

RuralSupport



TIME OUT Tour

Partnering Together

The Rural Support Trust is thrilled to be working alongside our Time Out Tour partners to deliver these events over the next three years.

With the generous support of our partners, we can continue to contribute to the development of resilient, prosperous and healthy rural communities throughout the country.

Thank you for aligning with us on our journey and supporting us to bring the Time Out Tour to regional New Zealand.



From the Chair



I would like to express my sincere thanks to you for joining us and to those who have made this event possible.

As a farmer I feel privileged to be part of rural New Zealand, however, I also appreciate times can be tough and we often face challenges in our sector.

I have been involved with the Rural Support Trust for many years and, along with my team, appreciate how important our primary sector is and how pivotal those who work within it are.

Across the country our Rural Support Trust team are dedicated and passionate about supporting those connected to the food and fibre sector. The Rural Support Trust is unique in that we offer one on one, free confidential support at a time and place that suits, to those who maybe experiencing difficult times on the farm, in the business, or in their personal lives. Our dedicated team can listen and walk alongside those who need us and can help navigate and, if necessary, connect farmers and growers with appropriate supports to empower and help them move through tough times.

The Rural Support Trust also are heavily connected with other industry and Government partners during times of adversity. The Trust have the ability to scale up in response and recovery support in rural communities during adverse events including climatic, pandemic, epizootic or natural disasters.

Rural Support Trusts also run many rural community events and, together with our partners, we are thrilled to be able to deliver the Time Out Tour with Matt Chisholm. Matt is passionate about “rural” and is someone who has dealt with challenges and adversity in his own life. The messages that he will leave you with today will reinforce the fact that whatever you are going through, there is a way forward and by connecting and reaching out these challenges can be worked through.

Together with our proud partners



Neil Bateup

Chair – Rural Support Trust National Council

Introducing Matt Chisholm

Self-described as “a very normal, very average bloke”, it’s Matt’s engaging, warm and curious personality that has stood him in good stead throughout his illustrious career in television journalism learning about the stories of others.

As his documentary series Man Enough and Like a Man demonstrate, Matt is not averse to delving into the deep issues of mental wellbeing and navigating dark times.

While familiar to many from his work on screen, Matt is no stranger to rural New Zealand, having grown up on the land and made the return, along with his family, to his rural roots in Otago.

Matt’s love for the country, coupled with a passion for helping others be proactive about their wellbeing, makes Matt a great fit as an Ambassador for the Trust.

For Matt, “sharing works”. Tough times are normal; they affect all of us. And there is always a way through.

These are the lessons Matt has learned on his own journey through the mire of adversity, the drink, and crippling self-doubt. Now he wants to help others get proactive about their own wellbeing, so they can navigate the highs and lows of life with a greater understanding of how to look after themselves, how to look out for those they care about, and knowing where to turn to for support to ease the load.

The Time Out Tour is an excellent opportunity for Matt to start those conversations in a way that resonates with rural communities and brings hope to those reaching out and reaching in.

Through captivating storytelling, Matt shares the good, the bad, and the questionable experiences he’s faced on his unpredictable path to date.

The Rural Support Trust are delighted to bring Matt on the Time Out Tour, sharing his entertaining and moving story with rural New Zealand.



FOR MATT, “SHARING WORKS”.
TOUGH TIMES ARE NORMAL;
THEY AFFECT ALL OF US.
AND THERE IS ALWAYS A WAY
THROUGH.

About the Rural Support Trust

Wellness

There are fourteen independent Rural Support Trusts supporting rural communities throughout the country. These Trusts provide free and confidential assistance to rural people facing challenges related to adverse events, on farm technical support, financial challenges, relationships, health and wellbeing, animal welfare, and employment matters.

Rural Support Trusts have experienced, trained rural facilitators who understand the pressures and challenges that come with living rurally and making a livelihood from the land.

We sit around the table with rural people and support them to find workable solutions so they can navigate a way forward.

Adverse events

Rural Support Trusts are available to help and support during and following an adverse event, such as a storm, flood, earthquake, drought, or fire.

We collaborate with Civil Defence, Ministry for Primary Industries (MPI), industry partners and contractors to ensure a practical, efficient and effective response, so that rural communities can quickly get back on their feet. We focus on:

- Making sure people are safe and have well-being support
- Getting properties tidied up
- Getting businesses operating
- Assisting with applying for financial support



COMMUNITY EVENTS AND WORKSHOPS

Rural Support Trusts run events and workshops which enable rural communities to come together, connect and develop skills relating to nurturing wellbeing and building resilience.



Managing Stress and Uncertainty



Sarah Donaldson



How we think about and deal with pressure has a huge impact on our ability to navigate uncertain times says clinical psychologist, Sarah Donaldson.

Sarah comes from a sheep and beef farming background and also works for the Rural Support Trust.

Here is what Sarah has shared with Farmstrong about what farmers and their families can do manage the stress of events beyond their control like COVID pandemic, drought and flood.

What is stress?

The easiest way to think about stress is to think about it as coping capacity. We all only have so much coping space and when we have multiple things coming at us, that gets squeezed and shows externally for different people, in different ways. Some people become more tearful or irritable. Others become silent and withdraw.

So if you've had a long day on the farm and come in feeling tired and your brain is still worrying about lots of things. Example, will I have enough feed? What am I going to do with this extra stock I've not been able to send off? What will that mean for my profit line? – this can make your brain feel overloaded.

How can you manage stress?

When we are under stress we tend to speed up. It's important to realise that when we speed up we actually become less productive and more inefficient. You become like a headless chicken running around trying to do lots of different things. Be aware of that and slow down.

You can slow down by doing things that aren't farm tasks, such as moving your body with exercise or sport or spending time with other people and talking about things other than the farm. It's also good to have cut-offs on farm.

We need to have a break during the day and at the end of the day so we can get off that treadmill of trying to go faster and faster and becoming less efficient as a result.

SPEND TIME WITH OTHER PEOPLE AND TALK ABOUT THINGS OTHER THAN THE FARM.



How to handle the 'what ifs'

A lot of fatigue happens from being mentally busy if our head is full of worries and what ifs. We definitely need some respite from this.

Sometimes it's about putting that thinking on hold for a bit and having a break from it – realising that we may not have a solution right now.

Another technique is to ask yourself if what you are thinking is actually helpful to you right now. If you are not going to achieve anything by it, often it is unhelpful.

We want to stop those 'what ifs' in their tracks and ask ourselves whether there a different way to think about the situation.

An example might be telling ourselves, 'yes, the forecast is pretty bleak right now but actually that's just the ups and downs of farming, and if I plan ahead early I might be able to mitigate some of those losses.' That's a far more helpful way of thinking.

The importance of recovery time

It's really easy to just put your head down and just keep going when you are facing challenging times. But actually that's not in your best interests. You need to build in time to rest and recover.

Have cut-offs at the end of the day and spend some time with your family or doing something simple that will give you a sense of accomplishment, like sorting your shed.

The stress hormones in our body pump us up to make us go faster and work harder and be alert. But they are only built to do that for distinct periods. We need to give our bodies a rest from those stress hormones being up all the time. We need down periods so we can function and peak again.



*The Rural Support Trust working collaboratively with Farmstrong
for the benefit of rural communities throughout New Zealand.*


Rural Support

FARM STRONG™
Live Well Farm Well

Five Ways to Wellbeing

Te Whare Tapa Whā

Introduce these five simple strategies into your life and you will feel the benefits.



CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED



TAKE NOTICE
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Give
Your time,
your words,
your presence



KEEP LEARNING
EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



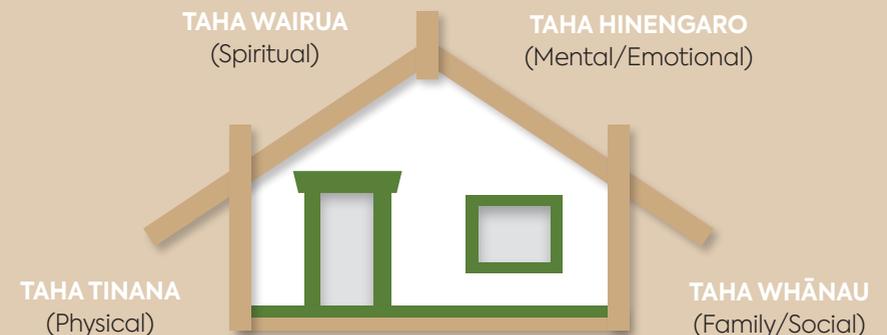
BE ACTIVE
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Another helpful way to look at personal wellbeing is through the Te Whare Tapa Whā model, developed by Sir Mason Durie. Te Whare Tapa Whā uses the metaphor of a whare, or house, to symbolise the four key components of our wellbeing. Each component represents a wall of the whare.

When one of these areas is not prioritised in our lives, the structure of the whare is compromised and our wellbeing is affected.

If we practise giving time and energy to each part of the whare, we can live well and draw on our resilience stores when things get tough.

- Taha Tinana** How we move, how we fuel our bodies, how we rest, including sleep and taking time out.
- Taha Hinengaro** How we think, how we feel, how we communicate to ourselves (self-talk) and each other.
- Taha Whānau** How we connect, how we belong, how we share our lives with friends, family, and the community around us.
- Taha Wairua** How we connect with something beyond us. This might stem from a faith, or it may be related to the environment. There are many ways we can feel a sense of spirituality.



The Top Six Inches



Breaking the mental unwellness stigma by starting a conversation.

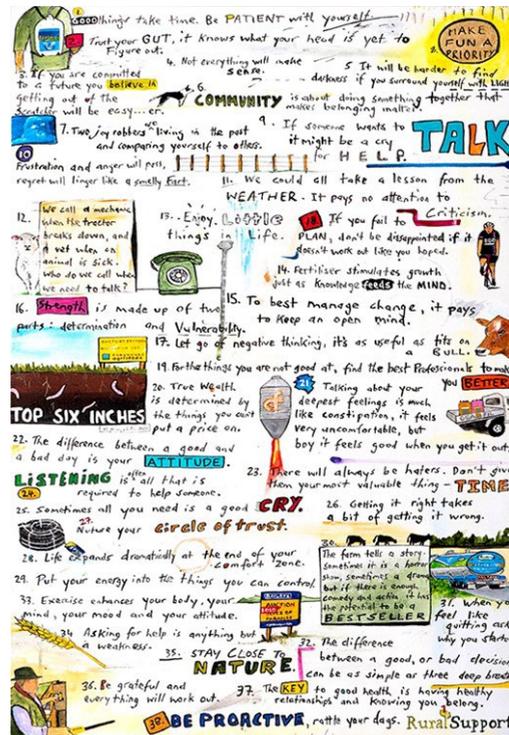
Artist Paul Rangiwahia grew up in the rural town of Hawera, Taranaki and is no stranger to farming stressors.

His previous art is displayed outside New Plymouth's Puke Ariki Library and was his first foray into how art could support positive conversations about mental wellbeing. Paul was aware of the pressure farmers faced, not only with new legislation but also with general on-farm stress. To combat the silence and stigma related to mental unwellness he created the artwork called "The Top Six Inches" using the analogy for not only where the majority of the plant roots sit in the soil but also the top six inches of the brain where resilience is developed by farmers who take care of their wellbeing.

Top Six Inches prints are available for \$300.

They act as a mental health/wellbeing conversation starter in your shed; office or home.

To order phone your local rural support trust, or head to www.rural-support.org.nz



GoodYarn

GoodYarn workshops

People who live and work on the land manage a set of challenges including long working hours, extreme weather events, isolation, financial pressures, and stress of being 24/7 on-farm. These factors can affect mental wellbeing. To take care of yourself, and be able to help others, one of the best things you can do is talk.

GoodYarn is a hands-on workshop to give you the practical tools, confidence and understanding of mental illness and wellness, so you can talk to people in rural communities about mental health. It's free to attend and focuses on rural issues especially for rural professionals, farmers and rural community members.

Launched in 2014 with the support of Federated Farmers, DairyNZ, Rural Support, Dairy Women's Network, Beef and Lamb and Rural Women, GoodYarn was the 2016 Category Winner at Australia and New Zealand Mental Health Service Awards. The programme was developed in 2014 by the WellSouth Primary Health Network in Otago and Southland, in consultation with farmers, Rural Support Trusts, farming bodies and health agencies.

What's included

- Tips for maintaining mental wellbeing
- How to recognise the signs of stress and common mental health problems
- Practical tools to help you initiate a conversation if concerned about someone
- How to access the right support services

Duration and location

- Workshops take 2.5 hours, usually for groups of 10-20
- Available in most communities around New Zealand

Get in touch with your local rural support trust to find out about a workshop near you or head to www.rural-support.org.nz

GoodYarn

ENABLING RURAL COMMUNITIES TO TALK ABOUT MENTAL HEALTH

"ORANGA KÖRERO"

Preparing and Recovering from Adverse Events



Better preparation = better recovery

Even though rural communities are hardy and adaptable, it's still important to have plans in place so that you are ready for adverse events and are positioned for recovery.

Research shows the more ready we are the better our recovery will be. Knowing and understanding hazards and the associated risks that may affect you will help you prepare and develop resilience strategies. Information about hazards at www.getready.govt.nz

Resources to assist you create readiness and recovery plans:

- www.getready.govt.nz
- <https://cdemtaranaki.govt.nz/get-ready/rural-preparedness/>
- <https://www.mpi.govt.nz/funding-rural-support/adverse-events/>



Consider:

- Need for generators
- Insurance
- Areas of your property at risk
- Erosion prevention
- Animal welfare – your animals are your responsibility
- Know your neighbours and how to reach out for help
- Key industry contacts
- Description of farm/property including GPS cords and rapid number
- Key farm information if you were unable to manage the farm
- Safe areas on farm e.g. high ground, protected areas
- Interdependencies – access, power, water, feed, processing, animal welfare
- Relief team/back up team
- Seasonal specific plans
- Alternative water supply

HELP IS AVAILABLE AFTER A DISASTER.
REACH OUT AND ASK FOR HELP.



1 Learn to say no

This will prevent you from overcommitting and leaving yourself in stressful situations.



2 Pay attention to your body's stress signals

Common stress signals are difficulty sleeping and an increased heart rate.



3 Ask for help

Small business owners can be eligible for fully funded support from a trained mental health professional through Clearhead.



4 Practise mindfulness

This could be as simple as stopping and breathing before rushing to your mobile when it vibrates. Take a breath and walk away for 20 minutes. Sometimes a bit of distance gives you a lot of perspective.



5 Proactively work on your wellbeing regularly.

Find ways that work for you to de-stress, switch off from work and be kind to your mind.

Clearhead has plenty of free resources and support for business owners available. Visit their website clearhead.org.nz or email them at contact@clearhead.org.nz

FIND WAYS THAT WORK FOR YOU TO DE-STRESS, SWITCH OFF FROM WORK AND BE KIND TO YOUR MIND.

Resilient Boss, Resilient Business webinar

There are many types of stress for business owners right now – one of the biggest being the uncertainty created by COVID-19. Hear from one of our customers Rob Beard, Founder of Beard Brothers and Dr Angela Lim, CEO and Co-founder of Clearhead. Our speakers discuss resilience, looking after mental health in business and where you can get help and support.



Search ANZ Resilient Boss, Resilient Business to watch the webinar. www.youtube.com/watch?v=z7h0MLqfUGE&feature=emb_title

Bayleys

Key Considerations for Vendors Come Transaction Time

Selling any property can be a big deal for the owners, particularly when it comes to rural real estate. Often the farm or orchard has been tightly held in the family for generations, so there can be the added emotional attachment. Additionally, there could be a range of shareholders, directors and other stakeholders that need to be considered.

Bayleys National Director Rural, Nick Hawken, says that owners contemplating a sale of their rural property should be taking into account everything from ensuring they have a sound track record, to not cutting corners when it comes to marketing and selling their property.



Disclaimer: The information and commentary provided in this article is provided for general purposes only. It is not financial or other professional advice and parties should seek their own independent professional advice. No party, including Bayleys, is liable for direct or indirect loss or damage resulting from the content of this article. Any opinions in this article are not necessarily shared by Bayleys or anyone else.

Presenting the whole package

Being able to present a rural property in its best condition is often high on the priority list and is influenced by a range of factors, particularly time of year determining the ability to have prospective purchasers across a rural property.

“While this is an important consideration, vendors also shouldn’t underestimate the importance of track record, production history and having the right information of the property available. The goal should be to provide as much relevant information as possible to remove assumptions made by prospective purchasers and their opportunity to discount value due to the absence of facts,” Hawken says.

Getting the timing right

Equally, it’s also important for owners to have a clear timetable, working back from their ideal settlement date and, before engaging an agent, they should distinctly establish their own rationale for selling the property. A good agent will take time to understand the owner’s needs and their rationale for selling in order to establish the best strategy to expose the property to the target market.

Choosing the best agent

There are also a few questions owners should ask themselves when selecting an agent to present their rural property to the market.

“Do you trust the agent will be acting in your best interests? Do they have the expertise, understanding of the market and capability to take your property to the market? What is their track record to deliver?” Hawken says.

Reaping the reward

Rural landowners have created an investment with time and money over the years and in many instances have poured blood, sweat and tears into their property.

“Don’t cut corners when it is time to realise that value, marketing the property is an important final investment in the property.

Ultimately, at the conclusion of the sales process, the vendor should be confident the process run has been thorough and that there isn’t a better buyer out there given their set of circumstances.



Succession planning can be hard on farmers' mental health. Not only does it require contemplating what life will be like beyond the days of a key family member, there can also be significant differences of opinion as to the best way forward for the passing on of assets. This can lead to anxiety, stress and the temptation to place succession planning in the "too hard basket" or put it off until later.

But the more you delay, the more difficult the succession planning process will become. Instead, there are plenty of ways you can make the process run smoothly – front-footing it and having conversations early is key.

Regular, open communication

Succession planning is often the elephant in the room in family farming businesses. It's better to avoid making assumptions and front-foot the conversation so you can understand different family members' expectations from the beginning. People's preferences and desires will evolve over time, so it's a good idea to have these conversations on a regular basis, so everyone can stay abreast of developments. Strong communication in an appropriate way on this topic can further galvanise family relationships.

Be clear on your objectives

When considering if you want to transition the business to someone, you need to answer the following questions.

- What are we wanting to achieve in this process?
- If you want the farming business to continue, who will be best placed to carry this out?
- Is that person keen to take over, and do they have the right knowledge and skills to ensure the farm will remain viable long into the future?
- What are your capital needs likely to be? What lifestyle are you wanting?
- Do you have any other family members that you wish to assist and if so to what extent?
- Does the current position of the business enable us to achieve this? If not, what changes can we make?

Strong communication with all parties can help you answer these questions and achieve a desirable outcome. It also often helps to have facilitation from an independent party who deals with these conversations regularly and knows what questions to ask – they can also provide a good pressure release valve in these situations.

Setting up a successful farming business for the future

You've worked hard over the years to build up your farming business, and you will also likely have large sums of capital associated with it. Not only may you want to leave a sustainable, viable farm to your chosen heir/s, you also want to enjoy the fruits of all your efforts and be able to live your desired lifestyle. So succession planning will also include reviewing your farm's bankability, tax and business structure settings. This process may include right-sizing any debt so that the business is left in a viable position, allowing your children or your other chosen persons with the best opportunity to succeed.

You don't have to do it alone

Emotions can run high in succession planning conversations, which is why it helps to have an experienced independent adviser to guide you through the process.

Rod Hansen, Agribusiness Advisory Partner at BDO, has helped many farmers navigate these tricky conversations: "At BDO, we know open communication is essential. Our regional spread means we live and work in the communities in which we operate and have genuine ties to the land around us. We make a point of going to the farm and building strong relationships with families so that we can understand everyone's desires and expectations, and ultimately achieve the best outcome for you and your farm. If you need help or simply want to know where to start, please don't hesitate to reach out."



Datamars Livestock



Datamars Livestock is delighted to partner with the Rural Support Trust and the Time Out Tour.

This flagship partnership with the Rural Support Trust is an opportunity to recognise our longstanding relationship with, and our commitment to, farmers and rural communities.

The Rural Support Trust does great work across New Zealand farming communities day in and day out, helping to watch out for people, providing avenues to address challenges early, and supporting them to find the next right step. Their work is monumental, and we are delighted to be partnering with them.

Z Tags, Stafix, Speedrite, Tru-Test and Hayes – these brands are part of the Datamars Livestock business and a part of the New Zealand rural landscape. New Zealand farmers and the rural community have been supporting these brands every day, year after year, across decades and generations.

Beyond brands, tools and agritech solutions, Datamars Livestock is a company of people. These people work with farmers every day – through the ups and downs of seasons, through the sun and rain, drought and mud. We glimpse into the particular joys and strains of working in and around intergenerational businesses. We recognise the great responsibilities that our rural community carry in their work caring for life and land.

Since Datamars purchased Tru-Test and Simcro businesses back in 2018, we have been looking at how best to connect with communities and customers to make a difference when and where it is needed. So many of our agritech solutions are based on keeping track of the ups and downs of an individual animal, the mob and the herd. Our solutions weigh up the variables. Our data insights signal where things are steady, improving or take a drop so that farmers can reflect, look a bit deeper and take action if required.

The Rural Support Trust and the Time Out Tour helps create avenues for this ‘check in’ on a human level. Its work creates opportunities to think about where people are at, talk, share and provide support in the right place and the right time.

Through this partnership, Datamars Livestock can provide well-placed, worthwhile value and support, and practical assistance to our customers when times get tough.

Datamars Livestock is committed to the wellbeing of animals, land and people—staff, customers, farmers and the rural community at large. What better way to demonstrate this than a partnership with the Rural Support Trust.

DATAMARS
Livestock™



Fonterra – Doing Good Together

OUR CO-OPERATIVE WAS CREATED THROUGH A COMMUNITY OF PEOPLE WORKING TOGETHER TO HELP EACH OTHER.

IT'S OUR BACKBONE, IT'S WHO WE ARE, IT'S WHERE WE COME FROM AND IT'S WHAT WE DO.



The communities we are part of have always been important to us. It's through Hapori – community, kinship and coming together for a common cause – that we create meaningful impact in our communities.

Guided by our Co-operative's purpose of empowering people to create goodness for generations, our community work is targeted where we can make the greatest impact. Our three impact areas are:

- Putting good quality nutrition in the hands of those who need it: we believe we have a role in helping New Zealanders eat a healthier diet, unlocking the goodness of our nutritious dairy for everyone.
- Protecting and regenerating the environment: our ambition is to leave things better than we found them. Our communities and farms thrive when nature thrives.
- Keeping our communities strong: we strive to be a good neighbour and a good corporate citizen, helping to make our communities resilient.

Our work with our communities comprises flagship partnership work alongside our grass-roots grant-giving programme, Hapori.

Partnerships play a critical role in helping us make a sustainable difference to our communities. Working hand-in-hand with government, other organisations, not-for-profits and community stakeholders, means we can make a bigger impact.

Our partnerships

We work with Sanitarium and the Ministry for Social Development to give more than 40,000 Kiwi kids the best possible start to their day through our Kickstart Breakfast programme.

As a founder donor member of the New Zealand Food Network, we're helping to address food insecurity right across Aotearoa.

We're proud partners of the Rural Support Trust, working together to improve the health and wellbeing of our rural communities.

And, working with our communities, iwi and government, we're aiming to restore 50 freshwater catchments through our Sustainable Catchments programme.



Fonterra
**Doing
Good
Together**

KNOW YOUR MINDSET. DO WHAT MATTERS.

A short, practical training programme supporting rural New Zealanders to manage multiple pressures, calmly and clearly.



Register your interest for a future programme at awdt.org.nz/know-your-mindset-do-what-matters



Thanks to our partners:



Ministry for Primary Industries
Manatū Ahu Matua



Reach Out for Support

THERE IS ALWAYS A WAY THROUGH.
IF YOU CAN'T SEE IT RIGHT NOW, LET US HELP YOU FIND IT.

CALL 0800 787 254 (0800 RURALHELP)

Need to talk? Free call or text 1737 any time for support from a trained counsellor
Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Lifeline

0800 543 354 (0800 LIFELINE) or free text 4357 (HELP) – for counselling and support

Youthline

0800 376 633, free text 234, email talk@youthline.co.nz or online chat at www.youthline.co.nz (available 4:30pm – 10:00pm) – for young people and their parents, whānau and friends





Rural Support

