FCN | THE FARMING COMMUNITY NETWORK

What is the campaign about?

This is a campaign between FCN and British Wool to **support farmers' mental health during the winter months.**

Our goal

We are **raising awareness** of the importance of **good mental health in farming.** By keeping the FCN Helpline number close to our heads, we are reminding farmers that we are part of a caring community.

FOLLOW THESE STEPS TO GET INVOLVED

1. Knit your hat out of British wool - any size or style will do!
2. Sew the FCN Helpline label into the hat.
3. Gift your hat to a farmer/friend, take a picture and share on socials.

WOOL AND *Wellness*

Use the #!

#WoolAndWellness

Helpline: 03000 111 999

Pattern available on:

fcn.org.uk/wool-and-wellness/