

Autumn / Winter 2021

The Big Farming Survey Results

Also in this issue:

- Focus on farmer wellbeing
- National news
- County committees
- Fundraising
- Regional news

New 24/7 helpline: 0800 188 4444
www.rabi.org.uk



Chair's welcome



Jeanette Dawson, RABI Chair

With crops harvested and livestock housed, before the bustle of Christmas celebrations, there are sometimes occasions to enjoy a rare sense of stillness. I find times such as these a good opportunity for reflection, as we approach the end of one year and plan for the next.

"There is no doubt that 2021 has been dominated by a continued sense of uncertainty and I am incredibly grateful to our network of volunteers for their support throughout these challenging times.

"As I have mentioned more than once, I have been hugely impressed by the sterling efforts of our volunteers, so many of whom persevered and continued to champion RABI's cause to raise vital funds. With the help of our regional managers and my fellow trustees, I am delighted to be making a few special awards to express our gratitude for some of the most exceptional support received since COVID began to so change our lives.

"Despite all the uncertainty and disruption, the charity continues to forge ahead with some exciting developments and it was with great pride that the Council of Trustees announced in September that RABI has set an ambitious goal of quadrupling support to farming people by 2024.

"The need for this is vital, as you'll see over the coming pages. The results from The Big Farming Survey at times make for very concerning reading and I believe that, in response, we must

be even more resolute in our determination to tackle the issues farming people currently face.

"We will, of course, continue to provide support to those who are no longer farming due to ill health or age, as we have done for many generations. However, the charity will also increase its pre-emptive and proactive support services to farming people working in the sector.

"There are distressing numbers of farming families living on relatively low incomes and facing both personal and industry challenges. We believe that, through the expansion of our own and existing partnership programmes, we can forge a more holistic approach that will benefit even more members of the farming community.

"Looking ahead, I am hopeful that in 2022 we shall start to be able to put this awful pandemic behind us to resume a level of normality, including meeting up. Meanwhile, I would like to take this opportunity, early as it is, to wish you all well for Christmas and the new year."

Jeanette

Contents

- P2 Chair's welcome
- P3 Alicia Chivers' big picture
- P4 The Big Farming Survey report
- P8 The Big Farming Survey – next steps
- P9 The road to wellness
- P10 Focus on farmer wellbeing
- P11 National news
- P12 County committees
- P13 Fundraising
- P14 Regional news
- P18 RABI carols around the counties
- P19 RABI in the news
- P20 Regional staff contacts



Alicia Chivers' big picture – Building resilience across our farming communities

As we head towards the end of another unpredictable year, we find ourselves reflecting on the challenges and achievements that have passed and look forward to what might be.

"Thankfully there continue to be encouraging signs of greater freedoms returning more consistently, bringing with them much hoped for opportunities to meet face-to-face with volunteers and supporters again.

"People choose to volunteer for many reasons. Having met with many of our fantastic volunteers, I passionately believe that for them, they choose to support RABI because they want to give something back to their farming communities and contribute to making a tangible difference to the people around them.

"Whilst life in farming will continue to include complex and diverse challenges, as our Big Farming Survey has highlighted, farming people continue to remain amazingly resilient. RABI believe that supporting and building on this strength must remain our focus as we look forward with hope and optimism.

"For the almost half million people working across agriculture in the UK, their health and wellbeing is inextricably linked to the business of farming. And as we live through a period of profound change, the uncertainty this brings has the potential to impact even the most robust of us.

"RABI is adapting to ensure that we can meet the evolving needs of these farming communities. The

charity also continues to provide the enduring support that we are perhaps best known for, to those currently working and those no longer able to work, including financial support, benefits advice and practical support.

"As details from our Big Farming Survey circulate more widely, RABI remains committed to continuing to fulfil our duty to our community. As stated by the Trustees in RABI's strategy, 'dealing with life's challenges can be tough' but we will continue to stand with our farming community, to help empower them and build resilience during a period of profound change.

"The poor experiences described in the survey findings must not continue. We have a real opportunity to build on the existing resilience and optimism of farming people and begin to address the issues and concerns they have raised. Everyone has a role to play as we use the evidence from the survey to take action to improve the wellbeing and resilience of our vital farming people."



Alicia Chivers, RABI Chief Executive

"We must work together to help create a better future for farming people."

Alicia Chivers, RABI
Chief Executive



RABI's strategic evolution includes the following:

- Introducing a 24/7 helpline
- Collaborating with partners to offer consistent, targeted support across England and Wales
- Supporting best practice through volunteer network
- Launching preliminary peer-to-peer pilot schemes at a regional and national level
- Developing holistic support packages with specialist and sector providers

Results of the Big Farming Survey revealed

On 14 October, we exclusively revealed the official findings of the Big Farming Survey to influential representatives from the agricultural sector at our launch event in Birmingham. Many key stakeholders joined us, including representatives from membership organisations, government, retailers, banks, land agents, other farm support organisations and charities and the media, to learn the outcomes of this important project.

Over 15,000 people took part in the survey earlier this year, providing essential information on the complex issues faced by farming people. Thanks to the incredible response, our research partner, the University of Exeter (UoE), has helped us to build a hugely compelling evidence library of the challenges impacting the physical and mental wellbeing of our farming community, as well as how these issues are affecting the health of farm businesses. It has been a huge undertaking, which has never

been done on this scale before.

Following a welcome address by chief executive, Alicia Chivers, the UoE's Rural Policy team of researchers presented their ground-breaking results for the first time. This was followed by RABI corporate partnership manager, Suzy Deeley, who shared further insight on the major challenges affecting farmer wellbeing, which was the focus of a frank discussion about the current picture of mental health in the agricultural community,

chaired by Farmers Guardian editor, Ben Briggs. Attendees had the opportunity to raise questions as well as offering their own insight and perspectives from across the sector.

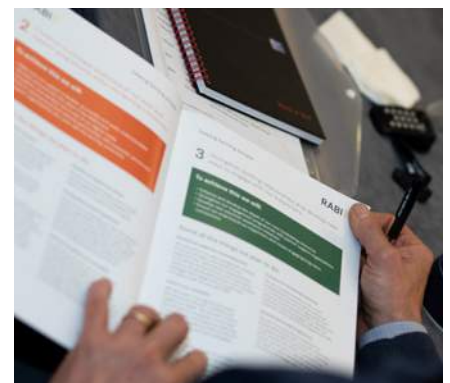
Suzy also shared how the Big Farming Survey's crucial data is informing the charity's ambitious strategy for the future.

The next four pages will showcase the headline findings of the research and provide initial feedback from attendees at the launch.



"We need farmers to share their stories, to normalise the idea of reaching out for support."

Professor Matt Lobley, UoE



Ongoing support from our sector

As project lead on the Big Farming Survey, corporate partnership manager Suzy Deeley has spent almost two years delivering this landmark report. Here Suzy discusses the vital role supporting stakeholders played in the delivery of the report, and on launch day itself.

"The incredible success of the Big Farming Survey would not have been possible without the commitment of our sector-wide stakeholder and influencer network. Firstly, they helped to promote the survey through their varied networks at the start of the year, which provided UoE with a fantastic dataset to base their findings on.

"Secondly, it was fantastic to have such a large turnout of

representatives at the launch event in Birmingham. I am hugely grateful to everyone who attended and for making such a valuable contribution to the discussions throughout the day. Their presence demonstrated that there is a real appetite to address the challenges facing our sector together, and a desire to build greater resilience into our farming communities."



Suzy Deeley



"I am immensely proud to be the president of RABI during this time of change. Our farming communities will require our backing more than ever over the coming months and years. At RABI we are committed to ensuring farming people across England and Wales have access to the services and tools they need to build resilience and empower them to move forward."

RABI President, HRH The Duke of Gloucester KG GCVO



"Too often, decisions made by Governments across the UK are signed off with seemingly little concern for the impact they have on actual people, whereas RABI exposes the real human costs."

**Ben Briggs, editor
Farmers Guardian**



"The Big Farming Survey will provide vital insight...with that insight we can collectively make sure the support is available in the future."

Phillip Wynn

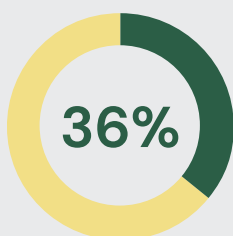
Key findings from the Big Farming Survey

Thanks to the largest ever cohort of farming people sharing their life experiences with us, the Big Farming Survey has delivered an enormous bank of data. We heard from individuals working across a variety of farming sectors, farm size and sort, and different types of farming people in England and Wales.

There are five key themes that RABI has drawn from the research. These are as follows: .

Theme 1:

Mental health and wellbeing across the farming community



36% of the farming community are probably or possibly depressed

Commentary: It probably comes as no surprise that mental health and wellbeing in the farming community is poor, but for more than one third to report being probably or possibly depressed, is a figure that cannot be ignored.

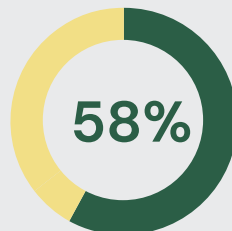


"What I've heard today is very close to my heart. A lot of it isn't a surprise. Farmers are such multi-skilled people, it's no wonder they suffer from anxiety."

Richard Betton, hill farmer from the north of England

Theme 2:

Mental health and wellbeing amongst women



Over one-half of women (58%) experience mild, moderate or severe anxiety

Commentary: When we think of our farming community, it's fair to say we usually think of the men in the community, or rather the community as a whole. The research though has highlighted a shocking statistic, with mental wellbeing amongst middle aged women, of working age being particularly low and markedly lower than in men (44%).

Much of the focus around normalising conversations or opening discussions around mental health and wellbeing in the farming community has been targeted at men. Clearly this is something that needs to be addressed.

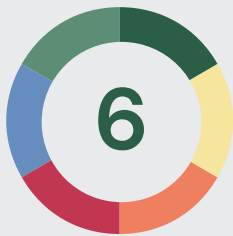


"Social interaction has really been lost during the pandemic and people have become more isolated. Therefore, I think we really need to be mindful we need to connect with farmers. Every farmer counts."

Stella Owen, NFU Cymru

Theme 3:

Sources of stress amongst the farming community



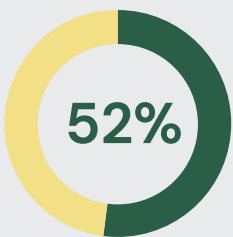
Key factors causing stress across the farming community

Commentary: While our community faces many different and complex challenges, an average of six factors cause particular stress. The most commonly reported factors were:

- Regulation, compliance and inspection
- Covid-19
- Bad/unpredictable weather
- Loss of subsidies/future trade deals

Theme 4:

Physical health across the farming community :



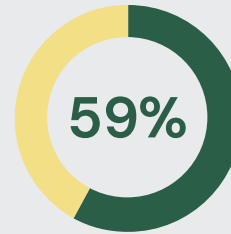
Over one-half of the farming community (52%) experience pain and discomfort

Commentary: Long working hours and often very manual labour-orientated-working have an impact on the physical health of our community.

- One in four have mobility problems
- For 21% this causes them problems in undertaking usual activities

Theme 5:

The future of farming businesses



59% of the farming community believe that their business is viable over the next five years

Commentary: Amongst the concerning data, there is positivity. While we'd always hope this figure might be higher, we need to build on the optimism and resilience in the community that already exists.



"You asked us to make some commitments. I'd like to make some on behalf of Red Tractor, one of which is to understand more about this area of regulation, compliance and inspection as I do realise this can cause enormous stress. The more I can understand from this survey will be very helpful and I look forward to working with you on that."

Christine Tacon, Chair, Red Tractor

The Big Farming Survey – next steps

What does the Big Farming Survey mean for RABI's future services?

In response to the research, RABI will soon be launching pilots of three new support schemes. These include an accredited, bespoke farming mental health first aid training service, access to in-person mental health support, and further trials of RABI's Community Pillars initiative.

The introduction of these pilot schemes will be in addition to the long-standing, traditional support services that RABI is so well known for, and to complement the online wellbeing platform, Qwell, that we launched last year.

There is a huge amount of work going on behind the scenes at

RABI to initiate a targeted and appropriate response to the findings in partnership with key partner organisations, and more will be shared on this soon.



RABI responds to pig crisis

Responding to the crisis in the British pig industry, in October, RABI announced the immediate availability of in-person professional counselling to those affected, and to supplement support our existing package of practical and financial assistance.

Evidence from the Big Farming Survey evidenced that depression rates are particularly high in the specialist pig sector, with 47% likely to be probably or possibly depressed, even before the crisis of recent times.

Therefore, developing bespoke, in-person counselling support to supplement existing services already available in some areas of the county, and ensuring this is available on-demand consistently

across England and Wales, has been a focus over recent months.

All those working in the pig sector can access this new service, along with any of our services, on our confidential 24-hour helpline, 0800 188 4444.

For online counselling, or other mental wellbeing support, RABI's online platform can be accessed anonymously at any time of day and night, and also provides remote counselling through a chat function – www.rabi.org.uk/kooth.



The road to wellbeing



Dr Peter Aitken MRCGP FRCPsych is a Consultant in Psychological Medicine, Director of Research & Development and executive lead for suicide prevention at Devon Partnership NHS Trust, a specialist provider of mental health and learning disability services in the Southwest of England and Honorary Associate Professor, University of Exeter Medical School.

Dr Aitken is also mental health adviser to the National Association of Primary Care and member of the steering group for Zero Suicide Alliance.

Having already been instrumental in bringing mental health first aid, suicide prevention and peer support to the RNLI, Dr Aitken is currently working with leaders across agriculture to ensure mental health services are accessible to those living in rural communities.

Here Dr Aitken highlights some of the matters we need to consider when approaching this important issue:

"I'm very impressed at how sector leaders are communicating the importance of mental health and wellbeing to isolated farming communities, who are largely not in the habit of having these kinds of conversations.

"Through rural networks, this conversation is becoming more common but there's still a considerable way to go – especially with the increased pressures caused by the pandemic.

"The lead has to come from within the sector, and the NHS must be receptive to questions that matter to farming.

"Leaders need to join together to assess which programmes are working, and for whom, to ensure that best examples can be shared across the farming community.

"Evidence has shown that positive recovery stories are the most important to tell. Showing that intervention or accessing support can help somebody to come back from the brink provides hope, and guides people to resources they may not have considered.

"We also need to recognise that, while the vast majority of the population may have heard the message, it's a much

smaller percentage that we are trying to draw towards help.

"For people who are experiencing mental health problems, picking up the telephone can be too anxiety-provoking, never mind having the concentration to process complex information and make a decision.

"To engage these people, we must equip everyone with the right skills to recognise who's vulnerable, initiate difficult conversations, listen without judgement and know how to help the person to a safer space."



**Download the
Big Farming Survey
results**

rabi.org.uk/big-farming-survey/

Focus on farmer wellbeing

New 24/7 helpline now live

On 1 October, we launched our new 24-hour helpline. This extended 'round the clock' service means that every caller will be able to talk to someone who is trained to understand the challenges farming people face and the support RABI can offer.

Any time, day or night, the team are available to begin the process of linking callers with appropriate support, be that in a time of crisis or in a more preventative capacity. There will always be someone on hand, whenever a member of the

farming community feels ready to make that important call.

This is just one of the measures we're taking to ensure we provide flexible, accessible support that's available to the entire farming community in England and Wales.

**Please make a note
of our new 24/7
helpline number:
0800188 4444**

Ongoing online support available

It has been just over twelve months since RABI launched its online wellbeing platforms. Providing free, confidential access to numerous resources and counselling support, Kooth and Qwell offer an alternative route to support for farming people during times of need.

As the Big Farming Survey findings have highlighted, wellbeing and

mental health in the sector are currently at concerning levels. Through this service, anyone can log in anonymously and seek out a range of tools, including discussion boards, case studies and messaging functions, as well as access one-to-one counselling support from British Association of Counselling and Psychotherapy accredited counsellors.



Case study: Counselling gives farmer more positive outlook

After experiencing the loss of a parent, Dave* sought out Qwell for support as he was struggling to cope. As well as dealing with his grief, Dave was also experiencing financial difficulties, running the farm on his own.

Feeling stressed, lonely and with low self-worth, Dave underwent a series of assessments and had twelve online counselling sessions with a qualified practitioner. These sessions, conducted via a chat function, provided a safe, confidential, non-judgemental space that gave him the chance to explore his thoughts and worries, as well as enabling him to consider his future.

By tapping into the many things that Dave loved about life, including working with the animals on the farm, and by establishing clear, obtainable goals, the sessions made a positive difference to his mindset.

"Talking in the sessions is a massive help," said Dave. "Just talking gives me a lift."

If you find yourself unable to manage or feeling overwhelmed, Qwell is available to anyone in farming. Register anonymously at rabi.org.uk/kooth

* Dave is a pseudonym

National updates

We welcomed back (some) events

It was wonderful for the team to be able to start meeting people face to face at several shows over the summer. We also introduced our new look stand which attracted lots of people to come and chat about the support RABI provides to farming people.

Harrogate hotspot!

Glorious summer sunshine brought out the crowds to celebrate the 163rd Great Yorkshire Show on 12–14 July and a great day it proved to be for many visitors. Not least our regional manager, Sally Conner, who was introduced to HRH Prince Charles.

“I was absolutely delighted to meet Prince Charles, it made a great memory,” says Sally, who was helping on the RABI stand.



Regional manager Sally Conner meets HRH Prince Charles

Cereals success

Huge thanks to everyone that visited us at Cereals this year, where we were once again delighted to be selected as the event’s charity partner.

The careful planning of the spacious site at Boothby Graffoe, Lincolnshire meant that attendees were able to safely navigate the event over two days.

Many of those that came to say ‘hello’ on our stand also completed a digital straw poll on wellbeing in the farming community.

We also welcomed, local farmer and mental health advocate,

Matt Styles, who features in our show stand design!

Our thanks goes to organisers, Compexposium for their valued support and to everyone who donated to the charity collection on the gate. We hope to see you again in 2022.



Suzy Deeley and Izzy Shaw catch up with Matt Styles at Cereals

Mental health awareness

Supporting the mental wellbeing of the farming community is a top priority for RABI, with our regional managers and service provision team undertaking ongoing mental health first aid training.

A range of mental health training will be extended to the wider RABI staff team, volunteers and partners as part of our pilot scheme in 2022.

You might also have seen our ongoing #5for5 social media campaign which encourages farmers to take five-minutes to reach out to remind friends that they’re not alone.

Putting fundraising on the map

This year the Map of Ag Farm Research Unit, has donated £2,600 to a number of rural charities, including RABI. It’s part of an ongoing fundraising effort which began in 2018 and has raised a total figure of £21,562 to date.

Looking ahead to 2022

Next year’s Oxford Farming Conference takes place 5–7 January 2022. Earlier this year, chief executive, Alicia Chivers joined Dr Peter Aitken in an OFC presentation on mental health in agriculture.

The theme of next year’s conference is ‘route to resilience’ and we’re delighted that RABI has been invited to participate once again.

County committees

New head of volunteering



Izzy Shaw

In June, we were delighted to welcome Izzy Shaw to RABI's senior management

team. Izzy has joined us with a wealth of experience in leading charity volunteers.

Responsible for leading the regional managers, Izzy is developing an understanding of the requirements of the committees. She is also introducing new initiatives to enhance the support available to them in the future.

"I have been so impressed by the dedication and hard work of our

volunteers," says Izzy. "After the disruption of the past 18 months, I know this hasn't been an easy task. There are some really exciting plans that I'm looking forward to implementing in conjunction with our regional support network.

"Without our volunteers, we can't possibly begin to achieve our ambitious goals. I'm keen to build on the valuable relationship that exists between RABI and our county committee members."

New communications initiative

Following a focus group held with county committee representatives earlier this year, Leicestershire county committee will be piloting a new communications initiative from next year.

The initiative aims to ensure that committees have access to more

resources and information.

This will include additional, practical support to promote fundraising activities and raising wider awareness of the charity's objectives. RABI will work closely with Leicestershire CC to develop this initiative pilot, before rolling it

out more widely later next year.

Our quarterly county committee Zoom meetings also continue to provide a valuable forum for discussion. The most recent took place on 5 November. We thank everyone involved for their ongoing input.

We need people like you!

Our dedicated volunteers enable RABI to making meaningful connections with local farming communities, raising awareness of our services and planning fundraising events.

Anyone can become a volunteer, it's never too early or too late to

get involved, you can volunteer as little or as much as you would like to, if you have an hour spare or have some limited one-off time, we will always appreciate your support and skills! It's also a great way to meet new people and get involved in a new challenge.



Get involved with supporting RABI

To find out how you can support us visit rabi.org.uk/want-to-help/

Fundraising

2020 and 2021 have been challenging for all charities. Despite the difficulties we held a number of mini-campaigns for volunteers eager to arrange events. Further details can be found on the regional news pages but here are some national highlights.

Hampers make all the difference

Our annual Christmas campaign is underway, with many donations already received. Each year RABI raises money to provide some Christmas cheer to many of our long-term beneficiaries. The hampers we distribute are always gratefully received. There is still time to show support: please visit rabi.org.uk/donate/christmas-campaign

Harvest Festival

Harvest is one of the most significant times of year for the agricultural community, representing for many, the culmination of a year's hard work.

Many churches held harvest festival services to celebrate

the food grown on the land and giving thanks to those who worked tirelessly to produce it.

Throughout our 160-year history, churches have supported RABI and we continue to work closely together. Several of RABI's regional managers supported harvest festivals in their local area while also raising donations from supportive congregations.

Farming in Focus 2022

Our new calendar and ever-popular Christmas cards and notelets are selling fast. Our thanks to the professional agricultural photographers who submitted fantastic shots from the farming year. To order, ring 01268 888217.

Let's Picnic

As restrictions eased over the summer, RABI invited people to enjoy the great outdoors and support British farmers with its Let's Picnic fundraising initiative.

Regional events proved a fantastic way to encourage people to explore their natural surroundings. Let's Picnic also celebrated the amazing food and drink produced by British farmers, while allowing friends and family to socialise safely. Following this year's success, we hope to roll out Let's Picnic to coincide with the Platinum Jubilee.



RABI calendars and cards

Bright ideas

We always welcome new ideas for raising funds. If you have any suggestions for next year's national campaigns please share them with your regional manager or email fundraising@rabi.org.uk. Thank you.

Regional News

Epic fundraising walk

Steve and Juliet Gibbon, and Poppy their dog, from Knighton in Mid-Wales completed an epic charity walk from John O'Groats to Lands' End, covering a total distance of 1,360 miles.

Juliet is a member of RABI's Brecon & Radnor county committee and the couple raised funds for three charities – RABI, Children in Need and Read Easy Shropshire Hills.

During their end to end walk which started in May and ended in August, Juliet and Steve followed national trails and minor roads. The couple were very generously hosted by RABI committee members.



Juliet, Steve and Poppy at Land's End

Big birthday celebrations for Bagshaws!

Cycle challenge

As part of their 150th anniversary celebrations, estate agents, Bagshaws organised the Midsummer Murder 150 mile cycling challenge in Derbyshire.

The four principal riders were Alastair and James Sneddon, John Rees and Mark Ramsden, who left Bakewell Market at 5.30am. The riders were met at intervals by Lynda Sneddon and Nikki Ramsden and reached Tissington at 10.30pm, having called at the Bagshaws offices to clock up the necessary 150 miles.



Midsummer Murder Bike Ride cyclists in action

The event raised £4,260, which has been matched by a donation from the Bagshaws Partnership to produce a grand total of £8,520. The funds will be split between RABI and FCN. Thanks to everyone who supported this fantastic fundraiser.

Shoot and social

Approximately 20 supporters took part in a 50-bird shooting day on 1st September 2021 which was kindly arranged by Lewis Butler. Held at Yeaveley Estate in Ashbourne, the event was a joint fundraiser to support both RABI and FCN.



Bagshaws shoot

What a Cwacker!

RABI's Carmarthenshire Committee hosted a 'Cwacking' Let's Picnic event at Llanarthney Park and Hall. The event was well attended and everyone had a fun time appreciating the skills of Meirion Owen and his Cwac Pac and listening to the fun music played by the Carmarthen Ukuleles group.

Meirion Owen has a team of ducks that he has trained his sheepdog to control which made for an entertaining spectacle. This Let's Picnic event raised a total of £2,100.



Let's Picnic - Cwac Pac

Show raffle

Staff members from Stapely Veterinary Practice kindly held a raffle on their stand at Minsterley Show on Saturday 21st August. £217.66 was raised for RABI. Stapely Vets have supported RABI for a number of years.



Minsterley Show

Lots to celebrate with silent auction

Warwickshire RABI county committee chairman Roger Campion held his virtual retirement do and silent auction on Saturday 19 June 2021 – after working for the NFU for 45 years. It is also his 40th year of being on the RABI committee.

The evening went extremely well and the silent auction had over 60 lots and raised in excess of £13,000 with over £2,000 in donations and more still coming in!

The lots included generous donations such as nights away, meals out, whole lambs, spa day, shop vouchers, golf days, fishing trips. The rock cakes made by Roger's very own hands made over £200!



Roger Campion

North Devon tractor run a roaring success

Brian and Kate Stevens, along with Tina and Dan Jeffery organised and hosted the North Devon tractor run which raised an outstanding £8,000!



North Devon Tractor Run

Cream teas galore!

Fundraising cream teas have been held by several county committees in the South East over the last few months.

The Hampshire RABI committee held their annual cream tea afternoon, for the first time in two years, on the 8 of September, at Meonstoke Village Hall. It was a great team effort, with lovely cakes and no one went home hungry. Over £1,000 was raised thanks to ticket sales, raffles and donations.

The Isle of Wight RABI committee hosted an afternoon cream tea to reconnect with RABI supporters on Sunday 12 of September at Limerstone Farm. Thank you to Geoff and Mary for hosting, and for the delicious scones. The weather was perfect and the surroundings were fantastic. £781 was raised which was incredible and very much appreciated.

A cream team was held at Godinton House in Kent, to reconnect once more with Kent supporters of RABI. Guests had full and exclusive use of the glorious gardens. The event sold out and the sun shone – perfect!. Thank you to Rachel and the Godinton House team.



Hampshire Cream Tea

RABI – News in brief

Afternoon tea, tractor runs, open farms & gardens and a motorcycle trail are just some of the fantastic events our county committees and fundraising volunteers have been busy organising over the last few months.

East of England

- 120 entrants took part in the Suffolk RABI sporting challenge to run, walk or cycle 11,023 miles – the total distance of the coastline of Britain. The enthusiastic team members went even further, smashing their original target and completing 16,220 miles and a total of £5021.66 was raised.
- Essex RABI committee held a Harvest Festival afternoon tea on Sunday 12 September, complete with an after tea speaker, Will Gemmill from Ceres Rural, there was also an auction and raffle.



Suffolk challenge Gill Girling and friends

Wales

- Visitors had the opportunity to view Emyr Wigley's beautiful gardens and see his charity breeding herd of pedigree British Blues as part of an annual fundraising event held in memory of his beloved late wife, Dilys. £2,500 was raised for RABI and Ovarian Cancer Action.
- Penelope Bourdillon recently marked 60 years since moving to the Llwyn Madoc Estate, near Llanwrtyd Wells,



Emyr Wigley with his British Blues

Powys She celebrated this diamond anniversary with family and Brecon & Radnor county committee members. Around 200 people attended the party and approximately £3,500 was raised.

- NFU Cymru's Wales Woman Farmer of the Year 2019, Nicola Pughe (née Drew), and Gwion Pughe hosted a fundraising lunch, quiz and auction for RABI and AGE Cymru in their wedding marquee at College Farm, Trefecca, Talgarth, Brecon on 21 August, the day after they were married. RABI received a generous donation of £2,474.
- Ceredigion County Committee held a fundraising tractor run on 26 September.
- Pumsaint fundraising tractor run was held on 5 September.

West of England

- Devon RABI committee and Ivybridge Rotary Club held a Car Boot Sale on 5 September.
- Vintage tractor run



North Devon tractor run



Pumsaint Tractors

Central England

- Cleobury Mortimer YFC held its annual open-air charity dance on 31 July. £1,000 was donated to RABI.
- Members of South Shropshire Motorcycle Club, competitors and general public raised £1,000 during a two-day motorcycle trail which took place on 7 and 8 August. The annual meeting takes place in the stunning surroundings of the Long Mynd in South Shropshire.
- Staffordshire NFU, RABI Committee members & family, Barclays bank volunteers and Rotary Club of Stafford Knot members raised funds by serving refreshments in the NFU tent at the Staffordshire County Showground on 25 and 26 August. Around £1,880 was raised for RABI.
- Oxfordshire RABI county committee organised a fundraising talk and tour of the gardens and grounds of Blenheim Palace on Wednesday 8 September 2021. 50 guests attended.
- Gloucestershire RABI county committee secretary, Tori Lang took part in the Cheltenham Half Marathon on Sunday 5 September. Running to support RABI, Tori exceeded her target of £500 and has currently raised £790.
- The Warwickshire RABI committee held a Vintage Machinery Open Afternoon and raffle on 3 October.
- Leicestershire RABI hosted a hog roast with salad and puddings and raffle in the afternoon on 19 September.
- Robinson Road Run – Tractor Run, which started in Etton, was held on 12 September and organised by a group of volunteers on behalf of RABI and Mind.
- Worcestershire RABI Annual Dinner was held on 6 November at Worcester County Cricket club, including a promise auction and raffle.
- Gloucestershire RABI Harvest Supper was held on 2 October with speaker Katherine Kear, National Demonstrator, Speaker and Teacher for National Association of Flower Arrangement societies as well as raffle and cash bar.



Andrew Duffy, Tom Birks,
Chris Strange Oxon Committee



Cleobury Mortimer YFC
Cheque Presentation

North

- The chair and secretary of Cumbria RABI committee were amongst those who attended the Westmorland County Show which took place on 8 and 9 September. For the first time in its 200-year history, the event was held over two days as a commitment to keeping visitors to the showground safe. It was wonderful to see so many familiar faces. Thanks to everyone who supported RABI.



Chair of Cumbria and Secretary
at the Westmoreland Show

South of England

- Berkshire RABI's Farm Walk and Garden Tour was held on 22 September. It included a tour of South Fawley Farm with Tim Hayward, along with a tour of the house and gardens at Woolley Park, and a BBQ and raffle.



Berkshire RABI farm walk

Council of Trustees welcomes Mark Herrod



Appointed at RABI Annual General Meeting in June, Mr Herrod is an executive director and company secretary of the Lamport Group of Companies in Northamptonshire and a

qualified Chartered Surveyor.

RABI is the third charity Mark has been involved with, using his experience as a trustee to provide a useful source of charitable governance, aiding the charity's leadership team.

"Over the years, I've encountered many farming families who are facing challenges, often through things which are beyond their control. Therefore, I'm extremely proud to be working with an

organisation that provides an increasingly diverse range of support services to farming people and their families, whether that be financial support or providing specialist advice to help them overcome the challenges they face." says Mark

As a trustee, Mark will serve up to two, four-year terms in his position, joining an enthusiastic Council who all have strong links to agriculture.

Cameras at the ready!

Calling all budding photographers. For the next Farming in Focus calendar, we're looking to showcase some of the amateur talent that resides within the agricultural community.

We will be encouraging keen photographers to submit their favourite seasonal farming images for consideration for inclusion in the 2023 calendar.

Keep an eye on our social media channels for further details.



Mae Brown, lambs

Christmas cheer

Come and join us for traditional pre-Christmas carols. Look out for further information about RABI events around the counties including:

- RUTHIN Farmers Auction, 3 December 7.30pm
- CEREDIGION Gwenlli Church, 5 December, 7.30pm
- MONMOUTHSHIRE Livestock Centre, 5 December, 6pm
- SALISBURY Livestock Market, 8 December, 7pm
- WIGTON Hopes Auction Mart, 8 December, 7pm
- CIRENCESTER Royal Agricultural University Chapel, 9 December, 7pm
- YORK Mart, 9 December, 7pm
- COCKERMOUTH Mitchell's Auction Mart, 13 December, 7pm
- LEYBURN Mart, 14 December, 7pm
- GISBURN Auction Mart, 15 December, 7pm
- CARLISLE Borderway Mart, 16 December, 7pm
- THAME Farmers Market, 16 December, 7pm.

Regional Welfare Officers



EAST CENTRAL – Jenny Tyler
Northamptonshire, Cambridgeshire,
Bedfordshire, Buckinghamshire, Hertfordshire



HEART OF ENGLAND – Caroline Harrison
Staffordshire, Leicestershire, Warwickshire,
West Midlands



LINCOLNSHIRE – Louise Wilkinson
Lincolnshire, East Yorkshire, Nottinghamshire



NORTH WALES & SHROPSHIRE –
Mel Jones
Anglesey, Conwy, Caernarfon,



NORTH EAST – Elizabeth Davenport
Scotland, Northumberland, County Durham,
North Yorkshire, East Yorkshire, South Yorkshire



NORTH WEST – Jackie Clegg
Cheshire, Lancashire, Cumbria, Merseyside



SOUTH – Del Hicks
South Somerset, Dorset, Hampshire,
Isle of Wight



SOUTH EAST – Deana Curtis
Berkshire, West and East Sussex, Kent, Essex,
Surrey, London



SOUTH WEST – Chloe Rigler
Cornwall, Devon



SOUTH WEST WALES – Elonwy Williams
Carmarthenshire, Ceredigion, Pembrokeshire



SOUTH EAST WALES & BORDERS –
Claire Crichard
Brecon & Radnor, Glamorgan,
Monmouthshire, Worcestershire, North
Gloucestershire, Herefordshire

Regional Managers



EAST / EAST MIDLANDS – Lucy
Bellefontaine (on maternity leave)
Bedfordshire, Hertfordshire, Essex, Norfolk,
Suffolk, Cambridgeshire, Leicestershire,
Lincolnshire, Rutland
Email: lucy.bellefontaine@rabi.org.uk



MIDLANDS – Kate Jones
Staffordshire, Shropshire, Worcestershire,
Herefordshire, Derbyshire
Email: kate.jones@rabi.org.uk



NORTH – Sally Conner
Yorkshire, County Durham, Northumberland,
Lancashire, Cumbria
Email: sally.conner@rabi.org.uk



SOUTH CENTRAL – Laura Ractliffe
Buckinghamshire, Berkshire, Wiltshire,
Gloucestershire, Oxfordshire, Warwickshire,
Northamptonshire
Email: laura.ractliffe@rabi.org.uk



SOUTH WEST – Pam Wills
Devon, Cornwall, Dorset, Somerset
Email: pam.wills@rabi.org.uk



WALES – Linda Jones
Brecon & Radnor, Carmarthenshire,
Ceredigion, Pembrokeshire, Glamorgan,
Merionethshire, Monmouthshire
Email: linda.jones@rabi.org.uk

Contacting RABI

Please direct any enquiries regarding our service provision,
including referrals, to help@rabi.org.uk

For fundraising enquiries email fundraising@rabi.org.uk

For any other enquiries, please email info@rabi.org.uk

**New 24/7
confidential
helpline:
0800 188 4444**