



RSABI
Annual Review 2025

About RSABI

RSABI provides practical, emotional and financial support to people involved in Scottish agriculture. Our support is available to those who previously or currently work in farming, crofting and occupations related to agriculture in Scotland.

Our Mission

RSABI works steadfastly at the heart of Scottish agriculture, to improve the lives of people in farming and crofting.

Our Vision

The lives of people in Scottish agriculture are consistently improved through the work of RSABI to enhance the wellbeing of farmers, crofters and others.

Our Values

Kind
Inclusive
Supportive
Trusted

**Cover pic: Callum Lindsay and his family who farm in Arran. Callum is the face of our #UseYourHead campaign with Farm Safety Foundation (Yellow Wellies)*



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Chair's Welcome

The 12 months to March 31st, 2025 saw RSABI deliver a very strong period of emotional, practical and financial support to people in Scottish agriculture who were struggling due to difficult times.

Our Helpline is now well established as 24/7 and our live WebChat is proving a popular alternative to calling us. Our Help for Heating grants and free counselling services again showed a significant increase in applications, and we supported farmers and crofters through one of the worst springs for lambing and other spring work, in living memory.

Our Health Hut initiative continued to grow throughout the year, following a successful pilot period at ANM Group's Thainstone market. It developed to the point where, by the end of the year under review, we had around a dozen nurses and doctors, all from farming backgrounds delivering Health Huts in marts and at other events throughout Scotland.

These medical professionals combine both their knowledge and farming experience with a passion for bringing health into the community and the results have been outstanding. Not only are we providing health checks such as blood pressure checks, and health advice, we are also providing a stream of information and content for the press and social media to help farming families live healthier lives.

During the year we took the total trained through our Mental Health First Aid initiative with former Royal Marines at IED Training Solutions to around 800 people who work in the frontline with Scottish farmers. We also provided Suicide Prevention Training to the Scottish Association of Young Farmers Clubs members as part of our support via the RESPECT campaign.



Partnerships and collaborations continued to be a priority for RSABI and we were pleased to work with the Royal Countryside Fund to deliver their Farm Resilience Programme in Scotland, with groups established in Lanarkshire and the Cairngorms.

Additionally, we delivered the Planning for the Future Roadshow around Scotland, with a panel of legal, accountancy and mediation/success experts, as well as our CEO Carol McLaren. We delivered a series of videos as part of this project, made possible via our partnership with RCF and funded by the Scottish Government.

Working with Dyslexia Scotland we continued our initiative by offering farmers over 40 years old a free dyslexia assessment, getting some excellent feedback on this enterprise. Our #KeepTalking campaign stepped up to a new level during the winter and early spring of 2025 with a drive to encourage people in Scottish agriculture to look out for each other.

We started the #KeepTalking tour with Jim Smith, farmer and comedian, in the winter of 2024/25 taking the tour to remoter locations including Skye and Orkney, with all events selling out. As well as offering a relaxing social occasion for farmers to meet up, we are pleased that some have since reached out for support from RSABI.

We were delighted to welcome over 700 patrons to The Farmers' Choir Concert in Aberdeenshire (headline sponsor Stewart Trailers) at Thainstone, with Jim Smith hosting and a fantastic sum raised.

The Great Glen Challenge and our annual Edzell Golf Event were also significant fundraisers. We are very grateful to the NFU Mutual Charitable Trust who provided £70,000 of grant funding and the Scottish Government who provided £75,000 of funding.

Our thanks go to all those who supported RSABI during the 12 months under review, including outstanding support from various young farmer clubs and individual members around the country.

We welcomed new Trainee Trustees, Karen Stewart and Beth Mackinnon, and three new members of staff – Nicola Youngson (providing maternity cover for Laura Young), Susan Stewart who took over the reins from Jan Welsh on her retirement and Josie Barclay, who joined us in March as our Suicide Prevention Lead, a new role funded by the Alastair and Margaret Miller Trust.

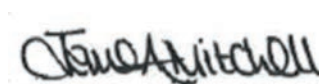
We are very grateful that the donations from individuals and the clubs, organisations and businesses which form part of the wider farming community have continued their momentum of recent years. Our particular thanks to everyone who supports us as members of our Supporters' Scheme, which was successfully rebranded as "Friends of RSABI" during the year.

We were humbled to be the recipient of a major legacy amounting to £470,000 - received from the estate of the late Charlie Gorn. We are deeply indebted to Charlie, who farmed on Orkney, for leaving this incredible legacy to RSABI. Thanks to this legacy our budgeted overspend, expected to impact our reserves, did not transpire and we finished the year in surplus.

As we move forward, I am pleased to report that the charity has continued to grow during the year, delivering an ever-increasing service to the Scottish agricultural community and our thanks go to all those who kindly fundraise or donate funds to allow us to continue to make such a difference.

My thanks also go to the Trustees and Trainee Trustees for their invaluable support and guidance with particular thanks to Jimmy Mclean and Christine Bowie who both stand down as Trustees at the end of this year.

Thanks also to the hardworking and dedicated team of staff who are committed to providing emotional, practical and financial support to help improve the lives of people in Scottish agriculture, every day.



Jane Mitchell
RSABI Chair



Trustees

Honorary Roles

Honorary Patron

His Majesty The King

Honorary President

The Duke of Buccleuch
and Queensberry KBE FRSE DL

Honorary Vice Presidents

Arthur Anderson MBE FRAgS

Margaret Anderson MBE DL FRAgS

Andrew Arbuckle MBE FRAgS

Gregor Caldwell

John Forbes FRAgS

John Kinnaird FRAgS

David Leggat MBE FIA (Scot) FRAgS

Sheena Lamont

Ewan Pate FRAgS

Dr John Ross CBE FRAgS DVMS LL (rtrd)

Board of Trustees

Jane Mitchell FRAgS Chair

James McLean BSc Agric, FRAgS

Carole Brunton

Christine Bowie MSc (Counselling), MBACP, PQD

Ian Hope

Lois Newton

Mairi Renwick MacKenzie ARAgS

Patricia Glennie

Sandy Hay

Stephen Young ARAgS

Trainee Trustees (2024/25)

Beth MacKinnon

Karen Stewart

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

Auditors Chiene + Tait LLP (trading as CT)

Investment Managers RBC Brewin Dolphin and
LGT Wealth Management

Principal Bankers Bank of Scotland

Legal Representatives Anderson Strathern



Trainee Trustees Karen Stewart (left) and Beth MacKinnon



RSABI Hon Vice-Presidents July 2025

The key strategic objectives of the charity (RSABI Strategy 2024 – 2029) are outlined below.

Strategic Objectives

1. To ensure Trustees, volunteers and staff operate in a culture of professionalism and kindness, truly living our values, **so the RSABI team feels supported to deliver strongly.**
2. To deliver impactful wellbeing and welfare activities, supported by strong strategic partnerships with key stakeholders, **so RSABI maximises its positive impact for people in Scottish agriculture.**
3. To develop & deliver a robust fundraising strategy and optimise income generation **so RSABI is prudently funded to grow and fully achieve its aims to support people in Scottish agriculture.**
4. To effectively promote RSABI and its activities via powerful and targeted communications (which also champion Scottish agriculture) **so there is strong awareness of the services and activities the charity delivers.**
5. To demonstrate full legislative compliance, transparency, efficiency and good practice in all of the charity's policies, procedures and practices **so RSABI maintains and grows its reputation for honesty and integrity.**

When life feels overwhelming RSABI is here for you.

Call our freephone helpline on **0808 1234 555** or webchat at **www.rsabi.org.uk**

#KeepTalking
Scottish Charity Number SC009828

RSABI
Supporting People
in Scottish Agriculture



Chief Executive Update

Reflecting on the past year, I am proud to share that RSABI has continued to deepen its impact across Scotland's agricultural communities, responding with compassion, innovation, and resilience to the evolving needs of those we support.

The 2024/25 period has been marked by significant progress in our commitment to work steadfastly at the heart of Scottish agriculture to provide practical, emotional, and financial support to people involved in farming, crofting, and related agricultural occupations.

At the core of our work remains a steadfast commitment to wellbeing. The challenges facing Scottish agriculture—climate volatility, economic pressures, changing policy and social isolation—require a robust and empathetic response. RSABI is rising to this challenge, expanding our services and strengthening our partnerships to take steps to ensure that no one in our community should feel alone or unsupported.

One of the most notable developments this year has been the recruitment of a new Suicide Prevention Lead role in RSABI and the launch of a major research project with Glasgow University looking at developing improved understanding of the factors behind suicide in Scottish agriculture and how we can all work together to keep people safe.

This builds on the continued success of our **Mental Health First Aid initiative**, delivered in collaboration with IED Training Solutions, with funding from NFU Mutual Charitable Trust. We have now trained over 800 individuals working on the frontline with Scottish farmers, equipping them with the tools to identify and respond to mental health concerns. This milestone reflects our strategic priority to destigmatise mental health and



foster a culture of openness and kindness within the agricultural sector.

Our **Help for Heating grants** and **free counselling services** saw a marked increase in applications, underscoring the growing demand for support amid rising living costs and unpredictable weather conditions.

Innovation has also been a key theme this year. The **Health Hut initiative**, trialled in partnership with ANM Group at Thainstone Mart, has gained significant momentum. With a dedicated team of nurses and doctors now operating in auction marts and at agricultural events we are bringing health services directly to farmers and crofters—removing barriers and encouraging a proactive approach to health.

We were also delighted to continue to expand access to the **Thrive wellbeing app**, following a successful pilot. This digital tool complements our broader strategy to integrate technology into our support offerings, increasing opportunities for help and ensuring it is accessible and user-friendly.

The **Farm Resilience Programme**, delivered in partnership with the Royal Countryside Fund, saw a series of tailored workshops take place in Lanarkshire and the Cairngorms, offering expert advice and peer support and providing the opportunity for participants to build stronger, more sustainable businesses.

Fundraising efforts reached new heights this year. The **Great Glen Challenge** in 2024 surpassed **£57,000**, pushing the total raised since the event's inception to over **£500,000**. During 2025 we introduced the debut Great Scone Palace Challenge, also very kindly sponsored by Gillespie Macandrew, which raised over **£85,000** for RSABI, including exceptional support from Dalscone Farm. We were pleased to be joined by cast and crew from TV series Emmerdale at the event with the remarkable fundraising achievement reflecting the generosity and commitment of our supporters, sponsors, and volunteers.

During the year we have also continued to focus on staff welfare and organisational resilience. Our team continues to personify RSABI's core values—Kind, Inclusive, Supportive, Trusted (KIST)—in every interaction. We have welcomed new trustees to our board, bringing fresh perspectives and specialist expertise to guide our strategic direction.

Looking ahead, our **2024–2029 Strategy** sets out ambitious objectives to enhance our reach, diversify income streams, and deepen our impact. Key priorities include expanding our volunteer network, strengthening our fundraising base through the Supporters' Scheme (rebranded as Friends of RSABI), and improving awareness of RSABI's services across rural Scotland. We are also committed to telling our story as effectively as possible, ensuring those who need us know who we are, what we offer, and how to access support.

The launch of **The Farmers' Lotto** in 2025 marked an exciting new chapter in our fundraising journey.

Designed to engage the agricultural community in a fun and meaningful way, the Lotto will help generate vital funds to sustain our services long into the future.

In closing, I would like to express my heartfelt gratitude to everyone who has contributed to RSABI's success over the past year — our staff, trustees, volunteers, partners, donors, and the wider agricultural community. Your support enables us to stand shoulder to shoulder with those who dedicate their lives to agriculture in Scotland to help them get back on track in the face of adversity.

In a busy and hectic world, with so many demands on everyone's time, it is important to remember to make time to listen and to look out for those who may be feeling low, lonely or overwhelmed. The collective impact of many small acts of kindness can be truly transformational.



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
Margo Wills – Fundraising Executive
Laura Young – Fundraising Executive
Nicola Youngson – Fundraising Executive
(Maternity cover)

Staff - Welfare

Shirley Hastings – Case Officer
Kerry MacLennan – Case Officer
Mary Anne McWilliam – Case Officer
Shona Milne – Case Officer
Susan Stewart – Case Officer
Kirsty Macaskill – Welfare Assistant
Josie Barclay – Suicide Prevention Lead
Rebecca Mackie – Health Hut Administrator

Our small team of dedicated staff works across several key areas including welfare, finance, fundraising, partnerships, communications, marketing, events, volunteers and administration. During the past 12 months we have been pleased to welcome Josie Barclay, as Suicide Prevention Lead, Nicola Youngson, in a Fundraising Executive maternity cover role and Erin Cruickshank as a temporary summer events assistant.

We have welcomed three new members of staff.



Nicola Youngson

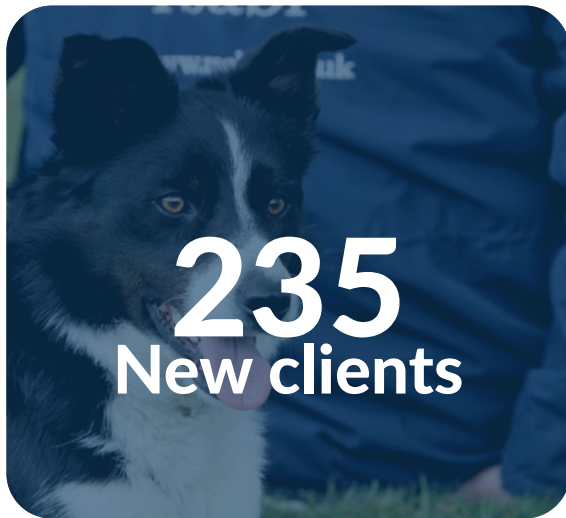


Josie Barclay



Erin Cruickshank pictured with Pauline Macmillan

Welfare



1,500
Emotional
support calls



1,300
Counselling
sessions



740
Total clients



10,785
Interactions

The 2024/25 year involved the Welfare team continuing to provide crucial emotional, practical and financial support to the agricultural community whilst important campaigns, such as the **#UseYourHead** campaign to encourage the use of quad bike helmets, and the introduction of a brand new RSABI role – Suicide Prevention Lead – offered new opportunities to support individuals and communities throughout Scotland.

The Welfare team carried out 10,785 interactions on behalf of 740 individuals, 235 of which were new clients to RSABI. This includes making 1,500 emotional support calls to those throughout Scottish agriculture feeling lonely, isolated and vulnerable.

As in previous years, time spent providing emotional and practical support continued to be greater compared with financial support. However, RSABI's ability to provide financial support during times in which farming families struggle with providing basic needs, such as food and heating, continues to play a vital role.

The demand for emotional support, predominantly in the form of professional counselling, continued to grow in 2024/25.

In total, we supported people to complete 130 applications for counselling, which is a 46% increase compared to applications received in

the prior year. This meant that RSABI provided funding for approximately 1,300 sessions for those in the sector struggling with poor mental health, including stress and anxiety.

The majority of those seeking counselling fall within the working age bracket, and they cite several reasons for seeking professional help, including work-related stress, anxiety as well as growing financial pressure.

Of those accessing counselling, 36% were under the age of 40, which is a 5% increase compared to the prior year. This highlights the growing demand for mental health support from this demographic and the importance of our continued relationship with the young farmers network and SAYFC. We are thankful to the counsellors we work closely with to provide this much-needed service to the agricultural community.

RSABI has spent a total of £280,000 in support payments to both annual beneficiaries and clients encountering short-term financial difficulty. As in previous years, our Help for Heating grant remains popular and is our biggest grant spend (£51,000), followed by counselling payments (£42,000), which was our highest spend on counselling since we began providing the service.

Welfare

The Welfare team continue to deliver important practical support to help move farming families and businesses forward. The team have been involved in several cross-compliance inspections, supporting individuals with communication between agencies and providing emotional support during a stressful time.

We have developed strong working relationships with SGRPID, APHA, Local Authorities and the Scottish SPCA who also refer individuals to our service.

There have been clear benefits to our team being involved in cases which involve several parties to help with the client's understanding of the situation and the requirements expected of them. We remain very grateful for the relationships we have built with individuals across all organisations that work with people in Scottish agriculture.

We are also very grateful for the continued support and guidance from colleagues at the Farm Advisory Service (FAS) and the farm consultants who we work with throughout the year to obtain specialist guidance and advice for our clients who need support to navigate their way through difficulties with their farm business.

The RSABI Welfare team has delivered numerous positive outcomes for farming and crofting individuals and families all over Scotland this year due to their care, compassion and dedication for which we are all extremely grateful.

Helpline:

Our Helpline – **0808 1234 555** is available 24/7, 365 days a year and our live webchat is proving increasingly popular.



Mental Health First Aid

In response to the mental health challenges in the Scottish agricultural community, RSABI launched a pioneering **Mental Health First Aid (MHFA)** training initiative in partnership with IED Training Solutions Ltd, a consultancy founded by former Royal Marines.

This initiative, generously supported by the NFU Mutual Charitable Trust, aims to equip individuals working in agriculture with the skills and confidence to support mental wellbeing in their communities.

The training is tailored specifically for those on the front line of Scottish agriculture - working with farmers and crofters - and includes assessors, vets, agronomists, consultants, government officials and advisers who are often the first to notice when someone may be struggling.

Participants can gain certification in either the SCQF Level 4 Award for Mental Health Awareness or, more usually, the more advanced SCQF Level 5 Award in First Aid for Mental Health. These qualifications empower individuals to recognise a range of mental health conditions, initiate supportive conversations, and signpost professional help when needed.

Our collaboration with former Royal Marines has proven particularly effective. Their shared experience with the agricultural community - often working in isolation, under pressure, and in challenging environments - has helped build trust and relatability with course participants. The training also encourages self-awareness, helping

individuals better understand and manage their own mental health.

Since its inception, the programme has trained over 800 individuals across Scotland, with training sessions held in both mainland and island communities. Feedback has been overwhelmingly positive, with 83% of participants rating the course content "outstanding". The initiative is also helping to reduce stigma, foster open dialogue, and promote a culture of care and resilience within the sector.

RSABI's **MHFA** training is part of our broader commitment to supporting the wellbeing of Scotland's agricultural community. Alongside the training, RSABI continues to offer a 24-hour helpline, web chat, and in-person support at agricultural events.

Our thanks to Ian Clark, Hugh Jones and Ross Wilson from IED Training Solutions for the excellent training provision.



Hugh training Women in Agriculture group in Inverurie



NFU Mutual
Charitable Trust

Health Hut Initiative



Since its launch at the Royal Highland Show in 2023, RSABI's Health Hut initiative has grown into a lifeline service for Scotland's agricultural community.

Designed to bring health and wellbeing services directly to farmers and crofters, the Health Huts are earning their place as a trusted presence at auction marts and agricultural shows across the country.

The initiative addresses a critical issue: farmers often neglect their own health due to long working hours, remote locations, and a culture of prioritising livestock and other work over personal wellbeing.

RSABI's Health Huts offer free, confidential health checks—including blood pressure, cholesterol, and diabetes screenings—alongside mental health support. Staffed by healthcare professionals with farming backgrounds, the Huts provide a familiar and comfortable environment for open conversations about physical and emotional health.

The impact has been profound. In 2025 alone, Health Huts have reached nearly every corner of Scotland, from Orkney to the Borders. Farmers have reported life-changing outcomes, including early detection of serious conditions and lifestyle improvements.



The initiative's growth has been supported by funding from the ANM Charitable Trust, Health Lottery and United Auctions, with plans to continue its expansion and grow the positive impact.

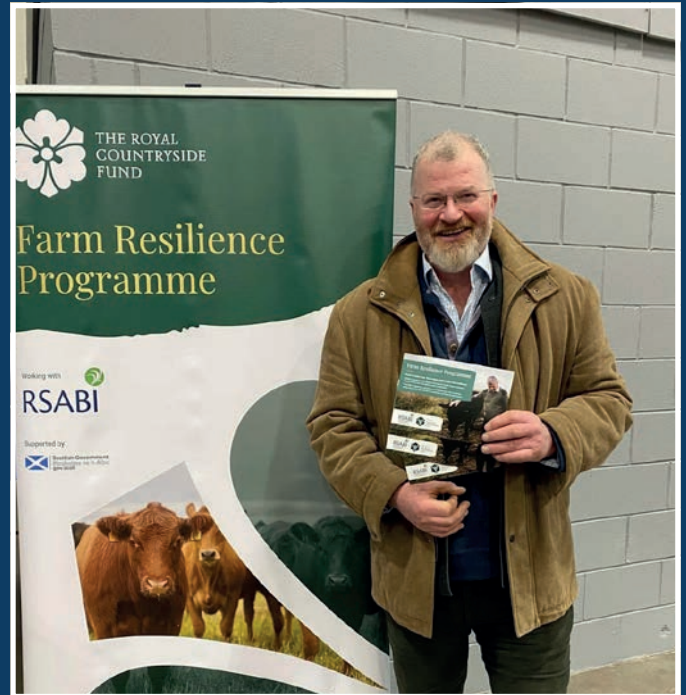
Our thanks go to all the nurses and doctors and RSABI staff who are working hard to make the Health Hut such an impactful initiative.

Farm Resilience Programme

Livestock farmers in Lanarkshire and the Cairngorms had the opportunity to benefit from free business support via The Royal Countryside Fund's Farm Resilience Programme in 2024/25.

The RCF again worked in partnership with RSABI to deliver a series of workshops, providing around £2000 worth of free business training skills, and one-to-one support to each farming family involved.

Since 2016 the Farm Resilience Programme has supported over 1500 farming families to improve their business performance and make real changes on farm. Our thanks to Doug Bell (Lanarkshire) and Kerry Maclellan (Cairngorms) who led on the delivery of the programme in Scotland.



Planning for the Future

A roadshow aimed at airing the challenges farming families face when planning to hand over to the next generation took place in February and March 2025.

Over a six week period, a series of events took place around Scotland aimed at combining the serious business of advice and support to help farmers prepare for the future, with a chance for a pre-lambing social over a bite to eat.

The events were run by RSABI working in partnership with The Royal Countryside Fund and featured legal, business planning, farm accounts, mediation and succession experts who led some lively discussions to help farming families plan for the future.

The line-up of speakers who shared their expertise with farmers at events in Perthshire, Orkney, Aberdeenshire and Dumfries-shire included Jenn Stewart, Partner and Head of Rural at Johnston Carmichael Chartered Accountants, who shone a light on tax and business planning; Heather Wildman of Saviour Associates who shared top tips for succession planning; Gordon Davies, a member of the Chartered Institute of Arbitrators and registered mediator at Scottish Mediators, who offered insights into how best to tackle difficult conversations; and Emma Robertson, Partner at Shepherd and Wedderburn LLP who, together with, Ellen Eunson, Rural Lawyer with Anderson Strathern, and Alastair Dale, Partner, Dales Solicitors LLP, highlighted the importance of planning for the next generation, including getting it right with wills and power of attorney.

The speakers were joined by Carol McLaren, CEO of RSABI, sharing advice on managing stress and building resilience, and Doug Bell, Scottish co-ordinator of The Royal Countryside Fund's Farm Resilience Programme, who chaired the meetings.



The events also included the opportunity to enjoy a catch up with fellow farmers over a bite to eat and a further online meeting was held via Zoom.

The roadshow was funded by the Scottish Government's Knowledge Transfer and Innovation Fund and supported by a series of videos related to the topics discussed at the events.

The meetings proved a great opportunity to enjoy some food and a catch up with fellow farming folk, followed by a really useful update from some excellent speakers and a chance to discuss and air any confusion and concern about how to plan for the future.

Our thanks to all the speakers who supported the roadshow and shared their thoughts and experience for this exceptional opportunity to farmers to receive thoughts and advice on steps they should be considering to protect their families and their businesses.

#KeepTalking Campaign

Perthshire farmer and legendary agricultural comedian Jim Smith has been helping RSABI raise awareness of the work of the charity via a **#KeepTalking** tour to many of the remoter agricultural communities in Scotland.

Thousands of farmers and crofters have attended his shows in Skye, Orkney, Wick and Stornoway and the Borders as Jim brings laughter, fun and friendship and encourages connection across rural Scotland through via the **#KeepTalking** tour.

Our thanks to all the organisations who have kindly sponsored the evenings and to all those local performers who have joined Jim on stage as wonderful musical support acts.

The gigs are a great opportunity for 'teuchters' to relax and connect with friends and family while enjoying a combination of comedy and great music and also supporting RSABI, with 10% of each £20 ticket typically going towards supporting the work of the charity.

Jim Smith, comedian and RSABI **#KeepTalking** ambassador, said: "I've been blown away by the support and energy from the crowds so far throughout the **#KeepTalking** tour.

We have sold out at each of the venues to date and it is great to be able to share a powerful message to help promote good mental health

in the farming community and remind everyone that no matter how busy we are, it is vital to find time to check in on others, especially if we think someone might be feeling low or lonely.

"Having been a RSABI ambassador for five years, I am very aware of the important work they do, and the tour is a great opportunity to remind farming folk about the services they offer and their 24/7 Helpline – **0808 1234 555.**"

The momentum building behind the **#KeepTalking** tour is hugely encouraging. It's more than just a night out, it's a chance to pause, connect and support each other as we head into the winter months.

We're so grateful to Jim for his continued support, and to the local performers, sponsors and communities who are helping make each event special and we are delighted that people are getting to know more about the work we do and getting in touch after attending or hearing about the **#KeepTalking** shows.

More information on the tour and ticket purchase can be found on the RSABI website at **www.rsabi.org.uk**.



Suicide Prevention

We are deeply grateful to the Alastair and Margaret Millar Trust for funding a dedicated Suicide Prevention role in RSABI and delighted to have Josie Barclay now working with us as Suicide Prevention Lead.

This support has significantly enhanced our capacity to build and strengthen relationships with key stakeholders in mental health and suicide prevention. Notable collaborations include work with Change Mental Health, the Canmore Trust, SAMH, and Suicide Prevention Scotland, whose recent campaign “What if a conversation about suicide could save a life?” aligns closely with our commitment to supporting the wellbeing of our agricultural community.

A major RSABI research initiative is currently underway in partnership with the University of Glasgow. The project is jointly supervised by Professor Rory O'Connor, Director of the Suicidal Behaviour Research Lab, and Professor Katie Robb, Professor of Behavioural Science and Health. Over the next three years, this study will explore the unique factors contributing to suicide risk within Scottish agriculture and identify effective, community-based strategies for prevention.

As part of our suicide prevention work, Josie completed the LivingWorks Applied Suicide Intervention Skills Training (ASIST) and is now qualified to deliver this two-day course. ASIST equips participants with the skills to identify when someone may be at risk of suicide, offer immediate support, and collaboratively develop a safety plan. This training will be offered free of charge to the agricultural community, complementing our existing Mental Health First Aid training course, which has already trained over 900 individuals.



Recognising the importance of postvention, support for those affected by suicide we have worked with the Canmore Trust, a charity specialising in bereavement support. RSABI staff have received training to provide tailored support to workplaces and have facilitated one session with in-person guidance from the Canmore Trust.

We continue to develop targeted signposting resources, including mental health leaflets for use at local markets, events, and agricultural shows, as well as enhancements to the RSABI website. Our involvement in multi-disciplinary suicide prevention groups has helped raise awareness of both RSABI's work and the mental health needs of Scotland's farming community.

We are extremely grateful for those who have shared their own experiences with us to help to raise awareness of mental health and suicide, to help build a culture where people in our farming, crofting and agricultural communities to feel able to seek support and talk openly about mental health.

100 for One Walk



Friends and family of Borders farmer Neil Stewart have completed a moving 100-mile walk in his memory after he tragically took his life in June 2024 at the age of 60.

The walk raised **£74,134.65**, RSABI while spreading a powerful message about mental health in the farming community, with Gift Aid contributions bringing the grand total to **£88,726.69**.

Neil's wife Caroline, together with her three children Victoria, Emily, and Charlie, and a close group of family and friends, walked the length of the Kintyre Way from 2–7 June 2025. The walk, named '100 for One', honoured Neil's memory

while shining a light on mental health challenges in agriculture, raising a truly phenomenal sum for RSABI, the charity supporting people in Scottish farming.

Friends and family undertook several media interviews highlighting the importance of being open about mental health and asking for support.

Driven by support and solidarity, the emotional 100-mile journey was an opportunity for the group to reflect and share fond memories of Neil, made even more special by the flood of kindness and generosity received throughout the walk, from heartfelt messages to generous donations from across the agricultural community and beyond.

Ploughing On

A major initiative to celebrate the huge contribution of older people to Scottish agriculture has been launched by RSABI.

The aim of the Ploughing On campaign is to raise awareness of the remarkable service and dedication of senior people in farming and crofting, and to remind older people in agricultural communities just how valued they are.

The campaign, which is being backed by *organisations throughout Scottish agriculture, has been developed at a time when many older farmers are reporting feeling particularly anxious about the future, including concerns about the impact of proposed Inheritance Tax changes.

Running throughout the winter months, the aim is to highlight the experience and commitment shown by the men and women who have dedicated their lives to agriculture, sharing memories of the highs and lows of farming across many decades.

“Agriculture can be a lonely business at any age, but those in their more senior years can be particularly vulnerable to the impact of isolation especially during the winter months,” said Carol McLaren, CEO of RSABI.

“Inheritance Tax changes, expected in April 2026, are putting unexpected additional pressure on farming families and very sadly some older farmers are describing feeling they are a liability or a burden on their farming business and family.

“So over the coming months we’ll be celebrating the more senior people in our community and all they have contributed over the years. We’ll be sharing memories and encouraging old friendships to rekindle, as well as new friendships to be forged among our senior farming folk.”



RSABI will also be encouraging people more than ever to take time to look out for older individuals in their communities.

“This is particularly important over the winter months when worries about heating bills increase as the temperatures fall and the days can feel very long and dark for someone living on their own.

“A visit, a phone call, an offer of help or even just a smile can really lift the spirits of someone who is struggling and make a bigger difference than you can imagine,” said Carol.

The initiative has seen a call for volunteers to work with RSABI throughout Scotland to arrange festive lunches for senior people, with a view to developing a network of Plough On groups across the country in the longer term.

RSABI will also be releasing a series of videos highlighting the contributions made by farming folk who have dedicated their lives to working on the land and are sharing their love of farming to inspire and encourage younger people.

There will also be an opportunity to nominate senior people to receive an official certificate from RSABI to recognise and acknowledge those who have given exceptional contributions through long service in farming and crofting.

Information about all these initiatives will be available on the RSABI website www.rsabi.org.uk and the charity’s social media feeds.



For further information about the Plough On Campaign, or to volunteer in your area, please email ploughon@rsabi.org.uk

*The organisations backing the campaign include NFU Scotland, Scottish Association of Young Farmers Clubs, Quality Meat Scotland, National Sheep Association, Scottish Tenant Farmers Association, Scottish Quality Cereals, Institute of Auctioneers and Appraisers Scotland and the National Beef Association.



Fundraising

2025 has been a landmark year for fundraising at RSABI - a year defined by innovation, community spirit, and extraordinary generosity. As we continue our mission to support people in Scottish agriculture, this year's fundraising efforts have not only generated vital income but also deepened our engagement across the sector and beyond.

New Challenges

RSABI took on some new challenge events in 2025, designed to appeal to a wide range of supporters. These events offered fresh, exciting ways for individuals and teams to get involved, combining physical activity, scenic beauty, and community connection.

- The Kelpies Challenge, held on 17 May at The Helix near Falkirk, invited participants to climb inside the iconic horse-head sculptures. The event was a resounding success, attracting climbers from across Scotland and raising substantial funds for RSABI's support services.
- The following day, RSABI hosted Walk the Loch at Loch Leven, offering three walking distances - 7km, 12km, and 21km - encouraging participants to raise funds while enjoying the outdoors.



Highlights from 2025

- **The Great Scone Palace Challenge**, kindly sponsored by Gillespie Macandrew, raised over **£85,000** through a weekend of competition, celebration, and celebrity support – including a welcome party, team challenges, and a black-tie ball.
- **The Farmers' Choir Concert** at Thainstone brought together nearly 700 guests for a sold-out evening of music and community, raising over **£56,000**.
- The **"100 for One"** Walk, led by the Stewart family in memory of Neil Stewart, raised nearly **£90,000** and helped amplify RSABI's **#KeepTalking** message across the agricultural community.
- RSABI launched **The Farmers' Lotto** in April 2025, offering weekly cash prizes and raising funds to support our services. With over 40 winners to date, the Lotto has quickly become a fun and meaningful way to give back.
- We were pleased to launch a small range of **RSABI merchandise**, including hoodies, quarter zips, and shirts, available on our website alongside a selection of Christmas cards, notelets, and other gifts.
- In 2025, RSABI rebranded its Supporters' Scheme to **Friends of RSABI**, setting an ambitious goal of recruiting 1,000 Friends. This initiative reflects our growing community spirit and the vital role supporters play in sustaining our services. Friends enjoy benefits such as discounts on RSABI merchandise and the satisfaction of directly contributing to emotional, financial, and practical support for those in Scottish agriculture.

Other Inspiring Fundraisers

We are continually inspired by those who give their time, skill, and energy to fundraising for RSABI. Here are just some of the people who supported us in 2025:

- Dalscone Farm, instrumental in fundraising for the Great Scone Palace Challenge weekend, with the support of their dedicated “Dalsconies.”
- Kate and Will Hall, who ran the Edinburgh Marathon in wellies.
- Alan Wiseman, a generous supporter of our Edzell Golf Day and the work RSABI do.
- Road Rage Cowboy, who journeyed in a refurbished Massey Ferguson to raise awareness and funds.
- Duncan McLellan, who ran/walked from John O’Groats to Gretna Green.
- Alice Ewart, who completed the Scottish 10k.
- Lindsay Huxtable-Dowd, who ran the Edinburgh Marathon in memory of her brother Richard, a great friend and colleague to many at RSABI.

There are, of course, many more - and we are deeply grateful to each and every person who goes above and beyond for RSABI and people in Scottish agriculture. We couldn’t do it without you.



Thank You

RSABI’s fundraising success in 2025 is a testament to the dedication of our supporters, volunteers, and partners. From adrenaline-fuelled climbs to heartfelt memorial walks, each initiative has strengthened our ability to provide vital support to Scotland’s agricultural community. As we look to the future, we do so with renewed energy, a growing network of Friends, and deep appreciation for the generosity and spirit of those who make our work possible.

Our heartfelt thanks to you all.

Great Scone Palace Challenge 2025



Our debut Great Scone Palace Challenge was hailed a huge success, raising an incredible fundraising total of over **£85,000** to support people in Scottish agriculture.

The brand-new event took place over a weekend of activities, beginning with a lively Welcome Party at Perth Racecourse on Friday 12th September, followed by the main team-challenge competition day in the grounds of Scone Palace on Saturday, and concluding with a spectacular black-tie

Celebration Ball hosted in the Long Gallery of the Palace on Saturday evening.

The event was proudly sponsored by headline partner Scottish law firm, Gillespie Macandrew and gold sponsor Algo, with our sincere thanks to both companies for their invaluable support.

The two-day event was streamed live on RSABI's Facebook page, engaging a global audience with viewers tuning in from Norway, Holland, Australia



and the US. Over the event week, posts about the event – including a live stream – generated over one million views on Facebook, extending the reach of the event far beyond Perthshire.

Emmerdale cast and crew members joined the Friday night welcome party after travelling up as soon as filming finished on set. The Friday night highlight was the Only Fools No Horses celebrity footrace, which saw well-known farming personalities line up for a 2k dash. Commentated brilliantly by RSABI Honorary Vice-President David Leggat MBE, the race was won by Jack Simpson. Joining him on the start line were well-kent farming faces Andrew Morris, Ben Imrie, Jim Smith, Ben Best, Jillian Kennedy, Ally Brunton, and Will Murray.

Following the race, attendees enjoyed a night of top-class entertainment, starting with a spell-binding performance by Lesmahagow Young Farmers' Bagri, followed by the Emmerdale cast and crew band. Attendees mingled with the "Dingles" – Marlon (Mark Charnock) and Mandy (Lisa Riley) – alongside fellow cast members Olivia Bromley, Katie Hill, Lawrence Robb, Nicola Wheeler, Bradley Riches, and Jack Downham.

Saturday's much-anticipated main event saw teams of five battle it out in a series of fun, high-energy activities, including a tractor pull (with tractors kindly supplied by Agricar) and an obstacle race featuring a round bale push. Congratulations to the Challenge winners:

• **1st place: Blackhall & Powis**

Cameron Finnie, David Tyler,
Ross McWilliams, Lenz Bartelt

• **2nd place: Dalscone
(Keeping Up with the Cowdashians)**

Kyle McKellar, Connor Cairns,
Ben Best, Joe Best, Kristoff Henderson

• **3rd place: Algo**

Kelly Strachan, Scott Cameron,
Craig Nixon, Louise Nixon, Daryn Jolly

Special recognition went to the team at Dalscone, who raised a phenomenal **£24,000** plus Gift Aid, making them the top fundraising team.

The weekend concluded with an unforgettable Celebration Ball in the Long Gallery of Scone Palace, hosted by Lord Stormont.

Edzell Golf Day 2025



Once again a Tee-riffic day of good fun, camaraderie and competition was had. Congratulations to all the winners.

An absolutely phenomenal **£22,095.50** was raised, with special thanks again to The Wiseman Family Charitable Fund for a very generous donation.

Our thanks go to our main event sponsors NFU Mutual Laurencekirk Agency, Castleton Farm, Ingram's Aberdeenshire and Kepak McIntosh Donald as well as all Hole Sponsors, Competition Prize Sponsors, Prize Draw Donators, Auction Donators, all the golfers and last but by no means least the organising committee and our own RSABI Fundraising Executive, Margo Wills. The day would not be the success it is without you all, thank you.



Teams:

1st Place:

Angus Tyres 2 (96 Points) Better back nine

Bill Annandale, Ronnie Auld, Keiran Mann, Tom Somerville

2nd Place:

4 Divots (96 Points)

David Drinkwater, Marc Skivington, Brian Alston, David Argo

3rd Place:

4 Irons (94 Points) Better back nine

Ian Argo, Steven Argo, Duncan Morrison, Bruce Farquharson

Bringing up the rear:

Forever Hopeful (68 Points)

Results:

Longest Drive on 5th – Ladies

Mary Fraser (Country Girls)

Longest Drive on 5th – Gents

Rhys Bailey (Carnegie Fuels)

Ladies nearest the pin on 6th

Lesley Mearns (Thorntons)

Gents nearest the pin on 6th

Andy Walker (Begbies Traynor)

Gents nearest the pin on 14th

Logan Fyvie (Agricar)

Prize on 16th, courtesy of Willie Officer:

Gents Nearest the Pin in 2 on 16th

Lochy Porter (Angus Tyres 1)

Gents nearest the pin on 17th

Graeme Davidson (Begbies Traynor)

Legacies

Orkney Legacy

We were very touched and moved when Orkney farmer Charles (Charlie) Gorn left a **£470,000** legacy to RSABI.

Charlie, who farmed at Weddell, near Holm, left around half of his estate to RSABI. The remainder was gifted in his will to several charities involved in supporting people with cancer.

Charlie, who was 82 years old when he passed away, was born and brought up in Holm. As a young man he ventured away from Orkney and was employed as a stockman in Perthshire for the estate of Sir Torquil Munro, where he worked with the famous Lindertis Aberdeen-Angus herd.

He was very well respected in this stockman role – where he kindled an enduring love of the Aberdeen-Angus breed – and it was while he was in Perthshire that he was encouraged to save and put some money aside for the future.

He started pension and investment plans from a young age and went on to work in Aberdeenshire in plant and machinery for a period.

When he returned to Orkney years later in the 1970s, he was employed at Weddell, just a few miles from where he was born, and in time he had enough savings to buy the farm. Charlie farmed there on his own account, adding to his farming enterprise with the purchase of some additional land over the years and continuing to run Aberdeen-Angus cows on the property.

He travelled to Australia at one point to visit Aberdeen-Angus farmers there, and won a tremendous number of show cups in his own right, which he later donated to the local agricultural society.



RSABI Chief Executive Officer Carol McLaren spent time in Orkney learning more about Charlie's background and how he came to leave this incredible legacy to the charity from executor Steven Metcalf and other friends.

"This legacy means a huge amount to RSABI and it was a great privilege to be able to learn more about Charlie's life and how he came to choose to support the work we do, to help people during tough times in farming and crofting, in this incredible way," said Carol.

"It was humbling to visit the area where Charlie was born and later farmed, and to pay respects at his grave, on behalf of all the team at RSABI. We are extremely grateful to Charlie for recognising the value of the work we do and choosing to kindly gift a significant part of his lifetime savings to support the charity."

For more information about leaving a legacy to support the work of RSABI please email legacy@rsabi.org.uk or call us on **0131 3644205**.

The Farmers' Choir

A magical Farmers' Choir Concert in Aberdeenshire raised an outstanding **£56,238** for RSABI.

The sell-out concert at the Thainstone Centre, Inverurie, was supported by almost 700 attendees who enjoyed 18 wonderful songs, culminating in a stirring rendition of Caledonia with a piper bringing the evening to a close.

The event, hosted by farmer-comedian Jim Smith, was a celebration of the farming community's generosity and unity, with performances led by the 88-strong Farmers' Choir under the direction of choirmaster, Kate Picken MBE.

A highlight of the evening was the auction, which raised an impressive **£7,400**. Harvey Stuart, a trainee auctioneer with ANM Group, rose to the occasion with confidence and skill, securing a fantastic amount for the charity, which is grateful to everyone who provided or bought auction and raffle prizes.

RSABI's Chair, Jane Mitchell, expressed her gratitude to everyone involved. "We are thrilled with the result of this event. The support we received from the farming community, our sponsors, and all who attended is truly heartwarming. The funds raised will go a long way in ensuring we can continue to provide our vital services to those in need."

The event was generously sponsored by Stewart Trailers, the headline sponsor, with additional support from silver sponsor, the ANM Group Ltd, and bronze sponsors Harbro and East Coast Viners

as well as all of the generous local businesses who sponsored songs on the evening. All proceeds from the evening will go directly towards RSABI's services, providing free, confidential practical, financial, and emotional support to the Scottish farming community.

Mandy Stewart, who runs Stewart Trailers with husband James, said the Inverurie-based company had been delighted to support the event.

"The atmosphere on the night was superb and it was great to see so many people in the farming community relaxing and enjoying a catch-up, as well as the outstanding musical experience provided by The Farmers' Choir," said Mrs Stewart.

"James and I feel very grateful to everyone who has supported us on our journey as we have grown our business and it is a pleasure to be able to give back by supporting an event like this and playing our part in raising such an exceptional amount."





FRIENDS OF RSABI

In 2025, RSABI marked a significant milestone with the rebranding of its long-standing Supporters' Scheme to the newly invigorated Friends of RSABI. This transformation reflects the charity's deep commitment to fostering a stronger, more connected community of individuals and organisations dedicated to supporting people in Scottish agriculture.

Originally launched in 2014, the Supporters' Scheme has been a cornerstone of RSABI's fundraising efforts. The rebrand to Friends of RSABI brings a fresh identity and renewed energy, aiming to grow the network to 1,000 supporters over the coming year. With over 750 current supporters already on board—including individuals, businesses, and corporate partners—the charity is well on its way to achieving this ambitious goal.

The Friends of RSABI scheme offers tangible benefits to its members, including a 10% discount on purchases from the RSABI online shop and regular updates through e-bulletins. Corporate and Business Friends also receive promotional materials such as certificates, email signatures, and social media recognition, helping them showcase their support to clients and customers. More importantly, becoming a Friend of RSABI means directly contributing to the charity's vital work.

The rebrand has already inspired renewed enthusiasm among long-time supporters. Sam Mercer of Hamilton Ross Group, one of the first business supporters to join in 2016, expressed pride in continuing his support under the new banner. "The work RSABI does is truly exceptional," he said. "As a Friend of RSABI, I'm excited to see the community grow even stronger and continue making a meaningful difference in Scottish agriculture."

To join the movement and become a Friend of RSABI, visit www.rsabi.org.uk or call **0131 364 4205**.

Corporate Friends of RSABI

A K Stoddart Ltd
A Ritchie & Sons
ABP Perth
Achentoul Farms Ltd
Agrovista UK Ltd
AIC Scotland
Alan and Margaret Wiseman
Anderson Beaton Lamond
Ardwell Estates Ltd
Atholl Estates
Bacardi
Bank of Scotland
Begbies Traynor
Bell Ingram LLP
Biggar Farmers Club
Binn Group
Birsay Farmers Ltd
British Polythene Industries Ltd
Cheviot Trees Ltd
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
HB Underwriting Agency Ltd
Hoodles Playbarn & Coffee Shop
Johnston Carmichael (Scotland) Ltd
Keith & Fiona McElrea Ltd
Kettle Produce Ltd
Lawrie & Symington Ltd
Lothian Machinery Ring Ltd
Lycetts
Macphie Ltd
Malcolm Allan Housebuilders Ltd
Massey Ferguson
Moncreiffe Agricultural Enterprises
Moncreiffe Farming
Muirhall Energy Ltd
NFU Mutual - Glasgow
NFU Scotland
North East Farm Management Association
Northvet Veterinary Group
Over Hillhouse Farm
Procum UK Ltd
RHASS
Ringlink (Scotland) Ltd
Roadhead Farm Feeds
RockRose Energy

Royal Bank of Scotland plc
SAOS
Savills UK Ltd
Scot Agri
Scotland Food & Drink
Scotland's Rural College (SRUC)
Scotmin Nutrition
Scottish Quality Crops
Shepherd & Wedderburn
Stewart Trailers
Strathmore Estates (holding) Ltd
Tarff Valley Ltd
Taygrow 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 Ltd
Yara UK Ltd

Marketing and PR

RSABI's marketing and public relations efforts play a pivotal role in amplifying the charity's mission, increasing visibility, and driving engagement across Scotland's agricultural communities.

Through a blend of strategic communications, digital innovation, and community-focused campaigns, RSABI aims to keep strengthening its presence and deepening its connection with supporters and beneficiaries.

Strategic Communications and Brand Development

The charity focused on storytelling that highlights the real-life impact of its services, using case studies, video content, and social media to raise awareness. The rebranding of the Supporters' Scheme to **Friends of RSABI** was a key milestone, designed to reflect the community spirit of its donor base and encourage broader participation.

Media Coverage and Outreach

RSABI achieved widespread media coverage through partnerships with agricultural publications, including features on the **Health Hut initiative**, **#KeepTalking** campaigns, and the **Mental Health First Aid training**, all of which received positive coverage for their innovative approach to wellbeing in agriculture.

The charity also leveraged national awareness days, such as **World Suicide Prevention Day**, to launch targeted campaigns and share messages of hope and support. These efforts were amplified through collaborations with mental health and agricultural organisations.

Digital Engagement and Campaigns

RSABI continued to expand its digital footprint, with increased activity across Facebook, Instagram, and LinkedIn. The launch of The Farmers' Lotto in 2025 introduced a fun and engaging way to raise



funds while building community spirit. The inaugural Great Scone Palace Challenge generated over **£85,000** and reached a global audience, with over a million Facebook views, showcasing the power of digital storytelling and influencer engagement.

Email marketing remained a core channel, with regular newsletters updating stakeholders on RSABI's impact and inviting participation in events and campaigns.



Long-standing supporter of RSABI and stalwart of Scottish agriculture, George Lawrie, was presented with a British Empire Medal (BEM) for his outstanding contribution.

Financial Review

2024 - 25

The 12 months of 2024/25 was a year of big-hearted generosity, strategic decisions, and unwavering commitment to Scotland's agricultural community.

Despite facing an operational deficit of £123,000, RSABI ended the year in a strong financial position thanks to a remarkable legacy gift from Orkney farmer Charlie Gorn, bringing our final surplus to **£346,000**.

The majority of RSABI's reserve funds are held in long-term investments, forming a vital pillar of our financial sustainability. These investments generate around a quarter of our total annual expenditure, helping us deliver consistent support to Scotland's agricultural community.

Despite a bumpy ride in global equity markets—marked by inflation concerns and geopolitical uncertainty—our portfolio showed resilience, ending the year with a small capital appreciation. We continued to make the most of higher interest rate banking products via the CAF Charity Platform. While market fluctuations are inevitable, our long-term approach ensures that these funds continue to work hard behind the scenes, supporting RSABI's mission with strength and stability.

Smart Stewardship

To keep things simple and effective, the Board asked LGT Wealth Management to harmonise our investment mandates. This ensures consistency, transparency, and continued strong financial stewardship.



Fundraising Highlights

We saw a fantastic rise in charity-led fundraising, with standout events like:

- The **Jim Smith #KeepTalking Tour**
- The **Farmers' Choir Concert**
- The **Great Glen Challenge**
- Our ever-popular **Edzell Annual Golf Day**

General donations remained a vital source of income for RSABI this year, with contributions coming from a mix of individual supporters, event-based giving, and online platforms like JustGiving and Facebook. Highlights included over £6,000 raised at the NFUS Annual Dinner (for RSABI and RHET) and strong community support at events such as the Farmers' Choir Concert. Every pound donated helps us deliver meaningful support to Scotland's agricultural community, and we're incredibly grateful to all who contributed.

We also made the most of matched giving through The Big Give, and secured vital grants from the Scottish Government and the Royal Countryside Fund as well as from generous philanthropic organisations such as the NFU Mutual Charitable Trust and the Wiseman Family Charitable Fund.

Investing in People

We strengthened our commitment to staff development and wellbeing through several key initiatives. We introduced tailored learning opportunities, and we prioritised team engagement through planning days and away days, fostering collaboration and alignment with our strategic objectives. These investments ensure our team feels valued, equipped, and motivated to deliver impact for the communities that we serve.

Mental Health Matters

We launched a new Mental Health and Wellbeing Fund to expand our support in this crucial area. This includes:

- Recruiting RSABI's first **Suicide Prevention Lead**
- A three-year **PhD research partnership** with the University of Glasgow

Thanks to the Alastair & Margaret Miller Trust and the endeavours of the friends and family of Neil Stewart, we've made a strong start—and we'll be seeking further funding to ensure long-term impact.

Expenditure: Investing Where It Matters

Our expenditure rose this year to reflect the scale and ambition of our charitable activities. This included increased investment in welfare partnerships, direct client support, and professional development for our team. We also saw a notable uplift in costs (and associated income) through our fundraising and public awareness campaigns. Costs associated with strategic planning and governance remained steady, as we continued our work to modernise RSABI's Articles of Association and ensure robust compliance.

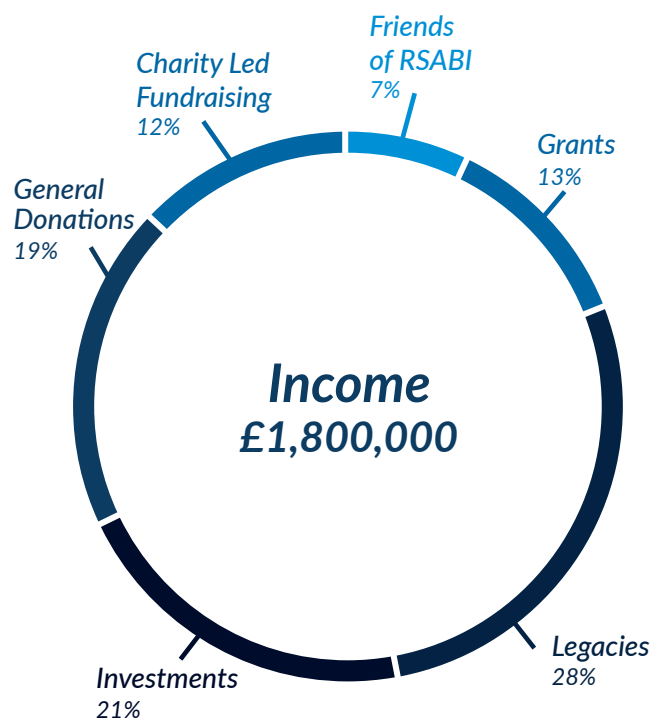
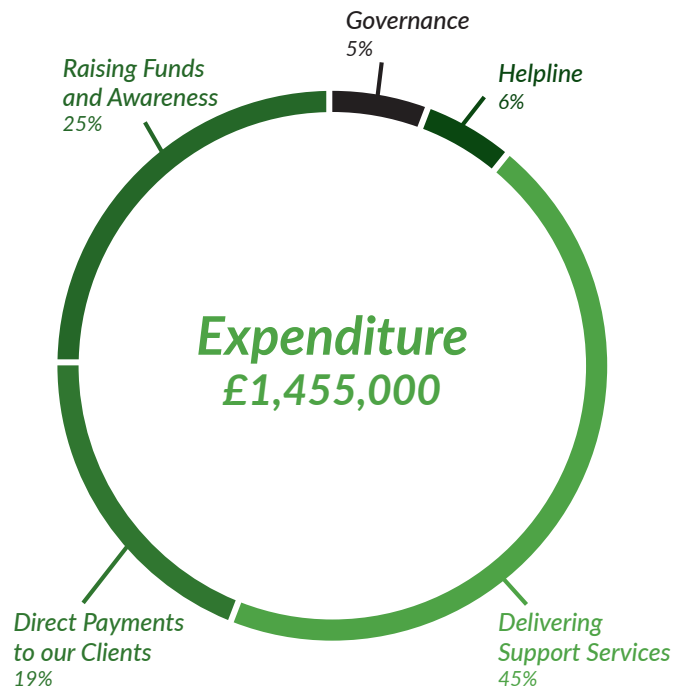
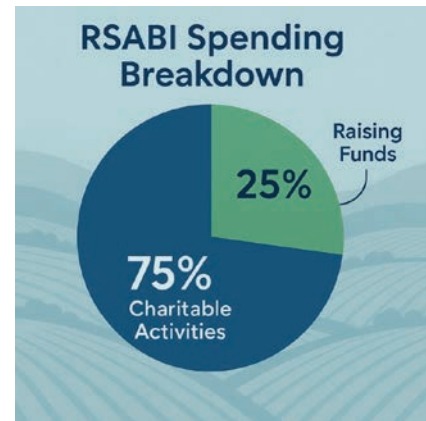
Sustainability at the Core

Sustainability isn't just a buzzword—it's embedded in everything we do. From reducing our environmental footprint to encouraging responsible practices through our investment portfolio, we're committed to protecting the planet while supporting rural Scotland.

Ready for the Unexpected

We've preserved our Crisis Fund to stay prepared for any future challenges. It's a safety net we hope never to use—but one we're proud to have.

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



Royal Highland Show 2025



Our thanks to SAYFC for again hosting RSABI at the Royal Highland Show 2025 where we had a brilliant four days raising awareness of the services offered by RSABI, encouraging farmers and others to prioritise their wellbeing.

Our Health Hut team of nurses and doctors had a busy week of checking blood pressures and offering health and wellbeing advice and top

tips and we also showcased our **#UseYourHead** campaign with Yellow Wellies (Farm Safety Foundation) urging farmers and others to wear a helmet every time they ride a quad bike.

We also again highlighted the messaging behind our RESPECT campaign with SAYFC.



The Farmers' Lotto

RSABI launched The Farmers' Lotto in spring 2025 and it is proving a successful new fundraising initiative and helping to fund the charity's outbound emotional support calls, a vital service that costs around £40,000 a year to deliver.

The proactive 'friendship' calls play a key role in RSABI's work which helps to tackle loneliness and provide emotional support to people within Scotland's farming community who may be feeling isolated or disconnected. Many of those receiving regular calls are older people living alone, who value the friendly voice and connection that RSABI provides.

Since launching earlier this year, The Farmers' Lotto has seen consistent weekly participation, with over 400 players and an average of 900 tickets played each week. So far, over 40 lucky winners have cashed in.

Six months on, the initiative continues to provide both a fun way for individuals to support the charity and a vital funding stream for RSABI's support services, which include emotional, practical and financial help for people in Scottish agriculture.

Pauline Macmillan, Head of Fundraising at RSABI, said: "We're incredibly grateful to everyone who's supported The Farmers' Lotto over the past six months. Thanks to our loyal players, the funds raised are helping to cover the cost of our outbound emotional support calls which reach hundreds of people every year and make a real difference in tackling loneliness. These calls offer a listening ear and help us stay connected with those who may be struggling, so every Lotto ticket sold helps us keep those conversations going."



A relation of one call recipient praised the vital services the charity provides, stating that it's made a huge difference to their loved one's mental health and wellbeing: "When he [family member] came off the phone it was like a weight had been lifted. Just knowing that he's not the only one who has experienced this helps massively. There's still a way to go, but it was great to see him feeling more positive."

A direct call recipient who has been supported by the service said: "Thank you to RSABI for all the support over last couple of years, I was struggling so badly but your help kept me managing to put one foot in front of the other and I will be eternally grateful."

The Farmers' Lotto gives players the chance to win up to £25,000 every week for just £1 per ticket, with additional prizes of £2,000, £250, and £25.

The Lotto is delivered in partnership with leading lottery operator Gatherwell, part of Jumbo Interactive, and continues to grow in popularity as more people join to support RSABI's work.

For more information or to buy tickets, visit www.farmerslotto.co.uk. Tickets must be purchased at least 24 hours before the draw, and players can also set up a direct debit for hassle-free weekly entries.

Use Your Head



A major campaign to encourage farmers and others in Scottish agriculture to wear a helmet every time they get on a quad bike has been launched by RSABI, in partnership with The Farm Safety Foundation (Yellow Wellies).

The “Use Your Head. Use Your Helmet” campaign features a video of farmer Callum Lindsay who sustained major head injuries when he had an accident on his quad in October 2023.

Callum, who is a hill farmer on the Isle of Arran, was moving sheep from an area which was flooding when the quad he was riding without a helmet hit a stone concealed by bracken on a track he used regularly.

“My head felt like it was going to explode but my biggest worry was ‘how is the work going to get done? Who is going to do it? Will I still be able to farm?’” he recalls.

“Zara did a great job, an outstanding job, of keeping everything together for the period of time of my recovery. I was six months in neck brace and the brain bruising made me incredibly tired for a long time and, with two young children, it was a very big ask for her.”

Callum is now 100 per cent committed to the importance of wearing a helmet and is encouraging others to use his story to take quad bike safety seriously and to recognise the seriousness of the impact an accident has not just on the quad rider but also on their family and farm business.

“I don’t go on a bike without a helmet now. It only takes seconds to put it on and now I feel more comfortable wearing a helmet than without it. It’s a lifeline tool and I don’t think about putting it on now, it is just part of my daily routine. It’s something everybody should be doing.”

“Use Your Head” is being supported by organisations throughout the Scottish farming community, including NFU Scotland, the Scottish Tenant Farmers Association, the Scottish Association of Young Farmers Clubs, Institute of Auctioneers and Appraisers Scotland and NSA Scotland.

“There have been too many terrible and often tragic accidents in recent times and very often the RSABI team see at first hand the impact, not only on the injured individuals, but also on their families, the farm business and the wider farming community,” said Carol McLaren, CEO of RSABI.



RSABI
Supporting People
in Scottish Agriculture

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