing a monthly engagement for the men to connect on areas of shared interest through in-house meetings in community venues and trips related to farming, rural heritage, history, and local industry.

If you would like more information on this project please email **ploughon@ruralsupport.org.uk**

PLOUGH ON

COMMUNITY FUND

Agri Sector Training

Boots on the Ground

This course has been developed to provide those working within the Agri-sector with a sound understanding of mental health issues and a knowledge of how to engage supportively with farmers experiencing stress.

Training objectives includes;

- Greater understanding of the basics of mental health and factors causing stress within the farming community.
- Recognising signs of poor mental health.
- Engaging supportively with someone experiencing anxiety, stress, suicidal thoughts and general low mental health.
- Knowing sources of help that are available.
- Increased awareness of their own wellbeing and be able to apply self-care tools.

To avail of this training, please email **farmsupport@ruralsupport.org.uk**

CPD MEMBER
The CPD Certification Service

Volunteering

We have volunteering opportunities available across a range of areas;

- **Plough On** - support a group of older male farmers to come together once a month to reduce social isolation.
- **Across The Hedgerow** - providing listening support and companionship via a regular telephone call to someone who is lonely or isolated within the farming community.
- **Support Line** - helping to provide confidential listening support to individuals who contact our support line.
- **Outreach** - supporting delivery of our outreach activities by setting up at local shows including driving duties, supporting leaflet distribution or telling people about Rural Support.

Research has shown that giving even a small amount of time to others is associated with an increase in personal health and wellbeing.
If you are interested in becoming a volunteer, please call **028 8676 0040**.

Fundraising

As the Farm Support Charity for Northern Ireland, we need your help to ensure we can support as many farmers and farm families as possible.

The wellbeing of our farming community is at the heart of what we do and we want to provide the best support we can for their physical, emotional, mental and social needs.

By raising vital funds, you will be supporting the business and personal wellbeing of our farming community.

You can support us by;

- Holding a fundraiser
- Making a one-off donation or monthly contribution
- Becoming a corporate sponsor
- Leaving a gift in your Will.

Thank you for considering joining us in our mission.



Rural Support

The Farm Support Charity for Northern Ireland

Support Line:

0800 138 1678

General Enquiries:

028 8676 0040

Email:

info@ruralsupport.org.uk

Website:

www.ruralsupport.org.uk

Department of
Agriculture, Environment
and Rural Affairs
www.daera-ni.gov.uk

HSC Public Health Agency

The Queen's Award
for Voluntary Service

Helplines NI
listen. support. inform

NFU Mutual

Rural
Support

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