

# 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](mailto:help@fcn.org) **Web:** [fcn.org.uk](http://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](mailto:help@rabi.org.uk) **Web:** [rabi.org.uk](http://rabi.org.uk)

### YANA

Provides rural mental health support and runs a confidential helpline.

**Call:** 0300 323 0400 **Email:** [helpline@yanahelp.org](mailto:helpline@yanahelp.org) **Web:** [yanahelp.org](http://yanahelp.org)

### Gamekeepers Welfare Trust

Support for gamekeepers, stalkers and ghillies.

**Call:** 0300 123 3088 **Email:** [enquiries@thegamekeeperswelfaretrust.com](mailto:enquiries@thegamekeeperswelfaretrust.com)  
**Web:** [thegamekeeperswelfaretrust.com](http://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](http://nfuonline.co.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](https://farmwell.org.uk/ahdb-mental-wellbeing-webinars). Also covers business resilience issues such as succession planning, diversification and contingency plans. [farmwell.org.uk](https://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](https://explore.kooth.com/rabi)

### Fit for Farming

Men's guide [issuu.com/menshealthforum/docs/fit\\_for\\_farming\\_2015\\_hr](https://issuu.com/menshealthforum/docs/fit_for_farming_2015_hr) and women's guide [menshealthforum.org.uk/fit-farming-women](https://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](https://yellowwellies.org/resources)

**National Federation of Young Farmers' Clubs** Rural+ mental wellbeing training for 10–28 year old YFC members and agricultural college students. [nfyfc.org.uk/ruralplusCurve](https://nfyfc.org.uk/ruralplusCurve)

**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](https://princescountrysidefund.org.uk/how-we-help/farm-support-groups)

**Focussed Farmers** Aims to help farmers apply psychology of success to achieve goals. Free 12-part video series. [focussedfarmers.com](https://focussedfarmers.com)

## 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](mailto:hampshireyfc.office@gmail.com)

**Web:** [hampshireyfc.org](http://hampshireyfc.org)

### Hampshire Farmers' Club

Promoting excellence and friendship in Hampshire farming.

**Call:** 07831 388304    **Email:** [hampshirefarmersclub@agribusiness.uk.com](mailto:hampshirefarmersclub@agribusiness.uk.com)

**Web:** [hampshirefarmersclub.com](http://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](mailto:teresa.mbrown2011@gmail.com)

### 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](mailto:cathyaustin.ca@gmail.com)

or Sally Silvester **Call:** 02392 632549

**Email:** [gliddenfarm@hotmail.co.uk](mailto: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](mailto:jo@samaritans.org.uk) **Web:** [samaritans.org](http://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](http://thecalmzone.net)

**Mind** mental health advice and support charity for those experiencing, or supporting someone with, a mental health problem. [mind.org.uk](http://mind.org.uk)

**Bereavement support** When you lose someone close to you, it's normal to feel angry, sad, depressed or worried. Everyone reacts in their own way. There is a range of support available to help you through this process: [connecttosupporthampshire.org.uk/directories](http://connecttosupporthampshire.org.uk/directories) (from the categories tab select: specific needs then bereavement).

### Cruse bereavement support

**Call:** 01264 336006 (North Hampshire) or 0844 879 3448 (South Hampshire).

They offer a webchat at [cruse.org.uk](http://cruse.org.uk)

**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](http://nhs.uk/better-health)

**Business in the Community** Employer wellbeing toolkit  
[bitc.org.uk/toolkit/mental-health-for-employers-toolkit](http://bitc.org.uk/toolkit/mental-health-for-employers-toolkit)

## Wider local support

**Hampshire Rural Police** Report a rural crime.

[hampshire.police.uk/advice/advice-and-information/rc/rural-crime](http://hampshire.police.uk/advice/advice-and-information/rc/rural-crime)

**Citizen's Advice Hampshire** Advice on consumer rights, witness support, and financial guidance. Find your nearest branch. [citahants.org](http://citahants.org)

**Men's Activity Network** A network of men's groups across Hampshire  
[mensactivitynetwork.org.uk](http://mensactivitynetwork.org.uk)

**Mental Wellbeing Hampshire** lists all local mental wellbeing support, from children, to money and mental health, to crisis support  
[hants.gov.uk/mentalwellbeinghampshire](http://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](http://andovermind.org.uk)

Eastleigh, Fareham, Gosport, New Forest and Winchester.

**Call:** 023 8202 7810 **Web:** [solentmind.org.uk](http://solentmind.org.uk)

East Hampshire and Havant. **Call:** 02392 498916 **Web:** [easthantsmind.org](http://easthantsmind.org)

[connecttosupporthampshire.org.uk/mentalhealth](http://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.

**iTalk** 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](http://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](http://talkplus.org.uk) or **call:** 01252 533355.

Find local talking therapy services outside of Hampshire at:

[nhs.uk/service-search/find-a-psychological-therapies-service](http://nhs.uk/service-search/find-a-psychological-therapies-service)

or by contacting your GP.

**Amparo** Free support for anyone affected by suicide.

**Call:** 0330 088 9255 **Email:** [amparo.service@listening-ear.co.uk](mailto:amparo.service@listening-ear.co.uk)

**Web:** [amparo.org.uk/our-locations/hampshire](http://amparo.org.uk/our-locations/hampshire)

**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](mailto:advice@stopdomesticabuse.uk) **Web:** [stopdomesticabuse.uk](http://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](http://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](http://letstalkaboutit.nhs.uk)

**Smokefree Hampshire** Support to stop smoking.

**Call:** 01264 563039 or text Quit to 66777

**Web:** [smokefreehampshire.co.uk](http://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.

## Hampshire County Council Teams Contact

### Trading Standards Animal Health Team

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

**Email:** [tsadvice@hants.gov.uk](mailto: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](https://hants.gov.uk/business/tradingstandards/businessadvice/animal-health-welfare)

Trading Standards law help guides - [businesscompanion.info](https://businesscompanion.info) search 'Animal health' for all farm related guidance or a specific topic such as 'sheep ID' or 'feed'.

## Useful Government Agency 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](https://gov.uk/government/organisations/animal-and-plant-health-agency)

### Livestock Information Service

**Call:** 0844 573 0137    **Email:** [support@livestockinformation.org.uk](mailto:support@livestockinformation.org.uk)

**Web:** [livestockinformation.org.uk/for-farmers](https://livestockinformation.org.uk/for-farmers)

### British Cattle Movement Service (BCMS) CTS online service.

**Call:** 0345 0501234    **Web:** [bcms.gov.uk](https://bcms.gov.uk)

### Eaml2 (Pig movements)

**Call:** 0844 3358400    **Web:** [eaml2.org.uk](https://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](https://gov.uk/government/organisations/rural-payments-agency)