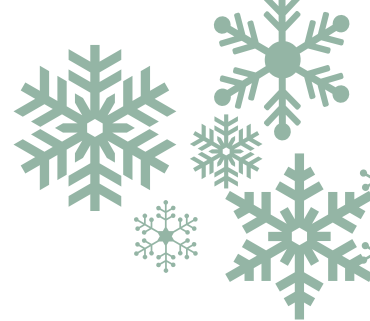


# RABI<sup>®</sup> NEWS

Celebrating our links with the farming community



Autumn/Winter 2023

## In this issue:

- 🌿 Big Give Challenge 2023
- 🌿 Show season highlights
- 🌿 Volunteering Q&A
- 🌿 Regional news



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



Chair’s welcome

Welcome to the latest edition of RABI News. At such an unpredictable time, I feel it’s important to reflect on some positives since the last issue.



John Stanley, RABI Chair

Making new connections

Over the summer I spent time on RABI’s stand at several shows around the country. Attending events both as chair and as a cattle breeder, it was really pleasing to see our staff and volunteers in action.

Both roles allow me to share my passion for farming as well as providing opportunities to connect with like-minded individuals, and I would like to say how much I appreciate our staff and volunteers’ dedication.

Supporting more people

We can’t ignore people’s concerns about the current volatility in our sector. With input prices rising, commodity prices plummeting, the loss of BPS and delays with SFI, there are a range of factors making it very difficult to plan for the future.

In recognition of this financial instability, our second Return to School campaign was fully subscribed, meaning we’ve

supported 2,000 households. This valuable initiative enables RABI to extend its reach to a broader demographic with its targeted approach towards young families. We look forward to a full analysis and report on how this initiative has made a difference in the coming months.

People at the heart of RABI

As well as meeting our enthusiastic staff and volunteers, I was also delighted to welcome four new appointees to RABI’s Council of Trustees. They are an excellent crowd of characters, with a diverse and extensive set of skills and knowledge. I believe they will be a real asset to the charity, and I am grateful to have them on board.

We have also secured a full complement of senior management with the addition of a new Head of Communications. After an extensive recruitment process, all the pieces of the

jigsaw are in place to help take the charity forward as we continue to extend our support services.

Christmas spirit

As 2023 draws to a close, this edition of RABI News provides details of our annual Christmas Appeal and how your donation in the week of 28 November could be doubled.

The festive season can make us feel stretched in every direction – emotionally and financially – and there are often high expectations to manage. Under these circumstances, please remember RABI is always here to provide support.

John Stanley, RABI Chair

Contents

- P2 Chair’s welcome
- P3 Alicia’s big picture
- P4 National news
- P6 Helping farming people
- P8 Fundraising
- P10 Partnerships
- P11 Volunteering
- P12 Dates for the diary
- P13 Regional news
- P18 Meet the team

RABI Enquiries: 01865 724931

Alicia’s big picture

Reflecting on 2023 to help guide the years ahead.



Alicia Chivers, RABI Chief Executive

As we head towards the end of 2023, I’ve been reflecting on the year gone past and considering what we have learnt that can help us plan for the next.

Whilst the agricultural price index has begun to ease, price inflation continues to sit at historically high levels for farmers and there can’t be many of us who haven’t continued to experience the impact of persistently high cost-of-living price increases.

2023 was another year of unpredictable weather, with wetter-than-average conditions noted in some regions and drought-like conditions in others. Just recently storms Babet and Ciaran have resulted in devastating flooding for farmers across a number of regions of the UK.

Both of these challenges underline the importance for us to continue to develop and extend RABI’s enduring commitment to our community. Understanding that the impacts of flooding last long past the easing of the water on your fields, we will continue to do all we can to ensure we have more of our team available to provide ongoing support wherever that’s needed across England and Wales.

Understanding that the challenges presented by the cost-of-living crisis are adding to the

already complex life we live in farming, is why we can now be reached 24/7, 365 days a year to provide immediate and ongoing support during tough times.

So, as I look back at 2023, I am proud that RABI has once again stepped-up our services and supported more farming people than ever this year.

Looking forwards to 2024, I can see that there is still much more we can and must do, but I am filled with confidence that we will rise to the challenge.

I would like to finish by thanking all of the RABI team and supporters for all that you achieve and wish you all a safe and peaceful end to the year.

Very best wishes for 2024.

Alicia

Follow RABI on social media



@rabicharity



RABIcharity



rabicharity1



rabicharity



## National news highlights

### New Council of Trustees appointments

In May, our 163rd Annual General Meeting saw the appointment of four new Trustees. Between them, they bring a wealth of professional expertise in the agricultural, rural and charity sectors.

Firstly, Diana Overton has been appointed honorary treasurer, having first joined the Council of Trustees as a Co-Opted Trustee in September 2022. As Frontier Agriculture's Finance Director, Diana believes successful commercial organisations have a responsibility to the industry in which they operate.

Secondly, after 30 years' service at The Crown Estate, John Lelliott currently holds the positions of a non-executive director and Chair of the Audit Committee of the Environment Agency and a member of Defra's Audit Committee, as well as Interim Chair at the Covent Garden Market Authority.

Thirdly, Andrew Parry has worked in working agricultural marketing for over 25 years and hopes to use his skills to help the organisation in terms of reaching farmers effectively using modern marketing techniques.



Diana Overton



Andy Parry

Finally, with a background in the charity sector, Joe Saxton intends to use his expertise in fundraising, communications, branding, and governance to "make a bigger difference to the work of RABI and all that it does."



John Lelliott



Joe Saxton

### Harvest Appeal

The Rt. Rev'd Robert Atwell, the Church of England's spokesperson in the House of Lords on Rural Affairs and former Bishop of Exeter, provided his support to our Harvest Appeal.

Always a pivotal period in the farming calendar, this year's weather challenges brought into focus the additional financial and emotional pressures that face farming people when harvest does not go to plan.

"The commitment of RABI to the wellbeing of the farming community is outstanding. It offers practical help, guidance, and financial support on a confidential basis. In a time of need or isolation, farmers know that in RABI there is not only expertise but the hand of friendship," said Bishop Robert.

The donations received will help provide ongoing support to the farming community.



Bishop Robert

### Spreading the word during show season

Meeting members of the farming community face-to-face is always a focal point for the RABI team. Over the show season, staff and volunteers attended almost 90 events.

Highlights included hosting the Rt Hon Dr Thérèse Coffey MP, former Secretary of State for Environment, Food and Rural Affairs on our stand at the Royal Cornwall Show in June.

Chief Executive Alicia Chivers provided updates on the increasingly proactive approach adopted in the delivery of services to farming people.



The Duke of Gloucester at the Great Yorkshire Show

"Collectively we need to consider what we can all do to better look after our farming communities. Easy access to mental health support is one of our key aspects to begin developing preventative programmes of support," said Alicia.

Our president, HRH The Duke of Gloucester, attended the Great Yorkshire Show on 11 July. The Duke visited the RABI stand and spoke to staff and volunteers about our work.

At the Driffield Show in Yorkshire, RABI staff and volunteers were honoured to welcome HRH The



The Rt Hon Dr Thérèse Coffey MP at the Royal Cornwall Show

Duchess of Edinburgh to our stand on Wednesday 19 July.

Sally Conner, RABI regional manager for north east England, spoke to the Duchess about the importance of our presence at agricultural events and county shows.

As part of BBC Radio Wales' coverage of the Royal Welsh Show, Alicia was interviewed about the cost-of-living crisis and how it affects farming people in Wales.

Thank you to our volunteers, committees, and to everyone who came to meet the RABI team throughout show season.



Alicia was interviewed on BBC Radio Cymru

### Awards

RABI's support for farming people was recognised with shortlist nominations in both the prestigious Charity Times and Third Sector Awards 2023.

Our Return to School campaign was also awarded Campaign of the Year by the Association of Charitable Organisations (ACO).

The Charity Times judging panel shortlisted RABI for both the 'Charity of the Year' award (for charities with an annual income of £1 million – £10 million) and

'Campaigning Team of the Year' award for RABI's inaugural Return to School campaign.

The Third Sector Awards judges also recognised the impact of the Return to School campaign in the 'Breakthrough of the Year' category.

"The recognition from our peers and colleagues across the charity sector acknowledges the exemplary work and positive impact of the RABI team and demonstrates our

commitment and dedication to the farming communities that we serve," said Alicia.



Third Sector Awards



# Helping farming people

## Hear us on Adam Henson’s new podcast

We were invited to contribute to Adam Henson’s ‘Keeping on track’ podcast series, which launched in October.

TV’s popular Countryfile presenter and Cotswold farmer explains: “As anyone working in farming knows, every day brings potential joy and disaster – you never quite know what is going to happen and there are many things you can’t control.

“I really wanted to make this podcast series to shed some light on some of the main issues that cause stress and anxiety for farmers, and to look at practical and effective ways to help.”

In episode five ‘Where to turn for help’, RABI regional support manager Louise Wilkinson talks about the wide range of support services available to farming people and how these can be accessed.

You can listen to the podcast here: [teamdoctor.org/farmers](https://teamdoctor.org/farmers)



## Tom’s story: “It’s been good to talk.”

Tom, a dairy farmer from Cumbria, suffered depression following the loss of his wife. He became socially distanced and faced bankruptcy and losing his home. He felt unable to see a future and realised he needed help, so contacted RABI.

**“I was trapped in a black hole. But I felt like I needed to do something. I saw the number for RABI in a farming magazine. When I told them my situation, everything started to move forward.”**

Tom was put in contact with Lindsay, one of RABI’s regional support managers, who connected him with a professional counsellor.

Lindsay worked tirelessly to put a network of support in place for Tom via his local church. She also encouraged him to contact his GP so he could receive medical assistance for his depression to complement the counselling.



Lindsay also applied for a grant for heating oil on Tom’s behalf, as he’d been without heating for eight months, and for a fuel poverty payment that cleared his energy arrears. Tom’s solicitors also negotiated an equity release in his property to secure his home.

RABI has kept in contact with Tom, helping to make sure that he wasn’t left to deal with his grief and other worries on his own.

“I bottled so much up when my wife was poorly, as I didn’t want to add to her burden,” he says. “Thanks to RABI, I don’t bottle stuff up now. That doesn’t do anyone any good – it just deepens the depression. It’s been good to talk, as it relieves the pressure.”

Tom’s advice to anyone who feels like there’s no way out, when everything feels too much, is simply to call the RABI helpline. He says, “what have you got to lose?”

# How RABI helps the farming community

RABI provides practical, financial and emotional support services, directly through our regionally based team and via partnerships with other specialist providers.



### Practical

- One-to-one, expert information, advice and guidance to meet individual needs
- Benefits guidance and other financial entitlements support (£250k – £500k benefit entitlements secured per annum)
- 24/7 freephone helpline

### Financial

- Direct financial grant support to low-income individuals or those in financial crisis (£2mn – £3mn per annum)
- Training grants to supplement the primary farm income
- Relief farmworker grants
- Targeted, emergency and quick response campaigns, such as the Return to School Campaign (£1.7m grants issued 2022)
- Independent living grants

### Emotional

- Farmer-bespoke telephone or video conferencing, mental health counselling and self-help click & chat wellbeing support tools/resources\*
- Accredited\* mental health training

*\* Available for all qualifying farming people free of charge*

Access online resources and ‘Click and Chat’ support at: [explore.kooth.com/rabi](https://explore.kooth.com/rabi)

Call us: 0800 188 4444 Email: [help@rabi.org.uk](mailto:help@rabi.org.uk)



# Fundraising

## Warm hearts this Christmastime

RABI's Gillian Carr tells us the impact your donation can have this Christmas.

Hello, I'm Gillian, and I'm one of 16 RABI Regional Support Managers in England and Wales. I'm based in the North East, where most farms are livestock.

While it's a beautiful part of the country, it's an area where many farming people are facing difficulties. On top of the challenges that come with farming and the additional pressures Christmas brings, the harsh and erratic weather can make winter a difficult time. The words of the carol In the Bleak Midwinter certainly come to mind.

This year, I've spoken to many who were unable to heat their homes or went without food to keep warm. Some are having to choose between feeding themselves, filling the oil tank or feeding their livestock. Many are choosing their animals.

In the last year I have supported over 100 people. When I tell them that RABI can help with a heating grant, for example, many were speechless.

Amy\* from Yorkshire got in touch after hearing about our Return to School campaign. I regularly check in with her, so when she told me that her washing machine had broken down and that she was struggling to afford her heating, I arranged an RABI grant for a new washing machine and a payment for fuel. I'm now helping her to maximise her income, empowering her so she can support herself

and her children in the future and can always be warm.

**For me, this is why I work for RABI. My heart warms to see farming families' faces when I tell them how we can support them. It's almost like I can see the weight of seasonal pressures being lifted as they realise they aren't alone.**

I know that with your gift this Christmas, we could warm the hearts of many more farming people around the country – from the youngest to the eldest.

With your support, however big or small, the people I visit will not have to make the heart-breaking

choice between heating their home, putting food on their table or feeding their livestock.

It's a tough time for many of us right now, but if you can support RABI this Christmas, your gift can have twice the impact this year (see opposite page) and can make sure someone in our farming community doesn't have to make the dreadful decision between going hungry or keeping warm this Christmastime.

I hope you all find time over the festive season to spend it with the ones you love.

Thank you,  
**Gillian**



Gillian Carr, RABI Regional Support Manager

\*Name changed for anonymity



### One donation, twice the impact

RABI has been selected to participate in the **Big Give Christmas Challenge 2023**.

Any donations you make from the week starting Tuesday 28 November will be doubled.

*Note: Monies raised in this appeal are not restricted to a particular area of our work, but will be used where the need is greatest.*

**"Thank you so much for helping us with this grant. It will be the first full tank we've had in three years and we can now make it through the winter with heating and hot water."**

– Farming family, south east England

## How to double your donation to RABI this Christmas

Set a calendar notification for midday on **Tuesday 28th November**



Donate online here [bit.ly/RABIBigGive](https://bit.ly/RABIBigGive) or scan the QR Code



Your donation will be **doubled** by our matched funders



Follow us on social media to be kept updated and share our posts



Contact us at [fundraising@rabi.org.uk](mailto:fundraising@rabi.org.uk) or call on 01865 724 931



## Partnerships

### Mental health training helps support the farming community

Q&A with Suzy Deeley, head of partnerships



Suzy Deeley, RABI Head of Partnerships

#### Why did RABI launch Mental Health Training?

Farming can be a challenging industry and our 2021 Big Farming Survey found worryingly poor levels of mental wellbeing and high levels of stress and anxiety.

Talking about mental health is sometimes difficult, but it is imperative that we normalise these conversations to prevent problems

escalating and to help those who require support to access it.

#### What does the training offer?

Our accredited, farming-focused mental health training provides people with the skills and confidence to start those conversations, and to help those seeking support to access it. It also comes with two years of Aftercare, supporting those who've been trained to continue to have those important conversations. We can all be part of the solution.

#### Who is the training for?

The training is designed for anyone in the farming community. Whether you're part of a farming family, or

work with farmers, this training helps build the confidence to start a conversation about mental health.

#### Any highlights?

To date, we've already trained over 200 individuals, as well as working with numerous organisations to reach another 200 people who work with farmers.

In October, we delivered training to several Oxford Farming Conference's Inspire cohorts, who are helping to spread the word through their networks.

The feedback we've received has been fantastic and we're excited to deliver more training courses over the coming months and into 2024.

### What our mental health trainees say...

"The training was excellent, (our group) found it really interesting and made us all think about how we handle situations."

Giles Simpson – Pearce Seeds (Level 1 training)

"I have learnt a great deal, and feel that I have better confidence and some skills that I did not have before, so as not to shy away from conversations with people whom you can see are struggling."

Bucks County Committee Member (Level 3 training)

"Thanks for the training, it was really great and pleased that there is an increasing openness to talk about mental health in farming."

Marcus Doig – Kite Consulting (Level 2 training)

#### Could you be next?

If your work takes you out on farm or has you regularly speaking with farmers, please consider undertaking RABI's mental health training.

Head to RABI's website: [rabi.org.uk/mental-health-training-for-the-farming-sector](https://rabi.org.uk/mental-health-training-for-the-farming-sector) to find upcoming dates and to make an enquiry.

You can also speak to a regional manager about training in your area or email:

[mentalhealthtraining@rabi.org.uk](mailto:mentalhealthtraining@rabi.org.uk)

## Volunteering news

### Q&A with Thomas Baines-Sizeland, Norfolk Committee Chair

As demonstrated by The Big Help Out initiated as part of His Majesty King Charles III's coronation celebrations, volunteering is a wonderful thing!

#### What's your background?

I'm not from a farming background, but I grew up working on farms. I went to Young Farmers, attended Harper Adams and the Royal Veterinary College, and worked at Anglia Farmers managing the livestock department. I now manage England, Scotland and Wales for Phileo UK & Ireland, advising farmers and supporting feed manufacturers.

#### How did you connect with RABI?

In my first year at Harper Adams, one of the young farmers I'd grown up with took her own life. This opened my eyes to the subject of mental health as everything had seemed so perfect and normal for so many years. This stayed with me and the impact on those around her was a massive driver in me joining the Norfolk committee.

#### Why is the work of RABI important to you?

Farmers come under a lot of pressure from all angles. They've always been quite stoical and averse to admitting there are issues. It's important that we try help alleviate some of those issues before they become extremely problematic.

I'm particularly passionate about this because I work with farmers all over the country and I see when they're struggling. It's important for people like me from non-farming backgrounds to give back to the industry.

#### Where do you think the untapped opportunities are for you at RABI?

Working with the younger people in the community, supporting them and giving them the tools to proactively head off issues. Having the skills to deal with stress and anxiety will give them the ability to deal with pressure once they then get into agriculture and disseminate amongst their families.

Interested in becoming an RABI volunteer?  
Get in touch at [volunteering@rabi.org.uk](mailto:volunteering@rabi.org.uk)

#### How do you see your role as chair?

I am more of an enabler. Other committee members have lots of connections and experience across Norfolk. I've spent a lot of time working out where I can be of use, helping to organise things and bring the team together.

#### What are your hopes and aspirations for your committee and for the charity in the coming months and years?

Ideally, everybody in the farming community and wider supply chain and service community of Norfolk would know RABI and know what Norfolk RABI are up to.

I'd like to do a lot more with Young Farmers and schools within Norfolk. I'd also like to work with our neighbouring committees to try and spread that evenly across East Anglia.

Next year we are planning four very different events: a quiz in the spring, a cocktail party in the early summer, a ploughing match in October, and then a Christmas event. These will appeal to very different community sponsors and audiences and will help minimise fatigue from existing supporters.



Thomas Baines-Sizeland, RABI County Committee Chair



Dates for the diary

As another festive season fast approaches, our County Committees already have plenty of fantastic events planned across England and Wales.

November

- 17 Clwyd Bingo, Pentre Halkyn
- 24 Ceredigion Bingo, Llanon
- 30 Bucks RABI Autumn Supper
- 30 Turkey Dinner, Ellerby, East Yorkshire

December

- 1 Christmas Carols in Hailsham Market, Hailsham, East Sussex
- 1 Breakfast event, Sam Turner's, Co Durham
- 2 Suffolk RABI Christmas Party
- 3 Monmouthshire Carol Service
- 3 Montgomeryshire Carol Concert
- 3 Ceredigion Carol Concert
- 5 Gloucestershire RABI Carols
- 6 Wigton Carol Service, Cumbria
- 6 Carol Service, Darlington Mart, County Durham
- 7 Carol Service, York Mart, North Yorkshire
- 7 Brecon & Radnor Christmas Quiz
- 8 Carmarthenshire Carol Service
- 8 Clwyd Carol Concert
- 11 Cockermouth Mart Carol Service, Cumbria
- 12 Christmas Nativity in Ashford Market, Kent
- 12 Breakfast event, Sam Turner's, Co Durham
- 12 Carol Service, Leyburn Mart, North Yorkshire
- 13 Wiltshire RABI Carols
- 13 Carmarthenshire Christmas Bingo
- 14 Bucks RABI Carols



2024 Calendars on sale!

Our 2024 calendars are available to purchase and make the perfect present or stocking filler this Christmas.



To place your order, scan the QR code above, visit [rabishop.org.uk/calendars](http://rabishop.org.uk/calendars), or call 01268 888217 to enquire and order your calendar ahead of the new year.



**South Central**  
(Laura Ractliffe – now on maternity leave)

Shows

We attended Kenilworth Show and Thame Sheep Fair over the summer, having many constructive conversations with farming people.

Committee Events

Four farm walks and even a vineyard tour took place across the region, hosted by Gloucestershire, Wiltshire, Warwickshire and Buckinghamshire RABIs.

Warwickshire RABI hosted the Wren Hall teas, which is always a lovely afternoon.

Bucks RABI's annual cream tea

at Creslow Manor saw RABI head of volunteering Mark Crosby judged the men's and children's bake off competition. The event raised over £2,100!

Wiltshire RABI's beef dinner raised over £6,000 – a great success!

Further support for RABI

Newton LDP held their annual clay shoot, raising over £27,000 for RABI.

Princes Risborough YFC has named RABI as one of their two chosen charities for their Christmas tractor run, they're aiming to raise £10,000!



Warwickshire RABI's Wren Hall Teas



Wiltshire RABI's beef dinner



**South East**

It's been an exciting summer across the South East, with plenty of shows and events keeping our committees busy.

In June, West Sussex RABI attended Open Farm Sundays. These events are fantastic opportunities to educate visitors about farming life and funds were raised from cake sales and donations to RABI.

East Sussex RABI ran the café at Bates Green Gardens near Arlington in June. Visitors enjoyed cakes, scones and sandwiches in the immaculate gardens.

RABI attended the New Forest Show, Ellingham Show and Alresford Show in Hampshire, the Edenbridge and Oxted Show in Surrey, the South of England Show

in West Sussex and the Royal Isle of Wight County Show. These agricultural shows are a vital way of raising awareness of RABI to the local farming community.



Members of East Sussex RABI at the Bates Green Gardens café





## North West (Lauren Codling)

Summer has seen a successful, busy and productive season, attending 12 agricultural shows, crop trails, tractor runs, young farmer events and over 20 professional talks across the various counties.

Cumbria RABI have been building relationships at shows and raising both awareness and funds across the county. Their activities have brought many new corporate and community connections to light, a huge

thanks for all their efforts.

In June, two local farming people, Carol and Martin, hosted a tractor pull through West Lancashire and raised £825 for RABI. Thank you for your support and the vital awareness and funds being raised for the community.

Ribble Farm Vets took on the gruelling Yorkshire 3 Peaks and raised £600 for RABI, while raising awareness within the local area.



Ribble Farm Vets with Lauren



Alison and Katherine, Committee members at Cumberland Show



## North East (Sally Conner)

RABI has been very active across the North East, with lots of opportunities to raise awareness of our work at shows and events. A big thank you to all our volunteers who have given up their time to support us.

We attended shows in every county, all of which proved how important RABI is to the farming community as we welcomed so many visitors to our stand. We even had the privilege of hosting HRH the Duchess of Edinburgh on our stand at Driffield Show!

RABI was also the chosen charity at the Northern Antique Fair at Leyburn. It's a new event for us so it was an absolute pleasure to be there.

If anybody would like to join our exciting journey in the North East, just get in touch!



Driffield Show



## North Wales (Dewi Parry)

There wasn't much of a 'summer' in the region, but that didn't damper a busy show season for RABI!

It was very exciting to see Clwyd hold their inaugural summer concert in June. It brought the rural community together and people who hadn't heard of our work now know what RABI can offer them and their neighbours.

All the shows were a buzz of activity, with Denbigh and Flint being a particular highlight as we were joined by a life size milking cow from Carreg Milk, which went down a treat with children and drew people to the stand in droves!

Ceredigion drew the summer to a close with a very successful ball race; there weren't

many people in the county who didn't get involved.



Clwyd RABI Summer Concert



## South Wales (Liz Rees)

It's been a full eight months in South Wales since joining RABI. I'm delighted to be working with enthusiastic volunteers across my region, where a huge variety of events take place all year round.

Carmarthenshire RABI held a fabulous hog roast evening, with attendees enjoying a fun-filled event in a beautiful setting and food that was out of this world. A total of £3,126 was raised!

I've enjoyed attending numerous local shows with our county committees, raising awareness of RABI's work and even meeting Wales First Minister

and Rural Affairs Minister at the Pembrokeshire County Show.

It was great attending Llanellwedd for the renowned four-day event, where we spoke to so many individuals and built on new and existing relationships. Thanks to all of the volunteers that helped to sell raffle tickets and serve tea/coffee over the week! Diolch!



Carmarthenshire Hog Roast



Royal Welsh Show



Pembrokeshire County Show





## Central (Bekah Anstey)

Summer started with the Leicestershire Young Farmers Rally at Clare's Barn Farm, Twycross, where we were lucky to have a stand for the day. Leicestershire RABI spent the day talking to our farming community and raising much needed awareness of RABI's work.

A very informative farm walk was held at the Allerton Project, Leicestershire. Hosted by Dr Alastair Leake, Director of Policy & The Allerton Project, the walk gave insight into research of sustainable farming methods, biodiversity, habitat creation and more. The evening finished with a Ploughman's Supper

back at the visitor centre.

Nottinghamshire RABI organised a farm walk at Stud Farm with Phoenix Oils, raising a fantastic £795!

Derbyshire RABI's annual summer celebration took place at Radbourne Hall. A huge thank you to Sir and Lady Chichester for hosting and all our guests for raising over £3,500 for RABI.

The Amber Valley Rotary Clubs organised the Shottle Charity Horse Ride at Dilks Farm in aid of RABI. Around 150 riders came from miles around to enjoy the fabulous scenery.



Allerton project farm walk



Dalton farm walk



LEICS Young Farmers annual rally



## East (Lucy Bellefontaine)

We've had a busy time in the East, with plenty of events and shows.

Suffolk RABI's annual Spring Lunch had great attendance and raised almost £3,000. The committee continued their success with the Suffolk Show stand and hamper raffle.

Cambridgeshire RABI held a very successful afternoon tea at Bens Yard, raising £1,700.

Norfolk RABI's annual quiz saw returning guests, raising £1,800. RABI enjoyed two days at the Norfolk show; even the rain didn't stop everyone's enthusiasm.

Essex RABI enjoyed great success at the Essex YFC Show and their two annual events, a Golf day and Clay Shoot.

The annual wine hamper raffle at the Hertfordshire Agricultural event at the Hertfordshire County Show was a great success, making over £800. RABI also enjoyed two days at the county show on the NFU stand.



Cambridgeshire RABI Bens Yard



Cambridgeshire RABI Bens Yard



Winner of Suffolk Show Hamper



## West Midlands (Kate Jones)

We have seen a variety of events happening in the West Midlands region, with a mixture of shows, fundraisers, and networking opportunities. Thank you to all the volunteers who give their time to pour teas, bake cakes, man show stands and park cars at all these events.

Attending agricultural shows provides an opportunity to raise our profile and funds. We've had great fun at them including Staffordshire County showground, Hanbury, Vron Gate and Leek.

We were extremely grateful to have the support of Winsbury Dairy at Newport show, with

the sale of delicious milkshakes raising £600 for RABI.

Our supporters were treated to successful events including the Shropshire NFU Chairman's lunch raising £4,305, open gardens at Preen Manor and Eaton Mascot Hall collectively making over £2,200, plus various farm tours thanks to the Robinson and Busby families.

We were saddened to learn that former committee member Robert Ellison passed away in July. Robert and his wife Barbara worked tirelessly on the Shropshire committee for many years. Our thoughts are

with the family and friends who had the honour of knowing him.



Busby Blueberries



Newport Show



## South West (Zoe Gascoyne)

RABI staff and volunteers attended 20 different shows in 31 days across the South West.

The region's major shows took place earlier in the summer, including the Royal Cornwall Show where RABI were the official show charity.

The Cornwall Committee also organised an auction featuring 53 lots, raising over £9,000 for RABI.

Alongside the many shows, RABI staff gave several talks about the charity's work and services including to Blackdown Vets in Axminster and Cruwys Morchard Young Farmers – who also presented

RABI with a cheque for £470.

Bradworthy Young Farmers Club presented a cheque to

RABI totalling £2,300, for funds raised at a comedy night they held earlier in the year.




The Royal Cornwall Show



Regional Managers

RABI’s team of Regional Managers work closely with our network of county committees 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](mailto:volunteering@rabi.org.uk)



**Bekah Anstey – Central**  
**Regions covered:** Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire, Rutland  
Email: [Bekah.Anstey@rabi.org.uk](mailto:Bekah.Anstey@rabi.org.uk)




**Zoe Gascoyne – South West**  
**Regions covered:** Cornwall, Devon, Dorset, Somerset  
Email: [zoe.gascoyne@rabi.org.uk](mailto:zoe.gascoyne@rabi.org.uk)




**Lucy Bellefontaine – East & South East**  
**Regions covered:** Bedfordshire, Cambridgeshire, East Sussex, Essex, Hertfordshire, Isle of Wight, Kent, Norfolk, Suffolk, Surrey, West Sussex  
Email: [Lucy.Bellefontaine@rabi.org.uk](mailto:Lucy.Bellefontaine@rabi.org.uk)




**Kate Jones – West Midlands**  
**Regions covered:** Herefordshire, Shropshire, Staffordshire, Warwickshire, West Midlands, Worcestershire  
Email: [Kate.Jones@rabi.org.uk](mailto:Kate.Jones@rabi.org.uk)




**Ellie Bowen – South Central**  
Maternity cover for Laura Ractliffe  
**Regions covered:** Berkshire, Buckinghamshire, Gloucestershire, Hampshire, Oxfordshire, Wiltshire  
Email: [Eleanor.Bowen@rabi.org.uk](mailto:Eleanor.Bowen@rabi.org.uk)




**Dewi Parry – North Wales**  
**Regions covered:** Anglesey, Caernarfon, Ceredigion, Clwyd, Meirionnydd, Montgomeryshire  
Email: [Dewi.Parry@rabi.org.uk](mailto:Dewi.Parry@rabi.org.uk)



**Lauren Codling – North West**  
**Regions covered:** Cheshire, Cumbria, Lancashire, Merseyside, South Yorkshire, West Yorkshire  
Email: [Lauren.Codling@rabi.org.uk](mailto:Lauren.Codling@rabi.org.uk)



**Liz Rees – South Wales**  
**Regions covered:** Brecon & Radnor, Camarthenshire, Glamorgan, Monmouthshire, Pembrokeshire  
Email: [Liz.Rees@rabi.org.uk](mailto:Liz.Rees@rabi.org.uk)



**Sally Conner – North East**  
**Regions covered:** Co Durham, East Yorkshire, Northumberland, North Yorkshire  
Email: [Sally.Conner@rabi.org.uk](mailto:Sally.Conner@rabi.org.uk)


*\*Managers and regions covered correct as of November 2023.*

Regional Support Managers


RABI’s Service Delivery team provides support and guidance to farming people in need. Our regional support managers work with individuals to ensure they receive the relevant support, grants and benefits available to them and their unique circumstances.



**Jackie Attfield**  
**Regions covered:** Bedfordshire, Buckinghamshire, Cambridgeshire, Hertfordshire, Leicestershire, Northamptonshire, Oxfordshire




**Mel Jones**  
**Regions covered:** Anglesey, Caernarfon, Conwy, Clwyd, Merionethshire, Montgomeryshire, Shropshire




**Gillian Carr**  
**Regions covered:** Co Durham, Northumberland, North Yorkshire (North)




**Gemma Lee**  
**Regions covered:** Cheshire, Derbyshire, Merseyside




**Zoe Cauter-Clarke**  
Provides targeted national support



**Margaux Manners**  
**Regions covered:** Dorset, Gloucestershire (South), Somerset (North), Wiltshire



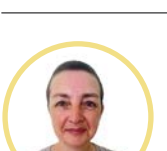
**Nikki Cochran**  
**Regions covered:** Essex, Norfolk, Suffolk




**Tom Newby**  
**Regions covered:** Cumbria and Lancashire



**Claire Crichard**  
**Regions covered:** Gloucestershire (North), Herefordshire, Monmouthshire



**Amanda Owen**  
**Regions covered:** Brecon & Radnor, Carmarthenshire, Ceredigion, Glamorgan, Pembrokeshire



**Lindsay Derbyshire**  
**Regions covered:** Devon and Somerset (South)




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



**Caroline Harrison**  
**Regions covered:** Staffordshire, Telford (Shropshire), Warwickshire, West Midlands, Worcestershire



**Louise Wilkinson**  
**Regions covered:** Lincolnshire and Nottinghamshire



**Sarah Hawkey**  
**Regions covered:** Cornwall



# Farming doesn't stop, even for Christmas



Photography courtesy of Wayne Hutchinson



## Double your gift this Christmas

by donating week starting 28 Nov at [bit.ly/RABIBigGive](https://bit.ly/RABIBigGive) (see page 9)

Registered charity number 208858 Company number: RCO00441 Shaw House, 27 West Way, Oxford, OX2 0QH