

## Farmers' Choir Concert – Thanks from RSABI

Thank you so much for being a sponsor at our Farmers Choir Concert in Aviemore in aid of RSABI. With your generous support, we raised an incredible £34,131.62 which will help us continue to provide vital services to people in need in the Scottish agricultural community.

As you may know, RSABI provides practical, emotional, and financial support to those working in the Scottish agriculture and their families. We offer free, confidential, and friendly support in various ways, including our 24-hour helpline, 0808 1234 555, counselling, heating grants, and more.

The RSABI team is delivering many invaluable services and campaigns, such as our #KeepTalking campaign, proudly championed by Jim Smith. This initiative encourages people in farming to check in on others, have a chat, and ask how they are doing. We know that sometimes just taking the time to listen can make a huge difference.

Our Mental Health First Aid Training, supported by NFU Mutual Charitable Trust, has allowed us to train around 1,000 individuals working regularly with farmers, equipping them with the knowledge and confidence to identify and support people in the industry who are struggling.

Our Health Hut initiative has been incredibly successful. This project is seeing 1000s of farming folk receive a health MOT with one of our nurses or doctors. We understand how hard it can be to get away from the farm, especially for things like seeing a doctor. This initiative, while primarily about physical health, also provides an opportunity to check in on mental health.

RSABI relies entirely on donations and fundraising. These projects and initiatives are only possible because of the support we receive, and the funds raised at The Farmers Choir Concert will help us continue to offer our services to those who need us.

If you are not already signed up, we would warmly welcome you as a Friend of RSABI. You can join as an individual, Business, or Corporate Friend. This income is incredibly important to us to help us deliver all our essential services. You can find more details on our website, [Friends of RSABI - RSABI](#) or you will find my contact details below if you would like to chat about opportunities to support RSABI.

Thank you once again for your support.

Best wishes

*Pauline Macmillan*

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