

Help us continue our work by donating to FCN

FCN relies solely on donations and grants in order to support the farming community. Any donation to support our work is greatly appreciated and makes a huge difference.

Please visit fcn.org.uk/donate for information about setting up a standing order or to download a Gift Aid declaration form. Or donate online right now by scanning this QR code.



Support future generations of farmers by leaving a legacy

Leaving a gift to FCN in your will is a wonderful way to support our work. Your gift means that we can continue to help future generations of British farmers and support families for years to come. Your gift will:

- Ensure our volunteers can continue to support farming families
- Support the running costs of our Helpline
- Help us reach out to more people
- Assist farmers in building strong, sustainable businesses

Visit our website to find out more about leaving a gift to FCN in your will: fcn.org.uk/leave-a-gift-in-your-will



Contact FCN on help@fcn.org.uk or call 01788 510866

By supporting FCN, you can make a positive difference to thousands of farming families.

If you're a business or organisation passionate about supporting the farming community, **we'd like to work with you!** Organising a fundraising event is a fantastic way to raise money for FCN and help us to continue supporting British farmers.

Fundraising & partnerships



Our #TimeToPlan project can help you plot a course for the future of your farm business. Visit farmwell.wales/time-to-plan

Thinking ahead? Preparing for change? Planning succession? Exploring your options?

We can support your personal and business resilience.

Visit farmwell.wales to find out how whatever challenges you may be facing on your farm, our online resiliency hub, FarmWell, provides useful information around a wide variety of topics and signposts the best places to get help and support.



FarmWell Wales

Here for *you*



Follow us on social media

FCN:

@FCNcharity
 @TheFarmingCommunityNetwork
 @FCNCymru
 fcncharity

FarmWell:

@FCNFarmWell @FCNFarmWell

The Farming Community Network

Manor Farm
West Haddon
Northamptonshire
NN6 7AQ

Tel:
01788 510866

Website:
fcn.org.uk
farmwell.wales

Email:
help@fcn.org.uk

FCN

A company limited by guarantee No. 4429778
Registered Charity No. 1095919

Registered with
FUNDRAISING REGULATOR



Listening Supporting Connecting

Helpline:
03000 111 999

e-Helpline:
help@fcn.org.uk

Join us in helping to create a resilient farming future...



No matter how big or small, if you have something on your mind, we are here for you.

We run a free, confidential national Helpline (**03000 111 999**) and e-Helpline (help@fcn.org.uk) which is open every day of the year from 7am-11pm.

Founded in 1995, we have helped thousands of people deal with a wide range of issues, from financial difficulties and animal disease to mental ill-health.

Our network of 400 volunteers in England and Wales have a great understanding of the issues farm workers and farming families regularly face.

FCN provides a listening ear and essential support to those in need.

The Farming Community Network (FCN) helps members of the farming community manage and thrive through difficult times and periods of change.

**Can we help you
or someone you know?**

**and help farming families
become a volunteer**

Find out more about joining FCN: fcn.org.uk/volunteering

We have volunteers of all ages working with FCN, united by the farming community. We have volunteers of all ages working with FCN, united by a passion to create a more resilient future for everyone and help those in need. Becoming an FCN volunteer is a great way of making a real difference and giving something back to the farming community.

English and Welsh-speaking volunteers are available to support. Take to overcome whatever hardship you may be experiencing. We can help you work out the next steps to a huge difference. We can help you work out the next steps to the welfare of someone close to you, talking to FCN can make If you are going through a tough time or are concerned about the welfare of someone close to you, talking to FCN can make a huge difference. We can help you work out the next steps to a huge difference. We can help you work out the next steps to the welfare of someone close to you, talking to FCN can make

or someone you know?



"Jim and Sue, Farmers, Northumberland

*support and always taking the time to talk.
FCN has been a great help and friend,
giving knowledgeable and sympathetic*

of the farming community Network (FCN) helps members of the farming community manage and thrive through difficult times and periods of change.

What we do

Rhowch gymorth inni barhau â'n gwaith drwy gyfrannu i FCN

Mae FCN yn dibynnun yn gyfan gwbl ar roddion a grantiau er mwyn cefnogi'r gymuned ffermio. Mae unrhyw gyfraniad i gefnogi ein gwaith yn cael ei werthfawrogi yn fawr ac mae'n gwneud gwahaniad aruthrol.

Ewch i fcn.org.uk/donate os gwelwch yn dda ar gyfer derbyn gwybodaeth ynglyn â threfnu archeb sefydlog neu er mwyn llawrlwytho ffurflen datganiad Rhodd Cymorth, neu cyfrannwch ar-lein yn awr drwy sganio'r côd QR hwn.

Cefnogwch genedlaethau o ffermwyr y dyfodol drwy adael cymynrodd

Mae gadael rhodd i FCN yn eich ewyllys yn ffordd wych o gefnogi ein gwaith. Bydd eich rhodd chi yn golygu y gallwn ni barhau i helpu cenedlaethau o ffermwyr Prydain yn y dyfodol a chefnogi teuluoedd am flynyddoedd i ddod. Bydd eich rhodd yn:

- Sicrhau bod ein gwirfoddolwyr yn gallu parhau i gefnogi teuluoedd fferm
- Cefnogi costau rheged ein Llinell Gymorth
- Helpu inni ymestyn allan at fwy o bobl
- Cynorthwyo ffermwyr i adeiladu busnesau cryf, cynaliadwy

Ewch i'n gwefan i gael mwy o wybodaeth am adael rhodd yn eich ewyllys i FCN: fcn.org.uk/leave-a-gift-in-your-will/?lang=cy



Yma i *chi*



Dilynwch ni ar y cyfryngau cymdeithasol FCN:

FCN:

- @FCNcharity
 @TheFarmingCommunityNetwork
 @FCNCymru
 fcncharity
 The Farming Community Network

FarmWell:

- @FCNFarmWell
 @FCNFarmWell

The Farming Community Network

Manor Farm
West Haddon
Northamptonshire
NN6 7AQ

Ffôn: 01788 510866
Gwefan: fcn.org.uk
E-bost: [farmwell.cymru](mailto:help@fcn.org.uk)
help@fcn.org.uk

FCN

Cwmni cyfyngedig drwy warant Rhif 4429778
Elusen Gofrestredig Rhif 1095919

Registered with
 FUNDRAISING REGULATOR

Yma i *chi*



Gwrando Cefnogi Cysylltu

Llinell Gymorth:
03000 111 999

e-Linell Gymorth:
help@fcn.org.uk

Ymunwch â ni i helpu creu dyfodol gwydn ar gyfer ffermio...



new ffonwch 01788 510866 er mwyn trafod gwefito gyda ni.
Cysylltwch a FCN drwy saron e-bost at help@fcn.org.uk

Dwy gefnogi FCN, gallwr chi wneud gwasanaeth postif i flodeud o deliuloedd fferm.

Gal teulu digwyddiad coedi arian fod yn ffordd ffaintstig o goi! Os ydych chi'n ffurfius newydd sefydliad sy'n angreiddi myfyrain. Gall teulu digwyddiad coedi arian fod yn ffordd ffaintstig o goi!

Codi arian a phartneriaethau



Ewch i farmwell.cymru/amser-i-gwyluniuo.

Iunio cyflwyn ar gyfer dryfodol ethi bunses fferm.

A ydych chi'n meddwl am y dyfodol? Paratoi ar gyfer

Ewch i farmwell.cymru er mwyn darparu iddi bunses.

leodd godau i gael help a chefnogaeth.

brydai a me i unrhyw ymgylch amwybodaeth o ddefnyddiol yn ddatpenn gwybodaeth o ein canolfan ydyndwr ar-lein serf

Pa heriau bynnag y gallwrchi chi foed yn eu hwyndu ar ethi fferm, mae ddefnyddiol yn ddatpenn gwybodaeth o

ewch i: fcn.org.uk/gwirfoddoli-gyda-fcn/?lang=cy
Er mwyn cael rhagor o wybodaeth ynglyn ân ag ymuno â FCN,

ffordd wych o wneud gwir wasanaeth a rhoi rhwbyr ymhlid ffermio.
Helpu pawb sydd mewn angen. Maeod ym wrifoddolwr FCN a
wedi'u hnu gan anghredd i grwn dyfodol mywgydhi i ffermio a
Mae gennym ni wrifoddolwr o bob oed yn gwefito gyda FCN,

Debwch yn wrifoddolwr a hebwch deliuloedd fferm

Cefnogaeth ar gael gan wrifoddolwr Gymerag a Saisneg.
Camau nesaf i orsedyn pa galell yngang a allwch chi fod yn ei borti.
Wneud gwefanaeth mawr. Gallwr ni ethi helpu chi i gylchrunio a
ynglyn â lles yngwn sy'n agos atoch chi, gall siarad gyda FCN
Os ydych chi'n cael smser anodol neu os ydych chi'n bydurus

A allwn ni eich helpu chi neu rywun yr ydych chi'n nabod?



Jim a Sue, Fferywyr o Northumberland

ac mae bob smser yn neilltuo amser i siarad
gan roi cefnogaeth ddeallus a chydymedolol

Mae FCN wedi bod yn friod ac yn gymrwth mawr,
a chyflwyno newid.



Nid yw o brys pa mor fawr neu fach yw ethi problem, os oes gennych
chi unffw y beth ar ethi meddwl, ydym ni **Yma ar ethi cyfar**.

Ydym yn cynhyr Llinell Gymorth gennaderethol, gyflinchol,
sy'n thad am ddim (03000 111 999) ac e-Linell Gymorth
a chlefydau anfelliad at lechyd meddwl.

Wedi sefydlu yn 1995, **ydy m wedi helpu miloedd o bobl**
i ymddrin ag ambeddoldeb engr a broblwmâu, o anaws tra隼 ar anolol
Nghydmyr a Lloegr dderbynwreth ych ynglyn â problemau
 Mae gan ein rhwydwyaith o 400 o wrifoddolwr yng
i'r tri hynny sydd mewn angen.

Mae FCN yn darparu clust i wrando a chefnogaeth hanfodol
a chyflwyno newid.

**Sut ydym yn gwneud
gwahaniadeth...**

o'r gymaniedd ffermio ymdopi a ffynnu drwy amserodd arnoch
Mae'r Farming Community Network (FCN) yn helpu seilo da a chyflwyno newid.

Beth ydym yn gwneud