

ANNUAL REVIEW 2023


RSABI
Supporting People
in Scottish Agriculture
FOR 125 YEARS
Founded 1897



ABOUT RSABI

RSABI provides practical, emotional and financial support to all people involved in the Scottish agricultural industry. The service is available to those previously and currently involved in farming, crofting and occupations related to agriculture in Scotland.



Our Vision

That all people involved in the Scottish agricultural industry are aware of RSABI and the effective practical, emotional and financial support available to them when they need help.

Our Mission

To provide and source effective practical, emotional and financial support for those in need involved in the agricultural industry in Scotland and their families.

Our Values

- ☐ Confidential
- ☐ Caring and supportive
- ☐ Professional and efficient
- ☐ Modern and responsive
- ☐ Trustworthy
- ☐ Relevant and effective

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Chair's Welcome

2022/23 was a year of highs and lows for RSABI. A high point was seeing the charity celebrate 125 years of service to the farming community, with many supporters making a special effort to celebrate with us and at the same time raise funds for the ongoing work. The low point for us, like many other charities, was the loss of our Patron, Her Majesty the late Queen Elizabeth II. Her Majesty was a wonderful supporter of the charity and is sadly missed.

RSABI continues to change to meet the evolving needs of the sector. We still provide financial support, but increasingly our work has become more focused around the provision of practical and emotional support. Our cover has also expanded to a much wider age range – from young farmers to those now retired from the sector.

In common with many charities our income from our investment portfolio has been under pressure, as economic uncertainty persists. We have been very fortunate to receive a number of legacies, which have compensated for some of the reduction in investment income. We have also been privileged to have received significant donations from a number of businesses during the year.

Larger donors inevitably make the headlines and there have been great results which many of you will have seen highlighted in the farming press. But for me the large number of smaller donations we receive are just as important - individuals, out in all weathers, raising funds or simply making donations themselves. They are all doing their bit to reach out indirectly, showing kindness to those who are struggling with life.



The Great Glen Challenge returned as a live event in 2022 and we had wonderful support from our main sponsors United Auctions. It remains a major fundraiser for RSABI and a positive team building event for those who compete. I am also pleased that our Supporters' Scheme has also grown steadily over the year.

I would also like to acknowledge the work of our Board of Trustees. We are fortunate to have such a wealth of talent, from diverse backgrounds, giving their time freely to the charity. During the year, David Leggat stepped down as Chair of Trustees, at the end of his two-year term. David was an exceptional Chair and we appreciate the positive way he has led the board.

Our Trustees, supporters and beneficiaries all recognise the vital role our staff play in meeting our charitable objectives. We have a small team of staff, some of whom are part-time, but all of whom are absolutely dedicated to the cause. Under the leadership of our CEO, Carol McLaren, our reputation and profile has continued to grow and new ideas and ways to help those in need are flourishing.

Finally, I want to thank you for your continued support. As I mentioned earlier, our supporters and donors are vital to the future viability of RSABI. We will continue to work to achieve our charitable objectives, serving those in our sector who are struggling, for various reasons, but we cannot do that without your continued support. Thank you.

A handwritten signature in brown ink that reads "James McLean".

Jimmy McLean
Chair, RSABI



Trustees

Trustees & Honorary Roles

Honorary Patron

Her Majesty The Late Queen*

Honorary President

The Duke of Buccleuch
and Queensberry KBE FRSE DL

Honorary Vice Presidents

Arthur Anderson

Margaret Anderson MBE

The Earl of Airlie KT GCVO PC*

Andrew Arbuckle FRAgS

John Forbes

Robin J Forrest OBE DL FRAgS

John Kinnaird

Sheena Lamont

Ewan Pate

The Earl of Rosebery DL

Dr John Ross CBE FRAgS DVMS LL

*It is with great sadness that we record the death of Her Majesty The Queen on the 8th September 2022 and the death of the Earl of Airlie on the 26th June 2023

Board of Trustees

James McLean BSc(hons) Agric, FRAgS – Chair
(appointed as Chair as of 6th December 2022)

David Leggat MBE FIA (Scot) FRAgS – Chair
(retired as Chair as of 6th December 2022)

Christine Bowie MSc (Counselling), MBACP, PQD

Hamish Lean LLB Dip LP
(retired as of 16th November 2022)

Jane Mitchell ARAgS

Lois Newton
(appointed as of 16th November 2022)

Mairi Renwick MacKenzie ARAgS

Patricia Glennie

Rebecca Dawes
(retired as of 21st March 2023)

Sandy Hay
(appointed as of 6th December 2022)

Stephen Young

Trainee Trustees

Eilidh Walker (pictured below)

John Armour (pictured below)

Chief Executive

Carol McLaren ARAgS

Company Secretary

Harry Seran CPFA

Registered and Principal office The Rural Centre,
West Mains of Ingliston, Newbridge,
Midlothian EH28 8LT



We welcomed many of our Honorary Vice Presidents to a lunch.

The Trustees adopted a five-year ongoing Business Plan to ensure RSABI's activities are relevant to the people we help and the environment in which it operates. The Trustees constantly monitor the performance of the charity and review the business plan every year.

The key strategic objectives of the charity remain unchanged, namely:

- Increase annual income of the charity through the Supporters' Scheme to meet the costs of delivering the increased services while maintaining current levels of voluntary income.
- Deliver such support to clients in a professional, confidential and friendly manner, and develop this support in response to changing circumstances and needs.
- Demonstrate legislative compliance, transparency, efficiency, and good practice in all of the charity's policies, procedures and practices.
- Develop the capacity and skills of its Trustees and staff in pursuit of these objectives.



CEO Update

The financial year ending March 31st, 2023, marked the completion of my first full year as Chief Executive of RSABI and I am very proud to lead a team of excellent, dedicated staff.

The 12 months under review were both challenging and rewarding for the team and, with demand for our services continuing to grow, we have recruited an additional case officer for the busy Highlands & Islands region.

We received 647 applicants for the role, and we are delighted to have recruited Shirley Hastings, who is proving an excellent addition to our welfare team, led by Chris McVey, Welfare Manager.

A huge strength of RSABI is the support we receive from people in Scottish agriculture, and we are very fortunate to have a brilliant team of Trustees who, as well as sharing their skills and experience, are very much sleeves rolled up, helping staff in lots of ways.

Our Supporters' Scheme is growing year on year and if you are not already a member, please consider signing up on our website as this is such an important income stream for us, particularly at this difficult time for charities to raise funds.

The RSABI team is friendly, professional, and confidential and our message is not to hesitate to contact us if you need help. The quicker people reach out the quicker we start helping them get back on track.



The team also makes regular calls to people who are feeling lonely, and these calls can make such a difference. In the past year demand for our counselling services has trebled and this can be arranged quickly – in days if urgent – at a time when NHS waiting lists for this service can be very long.

We have also been trialing the NHS-approved Thrive app, with three young farmers clubs. This app has a wide range of functionality, including a live therapist function, and we are now looking at rolling this out to a wider audience.

We will also be piloting a Health Hut initiative in an auction market. This involves RSABI staff working with a practice nurse from a farming background to offer health checks, such as blood pressure testing, on sale days. Importantly, farmers will also have the opportunity to quietly raise any other health concerns they have.

Our Mental Health First Aid training launched last autumn, and I am pleased to say it has been very well received. We chose to work with former Royal Marines because the Royal Marines have very successfully brought in a massive change of ethos about mental health in their organisation and we wanted to share that.



Farmer and comedian Jim Smith is the Ambassador of our **#KeepTalking** campaign which is all about encouraging people to get in touch with others in their community who they might not have seen for a while and might be feeling low or lonely.

Mental health problems and suicide are sadly still far too common in agriculture, and we know that even just small acts of kindness – a phone call, invitation, or a

note – can make a huge difference and can even save a life, although you will probably never know it.

There is much still to be done, but conversations are happening, stigma is reducing and understanding about the impact of mental health problems is improving.

Carol McLaren
Chief Executive
RSABI

Staff

Management Team

Carol McLaren, ARAgS – Chief Executive
 Lorraine Caven – Executive Assistant
 Pauline Macmillan – Head of Fundraising
 Chris McVey - Welfare Manager
 Harry Seran - Head of Finance & Compliance

Staff - Charity

Stephanie Lawler - Finance Administrator
 Kirsty Macaskill – Welfare Assistant
 Margo Wills – Fundraising Executive
 Gregor Wilson – Communications, Marketing & Events Executive

Staff - Welfare

Jan – Case Officer
 Kerry – Case Officer
 Mary Anne – Case Officer
 Shirley – Case Officer
 Shona – Case Officer

Our hardworking, dedicated team of staff work across several key areas including: welfare; fundraising; partnerships; communications, marketing and events; volunteers; and administration. During the past 12 months we have been pleased to welcome four new members of staff. Shirley Hastings joined as Case Officer; Stephanie Lawler joined as Finance Administrator; Gregor Wilson joined as Comms, Marketing & Events Executive and Pauline Macmillan joined as Head of Fundraising.

We have welcomed four new members of staff.



Gregor Wilson



Pauline Macmillan



Shirley Hastings



Stephanie Lawler

Welfare

The 2022/23 year saw the welcome return of farming events and shows which restarted after a long period of restrictions due to the COVID-19 pandemic.

There was a sense that normality was returning for most of the clients that RSABI supported throughout the pandemic and the welfare team were happy to be able to meet clients in person at local events and agricultural shows.

The welfare team began to meet with partners and stakeholders in person again to build positive working relationships which are incredibly important in being able to provide support for RSABI clients.

However, naturally, there remained some people who were understandably hesitant due to anxiety or a loss of confidence about socialising. Moreover, the reality for many was that they experienced no real change when COVID restrictions were removed as isolation and loneliness existed before the pandemic.

The welfare team were very aware of this and continued to make outgoing emotional support calls and many people find this support really valuable. For some, this continued to be the only social contact they had, with many clients commenting that their regular support call was a lifeline.

Time spent providing emotional and practical support was once again greater when compared with financial support. This is a trend that has been seen over the last few years and we expect it to remain the same for the foreseeable future. However, it is important not to downplay RSABI's ability to provide financial support to those that are in most need.

Our ability to provide short-term financial support, especially during a cost-of-living crisis, allows individuals to refocus and concentrate on moving forward, for example by accessing a business review or obtaining financial advice to organise their finances.

As suggested above, another common reason for contacting the helpline in 2022/23 was the cost-of-living crisis which impacted individuals and families throughout the industry. We also saw demand for our counselling support treble in 2022/23 compared to the previous year. While it is positive that more people feel comfortable to reach out for such support, it is an indication that mental health support is more needed than ever.

It is important that RSABI remains responsive and well-equipped in order to support an industry that is not only facing financial pressure but will also be going through a period of change over the next few years.



Financial & Practical Support

As with 2021/22, the work of the welfare team has continued to become increasingly complex and includes working with a number of local and national partners and stakeholders to achieve satisfactory outcomes for clients.

The team carried out over 10,000 interactions in 2022/23 with, or on behalf of, our clients. These included telephone calls, visits, emails, application submissions and research activities. This also included making over 2,000 emotional support calls to lonely and isolated individuals.

Access to business reviews through the Farm Advisory Service (FAS) and funded by the Scottish Government is an area of practical support that the welfare team utilises regularly in order to help move farmers and crofters forward. We remain grateful to the Scottish Government for continuing to provide this funding.

The welfare team have also worked with a number of statutory and non-statutory agencies throughout 2022/23 and RSABI is very grateful to all those working in a wide variety of agency roles, who are understanding and show patience when clients experience difficulties.

The welfare team also secured additional income of £71,000 in the form of financial gains for clients. This included identifying areas that clients could maximise their income, such as claiming state benefits and submitting applications to other charities.



Of those households receiving direct financial assistance, 170 received monthly payments totalling £195,000. Most of those receiving monthly payments have backgrounds in agriculture who have retired from active work due to age, illness or disability.

Due to the cost-of-living crisis the Board of Trustees also agreed to a one-off cost-of-living payment made to each household receiving monthly payments to assist with rising prices. In addition, we distributed 256 single grants - totalling around £69,000. These clients, who are assessed as having a low disposable income and low savings, are provided with support for a wide variety of purposes ranging from essential household items, such as food and toiletries to part supporting the cost of home adaptations due to disability or illness. Of particular note was the level of demand for our Help for Heating grants which totalled £41,000 in 2022/23.



10K Interactions in 2022/23



2,000 Emotional Support Calls



£ 71K Additional Income

Helpline



Our helpline – **0808 1234 555** – is now an easy to remember freephone number, which will not appear on a phone bill, adding to confidentiality.

From the beginning of 2022/23 the helpline has been available 24 hours a day, 365 days a year. Calls to the helpline, both outbound and inbound, have remained steady and we continue to make regular outbound emotional support calls to those who are lonely, isolated or are in need of a listening ear. We are grateful to the small team of volunteers who help us with our regular outbound calls.

We also introduced a new way to get in touch with us this year via webchat, which can be accessed through our website. The use of our webchat steadily increased in popularity throughout 2022/23 and has been utilised by a broad demographic.

We are grateful for the support of the Royal Highland & Agricultural Society of Scotland (RHASS) which provided support of £16,000 towards the cost of running our Helpline and to the Scottish Government which also assisted with RSABI services.



£ 16K Grant awarded to RSABI to run the helpline



200 Average calls per month



**ROYAL
HIGHLAND &
AGRICULTURAL
SOCIETY OF
SCOTLAND**

Mental Health First Aid Training

In autumn 2022, we began to trial Mental Health First Aid and Awareness courses, working with former Royal Marines at IED Training Solutions, who offered a unique insight into mental health but also shared many synergies with the agricultural sector.

The aim of the initiative is to work with organisations and businesses who are in regular contact with farmers and crofters and to give individuals the skills and confidence to identify the signs when someone may be struggling, to know how to have a supportive conversation and how to help them find further help and support from organisations like RSABI.

The pilot phase proved to be a success and since then we have trained over 350 individuals involved in Scottish agriculture in Mental Health First Aid. Demand for this training continues to gain momentum and we are grateful to be able to travel to all parts of Scotland to provide this training free of charge due to much-appreciated funding received from the NFU Mutual's Charitable Trust.



Farm Resilience Programme

RSABI works in partnership with the Royal Countryside Fund (RCF, formerly The Prince's Countryside Fund), to deliver the Farm Resilience Programme, a series of workshops providing free business skills training and one-to-one support to farming families.

As part of the partnership agreement, the RCF awarded a £15,000 grant to RSABI to assist the work the charity does to support people in Scottish agriculture.

In 2022-2023, families in Stranraer, Ullapool and Caithness took part in the programme which is open to dairy and livestock family farm businesses and crofters and takes a whole-farm and whole-family approach. The Farm Resilience Programme has supported hundreds of farming families to improve their business performance and make real changes on farm.

A recent independent evaluation of the programme found it delivers significant economic, social, and environmental benefits for farmers, with 58% of farmers reporting increased profitability and 73% improving their business skills.



Our thanks go to Doug Bell, who has assisted RSABI with the programme, along with the 2022-23 coordinators Heather Wildman (Stranraer), Iona Cameron (Caithness) and Sarah Allen (Ullapool).

RSABI is continuing to deliver the programme in 2023-2024, during which it is being offered to farming families in Orkney, North Ayrshire and West Aberdeenshire. Our three coordinators in 2023-2024 are Gwen Chalmers (West Aberdeenshire), Karen Johnston (Orkney) and Kirsty Mitchell (North Ayrshire).



£ 15K Grant awarded to RSABI to assist in charity work

Thrive Mental Wellbeing App

We began piloting a new mental wellbeing app with young farmers, as part of our commitment to engage with and support more young people in the industry.

The app is approved by the NHS and includes access to mental health support, such as Cognitive Behavioural Therapy (CBT), and resources on mindfulness and relaxation techniques.

Access to live chat with trained therapists is also available at the touch of a button if individuals are in need of professional support.

The app is currently being piloted with three Young Farmers' Clubs – Aberfeldy, Bell Baxter and Biggar – under the direction and guidance of the Scottish Association of Young Farmers' Club's Development and Wellbeing Committee.



Pictured is Cammy Wilson, of BBC Landward, with Ross Jackson of Biggar Young Farmers Club.



The Thrive app initiative won an award at the Scottish Agricultural Awards - Pictured receiving the award are, from left, Anna McDiarmid, Penny Montgomerie, Skye Watson and Carol McLaren

Health Hut Initiative

Our new Health Hut pilot project with member-owned co-operative ANM Group, is proving a success.

Launched at Aberdeen & Northern Marts' Thainstone Centre on August 18th at the Spectacular Show and Sale, the initiative is seeing farmers offered the opportunity to have their blood pressures checked, along with other health checks.

Nurse Irene Scott was joined by RSABI staff at the Health Hut located near the entrance to the Thainstone Centre, and farmers also had the opportunity to confidentially discuss any other health concerns they may have.

Irene, who is a practice nurse and lives on a farm in Fife, has been working with RSABI at recent events to trial the best approaches to delivering this support to people in agriculture.

One of the challenges faced by farmers and others working in agriculture is living in remote locations, along with long working hours and a failure to prioritise their own health, collectively resulting in farmers too often acting slowly to book appointments with health professionals.

Research by SRUC and Stirling University published in June this year found that "farmers are likely to focus primarily on looking after the livestock and upkeep of the business side of the farm. Looking after themselves and their own health comes second."

The research also highlighted the benefits of taking health and wellbeing support to places where farmers are to be found and the ANM/RSABI pilot project builds on an existing initiative being successfully delivered in two marts in Lancashire.



The Health Hut project has been launched with ANM Group at Thainstone.

Pete Black is working with RSABI to raise awareness of dyslexia. Pictured with foal, Collessie Felicity.



Marketing & Communications

Ensuring people in Scottish agriculture are aware of the wide range of services offered by RSABI is an absolute priority for the charity and effective communications and marketing is key to achieving this.

Our target audiences range from working farmers and crofters to retired and young farmers and during the year a wide range of communications channels were targeted to encourage people to contact RSABI without hesitation.

As well as issuing a steady stream of strong press releases and features we also respond to hundreds of media enquiries through the year and place features and editorial in a range of target publications.

We are very grateful to the farming press and to many other partners and stakeholders in the farming community, for their support in helping us drive strong awareness of the services we offer as well as the various initiatives we have launched through the year. We are continuing to grow our social media following with strong content and engagement on our key channels – Facebook, LinkedIn, Instagram and Twitter. During the year we also took the decision to increase the number of ebulletins we issue but made them shorter and more timely and impactful.

We are also working with Dyslexia Scotland to drive awareness of the challenges which around 25% of farmers in Scotland have with dyslexia and this publication is aimed at being as dyslexia friendly as possible.



The Farmers' Choir will perform in Perth Concert Hall for the first time on Feb 25, 2024 with Jim Smith as MC. The concert will be to raise funds for RSABI and Scotland's Charity Air Ambulance.



We worked with father and daughter Anthony and Toni Dowling to produce a video showcasing the mental and physical health benefits of doing something off-farm – in their case as on-call firefighters!

During the summer of 2023 we were pleased to recruit three young people to help us with summer events – Julia Bell, Charlie Tannock and Kate Hall.

This allowed us to resource attending a large number of events around the country – from agricultural shows to monitor farm summer events and many more. Coverage of some of the events we were pleased to attend – from as far afield as Orkney, Islay, Aberdeenshire and the Borders – can be found on pages 34 and 35.



Former Scottish rugby captain and farmer from the Isle of Coll, Rob Wainwright, filmed a video with RSABI highlighting the importance of fitness to physical and mental health, just before his epic cycle from Wales to Murrayfield in support of Doddie Aid.



Member of staff, Kirsty Macaskill, is pictured with Hope, our Ambassador.

During the year we also undertook a range of initiatives highlighting the importance of fitness to good mental and physical health. In addition to the Great Glen Challenge, we were pleased to again be an official charity of Farmers Weekly's Britain's Fittest Farmers. Jacalyn Dunlop and partner Grant Neilson, who were first and third in the 2022 competition, recorded a series of videos as Fitness Ambassadors of RSABI.



We filmed a video with Strathearn Young Farmers, winners of the 2022 Five Star award for community service, highlighting the value of joining a club to young people and the important role of farmers in their local communities.



Our thanks go to the Ivory family who provided a holiday prize which we used throughout the summer to promote awareness of the importance of taking a break away from the farm.

#KeepTalking Campaign 2022/23

A host of well-kent farming faces united to record an adaptation of “Silent Night” to raise awareness of the potential for loneliness in the Scottish agricultural community this winter.

The adapted version of the carol was pulled together for our **#KeepTalking** campaign to encourage people in Scottish farming to look out for each other during the winter.

While the standard of the singing varied in the recording, the message prevailed that the winter months can be particularly challenging for farmers and crofters and a visit or a kind word or two can make a huge difference.

Lyrics such as “So pick up the phone and make someone’s day, It’s no the weather to be out makin’ hay” and “talk to someone – we care” were sung by famous faces including The Hoof GP, Graeme Parker; Landward presenter, Cammy Wilson from SheepGame; shepherdess, Emma Gray from This Farming Life and comedian Jim Smith.

A host of auctioneers from around the country also sing their hearts out in the recording, including Jim Craig (James Craig Ltd, Ayr), brothers Scott and Fraser Chapman and Colin Slessor (ANM, Thainstone), Graham Low (Orkney Mart) and Farquhar Macrae (United Auctions, Huntly).

Others appearing in the recording include; Graham Bruce, Managing Director of Ringlink and his team; Lucy Mitchell, Chair of Scottish Association of Young Farmers Clubs; Joyce Campbell and some of the Armadale Farm team; and Martin Kennedy, President of NFU Scotland with his daughter Katrina.

RSABI Trustees Jimmy McLean and David Leggat, and staff members Mary Anne McWilliam and Carol McLaren also take part in the recording, along with supporters Christine Cuthbertson, Lorna Paterson and Kevin Gilbert.



#KeepTalking



Fundraising

We are extremely grateful to everyone who has supported us over the past year, whether by raising funds via sponsorship of an activity or by making a donation or joining our Supporters' Scheme.



Our Fundraising Team is now in full swing, led by Pauline Macmillan our Head of Fundraising. Also pictured are team members Margo Wills, our Fundraising Executive, who has been working hard at increasing awareness of our Supporters' Scheme, as well as being involved in our high value fundraising events. Gregor Wilson, our Communications & Marketing Executive, has been getting to grips with our social media and communications plans, as well as looking after our online shop and merchandise, and Julia Bell has been representing RSABI at lots of events across Scotland.

Some examples of the wonderful fundraising activities our supporters have achieved over the past year are noted in the next page. We can't include everyone but rest assured, every single donation is hugely appreciated and vital to the work we do.



The Baxter Family are courageously taking on a monthly Munro challenge during 2023 and aiming to complete a Munro a month in memory of their much loved and missed family member David, in aid of RSABI, The World Suicide Prevention Project and Sight Scotland. They have already raised over £6,000.



Hamilton Ross kindly came on board as official partners of RSABI as part of their celebration of their 90th anniversary.



David Cooper organised an Ayrshire Ball in January 2023, raising an incredible £24,000 at Lochgreen House Hotel.



Ross Agri raised an amazing £28,000 at their 50th anniversary machinery show and dinner at the P&J Live.



The Farmers' Choir performance at Easterbrook Hall, Dumfries raised a brilliant around £8,000 for RSABI at the concert which was very kindly sponsored by Tarff Valley.



Emma Gray raised £2,590 by doing a skydive in memory of her late Dad.



A group of hardy Young Farmer from different clubs raised £4,550 for RSABI and SAYFC by cycling from Aviemore to Biggar (A to B) over three days, taking in three regions and 160 miles.

Fundraising



Andrew Arbuckle, who has raised more than £100,000 for RSABI with the sale of his funny story books, was presented with the NFU Scotland/NFU Mutual Ambassador Award.



Artist Gillian Wilson has kindly gifted her talent to RSABI in the form of producing some incredible artwork with a **#KeepTalking** theme for us to use on our merchandise sold via our online shop.



Through our partnership with Agrovista RSABI is one of the charities to benefit from the sale of new wheat variety Mindful.



Many thanks to John Robertson who raised over £8,000 for RSABI after holding a fundraising retirement event.



Many thanks to Cammy Wilson of The Sheep Game who very kindly sold a #KeepTalking rugby top in aid of RSABI and RABI.

125th Anniversary Fundraising Dinner

A fantastic sum of over £65,000 was raised for RSABI thanks to the generosity of people supporting our 125th Anniversary Fundraising Dinner.

Around 150 people involved in the agricultural industry attended the Gogarburn event, which was kindly sponsored by The Royal Bank of Scotland. Attendees included His Grace The Duke of Buccleuch, RSABI Honorary President, and Jim McLaren MBE who proposed a toast to RSABI.

As well as ticket sales, funds were raised by an auction with outstanding lots including a sporting lot graciously gifted by Her Majesty the Late Queen before her sad passing and a Highland heifer sculpture hand-made from agricultural scrap metal by ArtFe specially for the event.

A prize for Heads and Tails was gifted by The Hideaway Experience, with a selection of excellent items to win in the prize draw and Edinburgh Gin, courtesy of Ian Macleod Distillers.

Two very generous donations were made towards the overall total from The Wiseman Family Charitable Fund, who donated £12,500, and the late Sir Ian Grant, who contributed £5,000 towards the evening shortly before he passed away.

Our thanks to everyone who attended and supported us with this special anniversary event.

The evening also saw the presentation of the inaugural Richard Huxtable Award, in memory of our former RSABI Case Officer in the northeast who sadly passed away in 2020. The award will be presented annually to a young person for their outstanding support of RSABI, whether through fundraising, volunteering or raising awareness of the charity's services.

Rachel Biggar, who raised an incredible sum of £30,000 with her 100km in a month challenge, was the recipient of the inaugural award. Rachel ran 100km in Greece, where she currently resides, in Summer 2021 in memory of her father, Dumfries & Galloway farmer Donald Biggar OBE, who was a great supporter of RSABI.

Rachel was unable to travel from Greece for the event and the award was received on her behalf by her mother Emma and presented by Mr Huxtable's



Great Glen Challenge 2023

Many, many thanks to the sponsors, teams, supporters and volunteers who made our Great Glen Challenge fundraising event in August such a huge success.

The event was fully booked with the maximum of 25 teams from a wide range of roles in Scottish agriculture taking part in a challenging day of outdoor sport, testing endurance and fitness, as well as offering a great opportunity for teambuilding and camaraderie.

The event, sponsored by expert legal advisors to the rural sector, Gillespie Macandrew, took place in a stunning setting between Fort Augustus and Fort William. It saw sponsored teams take on a demanding route consisting of a 49km mountain bike, 6km kayak, 18km walk, and 17km run.

The challenge is designed to raise awareness of the work of the charity as well as the importance of teamwork and physical fitness for mental and physical wellness, promoting commitment and teamwork from the onset of training right up to race day.

Alongside training and competing, the teams have worked hard to fundraise in a bid to help RSABI, the charity which supports people in Scottish agriculture, surpass the ambitious target of £50,000, which will help the charity provide emotional, practical and financial support to people in Scottish agriculture.

The overall team winner was Scottish Woodlands, with last year's winners Shannoch, taking second team place, followed by the Royal Bank of Scotland in third.

Individual awards were made to Edward Fletcher (mountain biking) of Galbraith Giants, Mark Donald (kayaking) of NFU Team 2, David Michie (running) of NFU Team 1 and walking (joint first place) Rebecca Drummond of Team Shannoch, Neil White of Scottish Woodlands and Andy Glasgow of Royal Bank of Scotland.

Participating teams included Bank of Scotland, Bell Ingram, Bidwells LLP, the Crofting Commission, Davidson & Robertson, Galbraith, Gillespie Macandrew, James Hutton Institute, Johnston Carmichael, NFU Scotland, Royal Bank of Scotland, SAC Consulting, SAYFC, Scottish Woodlands, Shannoch, SP Energy Networks, Tarff Valley, Thomson Cooper Accountants, Thorntons, and Virgin Money.



Edzell Charity Golf Day

Many thanks to all the golfers, sponsors and organisers involved in the annual Edzell Golf Club event, whose collective efforts raised an incredible £8,406 for RSABI. Here are the results – well done to you all!

- 1st Place** – Begbies Traynor 93
- 2nd Place** – Powerwasher Lassies 92
- 3rd Place** – Royal Marines Charity 93

Bringing up the rear

4 Divots 72 on a countback.

Longest Drive

Ladies
 Clare Burnett – Powerwasher Lassies Longest Drive

Gents
 Craig Stephen – Hicks with Sticks Ladies

Nearest the pin on 6th

Ladies
 Barbara Watson – Par-Tee

Gents
 Murray Mitchell – Berries & Bangers Ladies

Nearest the pin on 14th

Ladies
 Christine Brown – One plus Two Gents

Gents
 Ian Murray – Berries & Bangers Ladies

Nearest the pin on 17th

Ladies
 Irene Officer – Old Friends Gents

Gents
 Ian Bratley – Forever Hopefuls



Clare Burnett – Powerwasher Lassies – Longest Drive



4 Divots – Bringing Up The Rear – Archie Gauld, David Drinkwater, David Argo, Mark Skivington



1st Place – Begbie Traynor – Andy McCafferty and Ken Patullo



Nearest the pin on the 14th – Christine Brown -One Plus Two

RSABI Supporters' Scheme

Our Supporters' Scheme is a vital source of income for RSABI and, if you are not already a member, we'd be very grateful if you would consider joining. It is simple and quick to join via our website – www.rsabi.org.uk - and costs as little as **£25** per month for an individual membership. We also offer business and corporate categories and we hope to continue to grow scheme membership over the coming months.

Supporters of RSABI as of 31st March 2023

- 283** Individual Supporters
- 416** Business Supporters
- 74** Corporate Supporters



We were pleased to welcome Craigclowan Prep School as a Business Supporter.

Corporate Supporters

- | | | |
|---|--|--|
| A K Stoddart Ltd
A Ritchie & Sons
ABP Perth
AIC Scotland
Achantoul Farms Ltd
Agrovista UK Ltd
Alan and Margaret Wiseman
Anderson Beaton Lamond
Ardwell Estates Ltd
Atholl Estates
Bank of Scotland
Begbies Traynor
Bell Ingram LLP
Biggar Farmers Club
Binn Group
Birsay Farmers Ltd
British Polythene Industries Ltd
Carrs Billington
Craig Wilson Ltd
Davidson & Robertson
Dunbia (UK) Highland Meat
Dundee Cold Stores Ltd
East Coast Viners Grain (Drumlithie)
Ltd East of Scotland Growers Ltd
Galbraith | Gillespie Macandrew LLP
Haddo Estate
Harper Macleod LLP
Hoodles Playbarn & Coffee Shop
HSBC UK
Johnston Carmichael Scotland Ltd
Keenan
Keith & Fiona McElrea Ltd
Kettle Produce Ltd
Lawrie & Symington Ltd
Lothian Machinery Ring Ltd
Lycetts
Macphie Ltd
Malcolm Allan Housebuilders Ltd
Moncreiffe Agricultural Enterprises
Moncreiffe Farming
Muirhall Energy Ltd
NFU Mutual - Glasgow
NFU Scotland
North East Farm Management Association
Over Hillhouse Farm
RHASS
Ringlink (Scotland) Ltd
Roadhead Farm Feeds | Royal Bank of Scotland plc
SAOS
Savills UK Ltd
Scot Agri
Scottish Quality Crops
Scotland Food & Drink
Scotland's Rural College
Seed Logistics Ltd
Shepherd & Wedderburn
Stewart Agricultural Ltd
Tarff Valley Ltd
The Earn Coffee Shop
The Fresh Milk Company (Lactalis)
The Hon John Dewar Charitable Trust
The James Hutton Foundation
The Moredun Foundation
The Royal Northern Agricultural Society
The Scottish Farmer
United Auctions Ltd
Virgin Money Bank
Watson Seeds Ltd
WCF Ltd
Welbeck Scottish Farms
Yara UK Ltd |
|---|--|--|

Financial Review 2022-23

To provide a meaningful service to our clients, the Board at the start of the year recognised capital expenditure was required and agreed to fund a planned annual operational deficit from RSABI's reserves. As global economic circumstances took us all on a roller coaster ride over the year, the charity unexpectedly ended with a surplus.

During this year of economic volatility, the charity increased its direct payments to its long-term annual beneficiaries to help with the ensuing cost of living crisis. In addition, there was a marked increase in successful grant applications to meet energy and counselling costs.

We incurred additional costs to extend the Helpline/ Webchat to a freephone 24hour/365-day service; to deliver Mental Health First Aid training to the Scottish agricultural sector through our training partner, former Royal Marines at IED Training; to deliver, working in partnership with the Royal Countryside Fund, a series of workshops (the Farm Resilience Programme) providing free business training skills and one-to-one support to farming families in Scotland; and for the first time in the UK, the Thrive Mental Wellbeing app was rolled out to young farmers in a pilot scheme.

Throughout the year we worked to consistently drive awareness of the charity's services, supported by a revamped website, and we increased staff numbers to meet growing demand for our services. The return, in terms of the quality of the professional services provided, has been invaluable to our clients.

The financial return, attributed in part to telling our story to a more engaged and expanding audience has been very valuable. It stands as a testament to the continued dedication and efforts of our supporters, fundraisers, and Charitable Trusts, who all wish to serve their community.

This includes the likes of the NFU Mutual Charitable Trust (£70,000), the Scottish Government (£50,000); the Royal Highland & Agricultural Society of Scotland (£16,000); and the Royal Countryside Fund (£15,000), as well as a multitude of individual and group fundraisers who conceived special events to raise donations for their charity of choice.

In a bid to ensure we can support those who kindly want to fundraise for us, we now host a digital fundraising toolkit on our website to help maximise such efforts and streamline the process.

We took the opportunity to recognise our commitment to donors by signing up to "The Fundraising Guarantee" which is a positive statement about values, culture and practices and outlines to the public how they can expect to be treated by us.



The charity also maintains a Crisis Fund to allow us to quickly ramp up support to the industry in case of future crises, such as the flooding fund we launched in October this year.

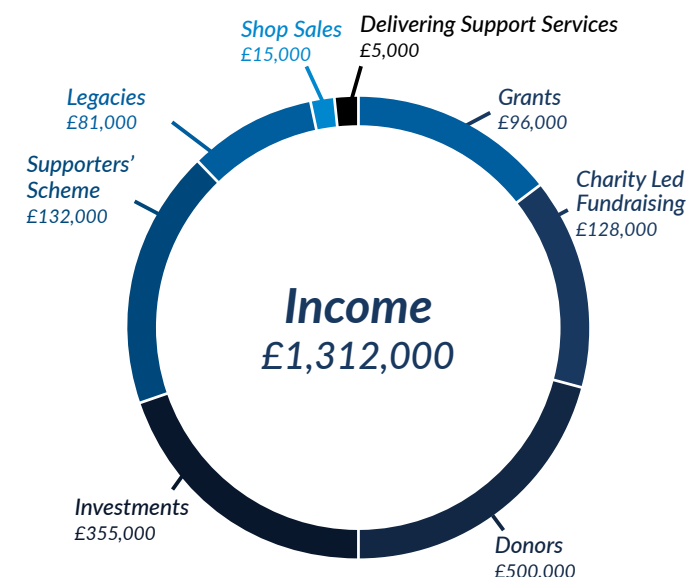
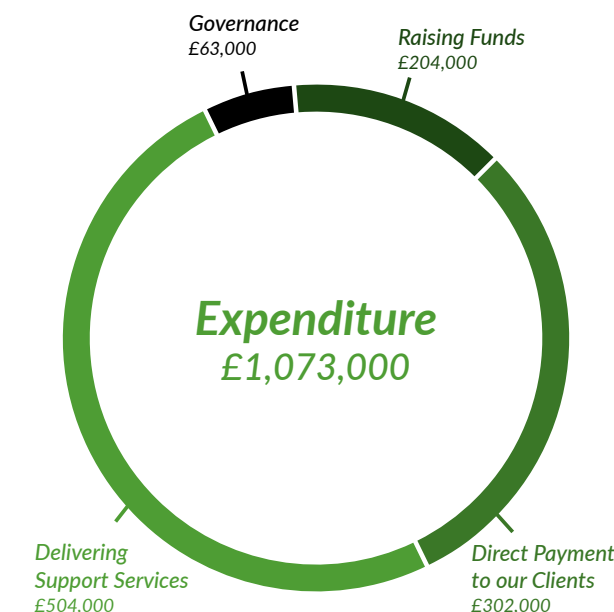
At RSABI, we are deeply committed to sustainability, guided by our mission to support those working in Scottish agriculture. Our dedication to sustainability encompasses environmental responsibility, social engagement, and economic resilience. In our pursuit of environmental sustainability, we prioritize reducing our carbon footprint and conserving resources.

Economically, we ensure responsible financial stewardship while supporting rural livelihoods and collaborating with stakeholders to create lasting solutions. Our sustainability commitment is integral to our mission, ensuring a vibrant and resilient future for Scottish agriculture.

The charity has pledged to meet the Scottish Government's "Fair Work First" criteria and as such we are accredited with the Living Wage Foundation and maintain effective engagement with our staff. In addition, we have signed up to the Prompt Payment Code.



ROYAL
HIGHLAND &
AGRICULTURAL
SOCIETY OF
SCOTLAND



To view our full annual Trustees' Report, please visit www.rsabi.org.uk or scan this QR code.



Royal Highland Show 2023

We were delighted to share stand space with the Scottish Association of Young Farmers Clubs, alongside Andy and Lynda Eadon of Len's Light, who lost their son to suicide aged 21, in January 2022.

During show week we undertook a survey of young farmers and the SAYFC national photography competition was sponsored by specialist machinery dealership, The Hamilton Ross Group, an official partner of RSABI. The photography theme was #KeepTalking, dedicated to our initiative encouraging farmers and crofters to stay connected with one another, particularly those who might be feeling isolated.



Our #KeepTalking temporary tattoos proved popular as did our blood pressure testing by nurses Irene Scott and Emma McLaren.

Quality Meat Scotland kindly sold their legendary Royal Highland Show t-shirts in aid of RSABI and we had a presence at the Lister marquee where mental health trained barbers offered a tidy up to showgoers free of charge. Among those who was trimmed was Peter Beattie of QMS who raised a fantastic sum for RSABI when he underwent a radical transformation, having been growing his hair since Lockdown!



Summer Events

Our thanks go to all those who supported us throughout the summer at numerous events around the country.

Particular thanks go to NFU Scotland and NFU Mutual for giving us space on their stands at many agricultural shows, the Scottish Association of Young Farmers Clubs for allowing us to share their stand at the Royal Highland Show, the Farming Future Expo for having us as their official charity and Farmers Weekly for having us as their official charity, along with RABI, as their official awards event charity.

Our thanks also go to Quality Meat Scotland for inviting us to join their series of summer monitor farm events and our partners Agrovista for inviting us to their events.



Our Head of Finance & Compliance, Harry Seran, is pictured with our enthusiastic summer team of Julia Bell, Charlie Tannock and Kate Hall.





Steps to make this publication dyslexia friendly include colour as well as use of pictures and infographics