



Happier | Healthier | Hopeful

Farming Community Helplines & Websites

First Step is part of Cumbria Partnership NHS Foundation Trust and provides free, talking therapies to adults (18+) in Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), mild bulimia, anger or sleep problems. We use talking treatments (the common ones being cognitive behavioural therapy and counselling) and can also signpost or refer on clients to support organisations and agencies linked to the farming community.

We work primarily within working hours, Monday – Friday 9am – 5pm, however we do have some slightly earlier or later sessions available.

You can access our service through your GP or self-refer using the number below or the on-line referral form at the below website address.

Telephone Number: 0300 123 9122

Website: www.firststep.cumbriapartnership.nhs.uk

FARMING HELP

Confidential help for all in the farming community. Struggling to get by and not sure where to turn? Times can get hard for everyone but the good news is that farmers can reach 3 farming charities with ONE CALL.

Telephone Number: 03000 111 999

Website: www.farminghelp.org.uk

FARM COMMUNITY NETWORK (FCN)

FCN has strong and longstanding links with the farming community and agriculture throughout England and Wales. Volunteers are farmers or associated with farming and understand the problems facing agriculture today.

Telephone Number: 03000 111 999

Website: www.fcn.org.uk



ROYAL AGRICULTURAL BENEVOLENT INSTITUTION (RABI)

RABI is a charity providing support for members of the farming community who are in need throughout England, Wales and Northern Ireland. The organisation can “provide support such as one off grants, longer term aid or help negotiating the benefits system for those who need it” (Becky Davies, West Midlands Lead: Farmers Guardian, dated 27/5/16) together with sources of support.

Telephone Number: 0808 281 9490 or for Scotland 0300 111 4166

Website: www.rabi.org.uk or for Scotland www.rsabi.org.uk

ADDINGTON FUND

The Addington Fund is a registered charity with the main area of work to provide homes for farming families living in England and Wales who have left the industry, through no fault of their own, and by doing so will lose their home.

Telephone Number: 01926 620135

Website: www.addingtonfund.org.uk

FORAGE AID

Forage Aid supports farmers whose livestock has been affected by extreme weather events by providing forage and/or bedding to those in need.

Telephone Number: 07967 219991

Website: www.forageaid.org.uk

CUMBRIA HEALTH ON CALL (CHOC)

Provides healthcare services to patients, families and communities throughout the county in and out of hours to the population of Cumbria, including the population of Bentham located in North Yorkshire.

Telephone Number: 111

Website: www.chocltd.co.uk

SAMARITANS

We know a lot about what can help you through tough times. We can help you explore your options, understand your problems better, or just be there to listen.

Telephone Number: 116 123

Website: www.samaritans.org

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful