Farming Support in Wales

FarmWell

INFORMATION | SUPPORT | RESILIENCE
GWYBODAETH | CYMORTH | CADERNID

Ariennir yn Rhannol gan **Lywodraeth Cymru**
Part Funded by **Welsh Government**

A one-stop resource hub

Helping you & your farm business stay strong and resilient

FarmWell is a new online resources hub full of the most useful information to help keep your farm business, and yourself, resilient through changing times and help you plan positively for the future.

FarmWell is free to use and has three clear aims:

Business

Supporting you in developing your farm business and keeping it resilient through changing times. FarmWell provides links to the most useful and user-friendly information sources across all farm business areas, where you can find the facts to help plan successfully and efficiently.

Personal

Helping you, your family and your staff to deal with change. FarmWell contains supportive links, advice and help, aimed at improving your emotional and physical resilience, whilst maintaining a safe and healthy working environment.

Support

Guidance on how you can access additional support and mentoring, both from a business and personal perspective, should the need arise.

To find out more visit **farmwell.wales**

Business

Building business resilience on your farm in a changing environment will be required for future sustainability.

The business contacts in this directory list organisations operating in Wales who will support with developing and managing a farm business.

Farming Connect provides a package of support, tailored to your requirements, which will help you make well informed decisions. Many services are fully funded others are subsidised by up to 80% for eligible businesses.

If your aim is to run a profitable, professional and sustainable business then you should start by producing an up to date business plan.

Additional information, guidance and support is available:

- Call the Service Centre on **08456 000813**
- Contact your local Development Officer: gov.wales/farmingconnectofficers
- Contact one of the approved Farming Connect advisers or training providers: gov.wales/farmingconnectadvice

Farm Liaison Service

The Farm Liaison Service (FLS) provides guidance on agricultural policies as well as regulatory information relating to farming in Wales. Your local FLS officer can be found through the link below or by contacting the team directly.

- Email: farmliaisonservice@gov.wales
- For additional information visit: www.gov.wales/farm-liaison-service

  www.gov.wales/farming-countryside

  In addition to FLS a useful guide has also been created covering Farm Scheme Inspections. The guide includes completed examples of farm record forms.
- For additional information visit: www.gov.wales/farm-scheme-inspections-guide-farmers

Rural Payments Wales (RPW)

RPW is responsible for managing rural payments in WALES

- Call the Customer Contact Centre: **0300 062 5004**, Monday to Thursday 8:30am-5pm and Friday 8:30am-4:30pm.
- For additional information visit: www.gov.wales/contact-rural-payments-wales-rpw-online
- For further contact information visit: www.gov.wales/contact-us

Farm Assured Welsh Livestock (FAWL)

Farm assurance scheme run by Welsh Lamb and Beef Producers Ltd. (WLBP), a cooperative of 7,500 Welsh farmers, striving to strengthen consumer confidence through assurance of farm standards.

- Call: **01970 636 688**
- Email: info@fawl.co.uk
- For additional information visit: www.wlbp.co.uk

Farming Connect

Transforming the business prospects of farmers and foresters in Wales.

- Call: **08456 000 813**
- For additional information visit: www.gov.wales/farmingconnect - local officers around Wales.

Farm Safety Foundation

A charity that mounts campaigns, conducts research and offers farm safety and mental health training for colleges and farm businesses.

- Call: **01789 416065**
- Email: farm_safety_foundation@nfumutual.co.uk
- For additional information visit: www.yellowwellies.org

Agricultural and Horticultural Development (AHDB)

AHDB are a statutory levy board, funded by farmers, growers and others in the supply chain to help the industry succeed in a rapidly changing world.

- For additional information visit: www.ahdb.org.uk

Farmers' Union of Wales (FUW)

Agricultural union membership organisation that exclusively represents the farmers of Wales.

- Call: **01970 820820**
- Email: post@fuw.org.uk
- For additional information visit: www.fuw.org.uk

Hybu Cig Cymru - Meat Promotion Wales

Industry-led organisation responsible for the development, promotion and marketing of Welsh red meat.

- Call: **01970 625 050**
- Email: info@hybucig.cymru
- For additional information visit: www.meatpromotion.wales

Lantra Wales

Lantra provide expert training and qualifications for land-based industries.

- Call: **01982 552646**
- Email: Wales@lantra.co.uk
- For additional information visit: www.lantra.co.uk

NFU Cymru

NFU Cymru is the leading agricultural organisation that represents and champions all farmers and growers in Wales.

- Call: **01982 554200**
- Email: Nfu.cymru@nfu.org.uk
- For additional information visit: www.nfu-cymru.org.uk

North Wales Veterinary Support - Milfeddygion Gogledd Cymru

Working with local veterinarians to provide high quality veterinary services on behalf of APHA and the Welsh Government across north Wales.

- Call: **01248 668639**
- Email: gia@menterabusnes.co.uk
- For additional information visit: www.menterabusnes.cymru/animalhealthservices

South Wales Veterinary Support - Iechyd Da

Promote and deliver veterinary related services including in particular the provision of TB testing services to government across south Wales.

- Call: **01970 636688**
- Email: info@i-da.co.uk
- For additional information visit: www.iechydda.cymru

Tenant Farmers Association (TFA/TFA Cymru)

The Tenant Farmers Association provides dedicated advice, information and support to all non-land-owning farmers in England and Wales.

- Call: 0118 930 6130
- Email: tfa@tfa.org.uk
- For additional information visit: www.tfa.org.uk

The Institute of Agricultural Secretaries and Administration Limited (IAgSA) (Farm administrators)

A membership organisation of Rural Business Professionals specialising in farm secretarial and administration covering bookkeeping, farm records and farm office administration.

- Call: **01604 770372**
- Email: iagsa@iagsa.co.uk
- For additional information visit: www.iagsa.co.uk

Natural Resources Wales (NRW)

NRW's purpose is to pursue sustainable management of natural resources and apply the principles of sustainable management of natural resources.

- Call: **0300 065 3000**
- Email: enquiries@naturalresourceswales.gov.uk
- For additional information visit: www.naturalresourceswales.gov.uk

Livestock recording systems

British Cattle Movement Service (BCMS)

Online database of all bovine animals in Great Britain called the Cattle Tracing System (CTS)

- Email: bcmsenquiries@rpa.gov.uk
- For additional information visit: www.gov.uk/government/organisations/british-cattle-movement-service

EID Cymru

Electronic sheep and goat movement recording system for Wales.

- Call: **01970 636959**
- Email: contact@eidcymru.org
- For additional information visit: www.eidcymru.org

eAML2 (pigs)

Electronic pig movement recording system.

- Call: **0844 335 8400**
- For additional information visit: www.eam12.org

Succession planning

What is succession? It is not about retirement. It is simply about the long term plan for your farming business; its goals; its vision and the plan to achieve them. Farm business succession is crucial to the whole industry.

Your succession plan will be unique to your business as every family and business is different. What will never change is the need for every farming family to consider the future of the business and to plan ahead for different eventualities – the sooner the better!

Why you need it?

The key risks of not having such a plan include for example:

- Falling out with family members.
- Adverse financial consequences / the impact of inheritance tax / capital gains tax.
- Stress and anxiety, often combined with worry and grief.
- Loss of home / livelihood for family members.
- Impact on the family farm if it is sold, carved up or divided.

More information on succession, is available at:

gov.wales/farmingconnectsuccession

Emergency planning

Planning ahead for unforeseen events and a changing environment is essential for a farm business. This idea of planning is commonly known as contingency planning, ensuring that farm businesses can return to normal after such circumstances with as little damage and disruption as possible. Having a plan in place for difference aspects of change that could affect the farm is advised.

Animal disease plan

Contingency plan for exotic notifiable diseases of animals: www.gov.wales/exotic-animal-diseases-contingency-plan

Crop strategy

AHDB provides a list of recommended cereals and oilseeds for the year ahead. This includes information on yield and quality performance, agronomic features and market options to assist with variety selection: www.ahdb.org.uk/rl

Emergency plan

NFU Advice for members affected by flooding (available to non-NFU members): www.nfuonline.com/cross-sector/environment/weather/weather-news/advice-for-members-affected-by-flooding/

On-farm advice:

On-farm advice allows you to receive independent, confidential and bespoke advice that will help you improve the economic and environmental performance of your farm business.

AgriPlan Cymru

- Call: **01545 581 130**
- Email: office@agriplancymru.co.uk
- For additional information visit: www.agriplancymru.co.uk

CARA Wales

- Call: **01570 471 516**
- Email: office@carawales.co.uk
- For additional information visit: www.carawales.co.uk

Kite Consulting

- Call: **01902 851007**
- Email: enquiries@kiteconsulting.com
- For additional information visit: www.kiteconsulting.com

Landsker Business Solutions

- Call: **01994 240 631**
- Email: hello@landsker.co.uk
- For additional information visit: www.landsker.co.uk

Promar International

- Call: **01270 616800**
- Online address: www.promar-international.com

RSK ADAS Ltd

- Call: **0333 0142950**
- Call (Welsh speaking service): **01974 847000**
- Email: enquiries@adas.co.uk
- For additional information visit: www.adas.uk

Savills UK

- Call: **01242 548012**
- Email: ALilley@savills.com
- For additional information visit: www.savills.co.uk/sectors/food-and-farming.aspx

The Anderson Centre

- Call: **01664 503 200**
- Email: enquiries@theandersonscentre.co.uk
- For additional information visit: www.theandersonscentre.co.uk

Farming Connect provides a package of support tailored to your requirements, which will help you make well informed decisions.
For additional information visit: gov.wales/farmingconnectadvice

Personal

Personal resilience in the farming community is a widely recognised process of coping with stress and bouncing back from difficult situations.

It is important to recognise that it is normal to experience difficult times and that there is accessible help and support readily available for them to be dealt with and overcome.

Example of ways to build your personal resilience can be seen below, more information on these particular areas can be accessed online through FarmWell Wales: farmwell.wales

Examples of personal resilience include:

- Looking after your personal wellbeing through: stress management, mindfulness, faith, suicide awareness.
- Staying connected through farming groups and forums.
- Staying physically fit through health guidance and exercise.
- Working safely. Ensuring a safe working practice is followed on the farm, keeping the public safe, children's safety, as well as the safety precautions that come with lone working.
- Counselling and talking therapies.
- Awareness of common illnesses such as cancer and dementia.

The personal focussed contacts in this directory list the organisations operating in Wales who specifically deal with developing and managing aspects of personal resilience.
The contacts provide support, advice and help, determined to achieve stronger emotional and physical intelligence, whilst maintaining a safe and healthy working environment.

Having strong personal resilience allows you to be proactive prior to it being needed, as well as being reactive in supporting you personally during unexpected situations of need.

Addington Fund

Providing homes and disaster relief for farming families.

- Call: **01926 620135**
- Email: enquiries@addingtonfund.org.uk
- For additional information visit: www.addingtonfund.org.uk

Bereavement care -

Find bereavement services from your council in Wales by entering your postcode online

Contact your council to find resources and support in times of bereavement.

- Available in Wales and England
- For additional information visit: www.gov.uk/find-bereavement-services-from-council

Campaign Against Living Miserably (CALM)

UK based, leading movement against suicide.

- Helpline: **0800 585858**, 5pm-12pm, 365 days a year.
- For additional information visit: www.thecalmzone.net
- Webchat: www.thecalmzone.net/help/webchat (open 5pm-12pm, 365 days a year.)

Dan 24/7 (Drug and Alcohol helpline)

Providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol.

- Call: **0808 808 2234**, open 24/7.
- Text: 'DAN' to 81066
- For additional information visit: www.dan247.org.uk

Community Advice and Listening Line (CALL)

Offering emotional support to people suffering mental distress as well as their friends, carers and relatives.

- Helpline: **0800 132 737**, open 24/7.
- Text: 'HELP' to **81066**
- For additional information visit: www.callhelpline.org.uk

Alzheimer's Society Cymru support

UK Dementia support to people living with dementia and carers, campaigning for change and funding research to find a cure.

- Helpline: **0300 222 1122**
- For additional information visit: www.alzheimers.org.uk/about-us/wales

The DPJ Foundation

24/7 helpline for the agricultural community suffering with poor mental health. Provides fully funded counselling across Wales.

- Call: **0800 5874262**
- Text: **07860048799**
- Email: admin@thedpjfoundation.co.uk
- For additional information visit: www.thedpjfoundation.co.uk

Merched y Wawr

Voluntary non-political organisation for women in Wales.

- Call: **01970 611661**
- Email: swyddfa@merchedywawr.cymru
- For additional information visit: www.merchedywawr.cymru

The Farming Community Network (FCN)

A voluntary organisation & charity working in England and Wales that supports farmers and families within the farming community.

- Helpline: **03000111 999** (7am-11pm)
- National office: **01788 510866**
- Email: help@fcn.org.uk
- For additional information visit: www.fcn.org.uk

MIND Cymru

Mind offers advice and support to anyone experiencing a mental health problem. There are 20 local Minds in Wales, find out what is happening near you: www.mind.org.uk/information-support/local-minds

- Call: **0300 123 3393** (9am-6pm, Monday–Friday)
- Text: **86463**
- Email: info@mind.org.uk
- For additional information: www.mind.org.uk/about-us/mind-cymru

Health and Safety Executive

The Health and Safety Executive is a UK government agency responsible for the encouragement, regulation and enforcement of workplace health, safety and welfare, and for research into occupational risks in Great Britain.

- Call: **0300 003 1747** (8.30am-5pm, Monday to Friday, Wednesday 10am-5pm)
- For additional information visit: www.hse.gov.uk

Grace (Rural Wales) Partnership – Y Grŵp

Group of co-operating Christians serving the rural and farming community. Y Grŵp exists for the benefit of those from all faiths or none. The group visits Camarthen, Llandeilo, Llandovery, Whitland and Sennybridge livestock marts.

- Call/text: **07748 644958** (8am-10pm)
- For additional information visit: www.gracewales.wordpress.com

Hafal

Hafal is a user-led charity for people with a mental illness and their carers providing services in all 22 counties of Wales. Find what services are local to you at: www.hafal.org/in-your-area/

- Call: **01792 816600** (9am-5pm, Monday-Friday)
- Email: hafal@hafal.org
- For additional information visit: www.hafal.org

Live Fear Free (Domestic abuse and sexual violence)

Providing help and advice about violence against women, domestic abuse and sexual violence. The helpline is available for all victims of violence against women, domestic abuse and sexual violence.

- Helpline: **08088 010800** (24/7)
- Text: **078600 77333**
- Email: info@livefearfreehelpline.wales
- For additional information visit: www.gov.wales/live-fear-free

National Federation of Women's Institute (WI)

Community based organisation for women in the UK.

- Call: **029 2022 1712**
- Email: walesoffice@nfwi-wales.org.uk
- For additional information visit: www.thewi.org.uk/wi-in-wales

Royal Agricultural Benevolent Institution (R.A.B.I)

Confidential guidance, financial and practical help for farming people of all ages in Wales. Telephone support or home visits available from bilingual case officers.

- Helpline: **0808 281 9490**
- Call: **01865 724931**
- Email: help@rabi.org.uk
- For additional information visit: www.rabi.org.uk

Tir Dewi

Providing confidential and free support to farmers across Wales, helping them to overcome their problems, whatever they are, through direct support and working with partners.

- Call helpline: **08001214722**
- Call office: **01348 837600**
- Email: info@tirdewi.co.uk
- For additional information visit: www.tirdewi.co.uk

NHS direct Wales

NHS Health advice service in Wales.

- Call: **0845 4647**, open 24/7.
- For additional information visit: www.nhsdirect.wales.nhs.uk

Samaritans

Working to reduce deaths by suicide in the UK. You don't have to be suicidal to call. You can talk about anything that's troubling you. If you're going through a tough time, you don't have to face it alone.

- Helpline: **116 123**, open 24/7.
- Welsh language helpline: **0808 164 0123**, 7pm-11pm
- Email: jo@samaritans.org
- For additional information visit: www.samaritans.org

Cruse UK (Bereavement care)

Cruse provides bereavement support for adults, children and young people when someone has died.

- National helpline: **0808 808 1677**
- For additional information visit: www.cruse.org.uk/get-help/local-services/wales/wales - Please visit the website to find the nearest branch to you.
- www.hopeagain.org.uk

The Wales Federation of Young Farmers' Clubs (YFC)

Bilingual voluntary organisation in Wales with over 5,000 young people between the ages of 10 and 26.

- Call: **01982 553502** (9am-5pm, Monday-Friday)
- Email: information@yfc-wales.org.uk
- For additional information visit: www.yfc.wales

Personal Wellbeing

Stress: Stress in the agricultural world is often caused by factors that are out of personal control. It is important to accept that stress is normal, especially in a high pressure work environment. Then understanding how to identify the signs of stress, managing it, and minimising it is the first point of call that can be easily combated.

Top tips to deal with stress include:

1. **Splitting up big tasks:** it can often feel overwhelming having too many things on your mind to complete, splitting up tasks into a list of importance will give more satisfaction for completing them, and allow tasks to be finished that may have otherwise been pushed aside.
2. **Exercise:** exercise is essential in developing mental and physical resilience, there are plenty of accessible resources developed to stay fit at home and work alongside a busy farming life.
3. **Talking to someone:** you do not have to go through things alone if you are overwhelmed or under pressure. Talk to friends, and family members about the pressures you are facing. There are a host of online farming forums to help share similar problems with people in similar situations who may share their solutions to resolve the issue.
4. **Looking after yourself:** Stress can have a physical toll, it's important that you eat a healthy diet, take part in physical exercise and ensure you have sufficient time to sleep. Making time to take care of yourself will help you stay strong in the face of stress.
5. **Taking a break:** it is important to have down time in a busy working day to allow you to physically and mentally recover, positive distractions during breaks can actually improve productivity.

Anxiety and depression: The 5 ways to wellbeing are aimed at seeing a more positive outlook on life:

- **Connect** - through personal relationships within the family and rural networks; YFC, Demonstration Farm Groups, village coffee meetings.
- **Take notice** - be more aware of your surroundings and how you are feeling.
- **Be active** - focus on your physical activity, maintaining fitness, joining local exercise classes and groups.
- **Keep learning** - set goals, try new things.
- **Give** - focusing on strengths and taking responsibility to do things for other people.

Further information on personal wellbeing can be found on the FarmWell website: farmwell.wales

Support

Mentoring: Farming Connect has established a new mentoring scheme for farmers who will be able to receive guidance and advice from their peers on a wide range of topics.
If eligible you can access 15 hours of fully funded mentoring services with your chosen farming or forestry mentor.

The Farming Connect Mentors come from all corners of Wales. You could either select a mentor who is local to your region or go further afield and choose someone from a different area.

Farming Connect Mentors have 'been there, done that' and can develop relationships based on mutual trust and respect. They will be able to share their knowledge, experience, and impartial views to help you identify your goals and fulfil your potential. It's an opportunity to develop communication skills, to listen, learn and expand your viewpoints which in turn may help you find new ways to approach new situations and deal with challenges.

To find out more about each mentor's background, skills and expertise browse through the detailed 'mentor directory' which can be found at: gov.wales/farmingconnectmentoring

Animal disease:
Animal and Plant Health Agency (APHA)

- APHA work to safeguard animal and plant health for the benefit of people, the environment and the economy.
- Call: **0300 303 8268**
- Email: apha.cymruwales@apha.gov.uk
- For additional information visit: www.apha.gov.uk

Bovine TB

The TB hub is the 'go-to' place for beef and dairy farmers to find practical advice on dealing with bovine TB on their farm, covering everything from biosecurity measures to understanding trading rules.

- For additional information visit: www.tbhub.co.uk
- For information, support and advice, contact The Welsh Government's TB team: bovinetb@gov.wales

Bovine Viral Diarrhoea (BVD)

Gwaredu BVD, funded by the Rural Development programme and Welsh Government is a national programme to eradicate the disease in Wales.

- Call: **01554 748576**
- Email: gwaredubvd@colegsirgar.ac.uk
- For additional information visit: www.ahww.cymru

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To find out more visit farmwell.wales