

RABI[®] NEWS

Celebrating our links with the farming community

Winter 2022

2022
charitytimes Awards
Recognising leadership and professionalism



Winter survival guide tips

Also in this issue:

- RABI are national award winners
- Helping farming people
- Q&A with the director of services
- Christmas appeal
- Dates for the diary
- News from around the regions

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



John Stanley, RABI chair

Chair's welcome

Welcome to the final issue of RABI News for 2022. As this eventful year draws to a close, I'd like to take a moment to reflect on my first six months as chair.

One of the biggest highlights has been the charity's recent awards success. Having been shortlisted alongside household names in the national charitable sector, RABI was announced as winners of two categories and highly commended in a third, which is a brilliant achievement. I was honoured to attend the Charity Times Awards and was delighted to see the team's efforts receive the recognition they deserve. Our staff and volunteers' dedication and professionalism are an absolute credit. Well done, we should all be very proud!

Another aspect I'm personally gratified by is the changes that have been pioneered following the Big Farming Survey. This award-winning research project has led RABI to provide accessible, professional mental health support. The uptake of in-person counselling has already been higher than anticipated, and is a much needed service.

Similarly, with the recent return to school grants, RABI has responded to a much broader range of problems arising in the sector. The success of the cost-of-living crisis grants and wellbeing support means that we are reaching many people that have not previously accessed the charity's services. The numbers being supported have escalated

dramatically and the demographic is widening. I think it's wonderful to have such inclusive schemes benefiting our farming community.

Equally, while it's excellent to be able to introduce new initiatives that help us to support more people, we never lose sight of the fundraising efforts that enable RABI to continue delivering. Never in the history of the organisation has more help been needed, which means more funds are required to deliver that support.

Economically, there are challenging times ahead and the charity must run a tight ship to keep up its good work. This is why I'd like to extend my special thanks to all the volunteers throughout the regions for their unwavering commitment. The county committees do some sterling work – not just fundraising but spreading the word about RABI far and wide.

With the festive season just a few days away, RABI's Christmas appeal is in full swing. The tradition of giving hampers and extra support over Christmas continues to touch hearts and means a lot to many. I believe it shows that old traditions can complement new ideas, so maintaining an open mind is key to working towards a harmonious future.

Wishing you all a very merry Christmas.

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RABI Enquiries – 01865 724931

John Stanley, RABI chair

Chief Executives' big picture

As we head towards the end of the year, I typically find myself reflecting on the year gone past and beginning to plan ahead for the next.



Alicia Chivers, RABI chief executive

I don't think there are many who haven't been impacted by the challenges facing us all this year; the ongoing war in Ukraine, the continued upheaval in our political landscape and economy, but also the very personal challenges many are facing too.

At RABI I am incredibly lucky to be reminded daily of the incredible resilience and positive attitude of the farming community.

Recently, I was privileged to spend a day on the farm with a family who, despite facing some of the most challenging circumstances I can imagine, maintain an overwhelming desire to encourage others to seek support – they inspire me beyond words.

Another truly inspirational figure who contributed so much to promote and support the agricultural community was Her Late Majesty Queen Elizabeth II. As our longest serving Patron and staunch supporter of RABI across her reign, Her Late Majesty Queen Elizabeth II has undoubtedly left a lasting legacy.

Awards success

Amidst the challenges, there have also been many positives in the 12 months since launching our Big Farming Survey findings, including winning the Charity Times Change Project of the Year Award for 2022, as a result of this ground-breaking research.

Recognition of the challenges facing farming people and the support that RABI can provide on the national stage is so important. Winning these awards helps RABI to highlight the value of our community, breakdown some of the misconceptions of the idyllic farming stereotype and begin to give farming people the voice they deserve.

Breaking down barriers

Our recent return to school initiative has been our most successful campaign to date in terms of outreach, with the Council of Trustees committing £1.5m to help improve the situation for farming families.

For almost 90% of those supported, this is the first time they have contacted us. It has been a crucial step towards forging longer-term, positive relationships.

I believe this campaign has really helped to begin to breakdown some of the invisible barriers that too often prevent people from

accessing support. We cannot help people we cannot reach.

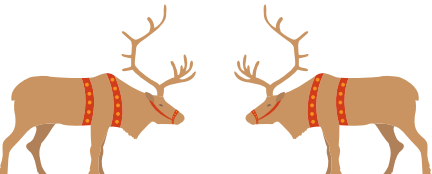
Financial support can only ever be part of a long-term solution; addressing the stress factors with early preventative support gives RABI far greater scope to make a lasting difference.

As we look ahead to the future, we believe it is essential that RABI continues to grow our toolbox of services, so we can meet our objective of reaching four times as many people by 2024.

With the festive season around the corner, I'd like to finish by wishing you a safe and peaceful end to the year. Please remember, RABI is always here for you.

Very best wishes for 2023.

"As we look ahead to the future, we believe it is essential that RABI continues to grow our toolbox of services, so we can meet our objective of reaching four times as many people by 2024."





National news highlights

Shaping the future of farming support

RABI national award winner

In September, a team from RABI attended the Charity Times Awards having been shortlisted for multiple awards. RABI's ground-breaking Big Farming Survey won the Charity Times Change Project of the Year Award 2022, a highly prestigious award celebrating excellence and best practice across the not-for-profit sector.

The panel of independent experts were impressed by the impact, focus and innovation shown by RABI's work supporting the farming community.

David Locke, director of finance welcomes the wider recognition from RABI's peers in the national charity sector. With the unprecedented challenges currently facing farming people, he believes the wider acknowledgement of these challenges and impacts on farming people is fundamentally important.

"The Big Farming Survey and the ongoing outcomes from RABI's work were recognised by the Charity Times Awards panel as beginning fundamental change that will resonate for a considerable time to come. Winning this award helps RABI to showcase the value of our community and give farming people the voice they deserve," explains Mr Locke.

In addition, the team were delighted to receive highly

commended in the prestigious and highly competitive category – Charity Times' Charity of the Year.

RABI's success continued later in the month, receiving the accolade of Charity of the Year (annual income £5m+) from the Association of Charitable Organisations (ACO). Known for championing the contribution of charities and grant-making bodies that provide financial and wellbeing support, the ACO's annual awards ceremony celebrates the stand-out achievements of the sector.

RABI has a strong heritage of providing financial support to farming people. This year, it launched timely and responsive grant-giving campaigns to help meet the challenges being faced by many members of the farming community during the cost-of-living crisis.

This award demonstrates that these struggles are being recognised more widely, and RABI will continue to develop initiatives that have a lasting beneficial impact for so many.



Trophies awarded to RABI from the Charity Times Awards and ACO annual awards



ThirdSector Awards



Members of RABI's service delivery team at the Third Sector Awards ceremony



David Locke, Caron Whaley, Alicia Chivers and John Stanley

Backing British farming in Yorkshire

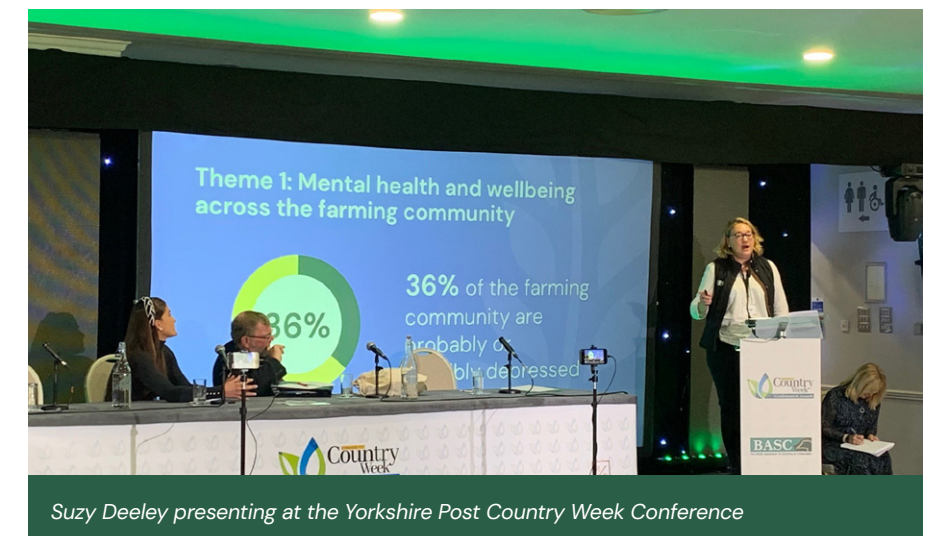
At the end of September, RABI's head of partnerships Suzy Deeley was a panellist at the Yorkshire Post Country Week Conference in Harrogate in a session called 'backing British farming'.

As the award-nominated project lead of the Big Farming Survey, Suzy presented key findings from the ground-breaking research. She also explained how all members of the farming community can freely access the professional support services that RABI has introduced in response to the worryingly low levels of mental health identified in the report.

Suzy joined Dr Morris Charlton, Trustee of CPRE, and Rebecca Wilson, NFU Student and Young Farmer Ambassador during the discussion. The panellists answered wide ranging questions from the audience on the

challenges and opportunities currently facing the sector. They also highlighted the importance of ensuring farming people

are effectively supported to be the best they can be.



Suzy Deeley presenting at the Yorkshire Post Country Week Conference

Support for poultry farmers

Following the introduction of Defra's Avian Influenza (AI) mandatory housing order, RABI seeks to remind poultry producers of the support services available during this worrying time.

These housing measures have been introduced to safeguard animal welfare, yet we know that this mandatory order places additional stresses on an already pressured poultry sector.

RABI provides easily accessible, round-the-clock services that can help farmers during difficult times. Any farmer impacted by the rapid escalation of the latest AI outbreak can access the charity's free confidential helpline and arrange professional in-person mental health counselling.

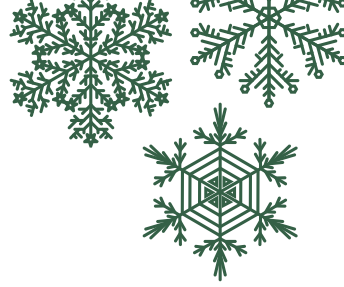
Anyone who may be struggling as a result of recent AI outbreaks and feels they could benefit from a range of support can

access RABI's 24/7 confidential helpline of farming-trained advisors on 0800 188 4444.



RABI ensures there is someone you can talk to no matter the situation or time.





Helping farming people

Two years of online wellbeing and counselling support

Physical health and mental health are closely related – one will impact the other. During winter, it's easy to neglect some of our basic needs. Sleep patterns can be disrupted by longer nights. Staying warm is particularly challenging when working outdoors, or when we're worried about the cost of heating. Take a little time to make sure that you're looking after yourself well – eating healthily, staying hydrated, keeping to a regular sleeping pattern and staying warm.

With a global pandemic, subsequent lockdowns and extreme weather conditions, 2020 was a year defined by unexpected challenges. It was also the year RABI extended its toolbox of services with the introduction of an online wellbeing community with counselling support.

Delivered in partnership with a specialist online mental health provider, the safe, confidential websites are tailored according to age. Qwell provides support for over 18s and Kooth is for people aged between 11 and 17.

Both websites feature farmer-friendly content addressing issues commonly associated with farming life, such as loneliness, animal health, crop disease and farm debt. In addition, users can access one-to-one counselling support from BACP qualified professionals through a chat function. The practitioners are trained in different forms of counselling, allowing them to meet individual needs and preferences.

Two years on since the launch of the service there has been continuous growth in the number

of individuals logging on. Over the last three months the service has registered a return rate in 30.3%. Unsurprisingly, nearly three-quarters of those accessing support did so outside of normal 'office hours'. This highlights the need for around the clock support as provided by RABI.

There is no single solution when it comes to improving farming people's levels of wellbeing. It's why RABI continues to focus on providing access to a range of professionally-led mental health services, to complement the financial support and practical advice that the charity is so well known for.

To access the online counselling platform, visit <https://www.qwell.io/rabi> or <https://explore.kooth.com/rabi/> for support.

Beneficiary story: Helping a young family find their feet

After leaving school, Charles Biggs started working in farming as a contract shepherd, shearing, fencing, working with cattle and welding farm machinery. In 2020, he was injured and left unable to work. After becoming the full-time carer for his two-year and three-month old daughters, Charles suddenly found himself not only jobless but also homeless.

It was an incredibly distressing time for the young family. Thankfully, Charles' mother Alyson Wright, suggested her son call RABI.

"RABI helped with the rent payment towards a new property," explains Charles. "When my daughters and I moved in, they also provided a new washing machine. It's those little things that really helped me out no end."

"When I first called RABI, I was a man who was a little down on his luck, but now my daughters and I are flying and I can't wait to get back to farming. RABI has been amazing and I can't thank the team enough. It's the little things too – just someone on the

phone seeing if I was okay made a big difference," Charles says.

Even during the festive period RABI's support is available whenever you need it. Please call the 24/7 helpline to talk to a member of the team 0800 188 4444. You are not alone.



Winter survival guide tips

Winter wellbeing

RABI asked professional counsellor, Nathan Shearman to share his three tips to help better manage wellbeing over the winter months.

"As the weather often turns from 'chilly' to 'freezing' during December, we can find that it isn't just our physical health that is affected by coughs and colds, but our mental wellbeing can suffer too. And just like there's a need to don winter clothing and dig out woolly hats and gloves, we must also take steps to mentally prepare ourselves for winter.

"Whether it's because of Seasonal Affective Disorder or the additional stresses that come with the winter season, such as poor weather or additional financial costs, winter is a tough time of year for a lot of people. So, what can we do to look after our mental health?"

1. Take care of our basic needs

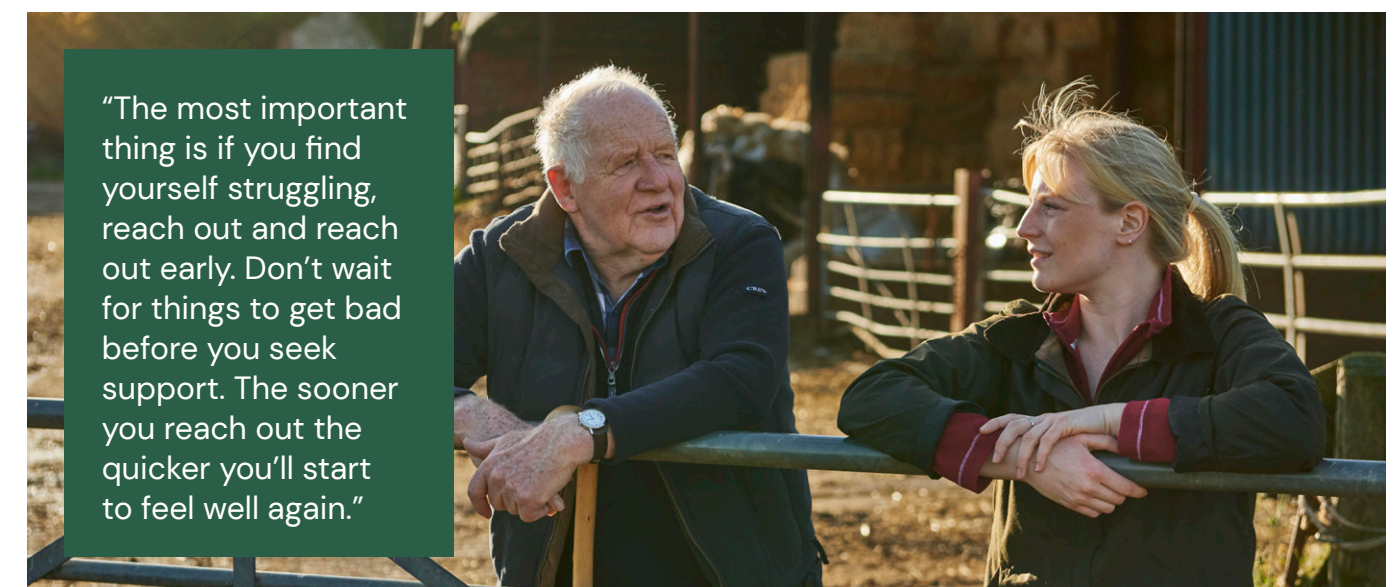
Physical health and mental health are closely related – one will impact the other. During winter, it's easy to neglect some of our basic needs. Sleep patterns can be disrupted by longer nights. Staying warm is particularly challenging when working outdoors, or when we're worried about the cost of heating. Take a little time to make sure that you're looking after yourself well – eating healthily, staying hydrated, keeping to a regular sleeping pattern and staying warm.

2. Stay one step ahead of stress

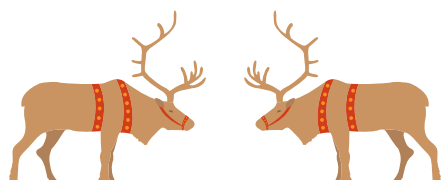
Rising energy costs will be a source of stress for many this winter. While we're being encouraged to make small differences to save money, there are also small differences that will help reduce stress. Talk about the things causing you stress with someone else. Whether it's with a friend, colleague or professional support service, getting it off your chest is a good place to start. Even talking about the little things that are worrying you can help make a difference.

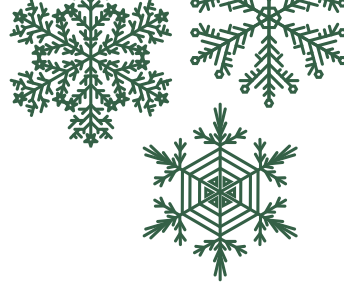
3. Stay connected

When the nights draw in it's easy to find we're less connected to others. We might not feel like going out to see friends when it's too cold and wet at the end of a long day. Try to find ways to stay connected, even if it's just a phone call or video call. Social isolation causes huge issues with wellbeing, so staying connected with friends, family and neighbours can help you stay well over winter."



"The most important thing is if you find yourself struggling, reach out and reach out early. Don't wait for things to get bad before you seek support. The sooner you reach out the quicker you'll start to feel well again."





Q&A with Caron Whaley

Caron started at RABI in April 2022 as director of services.

How would you describe your role?

I head up the service delivery department of RABI. My team is typically on the ground working with farming people in need of support during times of crisis, or guiding them through longer term issues where they may need financial or mental health support.

I also work closely with the partnerships team as we have several partner organisations who provide additional professional support services.

What's your background prior to joining RABI?

Prior to joining RABI, I started my career in the engineering sector and progressed into corporate training. I then moved into the third sector with service delivery being my main focus. Leading a team that provides support and advice to individuals was a role that really spoke to me and seemed a good fit for my experience and background.

Do you have any personal links to farming?

I'm a farmer's daughter, so I grew up understanding first-hand the struggles faced by so many in the agricultural sector. So, it was a natural fit joining an organisation that understands and supports farming people.

What does the future hold for yourself and service delivery?

We'd like to grow and expand the number of beneficiaries we are able to reach and provide with support. How we do that is part of our ongoing strategic planning and an ongoing conversation with our Council of Trustees. We know that this year's cost-of-living grants allowed us to connect with more working farmers. Overwhelmingly most of the people (90%) had not previously asked for support. Breaking down barriers to asking for help is really critical and we are keen that people see this as a strength rather than a weakness. We also want to expand our work with partner organisations providing professional services, that we cannot offer in-house, to provide more holistic support. We constantly review the options available to us and are always looking to see where there is an additional need for services. To ensure we can accommodate the evolving pressures in the farming community, we must remain agile to change. This way we will ensure long-term, impactful support that aligns with the farming communities changing needs.

Have you had any standout moments in your role so far?

Yes definitely, there's a couple of moments that really stand out for me. The first is winning at the Charity Times Awards; this



RABI director of services Caron Whaley

was such great recognition for everyone involved with RABI and all the hard work that has been put in to get us to this point. Sometimes it's great to take stock of how far the organisation has come and highlight that it's a team effort right across the organisation.

The other was going out with a regional support manager (RSM) and seeing the day-to-day complexities of their role and diversity of expertise they need to bring along to provide on the ground support. In the office we are aware it's a challenging role but seeing this first hand really blows you away with what the team does to support so many people often in very difficult circumstances. It's truly humbling and a great reminder why RABI is here and how we can make such a huge difference to so many.

Day in the life of a Regional Support Manager

Gillian Carr started working at RABI in January 2022 as the regional support manager (RSM) for the North East, covering County Durham, East Yorkshire, Northumberland, North Yorkshire and South Yorkshire.

My role

As an RSM I am part of a team working directly with people in the farming sector requiring support, be it financial, advisory or mental health services. My role is split into two main areas. The first is checking in with beneficiaries who have previously or are currently receiving support from RABI. The second part involves processing information relating to new individuals reaching out to us for support.

Working together

With the growing breadth of support provided by RABI we have seen a real increase in new cases. This summer's return to school campaign has flagged how many people have been struggling in silence or were unaware of how RABI might be able to help them.

I work through cases directly with the individual seeking support to understand their worries and circumstances. These can range hugely from someone requiring a grant to help them heat their home, to those struggling with severe mental health concerns or in a state of crisis. I often work alongside our professional partner organisations which deliver mental health support. I also work, where necessary, with relevant authorities or government services to ensure beneficiaries receive the support they need.

Building relationships

On the whole, my role is very varied. As well as meeting face-to-face, new technology makes it possible to have regular contact with people on video calls which helps to build relationships and that's particularly important when dealing with sensitive issues.

I get real job satisfaction from being able to help make such positive changes to people's lives, especially if they could not previously see a way forward or if they thought they were unable to get help. There is very little that is more touching than getting to the end of a case and someone letting me know just how much RABI has done for

them. Prior to this role, I was not aware of how many challenges face the farming community.

Specialist training

The RSM's farming focussed training means that we're all aware of the specific challenges facing people in the community. Farming people play such an important role and it feels good being able to give something back.

Working for RABI is so rewarding; people often need all-round, holistic support, it's not just about providing financial grants. Fortunately, RABI has the breadth of resources and professional partnerships to be able to provide much more.



Gillian Carr taking part in team building during this year's staff conference



Fundraising

Christmas appeal 2022

A time for giving

Christmas remains a special time of year, even in farming's busy, year-round calendar. It's also a time for giving! However, this festive season will be one filled with dread as many in the farming community will be feeling the pinch more than most.

Will you donate to RABI's Christmas Appeal and help raise £40,000? Your donation could bring some festive cheer to the farming community who will be having to cut back severely over the winter period.

Your gift will help with heating costs, provide food vouchers for families in crisis and essential resources for those struggling to make ends meet.

Farmer Christmas

It is fantastic that RABI has the continued support of the Farmer Christmas team, led by author Catherine Baddeley and illustrator Sophie Baugh-Jones, during their busiest time of year.

As they bring festive joy to farming families, the children's book entrepreneurs are passionate about raising awareness of RABI's services at in-person events, on their website and via social media. Catherine and Sophie have also supported fundraising through donations from book sales, raffles and auctions.

"Since we launched our first Farmer Christmas book in 2015,

One beneficiary said, "[RABI] has made sure that my children will have a happy Christmas and your support has bought me some time to sort out our issues on the farm and to set up a good future."

- **£10** – could heat a home for Christmas day.
- **£30** – could pay for warm winter clothing and extra blankets.
- **£60** – could pay for a food hamper, for some the only gift they will receive!
- **Other** – an amount of your choice...

To donate online, please visit:
www.justgiving.com/campaign/RABIChristmas22

Please visit www.rabi.org.uk/christmas-appeal for more information.

Every gift, however large or small, will have a positive impact on farming people this Christmas time. Please be as generous as you can.

we've been proud to champion the amazing work of RABI," says Catherine, a farmer's daughter from mid-Devon. "The charity's team and volunteers are always visible at agricultural events in the South West, it's an important reminder there's always someone there to help."



The Farmer Christmas children's book

Best of British

This year RABI is using a new supplier for its Christmas hamper. The emphasis is on the fine British foods that our farmers help produce. Recipients will be receiving hampers stocked with amazing produce from across the country.



Christmas hamper from British Fine Foods

Movement for Good award

RABI was grateful to receive a Movement for Good Award from the Benefact Group. These awards have been designed to support charities making a real difference in communities, in particular those organisations supporting the rural, heritage and education sectors.

Funding and trusts officer, Leanne Sinclair was delighted that RABI was recognised for their continued support of rural communities. The funding received from this award will be used to deliver in-person counselling services we have seen a growing demand since launching earlier this year. Being able to secure additional funding for such valuable services is positive news for all farming people.

Volunteering news

2022 events and highlights of the year

The RABI volunteering department has enjoyed a busy calendar of fundraising events throughout 2022. It's followed a couple of years of mostly virtual fundraisers, but we've gradually introduced more face-to-face events as lockdown restrictions have lifted.

By the end of the year, we will have hosted an amazing 120 events dedicated to raising funds to help farming people and inspire and grow our volunteering community.

Clearly, our tremendous network of supporters has thoroughly enjoyed being part of these in-person opportunities to come together for a common cause and have fun in the process, all while appreciating the important difference their collective efforts can make.

Out of 120 events across 2022 we have held:

- 14 carol services
- 12 farmhouse breakfasts
- 10 quiz nights
- 11 bingo nights

Some of our more 'bespoke' events have included a hat-trick of dinners with Amanda Owen; hosting The Yorkshire Shepherdess as guest speaker, a tour of the Windsor Royal Farms, a go-karting day, a tippet evening, and even several golf days.

Additionally, we hosted stands at over 130 shows taking in most counties during show season. Our volunteers endured all kinds of weather conditions but soldiered on enthusiastically regardless, raising awareness and funds throughout the spring, summer and autumn months.

A big 'thank you' for the hours of hard work that is put into these events by our dedicated volunteer county committees and supporters. If you would like to attend one of our events in 2023, please visit our website for a full calendar or contact your regional manager.



Teaching the younger generation

The question of how to attract the younger generation into agriculture or to follow in their parents' footsteps is a topic often raised as a concern by many in the farming community. One individual flying the flag for educating the younger generation about farming is David Spencer.

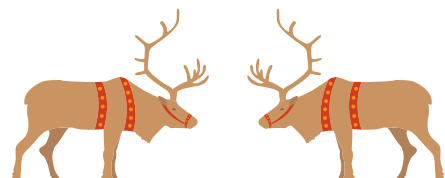
After receiving a letter from Usk CiW Primary School asking to learn more about RABI and farming, Mr Spencer replied to the children with a letter explaining how the environment can be supported by work that farmers do and how vital their role is.

He also included information about the support RABI offers to rural communities and circulated 80 RABI branded seed packets, encouraging the children to support the environment themselves by planting wild flowers, while talking to their parents about RABI.

This brilliant initiative shows the dedication and love that RABI county committees have for their roles and we look forward to seeing pictures of all species of plants the children of Usk CiW Primary School manage to grow.



David Spencer, a member of the Monmouthshire committee and this year's 'volunteer of the year' award winner





Dates for the diary

RABI's regional managers and county committee volunteers have been delighted to see shows and events back in full swing this year and have no plans to slow down heading into 2023. From festive carol services across England and Wales to dinners, quizzes and skittles nights in the New Year, there are always plenty of events to get involved with.

December

- 5 – J36 auction market carol service
- 6 – York mart breakfast event
- 7 – Hopes auction market carol service
- 12 – Mitchells auction market carol service
- 14 – Gisburn auction market carol service
- 14 – Salisbury livestock market carol service
- 15 – Thame farmers auction market carol service

- 19 – Warwickshire RABI skittles night, Barnacle
- 27 – Shropshire quiz night, Hadnall Village Hall, Shrewsbury

February

- 8 – Yorkshire Agricultural Machinery Show

March

- 11 – Gloucestershire RABI farmhouse breakfast, Stowell Park
- 16 – Staffordshire RABI dinner with Sir Lee Pearson, Staffordshire County Showground
- 17 – Farmhouse breakfast, Thirsk mart
- 23 – Oxfordshire RABI dinner, Christ Church

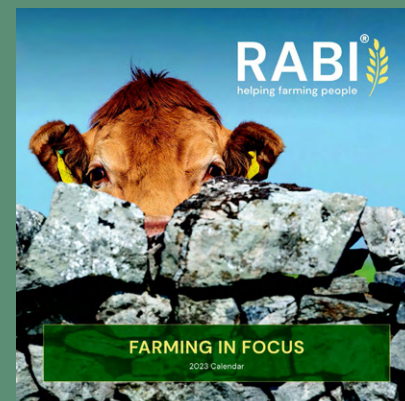
January

- 18 & 19 – Ripon Farm Services Open Day, Harrogate

2023 calendars

Our 2023 calendars are available to purchase and make the perfect present or stocking filler. Our thanks go to all the professional agricultural photographers who kindly submitted their stunning images which capture highlights from throughout the farming year.

To order your copy of the 2023 calendar head over to the RABI webshop (www.rabishop.org.uk/calendars) or call 01268 888217 to enquire and order your calendar ahead of the new year.



Become a volunteer

RABI is supported by 43 county committees of volunteers who work at grassroots level to raise awareness and funds for our charity.

Thomas Baines-Sizeland, a member of the Norfolk committee, is a keen advocate for county committees and sees them as a great way to support

those in the farming sector.

"Although I'm not directly from an agricultural background, my working life involves a lot of correspondence with farmers and I've seen the huge struggles faced by so many of them.

"Being able to support a charity that helps those in the rural sector in so many different

ways is such a great experience and I would encourage anyone, whatever their background, to get involved."

To find out more, please email volunteering@rabi.org.uk or contact your local regional manager.



South Central (Laura Ractliffe)

The colder weather may be setting in, but that hasn't slowed the pace in the regions. Alongside volunteering at shows, our county committees hosted some great events.

Autumn kicked off with Bucks County Show, followed hot on heels by Moreton Show, The Dairy Show and the FF&B Ploughing Match. We also attended the Royal South Bucks Agricultural Association Ploughing Match.

The Oxfordshire committee was delighted to host 30 guests for a private talk and tour at Waterperry Gardens. Thank you to Rob Jacobs for showing us around and giving such

great insight to the history of the beautiful surroundings.

Gloucestershire committee held a Harvest Supper with guest speaker Phil Blakeway, former England International and Gloucester rugby player. It was a privilege to secure such a high profile advocate for our charity. Attendees also enjoyed a two-course meal followed by a raffle.



Gloucestershire committee Evening with Phil Blakeway



Members of Gloucester committee with Laura Ractliffe at the FF&B Ploughing Match



Guests enjoying the tour of Waterperry Gardens



South East (Richard Austin)

I am delighted to join RABI as regional manager for the South East of England and am excited to work with our brilliant RABI county committees.

There have been several events across the south east during the festive period. At the end of November, Ashford Market hosted the 150th Ashford Cattle Show with classes for everything from livestock to art and Christmas cakes. Our committees have also hosted several Christmas carol events, including at Hailsham Market, East Sussex and Ashford Market, Kent.

At this time of year, we are looking ahead to 2023. Farmhouse breakfasts are being planned across the region and are a great way of getting people

together. I look forward to meeting many volunteers and supporters at these and many more events next year.



Di Hickman and Barbara Dunn at the Smarden Christmas Fair





North West (Lauren Codling)

The region has been a hive of activity over autumn with many talks and events taking place across the region.

We visited Farmgate Vets to speak about all things RABI. Lots of their staff attended the session and learnt about how they can raise awareness of RABI support services to their clients within the farming community.

Cumbria county committee hosted two successful events this season, with a car treasure hunt hosted near Workington and a corporate dinner hosted at Dodd & Co in Carlisle. Many thanks to all that organised and attended.

Two dedicated supporters, Peter and Ali Holliday, hosted a fantastic ball raising £5,690 to be equally shared with RABI and MacMillan. The couple are dedicated to supporting RABI since they received support themselves due to illness a few years ago. Thank you Peter and Ali for your continued dedication.



Car treasure hunt at Dean in Workington



Farmgate Vet staff and Lauren Codling



Peter Holliday, Ali Holliday, Alison Wilson (Cumbria secretary), Macmillan representative



North East (Sally Conner)

As autumn merged into early winter, events in the North East increased at pace.

In North Yorkshire, we were invited to support a Vintage Farm Working Day. The event was a wonderful trip down memory lane for many farmers and raised £5,000. Huge thanks to all at Trotters farm.

My annual trip to Masham Sheep Fair let me catch up with supporters and friends of RABI, as did the Women in Farming conference and the Yorkshire Post conference, both held at Harrogate.

A very lovely morning was spent at Sledmere House near Driffield, where we had a wonderful Yorkshire breakfast followed by a tour round their deer farm. Thanks to everybody for your support – you are amazing!



Farmers in action at the Vintage Farm Working Day



Supporters enjoying the Yorkshire breakfast at Sledmere House



Touring the deer farm at Sledmere House



North Wales (Dewi Parry)

Events have come thick and fast to close 2022. The All Wales Ploughing Championships in Ruabon rounded off the year's outdoor shows. The weather held off, making for a great day for RABI. We debuted promoting Emyr Wigley's book, the profits from which are all going to RABI.

Clwyd RABI county committee had a fantastic Bingo Night in November and will probably need a bigger venue next time!

Guests of Montgomeryshire RABI county committee packed into COBRA rugby club for a flower arranging night in November, although the cheese and wine may also have tempted them to attend in droves.

The first weekend of December saw two very successful carol concerts in Ruthin and Welshpool, getting everyone into the Christmas spirit.

Nadolig Llawn i bawb – Merry Christmas to all!



The stand at the All Wales Ploughing Championships



South Wales (Linda Jones)

2022 finished on a high note, with terrific events held by RABI county committees across the region.

Merionethshire committee held a concert at Llanegryn Hall in the company of Côr Godre'r Aran, led by Eirian Owen. The singers performed various traditional and modern songs which helped to raise £1,816.

Brecon & Radnor committee's Harvest Supper was just across the border in Herefordshire. A raffle and auction helped raise £1,035. Thanks to Stephanie Powell for donating two photographs for auctioning.

Carmarthen Mart Café hosted Carmarthenshire committee's Harvest Supper, with Welsh beef

on the menu. Guest speaker Dr Rhys Thomas gave an engaging talk, and the event raised £1,080.

New Pembrokeshire committee member Clare Morgan hosted a Pembrokeshire Ladies in Agriculture event and farm tour. Clare provided supper for around 90 ladies with all committee members providing dessert, raising £1,568. A super event for those of us with a sweet tooth!



Carmarthenshire Harvest Supper



Côr Godre'r Aran in concert



Volunteer Howard Jones with one of Stephanie Powell's donated canvases



Central (Bekah Anstey)

It's been a whirlwind few months with lots of wonderful tractor runs, horse rides, ploughing matches and harvest festivals.

We were extremely lucky for the 71st British National Ploughing Championships & Country Festival to be hosted in Glapwell, Derbyshire. This took place over two days and turned out to be a busy event despite the rain and high winds.

We also went to Brailsford, Sheepy and Southwell ploughing matches and had some great

conversations with volunteers for 2023 event ideas. If you like wine tasting, farming history lessons and spectacular views, watch this space!

The committees have worked very hard arranging go-karting, quizzes, scavenger hunts, harvest festivals and much more. We are very grateful to our volunteer community for organising these events and raising much needed funds and awareness.



Photographer Ruth Downing at the Brailsford Ploughing Match. Ruth donated the images for August and September in the new RABI Calendar.



Choir at the Derbyshire Harvest festival in the Bakewell Agricultural Centre



East (Lucy Bellefontaine)

It's been quite a run-up to Christmas for our county committees in the East of England.

In September, Essex committee held a fabulous tour around the vineyard at Crouch Ridge Estate, complete with cheese, biscuits and wine. Everyone had a brilliant afternoon in a stunning setting.



Crouch Ridge Estate Vineyard

It was great to return to the Gransden Show at the end of September, catching up with many after a two year break. Thank you to the show committee who donated £600.

During October, Suffolk and Norfolk committees both held quiz and supper nights. The teams who attended enjoyed a great mix of questions with a ploughman's supper at the half-time interval.



Crouch Ridge tour in progress

We attended the NFU AGMs in November. Thanks to all the members across the region for their support and generosity over the last year.



Norfolk RABI and helpers at their quiz and supper



The winning team from Suffolk RABI's quiz night



West Midlands (Kate Jones)

There have been many wonderful events across the region to close out 2022.

Congratulations to Shropshire committee member Mervin Mullard on completing the Great North Run and raising over £1,100 for RABI.

Over 80 tractors and vehicles participated in the ninth annual Thomas Pegg Memorial Tractor and Transport Run, arranged by Thomas' mother Caroline. She expressed delight at what a great day it was with lots of old and new faces. An impressive £1,215 was raised for charities RABI and YES.

In October, Staffordshire county committee held a wildly popular Elvis Night. Thanks to the committee for their hard work, Mark Clay for musical entertainment and everyone who provided delicious puddings. The event made a rocking £2,700!



Staffordshire RABI's Elvis Night



Kate with members of the South Shropshire Motorcycle club



Kate with Amanda Owen at the Worcestershire annual dinner



South West (Colum Taylor)

Having just recently joined RABI, I have found it to be an exciting time to be a part of the charity. I'm privileged to be working with such active and enthusiastic county committees across Cornwall, Devon, Dorset and Somerset.

It has already been a whirlwind of activity for me. In October, I joined fellow regional managers Dewi Parry and Laura Ractliffe at the Bath and West Dairy Show, where RABI was named as the chosen charity at the Dairy Industry Dinner.

There have also already been two incredible fundraising dinners, which together raised almost £9,000 for RABI.

December also holds great events, such as a Quiz Night in Dorset, carol services and a Santa's Grotto – where I may or may not be dressed as an elf!



Dewi and Colum at the RABI Stand at Bath and West Dairy Show



The main hall at the Bath and West Dairy Show







Regional managers (volunteering)

RABI’s team of regional managers are your local point of contact for volunteering and work closely with our county committee network and volunteers to organise fundraising events and raise awareness of the charity’s support for farming communities.


For volunteering enquiries email volunteering@rabi.org.uk



Bekah Anstey – Central
Regions covered: Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire, Rutland
Email: Bekah.Anstey@rabi.org.uk



Linda Jones – South Wales
Regions covered: Brecon & Radnor, Camarthenshire, Ceredigion, Pembrokeshire, Glamorgan, Merionethshire, Monmouthshire
Email: Linda.Jones@rabi.org.uk



Richard Austin – South East
Regions covered: East Sussex, Hampshire, Isle of Wight, Kent, Surrey, West Sussex
Email: Richard.Austin@rabi.org.uk



Kate Jones – West Midlands
Regions covered: Herefordshire, Shropshire, Staffordshire, West Midlands, Worcestershire
Email: Kate.Jones@rabi.org.uk



Lauren Codling – North West
Regions covered: Cheshire, Cumbria, Lancashire, Merseyside, South Yorkshire, West Yorkshire
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Lucy Bellefontaine – East
Regions covered: Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk, Suffolk
Email: Lucy.Bellefontaine@rabi.org.uk




Sally Conner – North East
Regions covered: Co Durham, East Yorkshire, Northumberland, North Yorkshire
Email: Sally.Conner@rabi.org.uk



Colum Taylor – South West
Regions covered: Cornwall, Devon, Dorset, Somerset
Email: Colum.Taylor@rabi.org.uk



Dewi Parry – North Wales
Regions covered: Anglesey, Caernarfon (Gwynedd), Conwy, Clwyd (Flint/Denbighshire), Montgomeryshire
Email: Dewi.Parry@rabi.org.uk



Laura Ractliffe – South Central
Regions covered: Berkshire, Buckinghamshire, Gloucestershire, Oxfordshire, Warwickshire, Wiltshire
Email: Laura.Ractliffe@rabi.org.uk

Regional support managers (support services)

RABI’s service delivery team provides support and guidance to farming people in need working both with new referrals and existing beneficiaries ensuring they receive the relevant help, grants and benefits available to them and their unique circumstances.



Jackie Attfield
Regional support manager
Regions covered: Bedfordshire, Buckinghamshire, Cambridgeshire, Hertfordshire, Leicestershire, Northamptonshire, Oxfordshire, Rutland



Caroline Harrison
Regional support manager
Regions covered: Staffordshire, Telford (Shropshire), Warwickshire, West Midlands, Worcestershire



Gillian Carr
Regional support manager
Regions covered: Co Durham, East Yorkshire, Northumberland, North Yorkshire, South Yorkshire



Del Hicks
Regional support manager
Regions covered: Dorset, Somerset, Wiltshire



Zoe Cauter-Clarke
Regional support manager
Provides targeted national support



Mel Jones
Regional support manager
Regions covered: Anglesey, Caernarfon, Conwy, Clwyd, Merionethshire, Montgomeryshire, Shropshire



Jackie Clegg
Regional support manager
Regions covered: Cheshire, Cumbria, Lancashire, Merseyside, West Yorkshire



Laura Parrott
Regional support manager
Regions covered: Berkshire, East Sussex, Hampshire, Isle of Wight, Kent, London, Surrey, West Sussex



Nikki Cochran
Regional support manager
Regions covered: Essex, Norfolk, Suffolk



Gemma Raia
Regional support manager
Regions covered: Derbyshire and remote support




Claire Crichard
Regional support manager
Regions covered: Brecon & Radnor, Gloucestershire (North and South), Herefordshire, Monmouthshire



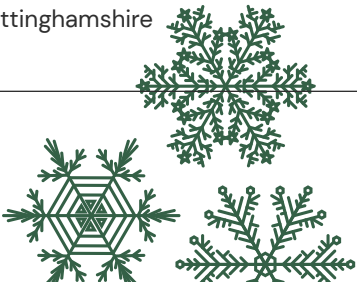
Elonwy Williams
Regional support manager
Regions covered: Carmarthenshire, Ceredigion, Glamorgan, Pembrokeshire



Lindsay Derbyshire
Regional support manager
Regions covered: Devon and Cornwall



Louise Wilkinson
Regional support manager
Regions covered: Lincolnshire, Nottinghamshire



Christmas can be
a challenging time

RABI is always here for you

At RABI, we understand that the festive season can present a complex mix of pressures. After all, farming life doesn't stop for the holiday. Any time of the year, day or night, there's someone you can talk to.

Call our free, confidential 24/7 helpline:
0800 188 4444