
The Farming Community Network

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**‘Supporting the farming
community through
hard times’**

What is FCN?

- FCN is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times.
- FCN has over 400 volunteers, located throughout England and Wales.
- FCN runs a national helpline (03000 111 999) which is open every day of the year from 7am-11pm.
- Known for being confidential and trusted.
- 2020 marks FCN's 25th anniversary.



Vulnerabilities in farming

- Farming is an inherently risky and volatile industry to work in.
- Farmers are regularly forced to deal with issues on the farm that are beyond their control, such as animal disease, supply chain challenges, fluctuating market prices and the weather.
- Farming can be a very isolating and lonely occupation with limited social interaction.
- Mental health challenges – such as stress, anxiety, depression.
- These are times of immense change – planning ahead is a challenge.



Pressures on farming

THE FARM FAMILY HOME

- Financial pressures
- Uncertain farm future
- Attachment to land
- Difficulty accessing services
- Social isolation
- Alcohol and substance abuse
- Rural poverty
- Succession planning
- Loss of off-farm incomes
- Younger family members leaving rural areas



THE FARMER

- Technological changes
- Stress, anxiety, pressure
- Loneliness
- Debt
- Ageing farmer population
- Risk of farm accidents
- Difficulty attracting employees



THE FARM BUSINESS

- Adverse weather conditions - affecting crops, land quality
- Disease outbreaks
- Decreasing subsidies
- Quality of produce
- Animal welfare
- Farm inspections
- Soil quality



EXTERNAL FACTORS

- Brexit
- Changes in taxes and HMRC reporting
- Climate change
- Market uncertainty
- Price volatility
- Government reforms
- Social license to farm
- Covid-19
- Environmental policy
- World food policy



How does FCN help?

- Volunteers are on hand to provide free, practical and pastoral support to anyone who seeks help.
- FCN's helpline (03000 111 999) and e-helpline (help@fcn.org.uk) are open every day of the year, including Christmas Day, from 7am-11pm.
- Helpline volunteers are on hand to listen and provide a sympathetic ear, whether the issue is personal or business-related.
- Calls that come through the helpline are often referred to a local volunteer, who will arrange a meeting with the caller. All cases that come to FCN are treated with complete confidentiality.
- Our volunteers will “walk with” those who seek our help and support them for as long as it takes.



About the work of FCN

FCN | THE FARMING
COMMUNITY
NETWORK

Every year, **FCN** takes on **1,000** new cases through its helpline and third party referrals.



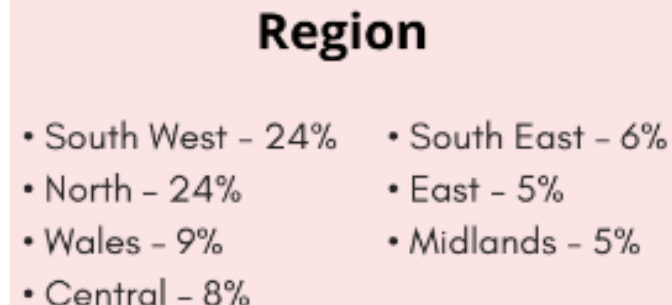
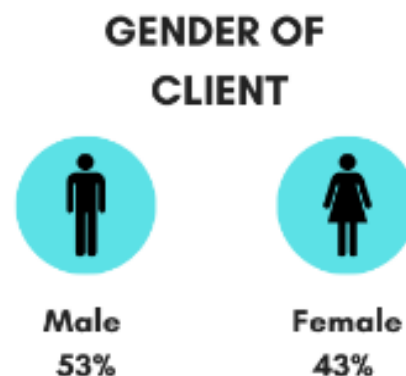
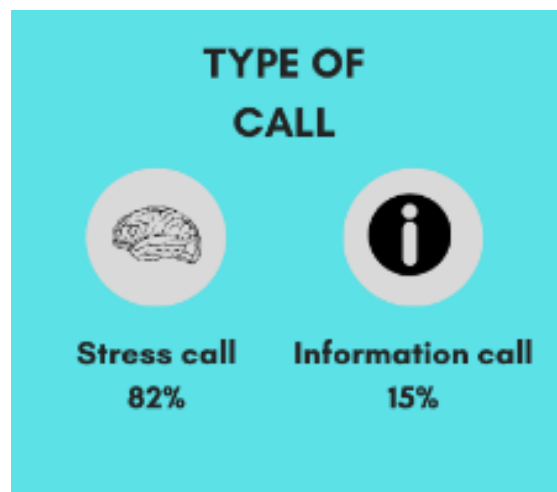
Our volunteers travel over **130,000** miles every year supporting the farming community.



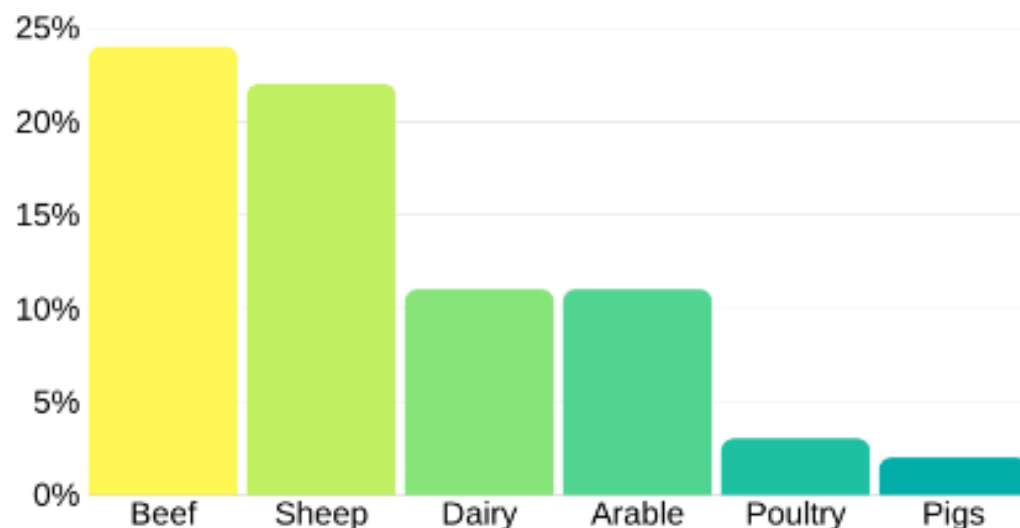
Around **6,000** people a year benefit from the support of **FCN**.



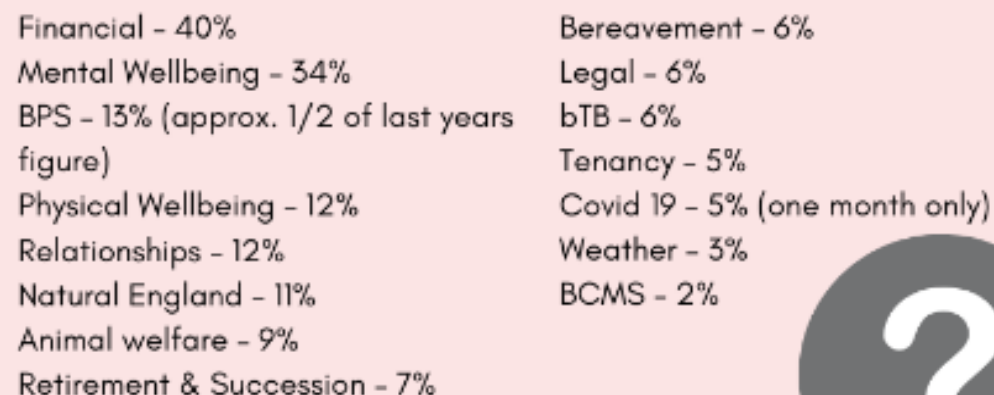
Overview of FCN cases (12 months from April 2019)



Enterprises recorded



Nature of enquiry

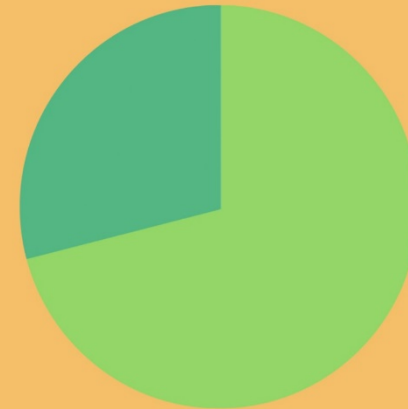


(April - June 2020)

Since the
beginning of April,
stress caused by
Covid 19 has been
a factor in 29% of
new cases



71% of new cases through the FCN
Helpline over the past three months were
classified as stress-related.



Combatting stress is one of the biggest
challenges facing the farming community.

Mental health research

- New research led by FCN and the University of Exeter explores how farmers manage social isolation, loneliness and mental health issues.
- Conducted by the Centre for Rural Policy Research (CRPR) and scheduled to conclude September 2021.
- Interviews will be conducted with farmers and families in Devon and Cornwall.
- Findings will be used to ensure we can best support the farming community and suggest interventions.



Testimonials

“My sister and family are in deep crisis with a family member. My sister disclosed to me her worries, so I looked online, found your contact number and encouraged her to phone your helpline. Thankfully you answered her call and assigned her a local volunteer. This volunteer has visited the family farm several times and has gone above and beyond with their help and support, as well as their encouragement to seek professional guidance. Thank you very much for your help and support to this farming family.”

Anon, Wiltshire

“Before FCN visited John was showing signs of extreme stress. FCN’s sympathetic and practical attitude was just what he needed and now matters on the farm are much improved. I am most grateful for FCN’s input.”

Farm Vet, South Wales



FarmWell

INFORMATION | SUPPORT | RESILIENCE

GWYBODAETH | CYMORTH | CADERNID

**A one-stop resource to help you and your
farm business stay strong and resilient**

To find out more visit

farmwell.org.uk



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farmwell.org.uk / farmwell.wales / farmwell.cymru

What is FarmWell?



A free, one-stop online resource hub to help farmers keep themselves and their business strong and resilient.



Business Resilience

Keeping your business resilient through change

Provide 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 Resilience

Helping you, your family and your staff to stay resilient through change

Interesting articles, tips and programmes for keeping fit and healthy.

Support

Support and help if you need it

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

Time To Plan



Thinking ahead?
Preparing for change?
Planning succession?
Exploring your options?

Free and confidential support from FCN

#TimeToPlan

- Taking time to plan ahead can help farmers to remain resilient through change.
- ‘Time to Plan’, launched this October, helps to raise awareness about the importance of forward planning and encourages farmers to prepare for change from both personal and business perspectives.
- Provides tips, information and guidance around making informed decisions, planning for the future and looking after personal wellbeing.
- Visit for more:
<https://farmwell.org.uk/time-to-plan/>

Farming Help partnership



Farming Help

03000 111999

Confidential help for all in the farming community

Helpline operated by FCN

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THE PRINCE'S
COUNTRYSIDE
FUND

Can we help you or someone you know?

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

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Here for *you*

Manor Farm
West Haddon
Northamptonshire
NN6 7AQ

Tel:
01788 510866

Email:
help@fcn.org.uk

Website:
fcn.org.uk

Social:



@FCNcharity



TheFarmingCommunityNetwork



FCN

A company limited by guarantee No. 4429778.
Registered Charity No. 1095919



Registered with
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Here for *you*

Thank you.

Any questions?