



Supporting the health and wellbeing of the farming community

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Caron Whaley

RABI Director of Services



About RABI

- RABI is the farmers' charity for **England, Wales** and **Northern Ireland**.
- We provide **practical, financial** and **emotional assistance** to farming people.
- We've supported the farming community with almost **£1/4 billion** over the past 25 years.
- We run targeted cost of living campaigns such as our **Winter Fuel** and **Return to School** grants.



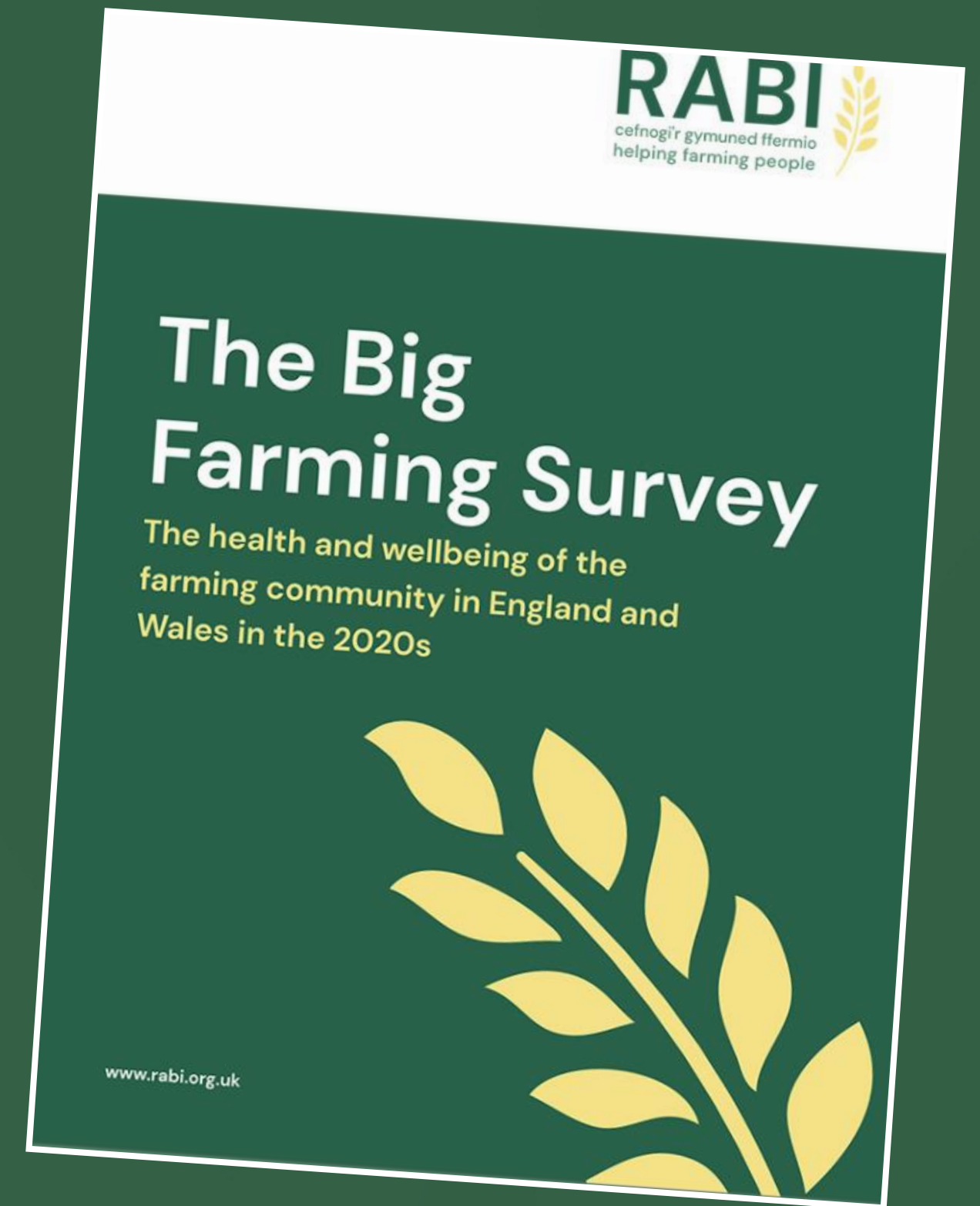
About our community

- Farming people are an **integral part of the UK's rural community**.
- Current Defra estimates are that around **472,000** people work in commercial agriculture in the UK.
- RABI estimates that **an additional 1 million+** people are dependent on or integral to these businesses.



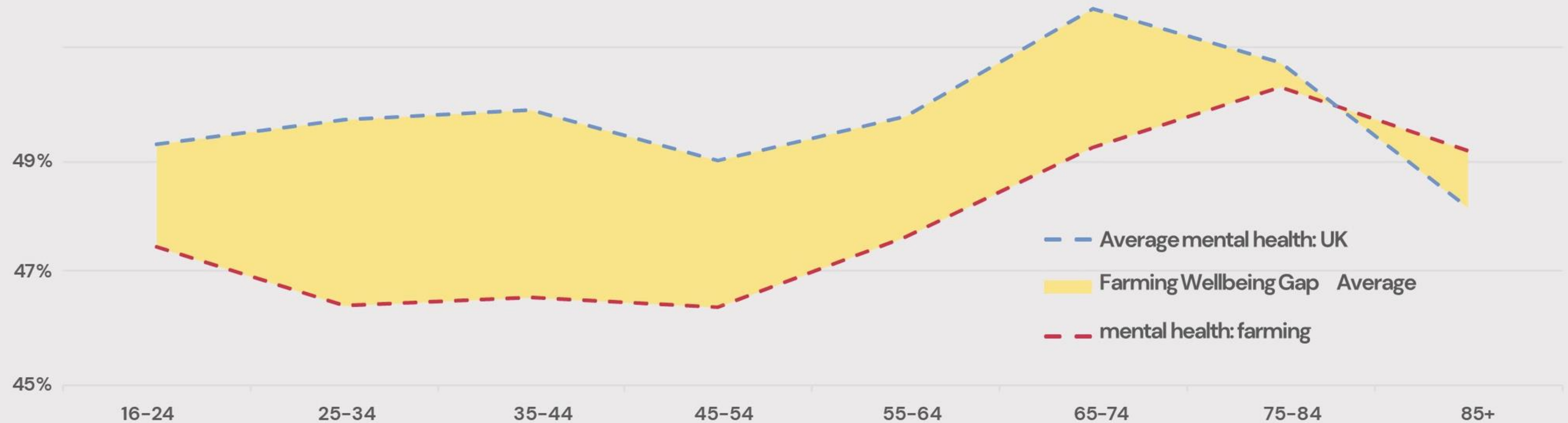
The Big Farming Survey

- To help us better understand the needs of our community, we conducted our **Big Farming Survey**.
- **15.5k** responses from farming people.
- Evidenced the causal links between the **mental**, **physical** and **financial** health in our community.



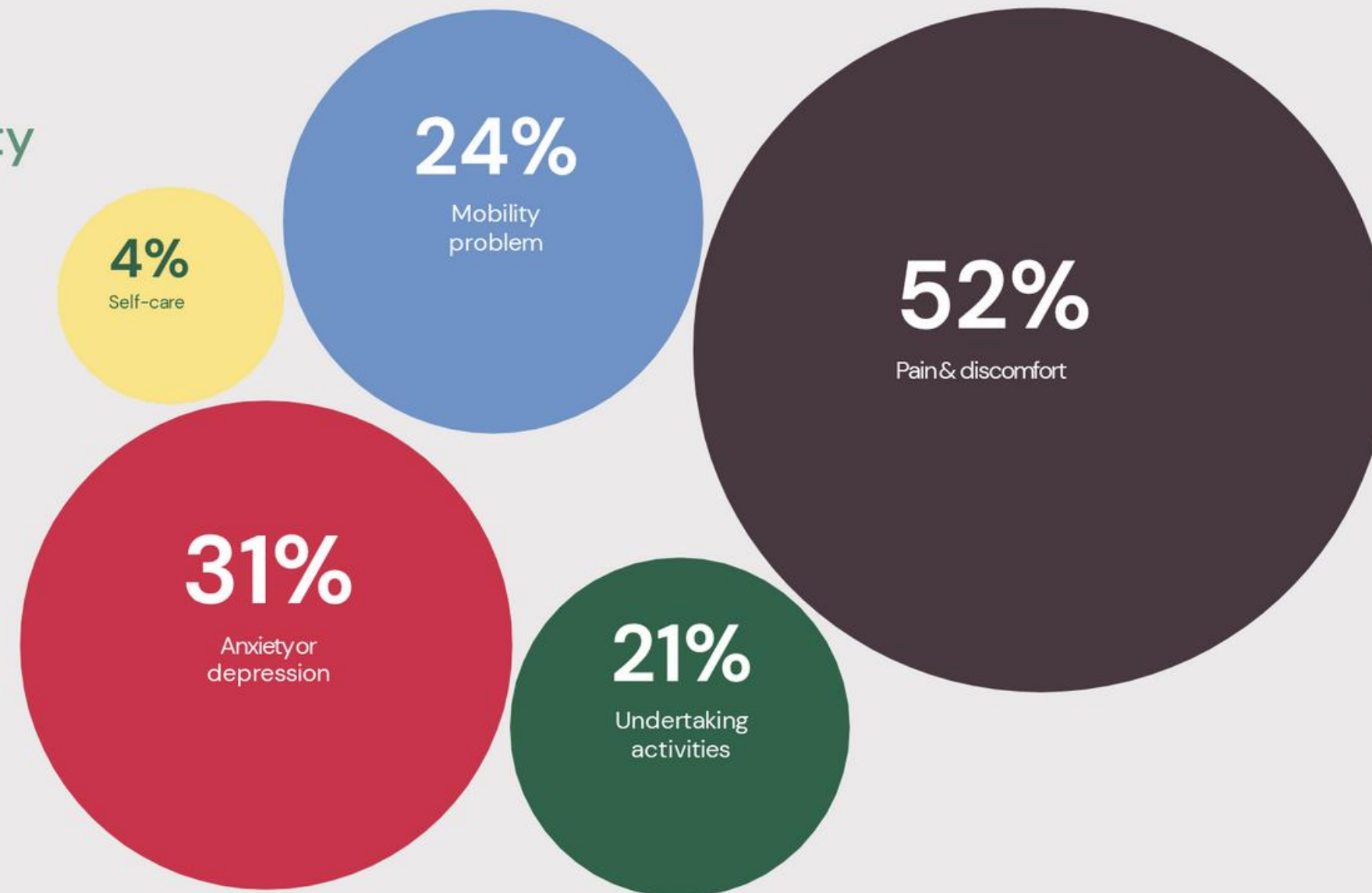
Findings: Mental wellbeing

Average mental health in the UK population and farming community



Findings: Physical wellbeing

Health-related problems in the farming community



Practical action

- Professional counselling for farming people from BACP registered counsellors.
- Online wellbeing platform, [Click and Chat](#).
- Accredited [mental health awareness training](#).



Next steps

- Work with government to support the increase of access to MH support in rural communities via the **8,500 additional mental health professionals** the government is seeking to recruit.
- Find the most cost-effective way of reaching our audience and meeting their needs.
- Support **existing community organisations**.



Collaboration with partners

- Continued collaboration with partners and organisations is vital.
- A platform to be heard.
- Financial assistance.
- Improved healthcare access.



RABI Summit

- RABI is undertaking **policy and influencing** work to address the causes of poor wellbeing.
- As part of our commitment to **influencing Westminster**, we're planning to hold a series of engagement events including an **RABI Summit**.
- We believe that with **cross-party support of Parliamentarians** there is a real opportunity to significantly improve the mental and physical wellbeing for the rural community.



Thank you

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caron.whaley@rabi.org.uk



rabi.org.uk