RSABI
Annual Review
2026



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 picture shows RSABI welfare team member Kerry MacLennan and dogs (Bess and Dave) heading out to gather sheep on the hills near Gairloch



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CHAIR'S WELCOME



Stephen Young pictured with Vice Chair Mairi Renwick Mackenzie

I hope you enjoy reading our Annual Review 2026, which offers an important insight into our work during a year in which the vital importance of RSABI's place at the heart of Scottish agriculture shone through.

Against a backdrop of economic pressure, volatile weather, rising costs and considerable personal strain for many farming and crofting families, RSABI has remained steadfast in its purpose: providing practical, emotional and financial support whenever it is needed.

As Chair, I am immensely grateful to everyone who has supported our fundraising or worked alongside us during the year. I am equally glad that we have been able to provide support to so many in our industry. Reaching out can be difficult, particularly in a community known for its independence and resilience, and every contact reminds us why a trusted, confidential and compassionate service matters. We work hard to ensure our services are as accessible as possible and that people are able to feel comfortable taking that first step to ask for help.

Our mission is simple but far-reaching: to improve the lives of people in farming, crofting and related occupations across Scotland. The breadth of support described in these pages demonstrates both the level of need within our industry and the extraordinary commitment of our staff, volunteers, partners and supporters. Together, they help ensure that no one in Scottish agriculture has to face difficult times alone.

Our confidential 24-hour Helpline, **0808 1234 555**, and webchat remain central to our work, offering a welcoming first point of contact at any time of day or night. Demand for counselling has remained strong, reflecting the pressures experienced by individuals and families. We continue to see the value of timely professional help delivered in ways that fit the realities of agricultural life. Financial assistance for essential items and periods of particular hardship also remains a vital part of our charitable purpose.

CHAIR'S WELCOME

Alongside responding in times of crisis, RSABI places strong emphasis on prevention, resilience and early intervention. The expansion of our free Mental Health First Aid training, delivered with IED Training Solutions and supported by the NFU Mutual Charitable Trust, has been a significant achievement. We have now passed the milestone of 1,000 people trained across Scotland, strengthening a growing network of trusted individuals who can recognise when someone may be struggling and respond with confidence, understanding and compassion.

Health and wellbeing have remained key priorities. Through Health Huts at marts and agricultural events, we have brought accessible checks and supportive conversations into familiar places where farmers and crofters feel comfortable. Our #KeepTalking campaign, suicide prevention training, work to establish a team of agricultural mediators, planning-for-the-future activity and wider awareness programme all encourage open discussion, reduce stigma and promote practical steps towards stronger personal, family and business resilience.

None of this would be possible without the generosity and goodwill of Scotland's agricultural community and businesses. My sincere thanks go to our individual donors, corporate supporters, trusts, foundations, event organisers, fundraisers and legacy pledgers. Their contributions allow RSABI to respond quickly, sensitively and flexibly when help is needed. Many thanks also to our partners across the sector; by sharing expertise and working together, we can reach more people and provide stronger support.

On behalf of the Board of Trustees, my heartfelt thanks to the RSABI team for their professionalism, kindness and dedication throughout the year. Much of their work happens quietly and behind the scenes and often we can't shout about it publicly, but its impact on people's lives can be profound.

Their passion for the charity's work is evident every day. I also thank my fellow Trustees for the time, experience and thoughtful guidance they bring, and for their commitment to strong governance as RSABI continues to develop in line with our strategy, ensuring the charity continues to evolve to meet the changing needs of our industry.

Looking ahead, the challenges facing Scottish agriculture seem unlikely to reduce, and the need for RSABI will remain without question. However, this Annual Review also gives us many reasons for confidence: the courage of those who ask for support, the compassion of those who offer it and the strength of a community determined to look after its own.

As we move towards a celebration of our 130th anniversary, RSABI will continue to listen, adapt and respond while reflecting and exemplifying our values as a kind, inclusive, supportive and trusted organisation.

Stephen Young

Stephen Young
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

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Gregor Caldwell

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John Kinnaird FRAgS DL

David Leggat MBE FIA (Scot) FRAgS

Sheena Lamont

Ewan Pate FRAgS

Dr John Ross CBE FRAgS DVMS LL Rtrd

Alan Wiseman (appointed November 2025)

*Andrew Arbuckle MBE sadly died on December 25, 2025. We are extremely grateful for Andrew's exceptional service and support of the charity for many, many years.



New Trustees Andrew Sinclair and Carolann Barrie

Board of Trustees

Stephen Young (Chair) ARAgS

Mairi Renwick MacKenzie (Vice-chair) FRAgS

Dr Carolann Barrie (joined December 2025)

Carole Brunton

Christine Bowie MSc (Counselling) MBACP PQD (retired November 2025)

Patricia Glennie

Sandy Hay

Ian Hope

James McLean BSc Agric, FRAgS (retired November 2025)

Jane Mitchell FRAgS (retired April 2026)

Lois Newton

Andrew Sinclair (joined November 2025)

Trainee Trustees (2025/26)

Joanne Hiddleston (retired August 2026)
Aileen Mcintosh

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: CT Audit Limited

Investment Managers: RBC Brewin Dolphin and LGT Wealth Management

Principal Bankers: Bank of Scotland

Legal Representatives: Anderson Strathern

STRATEGY

STRATEGIC OBJECTIVES

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

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 and 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.**



Alan Wiseman has been welcomed as Honorary Vice President

RSABI has welcomed Alan Wiseman on his appointment as an Honorary Vice President.

Prior to retirement, Alan had a long and successful career in the dairy industry. His father, East Kilbride farmer Robert Wiseman Senior, founded Wiseman Dairies in 1947 and Alan played a key role in driving the family milk business forward.

Over the years Alan has kept a watchful eye over the work undertaken by RSABI, from advice and encouragement to quietly offering generous support to the charity through The Wiseman Family Charitable Fund.

This included a £10,000 donation to the Snow Impact Fund RSABI launched early in 2026 to help those most severely affected by the extreme winter weather conditions which left many farmers with damage to buildings and polytunnels and losses of stock, feed and bedding. This was followed by a very generous £25,000 match funding donation to encourage new supporters to fundraise for RSABI – bringing a very valuable total of £50,000 to the charity.

"We are very grateful for the long-standing support we have received from the Wiseman Family Charitable Fund over many years and we are delighted Alan has accepted the role of Honorary Vice-president of RSABI," said Carol McLaren, Chief Executive of RSABI.

"We have greatly valued the way Alan, along with his wife Margaret, have behind the scenes taken a keen interest in the work of RSABI and encouraged and supported what we do.

"In recent years we've been incredibly touched that Alan and his family have been inspired by the exceptional efforts of those fundraising for RSABI and chosen to top up the amounts individuals worked so hard to raise.

"Not only has this kind support been hugely appreciated by the charity, it has also given our dedicated fundraisers an incredible lift to find their efforts have been recognised in this unexpected way."

CHIEF EXECUTIVE UPDATE



As RSABI gears up to celebrate its 130th anniversary in 2027, the charity continues to innovate and grow in response to increasing demand for our services.

Our values – Kind, Inclusive, Supportive and Trusted (KIST) - reverberate throughout every aspect of the charity's work and are personified by our team of dedicated staff and trustees.

Our 24-hour helpline is now firmly established as a vital part of RSABI's service, offering confidential support at any time of day or night. Live WebChat has also become a valued alternative for people who may find it easier to write than to speak on the phone.

Together, these channels are helping us remove barriers and allowing us to meet people in the way that works best for them. Behind every call or message is an individual story, and our welfare team responds with professionalism, patience and kindness, whether the need is emotional, practical or financial.

Demand for several areas of support increased during the year. Applications for Help for Heating grants and free counselling rose again, underlining the pressures facing rural households and the importance of support that is easy to access and grounded in an understanding of farming life.

Responsiveness is central to the work of RSABI, so while our services are carefully planned, we remain ready to adapt when events place sudden strain on individuals, families and businesses and our Snow Impact Fund is one example.

Our Health Hut initiative continues to grow and expand. Following its pilot at ANM Group's Thainstone Centre, the programme has grown substantially with over a dozen health professionals now delivering Health Huts in marts and at agricultural events across Scotland.

Their combination of clinical knowledge and understanding of farming life helps ensure really powerful interactions and conversations about all aspects of health and wellbeing. Blood pressure checks and general health advice are already making a difference, while the initiative is also generating

CHIEF EXECUTIVE UPDATE

and sharing important information and encouraging farming families to make their wellbeing a priority.

We also continue to invest in prevention and early intervention. During the year, the number of people trained through our Mental Health First Aid programme, delivered with former Royal Marines from IED Training Solutions, topped 1,000 – a wonderful achievement!

These Mental Health First Aiders work on the frontline of Scottish agriculture and are now better equipped to recognise when someone may be struggling, start a supportive conversation and signpost appropriate help.

And our suicide prevention work continues to gain momentum with training taking place around the country and valuable new partnerships forged such as the new Scottish Firearms Mental Health Awareness and Support Partnership.

Our work with Dyslexia Scotland continued too, offering free assessments to farmers and receiving excellent feedback from those who took part. And our partnership working with the Scottish Association of Young Farmers Clubs reached a new level with the appointment of a Wellbeing & RESPECT Coordinator, a pioneering new joint appointment.

Our public profile has grown alongside our services. The #KeepTalking campaign reached a new level during the year, encouraging people throughout Scottish agriculture to look out for one another and keep conversations going. This is about more than awareness: it helps normalise asking for help and reminds people that support is available before a problem reaches crisis point. Events, campaigns, media coverage and digital communications have all extended RSABI's reach, with the highlight being the #KeepTalking Tour to remoter parts of the country and our thanks to Jim Smith, our campaign ambassador, for outstanding support.

None of this progress would be possible without the remarkable support of our fundraisers, donors, volunteers, corporate partners and friends. From major events and organised challenges to collections, community activities and individual gifts, every contribution matters.

Fundraising success gives us the confidence to plan ahead, but it also demonstrates how strongly people across the sector believe in looking after their own. Legacies remain especially important, creating a lasting expression of care for future generations.

We are continually inspired by the imagination and commitment of those who raise funds and advocate for RSABI in their own communities and a special thank you goes to the volunteers who assisted with a series of wonderful Plough On Festive lunches across the country.

I am enormously proud of what the charity achieves and, as we continue to grow in response to demand, we are very grateful to everyone who plays a part in all we deliver. Huge thanks to our staff, trustees and volunteers, our professional and community partners, the health professionals and others supporting our outreach, and every person who has donated, volunteered, organised an event and helped to raise awareness of how we can help.

RSABI is proud to be at the heart of Scottish agriculture and we are so grateful to have so many wonderful people behind the work of the charity.



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

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

Joanne Hiddleston, Wellbeing & RESPECT Coordinator (SAYFC/RSABI partnership)

Rebecca Mackie, Health Hut Administrator



Our small team of dedicated staff work 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 Joanne Hiddleston as Wellbeing & RESPECT Coordinator in an innovative new partnership role with SAYFC.



Our sincere thanks go to Kirsty Macaskill, our Welfare Assistant, who reached 25 years of service with RSABI in September 2026. Congratulations Kirsty!

WELFARE

During 2025/26 RSABI continued to deliver a wide range of welfare and wellbeing support - along with impactful preventative initiatives - to people throughout Scottish agriculture.

Services operated throughout the year and ensured that individuals could access timely, confidential support at the point of need. Mental health and emotional wellbeing remained the most common reasons for engagement with RSABI.

Our freephone 24/7 helpline – **0808 1234 555** – and webchat service are essential support channels for the community, with steady call volumes and growing use of alternative contact methods. The outbound emotional support calls remain highly valued, offering isolated individuals meaningful social connection, and our thanks go to our volunteers who help with these calls.

Counselling support continued to be a growth area in 2025/26 as payments exceeded £56,000, a 10% increase compared to the previous financial year whilst 152 applications for counselling were approved, providing funding for approximately 1,500 counselling sessions. We are grateful to the professional counsellors who work alongside us to provide expert mental health support to those in need.

Our dedicated team of case officers continue to provide regular emotional support to those who require a listening ear or a regular check-in call to discuss on-farm challenges with someone who understands agricultural life. Access to our Thrive Wellbeing app continued to complement more traditional methods of support by offering an online alternative that is more convenient and accessible to some.

Mental Health First Aid courses also continued to be very well received throughout the community. We're grateful to NFU Mutual Charitable Trust for their continued support to help fund this important initiative. Suicide prevention activities also gained further momentum during the year as our Suicide Prevention Lead, Josie Barclay, completed her first year with the charity. The first year of a three-year PhD research project, in collaboration with The University of Glasgow, examining suicide risk in agricultural communities was also undertaken. We hope this research will strengthen our understanding of risk within Scottish agricultural communities.



Chris McVey (left), Welfare Manager, pictured with Gordon Clark of APHA

We are deeply grateful to The Alastair and Margaret Miller Charitable Trust for supporting the suicide prevention role and our work in this vital area.

Financial support also played a crucial role in helping those in need, especially in light of the ongoing cost-of-living challenges. RSABI spent a total of £340,000 in support payments to both annual beneficiaries and clients encountering short-term financial difficulty. Like the previous year, our Help for Heating grant and counselling services remained popular and are our biggest grant spend.

The team supported individuals and families to access just under £45,000 in Help for Heating payments in order to help people afford to heat their homes, and £18,000 to support the purchase of household essentials, like food and toiletries.

WELFARE

The year also showed the value of RSABI's ability to respond flexibly when pressure in the sector increases. The Snow Fund, supported through RSABI's designated crisis fund, distributed £73,000 to farming businesses impacted by excessive snowfall in the north and north-east parts of the country. This fund brought a high proportion of new people into contact with RSABI, underlining both the level of need and the importance of having the capacity to respond quickly when circumstances deteriorate.

Alongside emotional support, practical support continued to play a vital role, recognising that distress in farming households is often linked to financial pressure, business uncertainty, isolation and the cumulative strain of working and living in a demanding sector.

A new initiative centred around mediation was also developed and introduced this year. A dozen individuals with practical agricultural knowledge and experience were trained as mediators to help farming families resolve conflict and move forward positively. The aim is to address the stress and anguish when tensions emerge relating to a wide range of different aspects of farming life – from relationship breakdowns between family members to fallouts between neighbouring farmers or crofters.

Scottish Government funding also supported our comprehensive preventative welfare service built around early intervention, mental health support and community-based initiatives.

Preventative initiatives broaden RSABI's reach and deepen its impact. Health Huts remained an important way of meeting people where they are, taking health and wellbeing activity directly into marts and agricultural events and helping to normalise conversations about health in familiar rural settings.

We are also very grateful to the Farm Advisory Service (FAS) for access to specialist business advice



Shirley Hastings (left), Mairi Renwick Mackenzie and Kerry MacLennan

funding and a number of farm consultants who we work with throughout the year to find business solutions for clients.

The welfare team continues to engage with stakeholders and partners across the community to support and provide positive outcomes for clients in a number of difficult circumstances. Their support, compassion and empathy has been well received.



Health Hut nurses Laura Crawford (left) and Nicola Dalgarno (right) with Shona Milne

MENTAL HEALTH FIRST AID TRAINING

During the past year we reached a major milestone in our work to support Scotland's farming and crofting communities, with over 1,000 Mental Health First Aiders now trained across the country.

The landmark achievement marks a significant step forward in strengthening mental health awareness and suicide prevention to support people in Scottish agriculture. Trained first aiders are now embedded in rural communities from Shetland and Orkney to Aberdeenshire, the west coast, the Borders and south-west Scotland.

This marks the continued expansion of RSABI's Mental Health First Aid programme, which is being delivered in partnership with former Royal Marines at IED Training Solutions and supported thanks to funding from the NFU Mutual Charitable Trust.

The certified training course is aimed at people working on the frontline with farmers and crofters across Scotland, encouraging more open conversations around mental health, helping to reduce stigma, improve understanding and equip people with the confidence to recognise when someone may be struggling and know how best to respond.

Those trained through the programme include agricultural consultants and advisers, quality assurance assessors, auctioneers and agronomists – all individuals regularly working alongside farmers and crofters in their day-to-day roles. Agricultural businesses and organisations are offered the training free of charge through RSABI, the charity which provides financial, practical and emotional support to people in Scottish agriculture.

While mental health remains an area of significant concern in agricultural communities, initiatives like this Mental Health First Aid training programme are helping to drive forward a time of positive change.

We know that having the knowledge and confidence



SAC Inverness staff took part in the training



ScotEID staff at Huntly took part in the training

to be more open in talking about mental health and suicide will help to save lives and we have now developed a network of mental health first aiders who are playing a vital role to help keep people safe.

Our sincere thanks to former Royal Marines Ian Clark, Hugh Jones and Ross Wilson of IED Training Solutions who have worked incredibly hard and well to deliver this transformational and pioneering training to agricultural communities throughout Scotland.

The former Royal Marines also share their own personal mental health journeys as part of the course and feedback from attendees has been extremely encouraging, with more than 80% rating the training as "outstanding" and many describing the training as "invaluable and vital".

To arrange Mental Health First Aid training or more information about Applied Suicide Intervention Skills Training please email **mentalhealthtraining@rsabi.org.uk**

HEALTH HUT

The RSABI Health Hut initiative is seeing around a dozen healthcare professionals with farming connections bringing practical, preventative healthcare directly into the heart of Scotland's agricultural community.

By appearing at auction marts, agricultural shows and other familiar events, the Health Hut offers farmers, crofters and others working in the sector an easy opportunity to pause, check in on their health and speak confidentially with an experienced healthcare professional. The approach is simple but important: support is provided at a time and place that fits around demanding working lives.

Since the initiative was launched at the Royal Highland Show in 2023, it has grown from a successful pilot with ANM Group at Thainstone into a wider programme reaching communities across Scotland. During the year, Health Huts were delivered at marts and events by a team of around a dozen nurses and doctors, all of whom have farming backgrounds. Their combination of clinical knowledge and first-hand understanding of agricultural life helps create a relaxed, trusted environment in which people feel comfortable discussing both physical and mental wellbeing.

Visitors can access confidential blood pressure checks and general health advice, with some Health Huts also offering cholesterol testing and early diabetes detection. Just as importantly, the conversations create an opportunity to identify concerns, encourage follow-up with a GP or other service, and support realistic lifestyle changes.

Feedback has highlighted the difference these brief interventions can make, with people returning to report that they are taking medication, eating more healthily, becoming more active or making other positive changes after an earlier Health Hut visit. The initiative responds to well-recognised barriers to healthcare within farming. Long hours, unpredictable workloads, rural isolation and the pressure of keeping a business and livestock running can mean personal health is pushed down the list. Taking accessible support into places where people already gather removes some of those barriers. It also makes health part of an everyday conversation, helping to reduce hesitation around asking for advice and reinforcing the message that looking after yourself is essential to sustaining a farm, a family and a livelihood.

Partnership working has been central to the Health Hut's progress. Support from the ANM Group Charitable Trust and the Health Lottery has helped RSABI extend the service, while collaboration with auction marts and show organisers has provided visible, welcoming locations. The healthcare professionals themselves are powerful advocates for better health in agriculture, sharing trusted information not only face to face but also through RSABI's press and social media activity, so that the benefits of the initiative reach beyond those who visit in person. A monthly Health Hut column in the Scottish Farmer also highlights a particular health topic, from Lyme Disease to Alzheimer's and Sepsis risks.

The Health Hut has quickly become a valued part of RSABI's wider commitment to improving wellbeing across Scottish agriculture. Its strength lies in meeting people where they are, offering a friendly conversation alongside useful checks and clear guidance. Every blood pressure taken, concern raised and follow-up appointment encouraged represents an opportunity for earlier action and better long-term health. RSABI is grateful to the dedicated nurses and doctors, partners, hosts and supporters who have made this work possible and looks forward to building on this momentum, reaching more agricultural communities and encouraging more people to make their own health a priority.




HEALTH
MOT
PREVENTION


RSABI
Health Hut
HEALTH
MOT
HERE TODAY!


RSABI


THE FARMERS' LOTTO
Win up to £25,000




HEALTH
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PREVENTION


Friendly Professional Confidential
RSA
Supporting
in Scottish Ag


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RSABI
Supporting People


LOTTO
Play The Farmers Lotto' and help
secure the future of our vital support
£1 per week
erslotto.co.uk
0131 354 0541


Health
Hut


1 IN 8 MEN WILL GET
PROSTATE CANCER





New Mediation Service for Scottish Agriculture

A new RSABI initiative has seen a dozen individuals with practical agricultural knowledge and experience trained as mediators to help farming families resolve conflict and move forward positively.

The charity has been undertaking a major awareness push to highlight the opportunity and benefits of mediation, which can be a successful, lower cost alternative to legal or court action.

The aim is to address the stress and anguish when tensions emerge relating to a wide range of different aspects of farming life – from relationship breakdowns between family members to fallouts between neighbouring farmers or crofters. As well as heartbreak and a negative impact on the mental wellbeing of those involved, major rifts will almost invariably also hit farm business performance.

The mediators are working with those involved in a conflict situation to help them move constructively towards an agreement and improved understanding. Importantly, the mediators don't suggest solutions themselves but work impartially and fairly with the parties involved to support them to reach an agreement themselves, always with the assurance of confidentiality.

With those working in agriculture facing a considerable number of challenges and pressures, along with uncertainty and financial and other worries, the potential for tension and conflict is very real and something the RSABI welfare team regularly encounter.

The RSABI mediators come from a range of locations and backgrounds – from agricultural consultancy to banking – and all share a sound practical working knowledge of agriculture.

They have been trained by Sacro to the equivalent of SCQF level 6, accredited by Scottish Mediation, with many weeks of training covering areas such as conflict management, active listening, and how to create a safe space for clients to talk about what has been happening and explore how things can be moved forward.

Taking the first step towards mediation is very simple – all that is required is to contact RSABI's free confidential support service, available 24 hours a day by calling **0808 1234 555**. Alternatively you can get in touch via RSABI's confidential webchat service or email **helpline@rsabi.org.uk**

More information is available on RSABI's website **www.rsabi.org.uk/mediators**

PARTNERSHIP WITH POLICE SCOTLAND



Pioneering Firearms Awareness Partnership

RSABI is pleased to be part of a pioneering new partnership involving a host of organisations representing farming, gamekeeping, mental health, field sports and target shooting established in Scotland to build awareness and understanding of health and wellbeing in relation to firearms licensing.

In a UK-first, the Scottish Firearms Mental Health Awareness and Support Partnership is seeing key partner agencies working alongside Police Scotland's Firearms Licensing unit, a team of police officers and staff based in communities across Scotland.

The vision of the initiative, led by Chief Inspector Bruce Crawford of Police Scotland's National Firearms and Explosives Licensing (NFEL) team, is for certificate holders in Scotland to feel safe and supported to report changes in their mental health and wellbeing, contributing to the prevention of suicide within the community. Supporting the partnership are a host of mental health and rural organisations, agencies and charities.

CI Bruce Crawford said: "This partnership has the potential to deliver huge benefits in the rural community, and this is very much down to the commitment, ideas, energy and enthusiasm being shown by the partners involved.

"We all share a common ground – we want people to come forward and ask for help if something significant changes in their life. There is so much excellent mental health support available. The biggest show of strength is for people to recognise, at an early stage, when there may be a cause for concern and act quickly. We are encouraging people to come forward early, share information and get help."

"By being proactive and addressing the issue, we can see people have clear insight into their situation and how that may impact their suitability to hold a licence. It gives us a signal they are acting responsibly as a certificate holder and showing a willingness to work with us, get support and start getting back on track."

The work of the partnership aims to raise awareness not just among the licence holding community but also with families, friends, colleagues, and associates so there is community-wide knowledge that if something changes, support is available.

This message will be strong and clear at upcoming rural shows where visitors will be invited to add their signatures to a pledge "to help communities talk openly about mental health and support early action to seek help."

Hundreds of signatures have already been added to a huge flag with the pledge wording which started its summer show tour being displayed at RSABI's stand at the 2026 Royal Highland Show.

#KEEPTALKING CAMPAIGN

RSABI's #KeepTalking tour is bringing laughter, music and an important message about mental wellbeing to rural communities across Scotland.

Led by Perthshire farmer, comedian and RSABI #KeepTalking ambassador Jim Smith, the tour creates friendly social occasions where farmers, crofters and their families can step away from work, meet friends and enjoy themselves.

From Skye, Orkney and Wick to Stornoway, Kelso and Shetland, the response has been hugely encouraging, with sell-out events demonstrating a real appetite for opportunities to come together.

Farming and crofting can be rewarding ways of life, but they can also be demanding and isolating. Long hours, financial pressures, difficult weather, illness and uncertainty can all take their toll. Distance, workload and the seasonal intensity of agricultural life may make it harder to socialise, notice when someone is struggling or find the right moment to ask for help. The #KeepTalking tour helps to tackle this in a simple, practical way: it gives people a reason to leave the farm or croft, take a well-earned break and reconnect.

These social gatherings matter. Sharing a laugh, enjoying local music and comparing the highs and lows of agricultural life strengthen the relationships that sustain rural communities. A conversation during the interval or on the journey home can become the first step towards telling someone that things are difficult. Just as importantly, a night out can ease loneliness and remind people that they are part of a community that notices, listens and cares.

By placing a serious message within a relaxed and enjoyable event, the tour helps make conversations about mental health feel more natural. It reinforces the idea that nobody needs to wait for a crisis before checking in with a friend, family member or neighbour. Asking how someone is doing—and taking time to listen to the answer—can make a meaningful difference. The message is clear: no matter how busy life becomes, looking out for one another and making time to talk are essential parts of keeping our communities well.

The tour also brings RSABI's support close to the people we are there to help. At each event, audiences are reminded that the charity provides free, confidential practical, financial and emotional support, including counselling, a 24-hour helpline and confidential webchat. This visibility is vital. Someone who does not feel ready to seek support on the night leaves knowing where to turn later, while friends and relatives are better equipped to signpost help when they are concerned about someone.

The success of #KeepTalking reflects the commitment of the many local performers, venues, sponsors, supporters and audience members who have helped make each date a genuine community occasion. Their involvement ensures that every event feels rooted in its location and relevant to the people attending. It also supports RSABI's work by raising both awareness and funds, extending the impact beyond the evening itself.

At its heart, the tour turns the #KeepTalking message into action. It provides space to laugh, meet and talk, while keeping mental wellbeing firmly on the rural agenda. Small acts—making a phone call, inviting someone along, asking twice if they are really okay or simply listening without judgement—can reduce isolation and encourage earlier support.



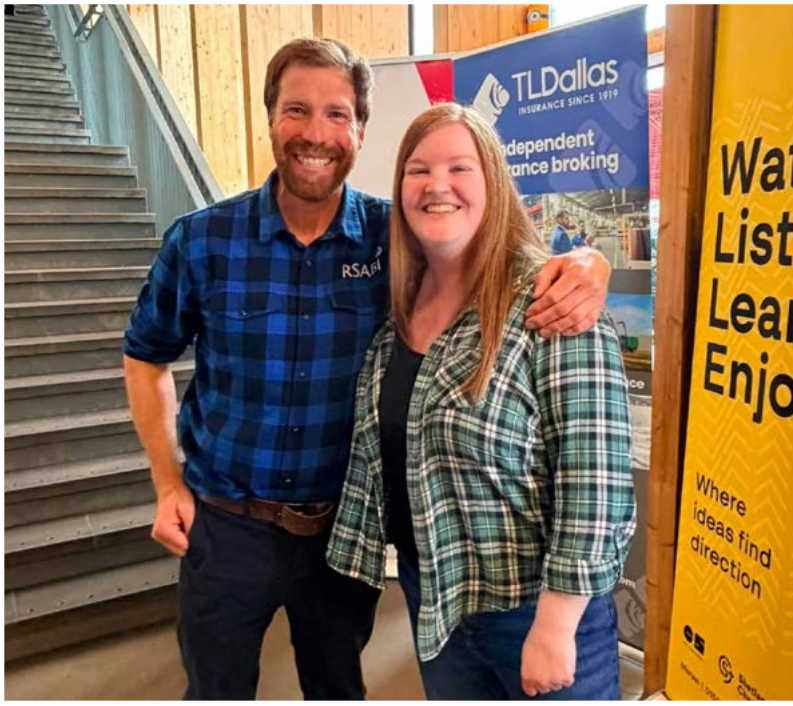





RSABI


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SUICIDE PREVENTION

Creating hope through suicide prevention

Suicide prevention is central to RSABI's commitment to the wellbeing of people in Scottish agriculture. Farming and crofting can be deeply rewarding, but long hours, isolation, financial pressure and unpredictable weather can take a heavy toll.

This year, we strengthened the safety net helping people find support early, without judgement, and reminding everyone that they do not have to face difficult times alone. We are very grateful to the Alastair and Margaret Miller Charitable Trust and the family and friends of the late Neil Stewart, who have contributed vital funding in support of this work.

Our approach combines specialist support, practical training, research and encouraging open conversation. Working alongside organisations with expertise in mental health and suicide prevention, we are making sure that the realities of rural life inform the services, resources and messages available to farmers, crofters, agricultural workers and their families.

Training is vital to this work. More than 1,000 people have now completed RSABI's Mental Health First Aid training, delivered with IED Training Solutions and supported by the NFU Mutual Charitable Trust. Participants include advisers, auctioneers, agronomists, assessors and others working closely with farming people. Embedded in communities across Scotland, they are better equipped to recognise distress, begin a compassionate conversation and guide someone towards appropriate help.

We also expanded access to Applied Suicide Intervention Skills Training. This free, two-day course provides practical skills to identify and support someone who may be at risk, ask direct questions, listen calmly and develop a safety plan. It is not about turning community members into mental



health professionals, but about building confidence and helping more people respond with care when a conversation matters most.

RSABI also provides a clear route to confidential support. Our free helpline (**0808 1234 555**) and webchat are available 24 hours a day, every day of the year, with counselling and practical, emotional and financial assistance available where needed. This joined-up approach recognises that distress rarely has one cause and that timely help can relieve pressure and create space for recovery.

Evidence will continue to shape our work and working with the University of Glasgow, an £85,000, three-year PhD project is examining suicide risk in Scotland's farming and crofting communities.

SUICIDE PREVENTION







Led by researcher Katie Bryan, it is reviewing existing knowledge and undertaking new research involving people in agriculture with experience. Findings will inform more tailored services, targeted campaigns and effective prevention strategies.

Lasting change also depends on challenging stigma. Through training, campaigns, partnerships and honest conversations, we are encouraging people throughout Scottish agriculture to speak more openly about mental health and suicide. A direct, caring question such as “Are you having thoughts of suicide?” does not put the idea of suicide into someone’s mind. In fact it can open the door to relief, connection and hope.

There is much more to do, but every trained person, supportive conversation and connection to help strengthens the safety net around our community. RSABI will continue to listen, learn and work with others so that fewer lives are lost, those affected by suicide receive compassionate support, and hope remains even in the most difficult moments.

For information about our free Mental Health and Suicide Prevention training please email us on **mentalhealthtraining@rsabi.org.uk**

PLOUGHING ON

The Plough On initiative continued to develop over the course of the year. The initiative supports people of retirement age who are part of Scotland's agricultural community, helping retired farmers, crofters, farm workers and others with farming connections stay socially connected and valued.

An Angus Plough On group was piloted this year, which was very well received within the area, especially since the closure of Forfar Mart in 2023. The group, which consists of around 40 regular members, has met each month since November 2025 to enjoy some lunch and an opportunity to catch up with one another.

A number of speakers, ranging from local businesses, Scottish Mountain Rescue and World Ploughing Championship participants, have also delivered engaging talks to the group over the year. After a successful year, it is hoped that this model can be replicated in other parts of the country to offer those throughout Scottish agriculture an opportunity to socialise and stay connected.

Following a wonderful response from volunteers and supporters throughout the country, a series of Festive Lunches, as part of the Plough On campaign to celebrate the contribution of older people to farming and crofting, were also organised. A total of nine lunches were organised throughout the country.

Lunches were free to attend for people aged 65 and over, and attendees enjoyed a festive meal while enjoying the company of others in the agricultural community. We are very grateful to the volunteers who helped to organise these local events and the businesses and sponsors who supported the initiative.

People are also being encouraged to nominate a senior person to celebrate their contribution to Scottish agriculture. Nominees received an official certificate from RSABI to recognise and acknowledge their exceptional contributions through long service in farming and crofting.








PLOUGHING ON





















FUNDRAISING

The generosity of Scotland's agricultural community continued to shine throughout 2025/26, helping RSABI provide vital emotional, practical and financial support to people across the industry at a time of growing demand.

Fundraising was characterised by strong supporter engagement, successful events, growing partnerships and the development of new income streams. From major fundraising campaigns and corporate collaborations to community initiatives and individual challenges, supporters demonstrated an extraordinary commitment to ensuring no one in Scottish agriculture faces difficult times alone.

A highlight was the continued success of The Farmers' Lotto, which has established itself as an important and sustainable source of unrestricted income for the charity. Receiving strong support from across the sector, weekly participation exceeded 1,400 tickets within the first month and has continued to grow. Alongside generating valuable income, the Lotto has provided a new way for supporters to engage regularly with RSABI and directly support the delivery of essential services.

The year also saw continued growth in Friends of RSABI, with membership surpassing 1,000 supporters. Bringing together individuals, families, businesses and organisations from across Scotland, Friends of RSABI has become much more than a membership programme. It represents a growing community of advocates and ambassadors who champion RSABI within their workplaces, communities and networks while helping to secure the charity's future.

Supporter-led fundraising once again played a vital role in the charity's success. Young Farmers Clubs, auction marts, agricultural businesses, community groups and individual supporters organised an impressive range of events and activities, including tractor runs, charity dinners, Burns Suppers, golf competitions, auctions, raffles and sponsored challenges. These initiatives not only generated valuable income but also helped raise awareness of RSABI's services and encouraged important conversations around wellbeing across rural Scotland.

Together, these efforts have helped strengthen RSABI's ability to support people throughout Scotland's agricultural community while expanding awareness of the help available to those who need it.

Events, Partnerships and Support

RSABI's fundraising calendar continued to grow throughout the year, bringing together supporters from across Scottish agriculture through a diverse range of events, challenges and campaigns.

Highlights included the hugely successful Farmers' Choir Concert, Friends of RSABI event, Football Farmer Fundraiser, and the Edzell Golf Day, as well as the Burns Charity Bash organised by Craig and Julie Stewart of Marshall's Farm Shop at Thainstone. Bringing together 340 members of the farming and rural community, the event raised an incredible £30,140 alongside a wide variety of supporter-led fundraising activities held across Scotland. These events generated important income while creating valuable opportunities for networking, community engagement and raising awareness of RSABI's work.

Corporate partnerships remained central to fundraising success. Agricultural businesses, rural organisations and professional services firms supported RSABI through sponsorship, donations, fundraising initiatives and awareness-raising activity. These relationships continue to provide far more than financial support, helping extend RSABI's reach, engage new audiences and reinforce messages around wellbeing and support throughout the industry.

Digital engagement also remained an important part of the fundraising programme. Social media channels provided a platform to celebrate supporters,

showcase fundraising achievements, promote events and share the impact of donations. Throughout the year, these channels helped strengthen relationships with existing supporters while attracting new individuals, businesses and communities to engage with RSABI.

Looking Ahead

As RSABI approaches its 130th anniversary in 2027, we do so from a position of strength, supported by the remarkable generosity, commitment and goodwill of people across Scottish agriculture.

Plans are already underway for a programme of special anniversary activities, campaigns and events that will celebrate RSABI's heritage while raising awareness of the challenges facing people in agriculture today. Alongside our established fundraising calendar, these initiatives will provide new opportunities to engage supporters, strengthen partnerships and further increase the charity's profile across the sector.

As demand for RSABI's services continues to grow, developing sustainable income streams, nurturing strong partnerships and expanding supporter engagement will remain key priorities. Through initiatives such as Friends of RSABI, The Farmers' Lotto, corporate partnerships, community fundraising and major events, we are building a strong foundation for the future.

We are deeply grateful to every fundraiser, volunteer, donor, sponsor and supporter who contributed to RSABI's success during the year. Together, you are helping ensure that no one in Scottish agriculture has to face difficult times alone.



The RHASS Aberdeenshire Presidential Initiative raised an extraordinary £290,000 for RSABI, RHASS and the SAYFC Big Build. RHASS President Pat Machray OBE (pictured) and team also raised awareness of Prostate Cancer.

FARMERS' FOOTBALL FUNDRAISER

Football fever swept through Scottish agriculture this summer as supporters came together for RSABI's inaugural Farmers' Football Fundraiser, raising more than £14,500 to support people in Scottish agriculture.

Held at McDiarmid Park, home of St Johnstone FC, the seven-a-side tournament welcomed 12 teams from farms, agricultural businesses and rural organisations across Scotland for a day filled with friendly competition, fundraising and community spirit.

One of the biggest attractions of the day was the participation of a dedicated This Farming Life team, bringing together familiar faces from the popular BBC series. Alongside them were well-known personalities from across the agricultural sector and wider rural community, helping generate excitement and attract supporters both on the day and across social media. The presence of the This Farming Life team added a unique dimension to the event, highlighting the strong support for RSABI from across the farming community.

In the lead-up to the tournament, enthusiasm was further boosted through RSABI's Keepy Uppy Challenge, generously sponsored by Stewart Trailers. Farmers, agricultural professionals, businesses and supporters took on the challenge and shared their football skills online, creating a fun and engaging way to build momentum ahead of the event. The challenge generated strong social media engagement, increased awareness of RSABI's work and encouraged participation from supporters across Scotland.

Generously supported by Hamilton Ross, Gillespie Macandrew and Drysdale Trailers, the tournament combined sport with an important opportunity for people to connect, step away from the pressures of daily life and support a shared cause.

After a closely contested day of matches, Friday Night Football Crew were crowned champions, ahead of Kirrie Thistle FC and North East United. Nathan from the winning team was named Player of the Tournament, with the award presented by Olympic curler Glen Muirhead.

While there was plenty of action on the pitch, the event was about far more than football. The tournament brought together people from across Scottish agriculture, creating opportunities to connect, strengthen relationships and raise awareness of the support available through RSABI. Combined with the success of the Keepy Uppy Challenge, the event demonstrated the power of sport to engage communities, start conversations and encourage people to look out for one another.

More than £14,500 was raised through team entries, sponsorship, fundraising activities and donations, helping RSABI continue providing practical, emotional and financial support to people across Scottish agriculture through its free and confidential support services.




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#KeepTalking

EDZELL GOLF TOURNAMENT

The RSABI Golf Tournament returned to Edzell Golf Club in June 2026, bringing together supporters from across Scottish agriculture for another memorable day of golf, fundraising and networking.

Blessed with excellent weather and a fantastic atmosphere throughout, the event welcomed 22 teams representing agricultural businesses, organisations and supporters from across the sector. As always, the day provided an opportunity for participants to reconnect with colleagues and friends, enjoy some friendly competition and raise vital funds for RSABI's work.

Thanks to the incredible support of players, sponsors, prize donors and volunteers, the event raised more than £10,000, helping RSABI continue providing practical, emotional and financial support to people across Scottish agriculture.

The tournament's success would not have been possible without the generosity of our principal sponsors, NFU Mutual Laurencekirk Agency, Castleton Farm, Ingram's Aberdeenshire and Kepak McIntosh Donald, alongside our hole sponsors, prize sponsors, prize draw donors and auction donors. We are also immensely grateful to the organising committee, whose dedication and hard work once again ensured a successful and enjoyable event for everyone involved.

On the course, competition was strong, with The Cultivators claiming first place with an impressive score of 98 points. The Ringlink Renegades secured second place with 90 points, while the Dream Team finished third on countback.

Beyond the sporting competition, the day highlighted the power of the agricultural community coming together to support one another. Events such as the Edzell Golf Tournament continue to generate valuable funds while strengthening relationships, raising awareness of RSABI's services and reinforcing the importance of community across rural Scotland.



1st Place Winners: Marc Skivington, Craig Reekie, Willie Reekie and Brian Alston



Richard Sangster, The Ardoch Divots and Helen Argo, Old Friends with Arthur Anderson presenting the prizes, RSABI VP & Organising Committee



Brian Alston of the winning team The Cultivators (last man still there) receiving the much sought after Winners Quaich from Arthur Anderson

We look forward to welcoming supporters back to Edzell Golf Club on 21 May 2027 for another fantastic day of fundraising and friendship.

Tournament Results

1st Place - The Cultivators (98 points)
Marc Skivington, Craig Reekie, Willie Reekie and Brian Alston

2nd Place - Ringlink Renegades (90 points)
Mark Jones, Scott Walker, Lee Forbes and Eddie Bruce

3rd Place - Dream Team (89 points)
John Milne, Ron Mackie, Sandy Petrie and Nared Kongsap

Individual Competition Winners

- Longest Drive (Ladies): Helen Argo, Old Friends
- Longest Drive (Gents): Richard Sangster, The Ardoch Divots
- Nearest the Pin (6th): Stuart Sleigh, Relations
- Nearest the Pin (14th): Andy Macdonald, RBS
- Nearest the Pin in Two (15th): Wayne Henderson, NFU 2
- Nearest the Pin (17th): Robbie Frances, Thorntons

LEGACIES

A lasting gift to Scottish agriculture

Remembering Neil Godsman and the difference his generosity will make

£615,000

estimated total legacy

A remarkable legacy from the estate of the late Neil Godsman will help RSABI support people in Scottish agriculture for many years to come. The estimated amount remains subject to the completion of the estate administration.

A life rooted in agriculture

Neil Godsman was a respected Aberdeenshire farmer and businessman whose interests reached well beyond north-east Scotland. After taking over the family dairy farm, he continued to farm locally and later developed a substantial arable and Aberdeen-Angus enterprise in Estonia. His work there included modernising farming operations and introducing machinery and livestock from Scotland.

Neil was also closely associated with the family peat business, which supplied customers including the Scottish whisky industry, and his knowledge of peat drainage and extrusion was sought internationally. Alongside his business interests, he was a long-serving Rotarian and supported charitable fundraising in his community.

Leadership in the rural community

Neil served for many years as a director of the Royal Highland and Agricultural Society of Scotland and was actively involved in the Royal Highland Show. His practical leadership, international outlook and commitment to agricultural progress reflected a lifelong interest in strengthening farming and rural communities.

Creating a lasting impact

Legacy gifts give RSABI the confidence to plan for the long term while continuing to respond when people need support. We are deeply grateful to Neil Godsman and to everyone who chose to remember RSABI in their will. Every legacy, whatever its size, can become part of a lasting commitment to the people who live and work in Scottish agriculture.



THE FARMERS' CHOIR

Music, laughter and community spirit were at the heart of another memorable Farmers' Choir Charity Concert, which brought supporters together in Aviemore and raised more than £34,000 for RSABI and SAYFC's Big Build campaign.

Held at the Macdonald Aviemore Resort, the event welcomed a packed audience from across Scotland's agricultural community for an evening that showcased not only the talents of the Farmers' Choir but also the generosity and camaraderie that exists throughout the sector. More than 80 members of the choir travelled from communities across rural Scotland to perform a lively programme of well-loved songs, creating an uplifting atmosphere that had the audience singing along throughout the evening.

Kindly sponsored by Highland Industrial Supplies (HIS), the concert once again demonstrated the power of bringing people together through shared experiences. Hosted by comedian, farmer and RSABI #KeepTalking ambassador Jim Smith, the event combined outstanding musical entertainment with fundraising, creating an enjoyable evening while supporting two important causes.

A highlight of the evening was the live charity auction, led by young auctioneer Farquhar MacRae and supported by Donald Young of United Auctions. Generously donated prizes generated enthusiastic bidding and helped boost the final fundraising total. An online auction running in advance of the concert also enabled supporters from across Scotland to get involved, even if they were unable to attend in person.

As well as raising vital funds, the concert provided an important opportunity for people to connect, catch up with friends old and new, and celebrate the strength of Scotland's agricultural community. The Farmers' Choir has become a much-loved supporter of RSABI, sharing our commitment to bringing people together and promoting positive wellbeing across the industry.

Funds raised through the event will help RSABI continue providing practical, financial and emotional support to people involved in Scottish agriculture, while also contributing to SAYFC's Big Build project to create a permanent home for Scotland's Young Farmers.

The success of the concert would not have been possible without the support of the choir members, sponsors, volunteers, auction prize donors and everyone who attended or took part in the auctions. Their generosity helped make the event a tremendous success and demonstrated once again the remarkable willingness of Scotland's rural community to support one another.




RSABI


ARE YOU OKAY?




FRIENDS OF RSABI



















FRIENDS OF RSABI

Friends of RSABI continues to play a vital role in supporting the charity's work, providing a growing and committed community of individuals, families, businesses and organisations who share a passion for Scottish agriculture and a desire to make a difference.

During 2025/26, membership exceeded 1,000 supporters, reflecting the strength of commitment to RSABI's mission and the increasing recognition of the importance of ensuring support is available to those facing difficult times.

More than a membership scheme, Friends of RSABI represents a community of people who are helping to secure the future of the charity. Through their ongoing support, Friends contribute directly towards the delivery of RSABI's practical, emotional and financial support services, helping ensure that anyone in Scottish agriculture can access help when they need it most.

As demand for support continues to grow, the regular and dependable income generated through Friends of RSABI provides an important foundation for the charity, enabling us to plan ahead, respond to emerging needs and continue reaching people across Scotland's farming and crofting communities.

Our Friends are also powerful ambassadors for RSABI. By raising awareness of the charity within their own communities, businesses and networks, they help ensure more people know where to turn for support and encourage important conversations around wellbeing throughout the industry.

We are incredibly grateful to every member of Friends of RSABI. Their loyalty, generosity and commitment are helping us build a stronger future for Scottish agriculture and ensuring that no one has to face difficult times alone.

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
Caledonian Properties
Cheviot Trees Ltd
Craig Wilson Ltd
Diageo
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
HB Underwriting Agency Ltd
James Gordon Ltd
Johnston Carmichael (Scotland) Ltd
Keith & Fiona McElrea Ltd
Kettle Produce Ltd
Lawrie & Symington 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
Procam UK Ltd
RHASS
Ringlink (Scotland) Ltd
Roadhead Farm Feeds
Royal Bank of Scotland plc
RTS Forestry
SAOS
Savills UK Ltd
Scot Agri
Scotland Food & Drink
Scotland's Rural College (SRUC)
Scotmin Nutrition
Scottish Quality Crops
Shepherd & Wedderburn
Sofina Foods Ltd
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
Watson Seeds Ltd
WCF Ltd
Welbeck Scottish Farms Ltd
Yara UK Ltd

ALL THINGS

A Partnership Supporting Scottish Agriculture

RSABI was delighted to announce a new partnership with ALL THINGS, the innovative British dairy brand founded by chef Thomas Straker and entrepreneur Toby Hopkinson. The partnership reflects a shared commitment to supporting the people at the heart of agriculture and ensuring farming communities can access help when they need it most.

From August 2026, 1% of revenue generated from the ALL THINGS Cottage Cheese range will be donated to RSABI, creating an ongoing source of funding to help deliver practical, emotional and financial support to people involved in Scottish agriculture.

The partnership is particularly meaningful as the rapidly growing cottage cheese range is produced in Scotland by Yester Farm Dairies, a family-run dairy business based in East Lothian. By connecting the success of the product directly to support for Scottish farming families, the initiative demonstrates how businesses can make a positive impact across the agricultural sector while continuing to grow and innovate.

Launched to bring a fresh approach to everyday dairy, ALL THINGS has enjoyed significant success, with its cottage cheese range quickly becoming one of the brand's standout products. The commitment to RSABI means that as sales continue to increase, so too will the support provided to Scotland's agricultural community.

This partnership goes beyond fundraising. It highlights the important role that businesses can play in championing the wellbeing of those working in farming and crofting, while helping raise awareness of the challenges people across the industry can face.











FINANCIAL REVIEW

A positive year of support and generosity

Thanks to the extraordinary generosity of our supporters and the continued confidence placed in RSABI, the charity had another positive year while expanding the help available to people working in Scottish agriculture.

Total income was boosted by an estimated legacy of £615,000 from the estate of the late Neil Godsman. Within our operations, we have increased donations and fundraising income by engaging with charitable trusts, corporate partners and enthusiastic communities across Scotland who stand behind RSABI's work. This has helped to fund the cost of the growing volume of charitable services demanded by the people we help.

With plans to draw down reserves in order to meet this demand, it was heartening to see a rise in market value of our Investments portfolio. These investments generate around a quarter of our total annual expenditure, helping us deliver consistent support to Scotland's agricultural community.

Investing in People

During the year, RSABI modernised its Employee Handbook and policy framework to make guidance clearer, easier to access and simpler to keep up to date. The new modular approach brings policies together as a central resource. The review also provided an opportunity to consider staff benefits and the wider support offered to colleagues. Alongside refreshed guidance on areas including flexible and home working, mental health and wellbeing, dignity at work and lone working, this work reflects RSABI's commitment to providing a fair, supportive and modern workplace where staff feel valued and able to deliver strongly for Scotland's agricultural community.

Sustainability and Responsible Operations

RSABI remains committed to operating responsibly and sustainably. During the year, we reviewed our environmental policies and considered how sustainability can be embedded into areas such as procurement, travel, energy use, and responsible governance.

We recognise that sustainability is about people as well as the environment. By investing in staff wellbeing, strong governance and long-term planning, we aim to ensure RSABI remains a resilient organisation that can continue supporting Scottish agriculture for generations to come.

Putting support where it is needed most

RSABI spent £1.225 million on charitable activities during the year, including more than £340,000 in direct grants and support payments. This assistance helped individuals and families facing hardship and included annual support, one-off grants, and emergency help through the Snow Fund.

The cost of delivering our charitable services was £883,000. This supported our 24/7 helpline and webchat, counselling, Thrive, Health Huts, Mental Health First Aid training, suicide prevention work, research and community initiatives. Demand for emotional and practical support remains high with a rising demand for Counselling sessions and help with energy costs.

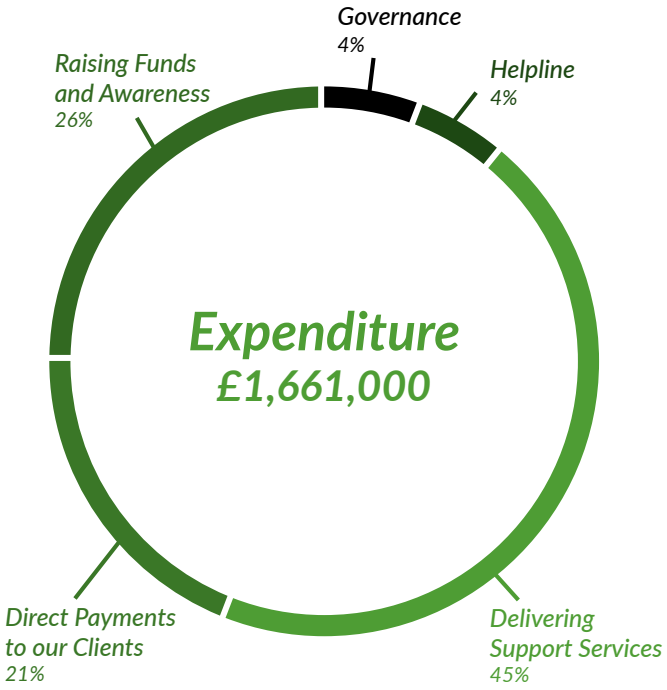
These costs reflect the breadth of support now provided across Scotland and the importance of maintaining services that are confidential, accessible and responsive.

FINANCIAL REVIEW

Responsible financial stewardship

Investment income made a useful contribution to RSABI's work during the year. At £427,000, it was equivalent to approximately 26% of the charity's total expenditure of £1.661 million. This illustrates the charity's continuing reliance on investment income to help fund services.

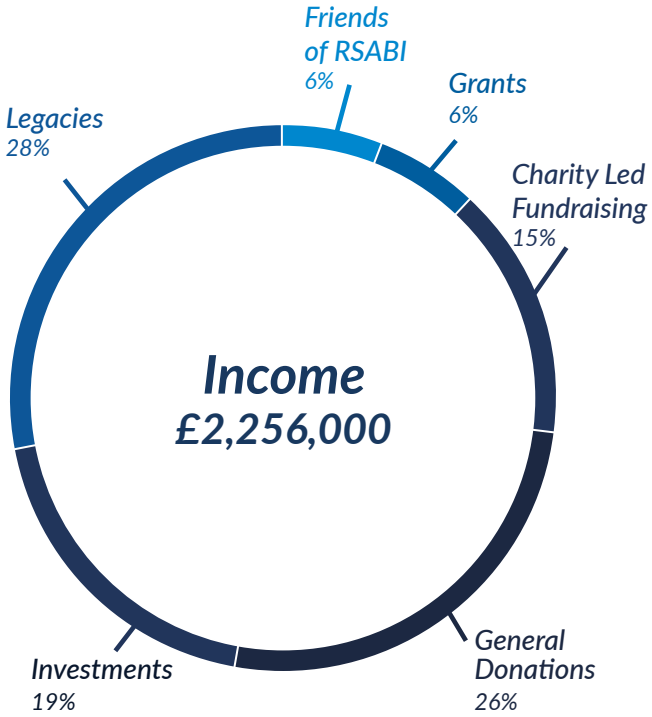
As part of our commitment to responsible financial stewardship, we are commissioning an independent review of our reserves and investment strategy to ensure that our approach remains appropriate for the charity's future needs. The review will consider investment objectives, liquidity and governance, helping Trustees balance responsible stewardship with the resources required to deliver our services.



Looking ahead

Demand for RSABI's emotional, practical and financial support is expected to remain significant. We will therefore continue investing carefully in counselling, energy assistance, preventative wellbeing initiatives, partnerships and services that allow people to seek help early and confidentially.

As RSABI approaches its 130th anniversary in 2027, our focus remains clear: to use our income responsibly, develop sustainable new sources of support and ensure that no one in Scottish agriculture has to face difficult times alone. We are deeply grateful to every donor, legacy supporter, fundraiser, volunteer, sponsor and partner whose generosity makes this work possible.



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

ROYAL HIGHLAND SHOW

The Royal Highland Show once again provided RSABI with an invaluable opportunity to connect directly with Scotland's agricultural community.

Across four busy days, thousands of visitors came to our stand to find out more about the practical, emotional and financial support we provide, take part in fundraising activities and enjoy a welcoming space for conversation. Our staff, trustees and volunteers were on hand throughout the Show, helping to raise awareness of our confidential services and encouraging people to seek support early when challenges arise.

Health and wellbeing were at the heart of our presence. For the first time, RSABI operated two Health Huts: one at our main stand and a second in Highland Hall, improving access for livestock exhibitors as well as visitors. Our doctors and nurses, all with an understanding of farming life, delivered 296 free blood pressure checks and offered friendly, confidential advice. Sixty-one people were encouraged to arrange further medical follow-up. The team also promoted preventative health, with a particular focus on prostate cancer awareness in support of the RHASS Presidential Initiative.

The Show also enabled us to highlight wider wellbeing and safety initiatives. Visitors signed the pledge in support of the Scottish Firearms Mental Health Awareness and Support Partnership.

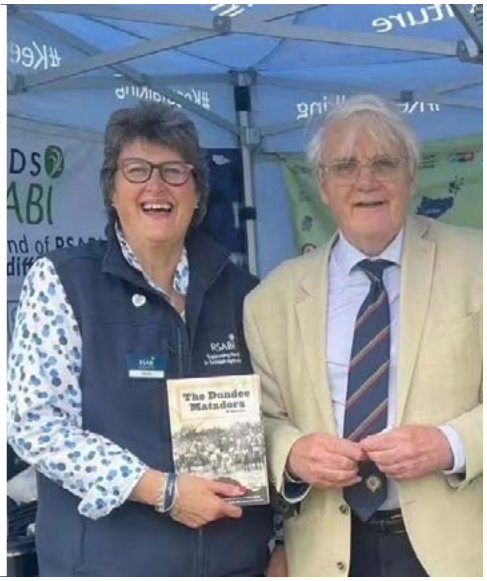
Working with the Farm Safety Foundation's Yellow Wellies campaign, we promoted the #UseYourHead message about the importance of wearing helmets on quad bikes, supported by daily helmet prizes donated by Logic Manufacturing.

Fundraising was another major success. RSABI raised £1,881 through activities including our popular Deal or No Deal game, while supporters and partners helped bring the overall total generated for the charity to £11,715. Portequip Ltd raised £3,500 through its raffle, and Quality Meat Scotland raised £6,127 from charity T-shirt sales, shared between RSABI and SAYFC's Big Build. We were also delighted to celebrate the Aberdeenshire Presidential Initiative's remarkable £290,000 total, with funds shared between RSABI, RHASS and the Young Farmers Big Build.

We are extremely grateful to every visitor, volunteer, partner and supporter who contributed. The Show strengthened relationships across the sector, extended the reach of our services and demonstrated the power of prevention, early intervention and community action.







ROYAL HIGHLAND SHOW























RESPECT ROLE

RSABI and the Scottish Association of Young Farmers Clubs (SAYFC) have announced the appointment of Joanne Hiddleston to the position of Wellbeing and RESPECT Coordinator, a first-of-its-kind partnership role created to strengthen support for young people across Scotland's agricultural community.

Joanne's new position will see her work closely with both charities to focus on supporting the wellbeing of SAYFC members through initiatives including the RESPECT and #AreEweOkay campaigns throughout the young farmers network in Scotland.

Joanne brings a strong blend of personal, professional, and voluntary experience to the role. From a family farm in Dumfriesshire, she has a degree in Mental Health Nursing, specialising in child and adolescent care, and has been an active member of her local young farmers club for more than 12 years. Joanne has also served as a Trainee Trustee with RSABI, gaining valuable insight into the operation and governance of a charity.

In her new role Joanne will work with clubs, districts, national office bearers and partners to inspire, support, and equip SAYFC members and around 70 RESPECT Ambassadors in clubs throughout the country to promote positive messages around mental health awareness, suicide prevention, alcohol and drug awareness, kindness, inclusivity, and respect.

Joanne is looking forward to working alongside the SAYFC Development and Wellbeing Committee, led by Emma Gray (Committee Chair) and Kayleigh Turner (Committee Vice-chair).

The appointment marks an important step in the close collaboration between RSABI and SAYFC, bringing together RSABI's experience of providing emotional, practical, and financial support to people in Scottish agriculture with SAYFC's national network of around 3,500 young people.



Carol McLaren (RSABI), Joanne Hiddleston and Penny Montgomerie (SAYFC)

We are delighted to welcome Joanne into this very special new role, which is a fantastic example of partnership working between two charities committed to supporting the future of Scottish agriculture.

Joanne's background in mental health nursing, her farming roots and her long involvement with young farmers make her ideally placed to help champion wellbeing, kindness, and inclusivity across the SAYFC membership.

Penny Montgomerie, Chief Executive of SAYFC, said: "SAYFC is proud to be working with RSABI on this partnership first. Our members are at the heart of rural communities, and this role will help support them to have the awareness, confidence, and tools to look after themselves and each other. We look forward to seeing the positive impact Joanne will make, working closely with our Development and Wellbeing committee and other key partners and stakeholders."

The RESPECT campaign promotes healthy relationships, kindness and inclusivity through positive role modelling, education, training, and awareness-raising. The #AreEweOkay? and #KeepTalking campaigns encourage people across Scottish agriculture to stay connected, look out for one another, and seek help when life feels difficult.

#USEYOURHEAD

RSABI's #UseYourHead campaign continued to deliver a clear, potentially life-saving message to Scotland's farmers and crofters: every time you get on a quad bike, put on a helmet.

Developed in partnership with the Farm Safety Foundation (Yellow Wellies), the campaign set out to challenge established habits and make helmet wearing a normal, automatic part of the working day.

At its heart is the powerful testimony of Arran hill farmer Callum Lindsay, who sustained major head injuries after being thrown from his quad bike while moving sheep in October 2023. His experience brought home the far-reaching consequences of a farm accident—not only for the individual, but also for their family and business. Callum spent six months in a neck brace and faced a long recovery. He now never rides without a helmet and has become a compelling advocate for encouraging others to do the same.

Callum's story was shared through campaign films, the agricultural press and BBC's This Farming Life, helping the message reach audiences throughout rural Scotland. Other respected ambassadors, including former NFU Scotland President Martin Kennedy and former SAYFC Chair Ally Brunton, also lent their voices to the campaign. Our short film demonstrates that putting on a helmet and fastening the chin strap takes less than five seconds—a simple action that can help prevent life-changing injury.

In March 2026, RSABI launched the next phase of #UseYourHead: a 100-day giveaway providing one free quad bike helmet each day to a farmer or crofter in Scotland. The helmets, supplied by Logic Manufacturing Limited, offer practical support alongside the campaign's safety message. Running through to the Royal Highland Show in June, the initiative created 100 opportunities to change behaviour, start conversations and make safer working practices more accessible. Applications were invited through RSABI's website and social media channels, with successful recipients selected through a daily draw.

The giveaway generated fresh momentum for the campaign during one of the busiest periods in the farming calendar. Support from agricultural organisations and individuals across the industry strengthened its reach, while activity at the Royal Highland Show kept quad bike safety firmly in the spotlight. By combining a personal story with practical action and strong partnership working, RSABI ensured that the campaign was both relatable and relevant.

#UseYourHead reflects RSABI's wider commitment to the wellbeing of people in Scottish agriculture. Its ambition is straightforward: for wearing a helmet on a quad bike to become as instinctive as fastening a seatbelt. Each helmet worn represents a practical step towards protecting farmers and crofters, supporting their families and safeguarding the resilience of farm and croft businesses. The campaign's message is simple, memorable and urgent: use your head—use your helmet.





















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

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