

Struggling? Help is available.

Kent Trading Standards supports business growth and development, protects consumers and the economy and supports the agriculture industry to ensure animal health and welfare. We understand that the law can be complex, and farming is often a difficult, stressful, and isolated job.

Our Compliance Food Chain Team are here to help. Our officers work with farms and agriculture businesses by providing guidance and support to help comply with farming regulations.

If you have any queries on your legal obligations or are having difficulties complying with farming regulations, please do not hesitate to contact us. We will do all that we can to help.

Our small, friendly team is comprised of:

- **Samantha Padfield** (Team Manager)
- **Samantha Goacher** (Principal Rural Economy Officer)
- **Terry Arthurs** (Animal Health Officer)
- **Connor Perryman** (Animal Health Officer)
- **Kieron Watts** (Animal Health Officer)
- **Erica Evans** (Animal Health Officer)
- **Alexandra Looker** (Animal Health Officer)

Email: trading.standards@kent.gov.uk - **Telephone:** 03000 41 20 20

Help is also available from a range of charitable organisations, that can provide business and legal advice, mental health support, or just someone to talk to. If you are struggling, please do not hesitate to contact them for help.



Call: 03000 111999

Email: help@fcn.org.uk

Website: www.fcn.org.uk

Write: The Farming Community Network, Manor Farm, Guilsborough Road, West Haddon, Northamptonshire, NN6 7AQ.

The Farming Community Network (FCN) – A voluntary organisation and charity supporting farmers and their families within the farming community. Whether the issue is personal or business-related, FCN can help.

Their volunteers understand farming and rural life and can offer support on:

- **Farming** - animal health, welfare, EID/BCMS, passports, arable farming etc
- **Business** - financial difficulties, banking relationships, tenancy issues, RPA, bureaucracy, business partnerships etc
- **Health** - depression, isolation, long-term illness, accidents, alcohol/drug dependency etc
- **Family** - retirement, succession, relationship break-up, home and property, pensions, making a will etc.

They run a confidential, national helpline and e-helpline which is open every day of the year from 7am to 11pm and their volunteers provide free, confidential support to anyone who seeks help.



Call: 0800 188 4444
Website: www.rabi.org.uk

The Royal Agricultural Benevolent Institution (RABI) – A national charity providing local support to the farming community. Established in 1860, they have been offering guidance, financial support and practical care to farming people of all ages for generations.

They provide confidential, tailored support to those who:

- Currently work within agriculture

Those who are no longer able to work due to ill-health, accident or age.

They also provide a range of:

- Grant support programmes to individuals, and
- Via their website have an online wellbeing platform which offers free, anonymous farmer focussed resources to adults and young farming people.

These resources are available 24/7 and in addition to the farmer focussed articles and discussion boards, users can access one-to-one counselling from BACP qualified counsellors.



There are a number of local Mind services across Kent, that provide services including talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending. Each local Mind is an independent charity run by local people for local people.

Maidstone & Mid-Kent Mind

23 College Road, Maidstone, ME15 6YH
Phone: 01622 692383
Email: mindhelp@maidstonemind.org
Website: <http://www.maidstonemind.org>

West Kent Mind

34 St Johns Road, Sevenoaks, TN13 3LW
Phone: 01732 744950
Email: hello@westkentmind.org.uk
Website: <http://www.westkentmind.org.uk>

South Kent Mind

Mind Resource Centre, 3 Mill Bay, Folkestone, Kent, CT20 1JS
Phone: 01303 250 090
Email: contact@southkentmind.org.uk
Website: <http://www.southkentmind.org.uk>

North Kent Mind

The Almshouses, 20 West Hill, Dartford, Kent, DA1 2EP
Phone: 01322 291380
Email: admin@northkentmind.co.uk
Website: <http://www.northkentmind.co.uk>



Call: 116 123
Email: jo@samaritans.org,
Write: Freepost SAMARITANS LETTERS

Samaritans are a charity that provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. Whatever you are going through, Samaritans are available at all times of the day or night.

Suspect a disease?

If you suspect a notifiable disease outbreak, you must report it immediately.

Call the Defra Rural Services Helpline on 03000 200 301.