

Rural Wellbeing and Farming Support Contacts Directory



A list of useful contacts for rural wellbeing voluntary advice and support agencies, and regulatory bodies.

Industry Helplines

The Farming Community Network Helpline

Open 7am to 11pm every day of the year. Whether the issue is personal or business-related, FCN is here for you. Volunteers provide free, confidential, pastoral and practical support. They partner with The Addington Fund and Forage Aid to deliver Farming Help - a partnership to provide farming support when times get tough.

Call: 03000 111 999 **Email:** help@fcn.org **Web:** fcn.org.uk

Royal Agricultural Benevolent Institution (RABI)

Provides support to the farming community across England and Wales. Support is provided to those who are currently working in agriculture and those who are no longer working due to illness, injury, disability or age.

Call: 0800 188 4444 **Email:** help@rabi.org.uk **Web:** rabi.org.uk

YANA

Provides rural mental health support and runs a confidential helpline.

Call: 0300 323 0400 **Email:** helpline@yanahelp.org **Web:** yanahelp.org

Gamekeepers Welfare Trust

Support for gamekeepers, stalkers and ghillies.

Call: 0300 123 3088 **Email:** enquiries@thegamekeeperswelfaretrust.com

Web: thegamekeeperswelfaretrust.com

National Farmers Union (NFU)

Member organisation/industry association for farmers in England and Wales. It is the largest farmers' organisation in the country.

Call: 024 7685 8500 **Web:** nfuonline.co.uk

Addington Fund

Provides housing and emergency assistance, such as animal feed and essential services. Whether facing a crisis like extreme weather, illness, or retirement from a farm tenancy, the charity offers practical, timely support to help people get back on their feet.

Call: 01926 620135 **Email:** enquiries@addingtonfund.org.uk

Web: addingtonfund.org.uk

For emergency forage requests, contact
forageaid@addingtonfund.org.uk

Online Industry Support Resources

FarmWell An FCN initiative offering a range of information to support your personal resilience including mental and physical health. Watch the wellbeing webinar series: farmwell.org.uk/ahdb-mental-wellbeing-webinars. Also covers business resilience issues such as succession planning, diversification and contingency plans. farmwell.org.uk

The Royal Agricultural Benevolent Institution (RABI) has funded free, safe and anonymous online mental wellbeing support for all ages and online counselling from mental health organisation Kooth. explore.kooth.com/rabi

Fit for Farming

Men's guide issuu.com/menshealthforum/docs/fit_for_farming_2015_hr and women's guide menshealthforum.org.uk/fit-farming-women both have sections about mental wellbeing as well as physical health.

Yellow Wellies The Farm Safety Foundation has a free resource, the 'Little Book of Minding Your Head' alongside a range of farm safety advice. yellowwellies.org/resources

National Federation of Young Farmers' Clubs list support for 10 to 28 year old Young Farmers Club (YFC) members and agricultural college students. nfyfc.org.uk/signposting-to-support

The Prince's Countryside Fund has developed a national directory of farm and rural support groups. princescountrysidefund.org.uk/how-we-help/farm-support-groups

Local Industry Networks

Hampshire Young Farmers' Clubs

For those aged 10-26 with an interest in the outdoors (not just for farmers).

Call: 01962 776 270 **Email:** hampshireyfc.office@gmail.com

Web: hampshireyfc.org

Hampshire Farmers' Club

Promoting excellence and friendship in Hampshire farming.

Call: 07831 388304 **Email:** hampshirefarmersclub@agribusiness.uk.com

Web: hampshirefarmersclub.com

Hampshire Growmore Clubs

There are 10 Growmore Clubs across Hampshire. Activities include inter-club skittles, quizzes and individual club activities - talks, farm walks, ploughing matches, crop competitions, dinners and more. Contact Secretary Teresa Brown for details on your nearest club.

Call: 01730 828003 **Email:** teresa.mbrown2011@gmail.com

Campaign to Protect Rural England (CPRE) (Hampshire Branch)

The countryside charity making the Hampshire countryside a better place for everyone to live, work and enjoy.

Call: 01962 797312 **Web:** cprehampshire.org.uk

Hampshire Rural Forum

Works to raise awareness and understanding of rural issues and find solutions.

hants.gov.uk/community/rural-communities/rural-forum

New Forest Commoners Defence Association

Works in support of commoners and their animals grazing on the open Forest.

realnewforest.org

One Foot in Furrow

A social meet-up for like-minded country people with a light lunch and chance to chat. Meets monthly at Tiptoe YFC Hall, Tiptow SO41 6FT.

Call John and Caroline Korbey: 07947 331002

Hampshire Farm Women's Club (part of Country Women Country Wide)

A friendly group of farming-minded ladies that meet monthly during the day.

Contact Cath Austin. **Call:** 07799 833072

Email: cathyaustin.ca@gmail.com

or Sally Silvester **Call:** 02392 632549

Email: gliddenfarm@hotmail.co.uk

National Support Organisations

Samaritans offer confidential emotional support.

Call for free 24 hours a day, 365 days a year.

Call: 116 123 **Email:** jo@samaritans.org.uk **Web:** samaritans.org

Campaign Against Living Miserably (CALM) offer webchat or 5pm-midnight, 365 days a year helpline.

Call: 0800 58 58 58 **Web:** thecalmzone.net

Mind mental health advice and support charity for those experiencing, or supporting someone with, a mental health problem. mind.org.uk

Bereavement support There is no right or wrong way to feel when someone you love approaches the end of their life or has died. Everyone reacts differently, and it is important to do what feels right for you. Find information and local support to help with difficult feelings or emotions, and tips for if you're supporting others who are grieving.

Web: hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire/bereavement

Better Health Our physical health impacts how we feel. Easy steps to make changes that fit your lifestyle to kickstart your health. They list a range of NHS approved free apps to support you. nhs.uk/better-health

Business in the Community Employer wellbeing toolkit
bitc.org.uk/toolkit/mental-health-for-employers-toolkit

Wider local support

Citizen's Advice Hampshire Advice on consumer rights, witness support, and financial guidance. Find your nearest branch. citahants.org

Victim Support Hampshire and Isle of Wight

If you've been affected by crime get in touch with your local victim care team.

Call: 0808 178 1641 (open 8am-8pm Mon-Sat)

Web: victimsupport.org.uk/resources/hampshire-and-isle-of-wight

Mental Wellbeing Hampshire lists all local mental wellbeing support, from children, to money and mental health, to crisis support

hants.gov.uk/mentalwellbeinghampshire

Wellbeing Service Three local Mind organisations (Solent / Havant and East Hants / Andover) run the Hampshire Wellbeing Service, including wellbeing centres across Hampshire to provide short-term, outcome-focused support. The service provides workshops, courses and other support on many mental health issues. Contact your nearest centre to find out more about their programme. You can self-refer.

Farnborough, Andover, Basingstoke and Romsey.

Call: 01264 332297 **Web:** andovermind.org.uk

Eastleigh, Fareham, Gosport, New Forest and Winchester.

Call: 023 8202 7810 **Web:** solentmind.org.uk

East Hampshire and Havant. **Call:** 02392 498916 **Web:** easthantsmind.org

connecttosupporthampshire.org.uk/mentalhealth (select wellbeing centres)

Wider local support (continued)

Local talking therapy services Offer a range of free treatments for people aged over 16 who are experiencing symptoms of stress, anxiety, depression or low mood.

Talking Therapies Hampshire is a service for people registered with a GP in the following areas of Hampshire: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, New Forest, Petersfield, Romsey and Winchester.

You can self-refer online italk.org.uk or **call:** 023 8038 3920.

TalkPlus is a service available to people who are registered with a GP in the following areas of Hampshire: Yateley, Fleet, Farnborough, Blackwater, Aldershot or Farnham.

You can self-refer online talkplus.org.uk or **call:** 01252 533355.

Find local talking therapy services outside of Hampshire at:

nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression or by contacting your GP.

Cruse Bereavement by Suicide Support Service

Free and confidential support service to anyone affected and bereaved by suicide, or suspected suicide in Hampshire, Southampton, Portsmouth and the Isle of Wight.

Call: 03305550129 **Email:** supportaftersuicideSHIP@cruse.org.uk

Web: crusenow.org.uk

Stop Domestic Abuse If you are affected by domestic abuse then support is available.

Call: 03300 165 112. **Dial 999 in an emergency.**

Email: advice@stopdomesticabuse.uk **Web:** stopdomesticabuse.uk

Inclusion Recovery Hampshire Support with drug and alcohol issues.

Those aged 24 and under **call:** 0845 459 9405

Those aged 25 and over **call:** 0300 124 0103

Web: inclusionhants.org

Let's Talk About It Access confidential information and support for contraception and sexual health.

Call: 0300 300 2016

Web: letstalkaboutit.nhs.uk

Smokefree Hampshire Support to stop smoking.

Call: 01264 563039

Web: smokefreehampshire.co.uk

Support available from your GP If you do not require urgent support but are still concerned about your mental health, contact your GP. They may check that your symptoms aren't being caused by other conditions.

NHS Health Check If you're aged 40 to 74, you may be eligible for a free NHS health check. Contact your GP to check if you're eligible.

Weight Management support by Gloji Hampshire

A holistic approach to weight loss, combining nutrition and physical activity.

Call: 0800 054 1190 (Mon-Fri 9am-5pm)

Web: hampshire.gloji.org.uk

Hampshire County Council Trading Standards Team Contact

Trading Standards Animal Health Team

For advice on meeting animal health legislative requirements or to raise a concern.

Email: tsadvice@hants.gov.uk

Call: 01962 833620 and ask to be directed to an animal health officer.

Web: hants.gov.uk/business/tradingstandards/businessadvice/animal-health-welfare

Trading Standards law help guides – businesscompanion.info search 'Animal health' for all farm related guidance or a specific topic such as 'sheep ID' or 'feed'.

Rural Crime

Hampshire Rural Police

Report a rural crime.

Web: hampshire.police.uk/advice/advice-and-information/rc/rural-crime

Hampshire Rural Crime Partnership Disc

A community information sharing system about incidents and offenders, safety and security matters to better protect yourselves, property, staff and customers.

Web: disc-net.org/hampshire_rural

Other Useful Contacts

Animal and Plant Health Agency (APHA)

Call: 03000 200301 (Including the report of suspicion of notifiable disease and herd and flock mark registration)

Web: gov.uk/government/organisations/animal-and-plant-health-agency

Livestock Information Service

Call: 0844 573 0137 **Email:** support@livestockinformation.org.uk

Web: livestockinformation.org.uk/for-farmers

British Cattle Movement Service (BCMS) CTS online service.

Call: 0345 0501234 **Web:** bcms.gov.uk

Eaml2 (Pig movements)

Call: 0844 3358400 **Web:** eaml2.org.uk

Rural Payments Agency (RPA) (Including CPH registration)

Call: 03000 200301 Follow the options for RPA

Web: gov.uk/government/organisations/rural-payments-agency

New Forest Verderers Office

Call: 023 8028 2052 **Web:** verderers.org.uk

Forestry England

Call: 0300 067 4600 **Email:** southern.enquiries@forestryengland.uk

The Institute of Agricultural Secretaries and Administrators

Web: iagsa.co.uk **Thames and Test Branch Email:** tandtiagsa@gmail.com