

Can we help you or someone you know?

Simply talking to someone is often the first step towards resolving your situation. When you're ready to talk, we will be there to listen.

Our national helpline is available from 7am-11pm every day of the year – including Christmas Day.

Our volunteers are on hand to provide a sympathetic ear and will treat your case confidentially and without judgement.

If you would like someone to talk to, then The Farming Community Network is **here for you**, no matter what your concern is.

Helpline:
03000 111 999

e-Helpline:
help@fcn.org.uk

Helpline is open 7am-11pm every day of the year.



When suffering from stress the doctor sent me to a counsellor and I got nowhere. FCN have caused a breakthrough! We still have some problems with the farm business partnership but FCN have acted as a mediator and helped the situation with their impartiality and sensitivity.

David,
Farmer, Suffolk



FCN | THE FARMING
COMMUNITY
NETWORK

Here for *you*



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COMMUNITY
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Here for *you*



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Tel:
01788 510866
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help@fcn.org.uk

Website:
fcn.org.uk

Social:

@FCNcharity

TheFarmingCommunityNetwork

It's good to have someone to talk to

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Farming can be tough...

Farming is not just a business, it's a way of life. It is a fantastic industry to work in, but there are times when farming can also be risky and volatile.

Farmers are regularly forced to deal with issues on the farm that are beyond their control, such as animal disease, fluctuating market prices and the weather.

Farming can also be a very isolating and lonely occupation, with farmers often spending long hours out in the field with little or no form of social interaction.

On top of their responsibilities on the farm, farmers also deal with issues in their personal life, such as relationship breakdowns, physical health problems and bereavement.

Farming has its troubles...

Finance

Farmers are not immune to financial difficulties. In fact, many farming families rely on farm support payments just to break even. When farmers don't receive these payments, as many have experienced in recent years, it can lead to severe financial hardship. Even without this support, **approximately 25% of farming families live on or below the poverty line.**

Animal Disease

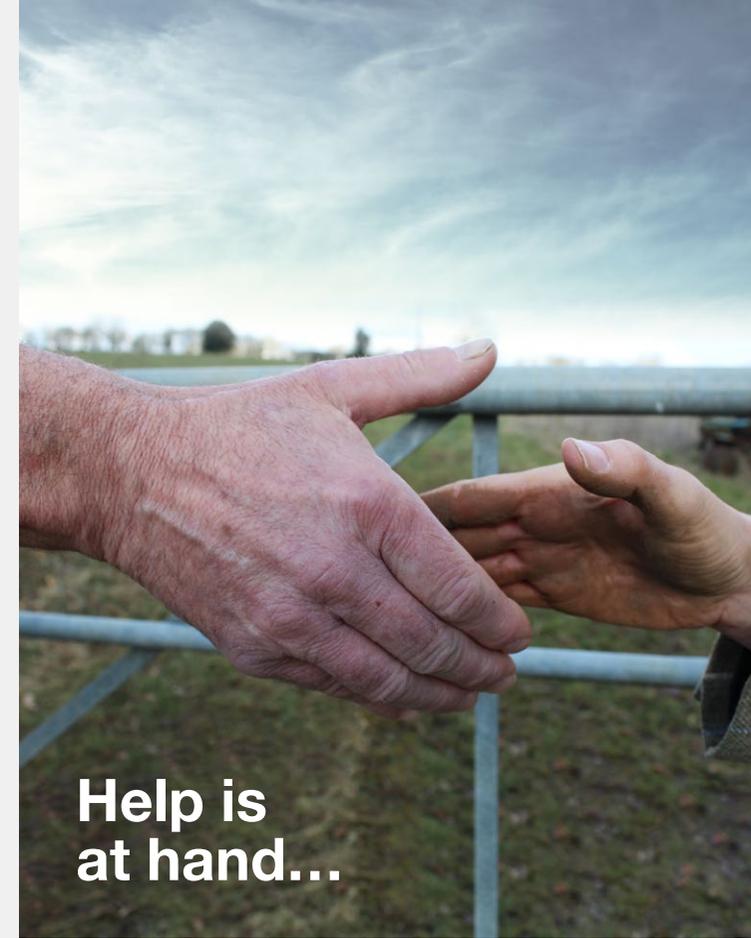
When livestock farms are hit by disease, it is not just the animal that suffers. Animal disease can be debilitating for farming families. Not only is it a threat to the farm business but it can also lead to mental and physical distress. **Every year, approximately 4,500 farming families in England and Wales are affected by bovine TB.**

Family

A strong and amicable family relationship is key when running a farm. But as time moves on, issues such as retirement and succession become more relevant. Simply raising this topic can often lead to family conflict. As such, **around 60% of family farms don't have a written succession plan in place.**

Health

The nature of farming means that farmers are highly susceptible to poor mental and physical health. Farmers rarely have time to seek the help they need and finding the right help can be difficult in remote areas. Suicide rates in farming are among the highest of any occupation and **in the UK, more than one farmer a week takes their own life.**



Help is at hand...

During difficult times, knowing who to turn to for support can be a challenge. This is where the Farming Community Network (FCN) can help.

We have over 400 volunteers throughout England and Wales, ready to provide pastoral and practical support to anyone who seeks our help.

Most of our volunteers have a farming background or a keen interest in farming and therefore have a great understanding of the issues farming families regularly face. We can provide support in a number of ways and we work with a variety of stakeholders including government bodies, agricultural organisations and healthcare services.

Whether the issue is personal or business-related, our volunteers are there to support you and "walk with" you for as long it takes.

Here for *you*

