



THE  
PRINCE'S  
COUNTRYSIDE  
FUND

# NATIONAL DIRECTORY OF FARM AND RURAL SUPPORT GROUPS



Supported by

**COMMUNITY  
FUND**

# THE PRINCE'S COUNTRYSIDE FUND

“So, ladies and gentlemen, today is only the beginning, but the potential is enormous as we all strive to protect our rural communities and sustain, for this generation and those yet to come, a national asset of incalculable value and one, and we must remember this, that once lost, can never ever be recreated.”

*HRH The Prince of Wales at the launch of his Countryside Fund, 2010*

A decade on, The Prince's Countryside Fund is unique in delivering significant change for the British countryside. Our objectives are to improve the prospects of viability for farm businesses, support aid delivery in emergencies and build resilience, sustain rural communities and drive economic vibrancy.

We do this through a number of activities:

1. **The Prince's Farm Resilience Programme** – a set of workshops and bespoke sessions providing free business skills training to family farms.
2. **Our Grant Making Programme** – distributing funding to local organisations in rural communities to sustain essential services.
3. **Research** – into issues affecting farming families and rural communities.
4. **Emergency Funding** – made available in times of crisis such as flooding and Covid-19.
5. **Advocating for the countryside** by bringing together individuals and businesses to help tackle current challenges.
6. **Celebrating** those living and working in the British countryside through **National Countryside Week**, our annual awareness campaign.

We would be unable to carry out our vital work without your support. If you are able, please consider donating at

[www.princescountrysidefund.org.uk](http://www.princescountrysidefund.org.uk)

# SUPPORT IS HERE

**Working with over 40 UK rural support groups, The Prince's Countryside Fund is proud to encourage collaboration and joined up support for the British farming community.**

**This directory of national and regional rural support organisations will help to signpost the sources of help and advice for those who need assistance with the challenges of rural work and life.**

**This directory can be accessed online at [www.princescountrysidefund.org.uk](http://www.princescountrysidefund.org.uk)**

**For additional copies or further information please contact [farmsupport@countrysidefund.org.uk](mailto:farmsupport@countrysidefund.org.uk)**

The Prince's Countryside Fund would not have been able to publish this directory if it hadn't been for the wonderful work of YANA.



*“YANA firmly believes in collaboration between charities which is why this Directory came in to being in 2018. We are delighted that it is being taken on by The Prince's Countryside Fund so that it might be shared widely. Together we can create an incredible network of support for those in farming and rural life. Please take it, use it and share it.”*

Melinda Raker, YANA Patron

## NORTHERN IRELAND

### Rural Support

t 0800 138 1678  
 e info@ruralsupport.org.uk  
 www.ruralsupport.org.uk

Rural Support provides a listening and signposting service for farmers and farming families across Northern Ireland through its support-line. They also provide various programmes and mentoring support to help with farming challenges, financial concerns and personal issues such as bereavement and farm succession.

## SCOTLAND

### RSABI

t 0300 111 4166  
 e rsabi@rsabi.org.uk  
 www.rsabi.org.uk

Provides emotional, practical and financial support to individuals and their families across the agricultural sector in Scotland including farming and crofting. The RSABI helpline is available every day of the year from 7am to 11pm.

### National Rural Mental Health Forum

www.ruralwellbeing.org

The National Rural Mental Health Forum includes 60 organisations from the mental health and rural worlds.

## WALES

### The DPJ Foundation

t 0800 587 4262  
 e admin@thedpjfoundation.co.uk  
 www.thedpjfoundation.org.uk

The DPJ Foundation provides support to those who work in the agricultural sector with a 24hr call line for support and access to fully funded counselling across Wales.

### Tir Dewi

t 0800 121 4722  
 e mail@tirdewi.co.uk  
 www.tirdewi.co.uk

Volunteers work with farmers and their families to help make sense of problems, provide practical support and solutions and partner with other organisations where it would be helpful. They have a Freephone Helpline and visit farms to spend time getting to understand the issues and provide the support needed.

## ENGLAND

### Arthur Rank Centre

t 02476 853060  
 e info@arthurrankcentre.org.uk  
 www.arthurrankcentre.org.uk

Arthur Rank Centre has a vision of confident rural Christians. They resource, train and advocate for rural Christians, their churches and their communities. They are proud of their farming roots and are always glad to help Christians find out more about farming - and vice versa.

## The Agricultural Chaplains Association

**t** 01963 23570 or 07966 754110

**e** info@agrichaplains.org.uk

**www.agrichaplains.org.uk**

The Agricultural Chaplains Association is for agricultural and rural chaplains in Christian ministry, serving farming and rural communities. They seek to serve people of all faiths or none. Through their national membership, they share good practice, provide mutual support, initiate relevant training and are also an advocate for the industry.

## ACRE

**t** 01285 653477

**e** contact@acre.org.uk

**www.acre.org.uk**

Action with Communities in Rural England is the national voice for the community support agencies who make up the country's largest rural network.

## ENGLAND & WALES

### Addington Fund

**t** 01926 620135

**e** enquiries@addingtonfund.org.uk

**www.addingtonfund.org.uk**

The Addington Fund has five clear areas of operation: disaster relief on farm when animal welfare is at risk, retirement homes for farmers, affordable rural homes for young agriculturists, essential goods for farm workers and a young entrant's scheme to bring first generation farmers into the industry.

## The Royal Agricultural Benevolent Institution

**t** 01865 724931 or 0808 281 9490

**e** help@rabi.org.uk

**www.rabi.org.uk**

R.A.B.I provides tailored financial support, practical care and guidance to farmers, farmworkers and their dependents. Every application is treated on its own merits and handled with compassion and discretion. Their mission is that no member of the farming community should ever face adversity alone.

## The Farming Community Network

**t** 01788 510866 or 03000 111999

**e** help@fcn.org.uk

**www.fcn.org.uk**

**www.farmwell.org.uk**

A charity and voluntary organisation that provides practical and pastoral support to farmers and farming families through difficult times. Find regional groups via website.

## ENGLAND, SCOTLAND & WALES

### Forage Aid

**t** 07967 219991

**e** forageaid@gmail.com

**www.forageaid.org.uk**

Sources forage and bedding from donations and pledges from within the farming community, then distributes it to farmers who meet Forage Aid's criteria for assistance after suffering the effects of extreme weather or an Act of God.

## UK-WIDE

### Farm Safety Foundation

**t** 01789 416065

**e** farm\_safety\_foundation@nfumutual.co.uk

**www.yellowwellies.org**

Set up in 2014 to preserve and protect the physical and mental wellbeing of the next generation of farmers (16-40). Over the years, the Foundation's research, unique education programme and annual Farm Safety Week and Mind Your Head campaigns have helped to address risk-taking and the stigma of poor mental health in the agricultural sector.

### Perennial

**t** 0800 093 8543

**e** info@perennial.org.uk

**www.perennial.org.uk**

They provide free and confidential advice, support and financial assistance to people of all ages working in, or retired from, horticulture.

### Rural Mental Health Matters

**t** 07834 787439

**e** rmhm\_ruralmentalhealthmatters@outlook.com

**www.ruralmentalhealthmatters.co.uk**

Rural Mental Health Matters is a Dorset based national Social Enterprise. Specialising in research & early intervention, focused on tackling mental health inequality in rural & remote areas, via mobile outreach development. Please contact them if you're interested in working collaboratively, building connections in rural/remote communities across the UK.

### The Gamekeepers' Welfare Trust

**t** 01677 470180 or 0300 123 3088

**e** enquiries@thegamekeeperswelfaretrust.com

**www.thegamekeeperswelfaretrust.com**

Helpline with information and support on a wide variety of issues including health, retirement, redundancy, housing and employment issues but first and foremost as a confidential listening service. Financial grants for gamekeepers, stalkers and ghillies and their families in times of hardship, ill health and retirement. Educational grants are available for young people.

### Worshipful Company of Farmers

**t** 020 8326 2945

**www.farmerslivery.org.uk**

The Farmers Company has as its mission to 'inspire, encourage and develop excellence in the management and leadership of UK Agriculture'. Health and wellbeing are a fundamental part of its work and the Company facilitates awareness, understanding, research to support both national and local support groups.

## CHESHIRE & WIRRAL

### Cheshire Agricultural Chaplaincy

t 07967 559594  
 e talk@agchap.com  
**www.agchap.com**

24/7 pastoral support to the farming community using supporting agencies when required. Team members visit individual farms, livestock markets, agricultural shows and church services. They have a busy social calendar including trips, dinners, fundraisers and farm visits, monthly Meet and Eat lunches and Night Owls for friendly nights out.

## CORNWALL

### FarmCornwall

t 01736 367589 or 07775 667825  
 e mail@farmcornwall.co.uk

FarmCornwall offers sound, practical, realistic and confidential advice supporting farmers and their families across the whole of Cornwall. The charity provides advice on finance and debt control, agricultural advice, succession planning, government grant aid, welfare and mental health support and a farm women's group.

### Farming Health Hub

t 07568 471064  
 e jon@farminghealth.co.uk  
**www.farminghealth.co.uk**

The Farming Health Hub joins together organisations from the private, public and voluntary sectors to provide advice, support and guidance to farming communities in local venues, such as livestock markets and pop up venues. The Hub provides confidential advice around Physical Health, Mental Health and Business Health to farmers and their families in their day-to-day lives.

## CUMBRIA

### The Farmer Network

t 01768 868615  
 e info@thefarmernetwork.co.uk  
**www.thefarmernetwork.co.uk**

The Farmer Network Ltd is an independent, not for profit organisation providing help and support to farmers, their families and businesses across Cumbria and The Yorkshire Dales, whatever the challenge or opportunity.

## DERBYSHIRE

### Derbyshire Rural Chaplaincy

☎ 07710 088972

✉ chaplaincy@ruralactionderbyshire.org.uk

[www.ruralactionderbyshire.org.uk](http://www.ruralactionderbyshire.org.uk)

Rural Action Derbyshire (RAD) is an independent organisation and registered charity, operating across the county. The Derbyshire Rural Chaplaincy is a project managed by RAD, providing confidential practical and pastoral support to farmers, young farmers, and farming families in Derbyshire.

### The Farming Life Centre

☎ 01692 810903

✉ info@thefarminglifecentre.org.uk

[www.thefarminglifecentre.org.uk](http://www.thefarminglifecentre.org.uk)

Through projects addressing health, social and economic inequalities and deprivation within the upland farming community we aim to improve the resilience of rural residents before reaching a point of crisis. Providing health/wellbeing and business-related support; rural communities will be better equipped to deal with challenges in a timely way.

## DEVON

### Dartmoor Hill Farm Project

☎ 01822 890913

✉ hfp@dartmoor.gov.uk

[www.dartmoorhillfarmproject.co.uk](http://www.dartmoorhillfarmproject.co.uk)

The Dartmoor Hill Farm Project covers the National Park area and provides a range of services to hill farmers helping to support agricultural businesses in a variety of different ways. This includes training, advice and general support and guidance on many issues.

### Exmoor Hill Farming Network

☎ 01643 841455

✉ katherine@ehfn.org.uk

[www.ehfn.org.uk](http://www.ehfn.org.uk)

The Exmoor Hill Farming Network was established in 2014 to improve the viability and sustainability of Exmoor farming businesses through knowledge transfer, peer-group support, training, and co-operation to safeguard upland farming, rural employment and landscape management.

## DORSET

### Sherborne Deanery Rural Chaplaincy

☎ 01963 23570 or 07966 754110

✉ rural.chaplaincy@btinternet.com

“Being with, listening to and supporting farming and rural people in their daily lives.” They work as a chaplaincy for everyone across West Dorset and far beyond. They are in Salisbury Livestock Market, supporting farming and rural business.

## DURHAM

### UTASS

☎ 01833 641010 or 07917 304685

✉ info@utass.org

[www.utass.org](http://www.utass.org)

Providing training, guidance, practical support, help with complex paperwork, social events/activities and community transport with and for the people of the Durham Dales and beyond. Their aim is to help prevent problems from getting to the desperate stage and assist in maintaining a safer, happier, self-sustaining community.

## GLOUCESTERSHIRE

### Gloucestershire Farming Friends

☎ 0845 300 6886

✉ help@gloucestershirefarmingfriends.co.uk

[www.gloucestershirefarmingfriends.wordpress.com](http://www.gloucestershirefarmingfriends.wordpress.com)

In partnership with The Farming Community Network, provides free, confidential, emotional and practical support to farmers and the rural community in the county via the helpline and one to one visits.

## HEREFORDSHIRE

### Borderlands Rural Chaplaincy

☎ 07958 591646 or 07531 676832

[www.borderchaplain.org](http://www.borderchaplain.org)

Confidential listening ear offering pastoral support to farmers, farming families and agricultural communities.

### Herefordshire Rural Hub

☎ 01432 268428

✉ hub@herefordshireruralhub.co.uk

[www.herefordshireruralhub.co.uk](http://www.herefordshireruralhub.co.uk)

Providing an information and support network to farming and other rural businesses, in and around Herefordshire, through newsletters, website, email, and events.

### We Are Farming Minds

☎ 07506 567500

✉ wearefarmingminds@gmail.com

We Are Farming Minds charity has been established to break the stigma surrounding mental health in the farming community in Herefordshire. They provide training, events, information, advice and support designed to raise awareness of mental health issues.

## LANCASHIRE

### Lancashire Field Nurse

☎ 07815 099748

✉ info@fieldnurse.org.uk

Providing a health and wellbeing drop-in clinic at Clitheroe, Gisburn and Brock Auction Markets for farmers and rural workers of any age group.



## LINCOLNSHIRE

### Lincolnshire Rural Support Network

† 0800 138 1710  
 e gilly.steel@lrsn.co.uk  
**www.lrsn.co.uk**

A volunteer led organisation that provides pastoral, emotional and practical support to farming and rural people during periods of anxiety, stress and problems relating to their families and businesses. One-to-one visits, helpline, drop in advice points, health screening.

## NORFOLK

### YANA

† 0300 323 0400  
 e helpline@yanahelp.org  
**www.yanahelp.org**

Specialises in Rural Mental Health Support with informative website; confidential helpline run by Samaritans-trained volunteers with access to specialist counsellors and doctors; funding for counselling for those in farming and rural businesses in Norfolk, Suffolk and Worcestershire.

## SHROPSHIRE

### Borderlands Rural Chaplaincy

† 07958 591646 or 07531 676832  
**www.borderchaplain.org**

Confidential listening ear offering pastoral support to farmers, farming families and agricultural communities.

### Shropshire Rural Support

† 0300 123 2825  
 e ruth@shropshire-rural-suport.org.uk  
**www.shropshire-rural-support.org.uk**

Confidential support for people living in rural Shropshire during periods of anxiety and stress. Also has extensive network of contacts who can provide guidance and signposting to professional advice on most aspects of living and working in rural communities and businesses.

## SOMERSET

### Exmoor Hill Farming Network

† 01643 841455  
 e katherine@ehfn.org.uk  
**www.ehfn.org.uk**

The Exmoor Hill Farming Network was established in 2014 to improve the viability and sustainability of Exmoor farming businesses through knowledge transfer, peer-group support, training, and co-operation to safeguard upland farming, rural employment and landscape management.

### Somerset Mental Health in Agriculture

† 07590 684888  
 e becky@newleaf.uk.com  
**www.newleaf.uk.com**

The Somerset Mental Health in Agriculture Group (SMHAG) is a group of individuals, from various rural organisations, with a common interest in raising awareness about mental health in agriculture.

## STAFFORDSHIRE

### The Farming Life Centre

t 01692 810903

e info@thefarminglifecentre.org.uk

[www.thefarminglifecentre.org.uk](http://www.thefarminglifecentre.org.uk)

Through projects addressing health, social and economic inequalities and deprivation within the upland farming community they aim to improve the resilience of rural residents before reaching a point of crisis. Providing health/wellbeing and business-related support; rural communities will be better equipped to deal with challenges in a timely way.

## SUFFOLK

### Lightwave

Lightwave Rural Agricultural Chaplain for Suffolk, Graham Miles.

t 07413 683368

e graham.miles.lightwave@gmail.com

[www.light-wave.org](http://www.light-wave.org)

Reaching out and supporting farming and countryside communities in Suffolk and beyond.

## YANA

t 0300 323 0400

e helpline@yanahelp.org

[www.yanahelp.org](http://www.yanahelp.org)

Specialises in Rural Mental Health Support with informative website; confidential helpline run by Samaritans-trained volunteers with access to specialist counsellors and doctors; funding for counselling for those in farming and rural businesses in Norfolk, Suffolk and Worcestershire.

## WARWICKSHIRE

### Warwickshire Rural Hub

t 07780 159291

e info@ruralhub.org.uk

[www.ruralhub.org.uk](http://www.ruralhub.org.uk)

Established in October 2003 the Warwickshire Rural Hub now has a membership of over 1200 rural businesses. Membership is free of charge. Members receive monthly e-news and invitations to topical events organised with partner organisations. They also work with FCN to organise health and welfare events at livestock markets.

## WORCESTERSHIRE

### YANA

☎ 0300 323 0400

✉ [helpline@yanahelp.org](mailto:helpline@yanahelp.org)

[www.yanahelp.org](http://www.yanahelp.org)

Specialises in Rural Mental Health Support with informative website; confidential helpline run by Samaritans-trained volunteers with access to specialist counsellors and doctors; funding for counselling for those in farming and rural businesses in Norfolk, Suffolk and Worcestershire.

## YORKSHIRE

### The Farmer Network

☎ 01768 868615

✉ [info@thefarmernetwork.co.uk](mailto:info@thefarmernetwork.co.uk)

[www.thefarmernetwork.co.uk](http://www.thefarmernetwork.co.uk)

The Farmer Network Ltd is an independent, not for profit organisation providing help and support to farmers, their families and businesses across Cumbria and The Yorkshire Dales, whatever the challenge or opportunity.

### Yorkshire Agricultural Society

☎ 01423 541000

✉ [kated@yas.co.uk](mailto:kated@yas.co.uk)

[www.yas.co.uk/yrsn](http://www.yas.co.uk/yrsn)

The Support Network brings together farming help organisations across Yorkshire focusing on farmer health and wellbeing, social isolation and women in farming.

### Yorkshire Churches Rural Business Support

[www.ycrbsorg.wordpress.com/](http://www.ycrbsorg.wordpress.com/)

Yorkshire Churches Rural Business Support's main day-to-day activity is focused on supporting chaplains in the auction marts of Yorkshire. They also aim to support research and projects addressing rural issues in which churches could have an impact.

## UK Wide

### Institute of Agricultural Secretaries and Administrators

t 01604 770372  
 e [iagsa@iagsa.co.uk](mailto:iagsa@iagsa.co.uk)

[www.iagsa.co.uk](http://www.iagsa.co.uk)

IAGSA supports and represents its Members in the delivery of rural business administration services and support to rural businesses throughout the UK. Their network of Members work in every sphere of rural business ensuring an efficient and comprehensive administration service. They also work closely with many other rural organisations to deliver this service.

## ENGLAND & WALES

### CLA

t 020 7235 0511  
 e [mail@cla.org.uk](mailto:mail@cla.org.uk)

[www.cla.org.uk](http://www.cla.org.uk)

The CLA is the membership organisation for owners of land, property and business in rural England and Wales. They are solely dedicated to the protection of land and property rights and promoting the interests of the wider rural economy. They give members advice and support to make better informed decisions.

### National Federation of Young Farmers' Clubs

t 02476 857200  
 e [post@nfyfc.org.uk](mailto:post@nfyfc.org.uk)  
[www.nfyfc.org.uk](http://www.nfyfc.org.uk)

NYFVC is a rural youth organisation for those who have a love for agriculture and rural life. YFCs provide their members with opportunities to develop life skills, work with their local communities, have their voice heard, take part in a varied programme and provide a peer support and friendship network.

### NFU

t 024 7685 8500  
[www.nfuonline.com](http://www.nfuonline.com)

The NFU is the representation body for agriculture and horticulture with over 55,000 members covering two-thirds of the agricultural land in England and Wales. Their purpose is to represent and champion British agriculture and horticulture, to campaign for a stable and sustainable future for British farmers.

### Tenant Farmers Association

t 0118 960 6130  
 e [tfa@tfa.org.uk](mailto:tfa@tfa.org.uk)  
[www.tfa.org.uk](http://www.tfa.org.uk)

The Tenant Farmers Association (TFA) is dedicated to supporting all farmers in England and Wales who do not own the land they farm. Alongside tenancies this includes share farming, grazing licences and contract farming. It lobbies Government for policies and legislation to assist non-landowning farmers and gives expert advice to its members.

## NORTHERN IRELAND

### Young Farmers' Clubs of Ulster

t 028 9037 0713

www.yfcu.org

YFCU is for young people aged 12 to 30 years. The association is strictly non-political and non-sectarian and is open to anyone, no matter of his or her ethnic background, religion or profession. There is no requirement to be a farmer or come from a farming background to join – the only requirement for membership is an interest in rural life.

### Ulster Farmers' Union

t 02890 370222

e info@ufuhq.com

www.ufuni.org

Founded in 1918, the Ulster Farmers' Union (UFU) is the largest democratic voluntary organisation representing farmers and growers in Northern Ireland. Its central objective is to promote their interests both at home and abroad through professional lobbying.

## SCOTLAND

### Scottish Federation of Young Farmers Clubs

t 01313 332445

e penny@sayfc.org

www.sayfc.org

The Scottish Association of Young Farmers Clubs (SAYFC) is Scotland's largest rural youth organisation providing competitions, events, training and travel.

### NFU Scotland

t 0131 472 4000

e info@nfus.org.uk

www.nfus.org.uk

NFU Scotland supports and promotes their members to achieve a sustainable and profitable future for Scottish agriculture. Formed in 1913, it is Scotland's leading agricultural organisation representing 9,000 farmers, crofters, growers and other supporters the length and breadth of the country.

### Scottish Crofting Federation

t 01599 530005

e hq@crofting.org

www.crofting.org

The Scottish Crofting Federation is dedicated to campaigning for crofters and fighting for the future of crofting. They work to develop, promote and encourage crofting, represent and safeguard the interests of crofters, their families and communities, their cultural heritage and their legislative rights.

### Scottish Land and Estates

t 0131 653 5400

e info@scottishlandandestates.co.uk

www.scottishlandandestates.co.uk

Their vision is to have the true value and contribution of rural land-based businesses recognised and valued both publicly and politically. They do this by championing and supporting rural businesses that provide economic, social and environmental benefit to the countryside.

## WALES

### NFU Cymru

☎ 01982 554200

[www.nfu-cymru.org.uk](http://www.nfu-cymru.org.uk)

NFU Cymru is the leading agricultural organisation that represents and champions all farmers and growers in Wales. They promote and protect the interests of their members by working with and influencing government, the supply chain and consumers in order to secure a stable and sustainable future for Welsh agriculture and to get the best possible deal for their members.

### CALL Mental Health Helpline

[www.callhelpline.org.uk](http://www.callhelpline.org.uk)

A 24/7, 365 day a year mental health helpline working in Wales, providing emotional support, signposting to local agencies and free self-help leaflets.

### Citizens Advice Bureau

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Citizens Advice is a network of 316 independent charities throughout the United Kingdom that give free, confidential information and advice to assist people with money, legal, consumer and other problems.

### Cruse

[www.cruse.org.uk](http://www.cruse.org.uk)

Bereavement Counselling - available throughout UK and online resources.

### Farm and Country Finance

[www.farmandcountryfinance.co.uk](http://www.farmandcountryfinance.co.uk)

Offering a range of financial solutions to the rural community.

### Focussed Farmers

[www.focussedfarmers.com](http://www.focussedfarmers.com)

A mindfulness-based self-leadership programme of developing focus, coupled with effective goal setting.

### Gay Farmer

[www.gayfarmer.co.uk](http://www.gayfarmer.co.uk)

Nationwide, confidential support for gay farmers and their families.

### Grassroots Suicide Prevention

[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

Supporting people at the risk of suicide. Look at the Staying Alive App.

### Growing Well

[www.growingwell.co.uk](http://www.growingwell.co.uk)

A farm-based mental health charity near Kendal, providing a safe supportive working environment to nurture mental health recovery. Works with people on a weekly basis, sometimes over years, to help rebuild a sense of purpose and to build hope for the future.

### Heads Together

[www.headstogether.org.uk](http://www.headstogether.org.uk)

Bringing together partner charities to tackle mental health issues head on. This includes the 24/7 Shout text messaging service to trained counsellors. Text SHOUT to 85258.

### The Maytree Centre

[www.maytree.org.uk](http://www.maytree.org.uk)

A Suicide Respite Centre – in London, but available to all. Supporting people in suicidal crisis in a non-medical setting. Provides a stay in a safe and confidential space.

### MIND

[www.mind.org.uk](http://www.mind.org.uk)

Mental health – check website for local groups.

### The Money Advice Service

[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

A money advice service set up by The Government.

### Papyrus – HOPELINEUK

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Support for young people in the prevention of suicide.

### Samaritans

[www.samaritans.org](http://www.samaritans.org)

Samaritans is available around the clock, every single day of the year, for anyone who is struggling to cope. You can call Samaritans for free from any phone, email them, or visit their website to find details of your nearest branch.

### SANE

[www.sane.org.uk](http://www.sane.org.uk)

Providing emotional support and information to anyone affected by mental illness.

## ADDITIONAL SUPPORT



### Scottish Mental Health

[www.samh.org.uk](http://www.samh.org.uk)

Mental health support lines across Scotland, between 9am to 5pm, Monday to Friday.

### Scottish Rural Action

[www.sra.scot](http://www.sra.scot)

SRA work to help improve the lives of people in rural Scotland and to reduce rural inequality.

### Staying Safe

[www.connectingwithpeople.org/StayingSafe](http://www.connectingwithpeople.org/StayingSafe)

If you're not sure life's worth living.

### Support In Mind Scotland

[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)

Support in Mind Scotland seek to support and empower all those affected by mental illness, including family members, carers and supporters.

### Survivors of Bereavement by Suicide

[www.uksobs.org](http://www.uksobs.org)

Help for those who have been bereaved by suicide.

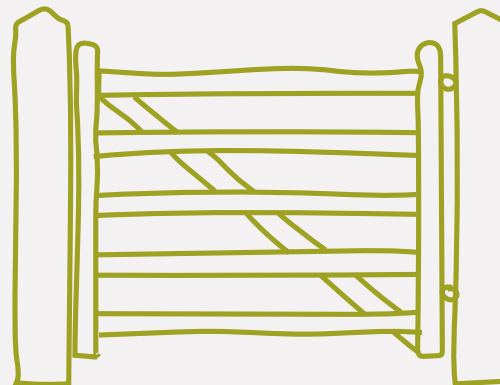
We hope we have listed all farm and rural support groups and relevant national organisations, but if you are an organisation which you feel should be included in future editions, or the online version, of the National Directory of Farm and Rural Support Groups, then please do contact us at [farmsupport@countysidefund.org.uk](mailto:farmsupport@countysidefund.org.uk)

## FARM SUPPORT GROUPS INITIATIVE

Following The Prince's Countryside Fund's (PCF) 2019 farmer networks conference, the PCF appointed Diane Spark to the role of Farm Support Coordinator.

Over the past two years, Diane has created a network of over 40 Farm Support Groups, helping these incredible organisations to better collaborate and share knowledge, best practice, and advice with each other. The PCF was immensely thankful to be awarded £25,000 from the National Lottery Community Fund's Coronavirus Community Support Fund in October 2020. This award was for our Farm Support Groups Initiative and has allowed the update and reprint of this directory.

If you wish to express an interest to join the PCF's Farm Support Groups Initiative, please email [farmsupport@countysidefund.org.uk](mailto:farmsupport@countysidefund.org.uk)





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Courtesy of YANA

# 7

Worried about someone? Please remember:

## TRACTOR FACTS

**T**  
**R**  
**A**  
**C**  
**T**  
**O**  
**R**

Tell the person you are worried about them

Reaching out to someone in distress could save a life – listen in a non-judgemental way

Asking if they are thinking of suicide or ending their life is not easy, but if a person has a plan and means to take their own life, they need urgent help

Care - stay with them

Try to stay calm and supportive

Offer to help them: to call their GP, take them to A&E or contact the police

Remove the means – keys to chemical stores, firearms, drugs...

If you are worried that someone is in immediate danger call 999 – stay with them until help arrives, if it safe to do so.

**If firearms are involved, always contact the police**

# Farming Help

03000 111999

Confidential help for all in the farming community

The Farming Help Partnership is supported by



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FARMERS HELPING FARMERS

**R·A·B·I**  
Supporting Farming Families

**RSABI**  
Supporting People  
in Scottish Agriculture

Helping farmers with disaster relief and affordable rural housing.

Practical and pastoral support for farmers and families within the farming community.

Supports farmers whose livestock has been affected by an extreme weather event by providing forage and/or bedding to those in need.

Helping farming people of all ages with a wide range of financial and practical support.

Supporting people from Scottish agriculture emotionally, practically and financially in times of need.