



Rural wellbeing

A guide to the help and support available in rural areas



Farming is a way of life as well as a business, but times are not always easy - often due to factors beyond our control. This leaflet is full of organisations that can help when the going gets tough.

It can be difficult to know who to turn to when it seems to be going wrong, especially since many farmers have a built-in resilience and are used to coping by themselves. Sometimes just the realisation that you are not alone can make the difference, having someone to talk to in confidence who can give unbiased advice. Sometimes it is real concrete help that you need, to find new ways of moving forward.

Rural communities are used to keeping their problems to themselves. There may be times when you see that there is something not quite right but don't feel that it is your job to let anybody else know about it. You may be aware of somebody who is struggling to look after their stock due to failing health or because of depression, isn't managing the paperwork and

worried about the repercussions. You may have concerns that someone in your family or community is vulnerable in some way.

The police are often the organisation that gets called out as a last resort, but help at the right time may have been able to avoid problems from spiralling out of control. Your input could help to solve problems – or even save lives.

If you don't think you need this leaflet now, so much the better, but you may want to hold on to it or give it to someone who does.

If you want to report something that you think the police should know about, call 101, or 999 in an emergency. If you would like to remain anonymous, call Crimestoppers on 0800 555 111.

North Yorkshire Police's **Rural Taskforce** works proactively alongside colleagues, partners and volunteers to increase engagement with rural communities, target criminals who offend in our rural areas, and provide bespoke crime prevention advice to those at risk of criminality.

You can meet members of the Taskforce at community events throughout the year, including markets, auctions and shows. You can also follow the team's work on Twitter at @NYPRuralTF or via the North Yorkshire Police Rural Taskforce Facebook page.

Yorkshire Rural Support Network

 yas.co.uk/charitable-activities/yorkshire-rural-support-network

Kate:  01423 546217 -  07912 495604 - kated@yas.co.uk

The Yorkshire Rural Support Network is a partnership of Yorkshire statutory and voluntary agencies that together promote and provide sources of help – whether practical, financial, medical or emotional.

The support network has a calendar of events which includes open days, network meetings, women in farming events, farmer health checks.

British Red Cross – Community Connect

Pauline:  07921 403288 -  pbroadwith@redcross.org.uk

Rebecca:  07894 802794 -  rsirrell@redcross.org.uk

The British Red Cross is working with Land Rover to support vulnerable local people over 18 living in isolation in the Moors and Dales of North Yorkshire. The Community Connect team aims to improve the wellbeing, independence and quality of life by connecting you to local activities/services in the community.

Gay Farmer Helpline

Keith:  07837 931894 -  www.gayfarmer.co.uk

Call the helpline and talk to someone who understands the farming situation as well as what it is like to be gay.

Fit for Farming

 www.menshealthforum.org.uk/fit-farming

Men's health made easy – download the Fit for Farming booklet.

Samaritans

 116 123 -  jo@samaritans.org

Whatever you're going through, call free, from any phone.

Gamekeepers' Welfare Trust

 www.thegamekeeperswelfaretrust.com

 01677 470780

The Gamekeepers' Welfare Trust (GWT) exists to support gamekeepers, stalkers and ghillies, and their dependants past and present. GWT provides financial grants, educational grants, a helpline and a job register.

Farming Help

 www.farminghelp.co.uk

 03000 111 999 (7am – 11pm)

Farming Help provides confidential help for all in the farming community. You can reach three farming charities – the Addington Fund, the Farming Community Network and Royal Agricultural Benevolent Institution – with just one call.

Addington Fund

Provides homes for farming families who have to leave their farm and by doing so will lose their home. In times of emergency, and where hardship prevails, Addington may be able to support a farm business through its Trustees' Discretionary Fund with a short term grant.

Farming Community Network

A UK network of volunteers from the farming community and rural churches. The Farming Community Network provides a helpline and a visiting service to farming people and families who are facing difficulties.

Royal Agricultural Benevolent Institution

A grant-making charity that provides confidential help to retired and working farming people in financial difficulty.

