

Herefordshire Rural Hub

Helping Rural Businesses Thrive

December 2019 Newsletter

Herefordshire Rural Hub CIC

Agriculture House
Beech Business Park
Tillington Road
Hereford, HR4 9QJ

Tel: 01432 268 428

Co-ordinator

Caron Johnson

hub@herefordshireruralhub.co.uk

Administrator

Frances Keogh

admin@herefordshireruralhub.co.uk

Event bookings

Tel: 01432 353 465

bookings@herefordshireruralhub.co.uk

Hub Directors

Liz Lloyd (Chair)
Chris England
Christine Hope
Cathy Meredith
Dan Robertson
Kate Speke

Hub Hot Group

The Directors and

Jenny Beard
Ben Corbett
Paul Crumpton
Catherine Every
Charlotte Gibb
Clare Greener
Caron Johnson
Rachel Jones
Frances Keogh
Andy Offer
Julian Partridge
Nick Read

Disclaimer

*The Herefordshire Rural Hub
accepts no liability for
any direct, indirect or
consequential loss
arising from any action
taken in reliance on the
information contained
in this newsletter.*

**Thank you to our “Go To Businesses” who can be found
on our website at**

www.herefordshireruralhub.co.uk/go-to-businesses/

**Berrys --- DJM Consulting --- Moule & Co
Hope to Achieve --- 7Y Training --- CXCS
Davis Meade Property Consultants
Lanyon Bowdler Solicitors
Mortimer Rose Wealth Management**

If you would like to be a “Go to Business” go to:-

<http://www.herefordshireruralhub.co.uk/apply-become-go-business/>

or contact Frances for more information –

Email admin@herefordshireruralhub.co.uk

Thank you to everyone, standholders and visitors, sponsors and supporters, who came along to the Three Counties Hotel on 20th November, to the **10th Herefordshire Rural Business Advice Day**. We hope that you found it informative, useful and enjoyable. Congratulations to Gerald Blandford who won the Herefordshire Hamper Raffle

WELLBEING & YOUNG PEOPLE

Finding a safe place to talk

This year the National Network of Young Farmers Clubs launched the Rural + Campaign to highlight the impact of isolation on mental wellbeing. Mental health has become a significant area of concern particularly amongst young adults.

At **Marches Counselling Service** (MCS) we are aware of how distressing life can be. At a time when we are wanting to make our own way in the world it seeking help can seem like it is a step backwards; but having help to understand why we feel the way we do, and developing the skills to handle the difficulties which life can throw at us, has always been part of making our way.

MCS are creating an advisory group for people age 18-30 to help us ensure that the voice of young people is at the centre of what we provide how we provide it.

As a young person from the farming community, a sector where stresses have accumulated over recent years, we would like to hear from you, particularly if you or people close to you have been affected in some way by these issues. It could be that you would be willing to talk to us about what this topic raises for you. Or you might want to put yourself forward to join the advisory group & help us shape what we offer. Or you might have other ideas about how we can gather views from the community.

For more detailed background visit the hub website [HERE](#)

If you are interested in becoming involved please contact Jnanamati or Jennifer at MCS Email: marches.counselling@gmail.com, Phone: 01432 279906

RDPE Growth Programme launched

The Business Development, Food Processing and Rural Tourism Infrastructure grants are now open to new applications.

You must submit an Expression of Interest (EOI) form before midnight on 16th February 2020.

You could be eligible for a Growth Programme grant if your business is carrying out a project to create jobs or bring more money into the rural economy.

There are 3 types of grant:

- Business development
- Food processing
- Rural tourism infrastructure

If you are interested in applying for this grant there are 2 workshops coming up in Herefordshire with the RPA

Both will be held at the **Marches Growth Hub, Hereford Business Solutions Centre, Skylon Court, Rotherwas, Hereford**

Tuesday 10th December, 2019 between 10.00 a.m. and 12.00 p.m. Click [HERE](#) for details

Monday 13th January, 2020 between 2.00 p.m. and 4.00 p.m. Click [HERE](#) for details

In the meantime, should you wish to submit an Expression of Interest or find out more, you can find the forms, guidance notes and relevant handbooks [HERE](#)

If you have any queries regarding eligibility or questions about the application process, please contact:

Rural Payments Agency helpline : **03000 200 301** Email: GPEnquiries@rpa.gov.uk

Annual Sheep and Goat inventory for England

The annual sheep and goat inventory for farmers in **England** should be completed for **1st December**. and returned to Defra by **31st December**. You should receive your forms in the post or via email from DEFRA.

In addition, you should include your annual inventory total as at 1st December in your holding register.

This is a requirement of cross compliance rule Statutory Management Requirement (SMR) 8: Sheep and goat identification.

The holding register document should be retained on your holding and will be reviewed at an inspection.

There has been some change to the wording of the document stressing the importance of all producers returning the form in case the information is used for future market support schemes.

Slurry storage and spreading in times of high rainfall (2019)

Advice and Guidance for Farmers – West Midlands

The Environment Agency are aware that with recent wet weather some farms are concerned about their slurry storage capacity and whether this will be sufficient until the end of the NVZ closed period or until land is suitable for spreading. They have put this guide together to help you look at your options. The EA will work with you to find an outcome which poses the lowest environmental risk. Whilst they wish to avoid pollution and soil damage through spreading they also wish to avoid situations where slurry stores overspill and become sources of pollution too.

Full guidance [HERE](#). If you are concerned we urge you to contact your local Environment Officer at the earliest opportunity.

Midlands Senior Agricultural Officers:

Sharon Chisholm: (Shrops, Hereford, Worcs, Gloucs) **020 302 51692** Sharon.chisholm@environment-agency.gov.uk

Helen Cripps: (Staffs, Warwickshire, West Midlands) **020 302 51627** helen.cripps@environment-agency.gov.uk

Herefordshire Grassland Society

Tuesday, 10th December 2019, 7.30pm for 7.45pm start

at the Hereford Livestock Centre, Roman Road, Hereford, HR4 7AN

Mark Gillingham, of Grassland Consultant & Seed Sales will talk about **“Legumes and Agriculture in the UK”**

All welcome. For further details contact: HGS Secretary: Andrew Edwards (Sunderlands)

Tel: **(01432) 356 161** Email: d.griffiths@sunderlands.co.uk

Chairman: **Kate Adams** Treasurer: **John Hawkins**

Meeting Kindly Sponsored by Certas Energy Tel: 0345 600 3619

AHDB Hereford Monitor Farm Meeting – “Farming through challenge and change”

18th December 2019, starting at 1:00pm (food included)

Woolhope Village Hall, Woolhope, Hereford HR1 4QS

The ability to make difficult decisions is one of the defining roles of the modern farmer. Managing these decisions under the increasing pressure and demands faced in the industry can be both challenging and overwhelming. Led by Dr Bryan Watters OBE QCVS PhD, the December Hereford Monitor Farm meeting will aim to develop your critical decision-making skills under pressure while taking into account a managing and valuing your own time. Bryan will reflect on formative leadership experiences whilst serving as a Commander with the UN Protection Force during the Bosnian war.

Full details [HERE](#). BASIS & NRoSO points have been applied for. Book on: Richard.meredith@ahdb.org.uk or 07717 493015

Support for farming families affected by flooding

Farming charity R.A.B.I has released money from its Crisis Fund to provide emergency grants to families affected by flooding.

The 159-year-old charity is working closely with other farming organisations to make help available quickly to people who need it. By simplifying their criteria and application processes, R.A.B.I is also fast-tracking grants of up to £3,000.

Even though it might have stopped raining and river water levels have fallen, the damage caused by flooding this autumn will take people months, even years, to fully recover from. Dealing with the aftermath of flooding can be both expensive and stressful and R.A.B.I stands ready to help long after the waters have subsided; when the true costs of the clean-up have been calculated and the impact of losing crops, livestock and bedding properly assessed.

The Royal Agricultural Benevolent Institution (R.A.B.I) is the agricultural sector's oldest and largest charity, offering support, practical care and guidance to farming people of all ages.

To apply for assistance, call R.A.B.I's confidential Freephone Helpline 0808 281 9490.

If you don't need it donate it...

The Herefordshire Community Foundation is collecting donations for its "Surviving Winter Fund" which distributes money for fuel to people in need.

If you are in receipt of the government's Winter Fuel payment and feel you don't need all of it please think about sending something to the Foundation so they can use it to help someone else.

If you know someone who might need a grant please telephone **01432 272550**. Applications should come through a surgery, social worker or other professional.

To donate **online** visit: <https://www.herefordshirecf.org/donate/>

You can **post** a cheque made payable to the Herefordshire Community Foundation to The Fred Bulmer Centre, Wall Street, Hereford HR4 9HP

or you can **text WARM 20** to **70085**, which will cost your standard charge + £20.

More information is available on the hub website [HERE](#)

Creating a Happier Healthier Herefordshire

We are Herefordshire people who met by chance.

We introduced our friends to each other's friends and networks and amazingly reached 120,000 people.

We want to protect and improve our County.

- There are many challenges to our rural County, so different from most of England.
- Only 57% of people pay tax in England and a sparsely populated County like ours doesn't raise as much Council Tax or Business rate funding. So our Council, Hospitals, GPs etc are even more challenged.
- We have a growing population and more poor health.
- Whatever the outcome of Brexit, our vital Agricultural sector is struggling.
- We are failing our children and young people.

There are, however, great people doing good work all over the County to address these issues, but not everyone knows about it, can contribute to it, or leverage it. We, ordinary people, meet with experts to share information (both ways!), to amplify our collective voices and strengthen all our communities. More information on the hub website [HERE](#)

Did you know ... Businesses can support St Michael's Hospice in a number of ways ...

- For example, you could make the hospice part of a "Charity of the Year" scheme.
- Another increasingly popular method is to take advantage of the **Hospice's conference facilities** which are available for hire.
 - The space is suitable for groups of all sizes, from small meetings to full-day training courses and conferences.
 - Benefitting from free parking and dedicated kitchen and toilets, the centre looks out onto open countryside yet is within easy reach of Hereford and the A438 road to Ledbury.
 - There are two training rooms, each fully equipped with large interactive touchscreens and Bluetooth speakers.
 - The two rooms can be combined for use as a conference space.

For more information, or to book the space, call **01432 851 000** or email education@smhospicehereford.org

St Michael's Hospice - Light up a Life

Remembering family, friends and colleagues and reflecting on the times we spent together.

Light up a Life gives you the chance to celebrate their lives – by lighting a candle, placing a dedication in St Michael's 'Books of Remembrance' and, if you wish, attending one of the special events taking place throughout Herefordshire and the surrounding area. The full list of Light up a Life services can be found [HERE](#)

IT'S FREE, FRIENDLY AND INCLUDES FOOD!



HELP from DJM Consulting to get you set up on the FREE Farmbench programme!*

WHAT IS IT?

- **Free, easy to use**, online tool by AHDB to help you to interpret your enterprise data:
 - Help identify **business strengths and weaknesses**
 - Anonymously **compare data** with other similar farm businesses
- Group reports and feedback/discussion breakfast groups hosted by **DJMC**

HOW WILL IT HELP YOUR BUSINESS?

- Make evidence-based **informed decisions** to:
 - **Improve business performance and profitability**
 - **Measure - change - analyse**
 - **Protect** your business against market volatility
- Create a plan to **future proof** your business

The service predominantly covering the five counties of the West Midlands has a limited budget for the 2019 harvest year– so register now to secure your place!



For further information, and to **REGISTER** please contact

Marie Charles at DJM Consulting **01746 785121** marie@theruralbusiness.co.uk



**To be eligible you must grow at least 1ha of a combinable crop in 2019 and must not have entered or submitted for validation, data for harvest 2018*

The Wye & Usk Foundation – Here to Help - update on the projects running in Herefordshire!

- **Natural Flood Management:** Our advisers are still working with landowners in target catchments to help deliver NFM interventions. There is grant available to support delivery of recommendations and so far this has funded grassland aeration, subsoiling, cover cropping, attenuation ponds, hedge planting and leaky dams for the farmers that have already got involved! The target catchments are the Dulas, Bodenham, Pentoloe, Tedstone, Cheaton, Ridgemoor, Yazor and Red/Twyford Brook. If you farm in one of the target catchments and would like to find out more please call one of our advisers or visit: <https://www.herefordshire.gov.uk/info/200196/roads/345/flooding/6>
- **Pesticides:** Severn Trent Water are funding their **STEPS Grant Scheme** in the Wye for the first time this year. It is restricted to the **Drinking Water Safe Guarding Zone** which follows the main rivers so if you farm on the main stem of the Wye, Lugg or Frome and would like to improve a pesticide handling area or biobed/biofilter please contact Mike or Abi on the details below. STEPS is a competitive scheme and the application window opens in November. The scheme can also support biodiversity options like buffer strips, winter bird food and pollen mixes.
- **Water Quality:** The levels of phosphate in the rivers and streams is still higher than it should be and we are working hard to support local farmers to reduce losses from agricultural sources – which still contributes 50% of the P in our rivers. We are able to provide free confidential farm advice for any yard or land management challenges you may be facing. We can provide soil structure assessments, OM testing, yard advice, stewardship advice... the list goes on!
- **Stewardship Schemes:** We had a busy summer assisting with Stewardship applications – this year we helped to apply for over £4million worth of field options and capital items which will provide for wildlife and deliver benefits to our rivers across the county.
- **Our Advisers:** Kate, Mike, Lucinda, Tom, Jonny & Abi all working across Herefordshire. Two advisers work in the Welsh Wye. We have three advisers for the Wye Valley AONB & Herefordshire Wildlife Trust – Ben Nott, Rebecca Meredith, Claire Spicer.
For more information or to request a visit please contact one of the WUF advisers: Kate Adams (07766 330 959) Lucinda Lewis (07824 904 877); Mike Williams (07920 441 215); Tom Jolley (07545 253 155); Jonny Pugh (07825 743 447) Abi Croshaw (07990 068941); Ben Nott (07970 177319); Rebecca Meredith (07539 902681); Claire Spicer (07741 856770)

Catchment Sensitive Farming (CSF)

Water Quality - We continue to offer farm visits, advice and grant support to help improve water quality, water management and air quality on your holdings.

Specialist Advice Visits - Catchment Sensitive Farmers Officers (CSFO) are now able to offer around thirty different specialist advice visits for priority farms within the Wye and Teme catchments. Several of these are new to the project, having been designed to meet industry demands.

These include: **Assessment and Monitoring of Soil Health** <> **Water Resources Audit** <> **Woodland for Water and Air**

CSFO Contact details

River Wye

South of A438 - Rachel Bosanquet; tel: 07770 331 669

Kate Gamez tel :07747 485136

North of A438 - Sue Buckingham; tel: 07833 095 708

River Teme

Sally Powell; tel: 07770 645 037

Wayne Davies, tel: 01588 640 980

James Griffiths tel: 07812 240896

Herefordshire Federation of Young Farmers Clubs

Fri 6th December, 7pm - Pontrilas YFC

Bingo & Grand Draw

Ewyas Harold Memorial Hall

Fri 13th, Sat 14th December, 7pm - Craswall YFC

Annual Pantomime - "The Wizard of Oz"

Longtown Village Hall

Fri 27th Dec Play Night

HFYFC Christmas Fayre

Sun 8th December, 11am-4pm at Hereford Racecourse

Crafts, Food, Gifts, Prize Draw

Santa arrives at 12noon

Salvation Army Brass Band and Carols at 1pm

Entry £3 (includes a mince pie), under 14's Free

Stalls £20 – to book please email events@hfyfc.org.uk

For more details visit www.hfyfc.org.uk or the contact the County Office Tel: **01432 274187** Email: countyadmin@hfyfc.org.uk

The Jack Hughes Fund - administered by Herefordshire Community Foundation

From September 1st 2019 the Jack Hughes Fund has been extended to staff aged over 40 years working on a **Herefordshire** farm. The amount of funding available still remains up to a maximum of £70% of the course but has been increased to an overall maximum of £200.

The programme is available for farmers and farm staff aged over 40 (limited to one family member/employee per farming business per year).

It will specifically provide funds to support those who require:

- retraining or upskilling as they are leaving the industry
- training to support a new farm diversification enterprise
- training or business support for succession planning

Funding will also be available for farm related training courses (examples below)

- Safe use of pesticides – PA1, PA2, PA6
- Rodent control on farms
- Emergency first aid
- Food safety (Basic Food Hygiene)
- Chainsaw Maintenance & Cross Cutting (CS30)

Other courses will be considered on application

The funding is easy to access, but please note that the project will not support training retrospectively & places will be limited. Applicants need to be resident in Herefordshire.

For further details or an application form contact:- **Herefordshire Community Foundation**

The Fred Bulmer Centre, Wall Street, Hereford, HR4 9HP. Email: administrator@herefordshirecf.org Phone: 01432 272550

Website: www.herefordshirefoundation.org

The Prince's Countryside Fund

The Herefordshire Federation of Young Farmers' Clubs (HFYFC) working in partnership with Herefordshire Rural Hub have secured funding to provide support for training in a **rurally based career** to the end of December 2019. The funding is easy to access. All you need to do is select which course you would like to go on and complete the application form. If your application is approved you will be able to reclaim **70%** of your training and test costs, up to a maximum of **£250**. **Applicants must be a current member of HFYFC or a past HFYFC member (up to 40 yrs old).**

The fund will support training that will; **improve your employability, increase or improve your skill set, improve your safety or allow you to undertake extra responsibility in your current job.**

Some examples of training that has been funded so far:- **B+E Trailer, Chainsaw Certification, Pesticide Applications, Shearing, Artificial Insemination, Tractor Driving, Forklift Truck Driving, Rodent Control** and many more



THE PRINCE'S
COUNTRYSIDE
FUND

Whatever training you are applying for, **please ensure that you submit your application in good time before your course is due to take place, as training cannot be funded retrospectively.**

For further details and an application form, contact:- **Herefordshire Rural Hub CIC,**

Agriculture House, Beech Business Park, Tillington Road, Hereford, HR4 9QJ

Email: admin@herefordshireruralhub.co.uk Tel: **01432 268 428**



FREE Monthly Computer and Internet Workshops for Beginners at Herefordshire Libraries



**** Booking is essential for these FREE Fastershire workshops ****

How to use your Smartphone - at **Kington Library** **Tuesday 10th December, 10am to 12pm**

Learn the basics of how to use your smartphone, from apps, picking up emails, using the internet and connecting to the Library Wi-Fi.

Bring your own smartphone. Book at **Kington Library** or on **01432 260600** or kingtonlibrary@herefordshire.gov.uk

Introduction to the Internet –

Learn how to look around websites and have a go at searching for information. Laptops will be provided for the workshop.

Ledbury Library **Tues 10th Dec, 4pm to 6pm** Book at **Ledbury Library** or **01432 383499** or ledburylibrary@herefordshire.gov.uk

Leominster Library **Thurs 12th Dec, 10am to 12pm** Book at **Leominster Library** or **01432 383290** or

leominsterlibrary@herefordshire.gov.uk

Staying Safe Online – at Hereford Library Monday 16th December, 11am to 1pm

How to make sure your computer is secure, identify scams, find safe websites and understand how to protect your and your family's privacy on social media. Book at Hereford Library or on 01432 383600 or herefordlibrary@herefordshire.gov.uk

Introduction to the Internet – at Ross-on-Wye Library Tuesday 17th December, 5pm to 7pm

Learn how to look around websites and have a go at searching for information. Laptops will be provided for the workshop. Book at Ross-on-Wye Library or on 01432 383280 or rosslibrary@herefordshire.gov.uk

These free monthly workshops are provided by Fastershire – the partnership between Herefordshire Council and Gloucestershire County Council to bring faster broadband to the two counties. www.fastershire.com

62% of courier fraud victims were aged 75 - 89

Recently, there has been an increase in courier fraud offences, in particular in Herefordshire and Worcestershire. These despicable crimes mostly impact upon vulnerable people within our communities, who are often convinced to hand over large amounts of money or expensive items such as designer watches.

What tends to happen is that the victim is cold called by the criminal who falsely claims to be a Police Officer, saying that there has been fraudulent use of their bank card/account.

They are advised that they need to withdraw large sums of money from their bank to protect it, and then return home. They are told that a "Police Officer" will come round and collect the money to keep it safe.

Often they are advised to ring 999 to report to the local police. The line is kept open and a different offender will persuade them to withdraw their money ready for collection.

- If you are suspicious or feel uncomfortable with the caller's questions, end the call.
- If in doubt hang up, wait 10 minutes, then report the call to **Action Fraud on 0300 1232040**.
- Report it to the police 101 if the crime is still happening and the suspect is in the local area, or if you are vulnerable and/or unable to contact Action Fraud,
- **Do not part with any of your personal information, bank cards, money or valuables.**

NEITHER THE BANK OR THE POLICE WILL EVER :-

- **Phone and ask you for your full PIN or full banking password**
- **Ask you to transfer money out of your account**
- **Ask you to hand over any money or purchase vouchers**
- **Send someone to collect cash, PIN's, cards or cheque books**

For Crime Prevention advice contact:

Paul Crumpton, Rural & Business Crime Officer (Crime Prevention) HEREFORDSHIRE, West Mercia Police

Email: Paul.crumpton@westmercia.pnn.police.uk Tel: **07773 044781**



Wyvern Training Ltd

Email: enquiries@wyverntrainingservices.com Tel: **07468 465 303** Website: www.wyvernts-ltd.co.uk

Emergency First Aid at Work	3 rd December	17 th December
Chainsaw Cross Cutting & Maintenance refresher	4 th December	
Rough Terrain Telescopic Handler refresher	4 th December	
PA1 Safe Use of Pesticides	5 th December	
PA6 Pesticides Hand-held Applicators	6 th December	
Rodent Control on farms (Rat & Mouse)	10 th December	
PA4s Pesticides Slug Pellet Application	12 th December	
Abrasive Wheels	16 th December	
Chainsaw Cross Cutting & Maintenance (2 days)	16 th – 17 th December	
Manual Handling (half day)	18 th December	

Courses also planned – please call for details
Tractor Driving refresher (experienced drivers only) <> Driving on slopes <> Scaffold Tower <> MEWPs
ATV Sit-astride and Sit-in novice and refresher

Herefordshire & Ludlow College

Tel: 0800 032 1986 Email: enquiries@hlcollege.ac.uk Website: www.hlcollege.ac.uk

All courses are held at Holme Lacy Campus, Holme Lacy, HR2 6LL

<u>Course</u>	<u>Dates</u>
CS30 Chainsaw Maintenance & Cross Cutting 2 days + assessment	2 nd – 3 rd March
CS31 Felling & Processing Trees up to 380mm 3 days + assessment	3 rd – 5 th February
CS30/31 CM & CC, Felling up to 380mm 5 days + assessment	24 th – 28 th February
CS38 Accessing a tree using a rope and harness 5 days + assessment	9 th – 13 th March
CS39 Aerial cutting of trees using free fall techniques 3 days + assess	30 th March – 1 st April
Ground based Chainsaw Refresher	22 nd January
Chainsaw Maintenance & Operations – occasional user	23 rd – 24 th January 26 th – 28 th March
PA1 Safe Use of Pesticides Foundation Module	14 th January
PA6 Handheld Applicators 1 day + assessment	15 th January
PA2 Ground Crop Sprayers 1 day + assessment	16 th January
Tractor Driving 16+	29 th February – 1 st March
Tractor Driving 13-16 year olds	20 th – 21 st February

Courses arranged on demand

CS32 Felling & Processing Trees over 380mm <> Safe Use of Brushcutters & Strimmers PA Boom Sprayer Air Assisted
PA6AW Handheld Applicators in or near Water <> ATV refresher <> FLT Operations (Rough Terrain Telehandler)
Safe use of pedestrian mower <> Safe use of ride-on self-propelled mower <> Safe Use of Manually Fed Wood Chipper
Vertebrate Control (Rats & Mice) <> Safe Use of Aluminium Phosphide

7Y Training Services

7Y Training Centre, Wharton Farms, Wharton, Leominster, HR6 ONX

Contact: Paula Strangwood Email: paula@7ytraining.co.uk Tel: 07808 670110

<u>Course</u>	<u>Dates</u> (subject to change if numbers are low)	<u>Venue</u>
C&G Safe Use of Pesticides (PA1)	14 th January	Leominster
C&G Ground Crop Sprayer (PA2)	15 th January	t.b.c
C&G Knapsack Sprayer (PA6)	16 th January	Leominster
C&G Slug Pellet PA4s	11 th December	Harper Adams
Lantra Rodent Control	10 th December 11 th February	t.b.c
C&G Chainsaw Cross Cutting & Maintenance	Call for costs & dates	Leominster
ITSSAR/Lantra Counterbalance Refresher/Experienced	9 th December	Leominster
Lantra Rough Terrain Telescopic Refresher	13 th January	Leominster
First Aid at Work	27 th – 29 th January	Leominster
Emergency First Aid at Work	9 th January 3 rd February	Leominster
First Aid at Work refresher	20 th & 21 st January	Leominster

Contact Paula (details above) to register your interest, and find out more about the following courses:-

ATV Sit-astride Quad Bikes <> ITSSAR MEWP Cherry Pickers <> 360 Elevator (below 5 tonnes) <> Working at Heights
Manual Handling (am), Fire Awareness (pm) <> Rough Terrain Telescopic, over 9m
Confined spaces <> Driver Certificate of Professional Competence (CPC)

Are you unsure about details of rules or regulations? Need help with understanding record keeping?

- **Farming Advice Service** Email: advice@farmingadvice.service.org.uk website: www.farmingadvice.service.org.uk
The Rural Services Helpline **03000 200 301** provides a single number for all **Farming Advice Service, Rural Payments Agency** or **Animal and Plant Health Agency (APHA)** enquiries. It is open from Monday to Friday, 8.30am till 5pm.
- **Natural England** 0300 060 1115 enquiries@naturalengland.org.uk
- **Environment Agency** Sharon Chisholm (Mon, Tues, Weds) Tel: 02030 251692
Email: sharon.chisholm@environment-agency.gov.uk
- **N.F.U.** (Herefordshire) Clare Greener Tel: 01432 807464 Mob: 07771 626080 Email: Clare.Greener@nfu.org.uk
- **C.L.A.** (Midlands) Helen Dale Tel: 01785 337010 Email: helen.dale@cla.org.uk
- **Animal Health & Trading Standards** (Herefordshire) Tim Barber Tel: 01432 383145 Fax: 01432 383169

Could you or someone you know benefit from support:-

- **Farming Community Network** 03000 111 999 website: <http://www.fcn.org.uk/>
- **Royal Agricultural Benevolent Institution (RABI)** 0808 2819490 website: <http://www.rabi.org.uk/>
- **Borderlands Rural Chaplaincy** 07966 927404 website: www.borderchaplain.org
- **You Are Not Alone (YANA)** 0300 323 0400 website: www.yanahelp.org/
- **Farming Help** 0845 367 9990 website: www.farminghelp.org.uk/
- **Addington Fund** 01926 620 135 website: www.addingtonfund.org.uk/
- **Herefordshire Samaritans** website: www.samaritans.org/branches/herfordshire-samaritans
- **Carerstrust 4 All – Hereford CarerLinks** 01432 663057 website: www.carerstrust4all.org.uk

Copy deadline for the next newsletter is 12th December

*If you no longer wish to receive this newsletter, please contact Frances at Herefordshire Rural Hub
Email: admin@herefordshireruralhub.co.uk*