



Farming Health Hub

COVID -19

Support & Advice



A guide to support services for farmers and people working in the farming industry.

www.farminghealth.co.uk

Farming Health Hub

Connecting people with organisations



COVID 19: SUPPORT & ADVICE

The Farming Health Hub works with the public, private and voluntary sector to provide Physical, Mental and Business Health advice, support and guidance to farming and rural communities.

With the impact of the COVID-19 pandemic affecting every area of our day to day lives, we want to provide people in farming and those living and working in rural communities with information about the support which is available to them and details of how to access it.

The information contained in this leaflet was accurate at the time of publication. However we are aware that Government advice and guidance is constantly changing, and a number of organisations, including members of the Farming Health Hub, are calling for additional support to be made available to farming and rural communities. We will provide further updates if this happens.

Organisations listed are primarily Cornwall based and will only support people living in Cornwall. However, there are some listed who provide advice and guidance at a national level. (N) denotes national and (L) denotes local.

One particularly useful source of support and guidance can be found at:

Farming Help
03000 111999
Confidential help for all in the farming community
Helpline operated by FCN

BUSINESS HEALTH

What support is currently available for businesses and employees?

The information below provides details of the current support which is available for all businesses, including access to funding, grants and financial support.

The [Government website](#) contains links to information to help with Business Health concerns. This was updated in April 2020. This covers paying employees, sick pay; tax; business rate relief; support grant funds; support for the self-employed; small and medium sized businesses. It also provides up-to-date information on the furlough scheme.

There is also specific COVID 19 information on the websites of local organisations :

- [Cornwall Council Covid 19 Support](#) (N)
- [NFU - Coronavirus Updates](#) (N)
- [Cornwall Citizens Advice](#) (L)
- [Cornwall & Isle of Scilly Growth Hub](#) (L)

We know that not everyone has digital access and so have also provided details of alternative methods of finding help.

- **NFU:** 0370 845 8458 (N)
- **Tenant Farmers Association:** 0118 930 130 (N)
- **CLA:** 020 7235 0511 (N)
- **RABI helpline:** 0808 281 9490 (N)
- **FCN:** 03000 111 999 (N)
- **Farm Cornwall:** 01736 367589, or 07775 667825 (L)
- **Cornwall Council:** Please contact Cornwall & Isle of Scilly Growth Hub (L)
- **Citizens Advice:** 03 444 111 444 or Text DEBT or ADVICE to 78866 (L)
- **National Debt Line:** 0808 808 4000 (N)
- **The Institute of Agricultural Secretaries and Administrators:**
01604 770372 (N)
- **Rural Business Administration:** 01439 772000 (N)
- **Cornwall & Isle of Scilly Growth Hub:** 01209 708660 (L)
- **National Debt line:** 0808 808 4000 (N)
- **The Money Advice Service:** 0800 138 7777 (N)

PHYSICAL HEALTH

During these difficult times it is vitally important to look after yourself, your family and your staff.

Please make sure you follow the Government guidance regarding social distancing and cleanliness. Ensure that you take regular exercise (not just through working); take regular breaks and check that you are eating regularly and healthily.

- If you run a farm shop ensure that hygiene measures are in place for your staff as well as people who shop there. This means ensuring everyone stays at least 2 metres (6ft) apart at all times. Wash your hands frequently – especially when handling goods, bags, etc.
- Remember that you can spread the virus even if you don't have symptoms
- To help yourself stay well while you are at home:
 - Stay in touch with family and friends over the phone or on social media
- Life is busy but try and find time to use your farm and local area to take a daily walk.

Who to contact for advice and help:

- **NHS helpline:** www.nhs.uk or telephone: 111 (N)
- **Healthwatch Cornwall:** 01872 273501 (L)
- **Cornwall Council Public Health** - 01872 266383 (L)
- **Drink Line:** 0300 123 1110 (N)
- **Alcoholics Anonymous:** 0800 9177 650 (N)
- **Farm Safety Foundation:** 01789 416065(N)



MENTAL HEALTH

It is also vitally important to look after your mental health. During these unprecedented times we are all having to make adjustments in our daily lives. This will impact on individuals in different ways.

If you, your family, friends or employees need support or guidance below are a list of organisations which can help:

- **Samaritans:** 116 123 (N)
- **Cornwall Council Public Health:** 01872 266383 (L)
- **Valued Lives:** (Crisis and Support Service) 01209 484495 (L)
- **MIND:** (Mental Health Support) 0300 123 3393 (N)
- **Game Keepers Welfare Trust:** 01677 470180 (N)
- **SANE:** (Mental Health Helpline) 0300 304 7000 (N)
- **First Light (Domestic Violence):** 0300 777 4777 (L)
- **Outlook South West:** 01208 834600 or [Outlook South West](#) (L)

We know that the lockdown restrictions are putting additional pressure on people living with abuse and domestic violence. Safer Cornwall has produced a range of materials to help people which are available on its [website](#).

You can also access videos via its social media channels through:
Accessing domestic abuse and sexual violence support during COVID-19: <https://www.facebook.com/safercornwall/videos/522628901759041/>

Domestic abuse and sexual violence: preparation increases safety: <https://www.facebook.com/safercornwall/videos/525399904841288/>

Safer Cornwall have been posting a video a day consisting of safety tips for people living with domestic abuse
www.facebook.com/safercornwall/ and www.twitter.com/SaferCornwall

Please be aware of your own response in these circumstances, as well as those around you.



Other useful information:

Public rights of way: If your land includes a public right of way and require guidance please use this link: [Public Rights of Way](#) (L)

Rural Crime: Emergency 999 for Non-Emergency 101 or follow this link [Devon and Cornwall Police](#).

D&C Alert Sign up - [Alert Sign Up](#)

AHDB: Coronavirus advice for farmers and growers: Tel; 024 7669 2051 Email: info@ahdb.org.uk (N)

People Hub Hot Line: 0333 0150699 or please follow this link [People Hub](#) (L)

If you are experiencing any problems with your physical or mental health PLEASE contact your GP if it's not an emergency or go to A&E if you think it is an emergency. Even during this Covid 19 situation these services are open and want to support ALL our physical and mental health needs. DO NOT IGNORE your health concerns just because of the current situation.

For any further guidance or support please contact: jon@farminghealth.co.uk