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LMC urging farmers to attend Resilient Farmer Tour

The Livestock and Meat Commission for Northern Ireland (LMC) is urging farmers and their families to attend the Shift Happens!- An Audience with the Resilient Farmer this October.

The initiative, being organised locally by Rural Support, will hear from New Zealand farmer Doug Avery who has overcome many adversities including battling with his mental health to become one of the country's most successful farmers.

LMC Chief Executive, Ian Stevenson said: "We are delighted that Doug is bringing his Shift Happens!- An Audience with the Resilient Farmer Tour to Northern Ireland.

"As part sponsors of the regional leg of Doug's tour, we would like to congratulate Rural Support for working in partnership with the Farming Community Network to have the foresight to host this at such a challenging time for the UK farming and food industry.

"I would encourage all farmers to take time out from their busy schedules to come to one of the regional events to hear what Doug has to say about how it's possible to transform your approach to personal and business challenges and how to build resilience for a successful future.

"Farmers, food businesses and their supply chains are all going through the mill at the moment with the uncertainty of Brexit and how it will impact our industry going forward. Add into the mix volatile currency, weak markets, rising input costs, unsettled weather, animal disease challenges and ever growing workloads, it's not surprising that mental and physical pressures are taking their toll.

"LMC would also like to reach out to all those who are regular visitors to farm yards such as feed sales representatives, farm vets, food processing procurement and technical officers, banks and agricultural merchants as each of these sectors have an important role to play in supporting the physical and financial health of their farm business clients.

"If you haven't done so already, make sure and book your place at one of the most eagerly anticipated events of the year!"

The Shift Happens!- Resilient Farmer Tour is coming to the Glenavon Hotel, Cookstown on Monday, October 7, the Mourne County Hotel, Newry on Tuesday, October 8, the Killyhevlin Hotel, Enniskillen on Wednesday, October 9 and the Tullyglass Hotel, Ballymena on Thursday, October 10. Tickets cost £10 which includes a light supper and can be purchased at: www.resilientfarmertour.co.uk. For more information visit Rural Support's website: www.ruralsupport.org.uk.

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