

## Help From The Diocese



The Bishop of Southwell and Nottingham, Paul Williams, presenting a cheque for £1,700 to NRS chairman Peter Geldart.

The money was handed over after a carol service held by NRS at Langar parish church last December. Bishop Paul was preacher at the service and the money was a contribution from the Bishop's Lent Appeal.

*Peter pictured receiving a cheque with the Bishop of Southwell and Nottingham, Paul Williams*

## Paula working to raise awareness

NRS development officer Paula Winfield is now in her second year with the charity.

She works to promote NRS and to raise awareness of our work within the rural community. She has introduced a number of new initiatives to get the charity's message out to the rural community.

"It's everything from writing and sending out information leaflets and packages to veterinary practises and merchants across the county to arranging and attending talks with various groups and organisations," she said

"I also represent NRS when we are involved in events like The Charities Luncheon at Newark Showground.

"Raising the profile and awareness of the charity is vital to the work carried out by our volunteers. The more people who know about the organisation and the services we offer, then the more people in need who can be reached and ultimately helped."

**If you want to know more about NRS or you wish to help by getting NRS better known, or you are willing to assist in fundraising, as an event organiser or as a helper, then please speak without any commitment to John on 07801227194 or Peter on 01636 823 832**

## Save The Date

**AGM Annual Meeting Monday 7th November 2016 at Hodssock Priory, Worsop**

Food and farming analyst and economist Sean Rickard will be guest speaker at our annual meeting on November 7.

An entertaining, thought-provoking and occasionally controversial speaker on agricultural matters, Sean will tackle the subject: "Farming - surviving Brexit" at the Monday evening event at Hodssock Priory, Worksop, at 7pm. **Tickets priced at £35 per head.**

## Farmer working for NRS

North Nottinghamshire farmer Emma Bradley has recently joined NRS's main committee, bringing considerable farming knowledge and business expertise to the charity.

Mrs Bradley farms 850 acres at Woodland Farm, Sturton le Steeple, and is director and company secretary for Woldgrain Storage, a farmer co-operative that stores 90,000 tonnes of grain, oilseeds and beans in state-of-the-art silos.

She is married to Andrew, an agricultural contractor, and the couple have two children, Elsie, 6, and George, 2. She is a keen horsewoman and is actively involved in the organisation of the North Notts ploughing match.



*Helping farming families in Notts*

## More people needing our help

Nottinghamshire Rural Support has experienced a 300% increase in 'serious' cases in the first eight months of this year compared to previous years.

Delays in payment of BPS, Brexit, a patchy harvest and commodity prices that show little improvement may all have contributed to uncertainty about the future and worry about how to weather this bad patch.

NRS chairman Peter Geldart said: "The increase in our caseload is something we view with very mixed feelings as the fact that more farmers and rural people need help of some sort is an indication that all is not well in agriculture.

"However, given that we have always known there were people out there who were struggling and in need of help, we take the view that the increase in workload is also a sign that our message is now reaching those who are most in need of it." "At the beginning this year, we at NRS went through a period of introspection, concerned that the number of referrals being dealt with by our caseworkers suggested that we were not getting our message out clearly enough. "Having talked to other groups across the country, we now know that this is something experienced by nearly all rural support charities in their early days.

"It's now apparent that the hard work and dedication of our caseworkers, committee members and volunteers has created solid base that has enabled us to deal with the increase in cases this year.

"Our message is spreading and people feel they can entrust to our counsellors their friends and family who might be going through stress or hardship."

## Engaging The Young

When problems hit a family, the young can be as badly affected as older generations.

Young people may also be the first to notice a change in behaviour of a parent or friend and so it is vitally important that we try to engage them in the work of NRS.

Our development officer Paula Winfield is arranging a series of talks to Young Farmers Clubs and, so far, we have visited Collingham and Egmanon.

We are hoping to find a young farmer to join our Steering Group so that we can get the perspective of a different age group.



*Peter Geldart with young farmers*

## Teamwork Emphasised New chairman for NRS

**NRS's case worker co-ordinator Lesley Sharpe says teamwork is the key to the charity's continuing success.**

But she says the importance of teamwork goes well beyond NRS's small group of volunteers and extends to the entire rural community.



Lesley Sharpe

Peter Geldart has taken over as chairman of Nottinghamshire Rural Support from our founding chairman, Caunton farmer Michael Arlington. Peter is well-known in rural circles in the county being a former director of the Country Landowners Association in the region and a long-term director of the CLA's charitable trust. Mr Geldart said that, under his predecessor, NRS had established a firm financial footing and built a network of supporters and volunteers. "NRS came about through Michael Arlington's vision and energy and he is an extremely hard act to follow," said Mr Geldart. "Fortunately, Michael will remain active in NRS as a trustee and on the main committee. Looking to the future, we want to build on the work of the past three years to ensure we are reaching all sections of the agricultural community and all parts of the county, including farmers who do not attend Newark Livestock Market where we help to run a well-established clinic.

### Farmers' health reflects ageing industry

A health screening service at Newark Livestock Market run by NRS is providing a valuable "early warning system" for health problems in the area's farming community.

Latest figures from the service provide a snapshot of the health concerns of farmers but also of the ageing demographic of the industry.

The nurse-led service at the market was used by nearly 260 people in the past year, most of whom were farmers or closely connected to farming.

Half the farmers were from Nottinghamshire and 31% from Lincolnshire, with the rest from Leicestershire, Derbyshire, Norfolk and Northamptonshire. The service, which is run by NRS and Lincolnshire Rural Support Network and supported by the NHS, was accessed by 207 men and 52 women. About 165 of the clients were over 65 and all but around 20 were over 51.

Many visited the nurse for checks on blood pressure, blood sugar and cholesterol but more than 100 of the visits concerned mental health – a heading covering everything from mild anxiety and worry to serious depression. Other visits involved wound care or seeking advice, screening or information about cancer. Heather Dawes, one of

"Clearly, NRS is very much a team effort with all of us volunteers supporting each other in any way we can," she said.

"However, there are only a few of us so we are fortunate to be part of some bigger teams.

"Many of our clients are passed on to us by the FCN (Farm Crisis Network). FCN has a national profile with a well-publicised helpline so their helpline volunteers are often the first port of call for people in need of help. Our friends in the Lincolnshire Rural Support Network also often pass on calls and I am often told by clients how much better they felt following an initial conversation with an FCN or LRSN helpline volunteer, who listened with empathy and care.

"Local companies, organisations and professionals are also a tremendous help to us and again I have had recent experience of how willing many professional people are to respond to our questions when we have needed technical support to allow us to help our clients.

"However, to be truly successful, we rely on an even bigger team than that - everyone who lives and works in the countryside in Notts. We need you to be our eyes and ears on the ground and to let people know about us, especially anyone going through tough times."

two nurses running the service, said : "The good news is we are not seeing, for example, a higher number of concerning cholesterol or blood sugar results than we'd expect in any equivalent group.

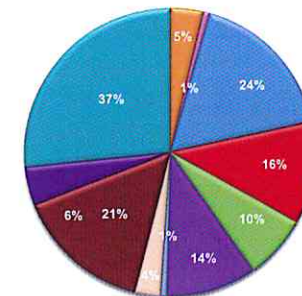
"What does stand out, though, is the age profile of the clients we see because these are people who are still working. Many farmers are actively working into their 70s and 80s. They may have cut down but they are still going out every day to look after their animals.

"To some extent, that is because farming is a way of life but it is also reflected in some of the problems we see.

"Lots of clients have joint and mobility problems resulting from injuries or wear and tear and the age profile also shows in some of the mental health concerns we encounter - for instance, farmers who are worried either that they cannot afford to retire or that they have no-one to take over from them."

This chart shows the breakdown of the free health checks given by our nurse-led service to anyone attending the Newark Livestock Market.

Each consultation costs £32, compared with £66 for a GP and £45 for a district nurse so we are providing value for money.



- Cancer Chat
- Blood Sugar
- Eye Check
- Wound Care
- Foot Care
- Cholesterol
- Ear Check
- High/Weight
- Blood Pressure
- Mental Health Chat
- Other Concerns

The chart shows the high proportion of consultations which are about, or which touch on, problems of mental health. NHS funding for mental health is inadequate and this early screening at the market can be of considerable cost benefit by identifying problems at an early stage.

### Lunch for Nottinghamshire Charities

A charity lunch in April raised £800 each for four Nottinghamshire agricultural charities, including NRS.

The event was generously hosted by the Newark and Nottinghamshire Agricultural Society and the other organisations involved were RABI and the YFC. It is hoped to repeat this event annually. Representatives of the four charities are pictured with agricultural society CEO Adrian Johnstone.



Paula Winfield pictured at The Charities Luncheon

### Brexit theme for AGM

Originally Chief Economist for the NFU, Sean here with former NRS chairman Michael Arlington and current chairman Peter Geldart. A highly successful and enjoyable evening for 120 people was held at Kelham House Hotel.

Independent economic analyst specialising in the food and farming industries and is frequently called on as an adviser to government and as a broadcaster on these subjects.

Well-known cricket commentator Henry Blofeld of Test Match Special was the guest speaker at our 2015 AGM. He is shown



From Left to Right: Michael Arlington, Henry Blofeld & Peter Geldart