

Farmer Support Toolkit

May 2016

This toolkit provides farmers useful information to access support.

Support Messages

- Stress and worry are **normal** responses to an **abnormal** event.
- You are not alone - there are people and organisations who are here to help.
- Talk to trusted advisers and use 0800 support numbers.
- Look after yourself, your family and neighbours.
- Eat well, sleep well, exercise and get off the farm.
- Talk to your GP about managing stress, or in an emergency call 111.

Your local **Rural Support Trusts** assist farming families in times of need. They are independent and you can ask for advice to help understand your options. Contact them on 0800 787 254 (0800 RURAL HELP) or visit www.rural-support.org.nz.

Rural Support Trusts are run by independent, experienced local people.
Contact them for free, confidential advice.

0800 787 254 (0800 RURAL HELP)
www.rural-support.org.nz

Financial help

Accountant,
Banker, Financial
Adviser

Farming help

Farm Consultant
Other Farmers

Psychological/ emotional help

Make an
appointment with
your GP

Rural Support Trust

0800 787 254 (0800 RURAL HELP) or visit **www.rural-support.org.nz**

Federated Farmers

Farmers helping farmers navigate their challenges
0800 FARMING (0800 327 646)

DairyNZ

Dairy connect farmer-to-farmer mentoring
0800 4 DAIRYNZ (0800 4 324 796)
www.dairynz.co.nz/farm/tactics

DairyNZ

www.dairynz.co.nz/people/wellbeing/

Working for Families entitlements

www.ird.govt.nz
0800 227 773

Inland Revenue

www.ird.govt.nz
0800 473 566

Work and Income NZ

www.workandincome.govt.nz
0800 559 009

Mental Health Emergency

CALL 111

DHB Contacts:
refer inside of
back page

Dairy Women's Network

www.dwn.co.nz
0800 396 748

Rural Women NZ

www.ruralwomen.org.nz
04 473 5524

Other community groups

(e.g. sports club,
church, etc)

Mental Wellness Resources

www.farmstrong.co.nz

www.rhaanz.org.nz

www.mh101.co.nz

www.resilientfarmer.co.nz

Lifeline – 0800 543 354

Suicide Prevention Helpline – 0800 828 865

www.depression.org/rural Helpline – 0800 111 757

Help available for the farming sector

Check if you can get any of these regular types of support.

Working for Families assistance

Working for Families Tax Credits are paid to families with dependent children aged 18 years or under to help with the day-to-day cost of raising a family. They're paid by Inland Revenue and include four types of payments. You may qualify for one or more, depending on your personal situation. Regular payments instead of annual pay-outs are now available, which may help with day-to-day cash flow.

To find out more contact your tax agent, visit www.ird.govt.nz or call Inland Revenue on 0800 227 773.

Income tax assistance

Income tax assistance may be available. If you're concerned about tax payments, changes in income or refunds, contact your tax agent, visit www.ird.govt.nz or call Inland Revenue on 0800 473 566.

Help to get you working

Work and Income provides job search services if you need to look for work. You can go to www.workandincome.govt.nz and follow the *Looking for work* link to search through our job vacancies, or to find information about other programmes and resources that may help you.

Financial assistance

Work and Income has a range of assistance including one-off grants and regular payments as well as benefits. You may be able to get some types of help if you're on a low income. Standard eligibility applies, which may include income and asset testing.

Go to www.workandincome.govt.nz to:

- **Check what you might get** – a quick way to find out the types of financial assistance you might qualify for without applying
- **Apply for financial assistance** – complete and submit your application online. The online application will automatically work out the type of financial assistance you may be eligible for. To apply online you'll need to log in with RealMe. There's an option to create a RealMe login if you need to. You'll need an email address and mobile phone.
- **Next steps** - When you submit an online application, you'll get a page that confirms your application has been submitted with the following information:
 - your reference number
 - next steps - what you have to do next
 - supporting documents you need to provide.
- You'll generally need to attend an appointment at a Work and Income service centre.

More information

Your local Rural Support Trust Coordinator can go over the information available and help you with the application process.

You can contact the Rural Support Trust on 0800 787 254 or visit www.rural-support.org.nz.



Work and Income
Te Hiranga Tangata

A service of the Ministry of Social Development

For more information



Visit www.workandincome.govt.nz



Call 0800 559 009

Sleep Well Tips

1. **Avoid clock watching** – position your alarm clock so you can't see it and it is out of reach. This is so that we don't register the times we are awake which raises our anxiety levels.
2. **We all wake 4-5 times a night** but mostly we don't realise this – this is normal. If we do become aware of waking in the night, try not to worry about it, roll over and drift back to sleep. If a thought is keeping you awake – write it down, keep a pad and pen on your bedside table.
3. **Preparing to sleep** is important for people who struggle to get to sleep.
 - a. Don't exercise 3 hours before sleep as sleep relates to a drop in body temperature and it takes longer for the temperature to drop after exercise. Exercise morning or late afternoon.
 - b. Start dimming the lights in the hour before going to bed and avoid computer screens as this has a blue light base.
 - c. Avoid alcohol, smoking and caffeine through tea, coffee energy drinks and chocolate.
4. **Getting to sleep** is a major issue for people with insomnia. If you can't get to sleep:
 - a. After 15-20 minutes get up for 15 minutes and read something light in a dim environment and repeat this cycle if necessary. Staying in bed unable to sleep raises anxiety and can make us mad.
 - b. Go to bed when sleepy. There is no use going to bed at 10 when you don't go to sleep until 12.
 - c. Avoid napping in the evening hours before you go to bed.
 - d. Writing things down in the relaxation hour before bed can help to de-stress and record things you need to remember to do the next day. This helps to avoid worrying that you will forget important things in the morning.
5. **Noise** – an issue for people who live rurally is that everything is so quiet. This can cause any small noise to waken you. Having some sort of background noise can help this as the brain tunes it out and other small noises are less apparent.
6. **Plenty of sunlight** through the day is very helpful.
7. **If you are sleep deprived** you can recover a lot if you take a small amount of time during the day to nap. A 20 minute nap revitalises a lot whereas much longer than this causes a deeper sleep level that takes half an hour or so of recovery feeling very groggy. So one or two 20 minute naps could make a huge difference to your day.
8. **Sleep Apnoea** affects more people than we realise and there are solutions that require more specialist help. This is where the air way gets blocked by the back of the tongue and causes breathing to stop and regular waking (often without realizing). This inhibits getting to the deep sleep stage that is vital for body and mind replenishment. Sleeping on your back is the worst thing for this.

Source: NZ Kiwifruit Growers Inc.



Six “hot” Animal health items for tough times

Dry Cow Therapy

In low payout seasons it can be very tempting to reduce dry cow therapy (DCT) use or in some circumstances, not to use any DCT at all. Although we need to be minimising the use of antibiotics in food-producing animals, it is also important to treat chronic mastitis cases and we know that the use of DCT will minimise the amount of antibiotics needed to treat mastitis in early lactation. Herds where no dry cow treatment have been used will see more cases of mastitis during the dry period and are at extremely high risk of a dramatic increase in the number of cows that have mastitis detected in the colostrum mob and there can be the risk of grading when these cows go into the vat.

Financial savings from not using DCT are usually outweighed by the increased use of intramammary & injectable mastitis treatments.

Facial eczema prevention

Avoid getting “hit” by facial eczema late in the season. Cows that have just been dried off are particularly at risk if they are grazing short or bare paddocks.

In facial eczema prone areas it is important to keep zinc supplementation going whilst spore counts are elevated. Prevention may be required until mid May in some geographical areas.

Magnesium Supplementation

This is vitally important in the winter and spring when pasture magnesium levels are very low. This results from the very low uptake of magnesium from the soil when ground temperatures drop below 12°C. Pasture dusting with causmag (magnesium oxide) is a very effective and cost efficient way of increasing the levels of magnesium in cows and will help prevent cases of grass staggers as well as subclinical production losses. Supplementing with magnesium precalving for 3 to 4 weeks will also help reduce the risk of milk fever. Further information on magnesium supplementation can be found at

www.dairynz.co.nz/media/253848/3-1_Magnesium_supplementation.pdf

Leptospirosis vaccination

The herd leptospirosis vaccination is an essential part of the animal health plan. Lepto antibody levels need to be boosted every 12 months. It's vitally important to protect your own health and that of your staff. Lepto infection in people is very debilitating and can have long term effects.

Monitor Body condition score regularly

Information about Body Condition Scoring (BCS) including how-to guides, videos, and certified assessors is available at

www.dairynz.co.nz/animal/herd-management/body-condition-scoring/

Good body condition score will result in better milk production and reproductive performance, both of which will have financial benefits so this really is a no-brainer.

Mating plan

Review the 2015 mating season and your recent scanning results now. What went well? What could be improved for the next mating season? Money and effort spent on maintaining a good herd reproductive performance is an investment in next season's production and the flow-on effects will be felt for seasons to come. It is very hard to make up lost ground of things slip in one season.

Cost cutting on Animal health expenditure should be carefully assessed. It is more cost effective across the season to be pro-active rather than reactive.

Source: Neil MacPherson NZVA Dairy Cattle Vets Resource manager

DHB contact info

District Health Board	Area covered	Phone	Hours
Northland	Topuni to North Cape	Whangarei (09) 430 4101 ext 3501/3516 After hours 0800 223 371	8am to 4.30pm Monday-Friday & closed on weekends and public holidays
Waitemata	Wellsford to North Shore	Mental health Crisis (09) 486 8900 Henderson (09) 822 8601 North Shore (09) 487 1414	Operating 24/7
Auckland	Auckland City	Mental Health Crisis 0800 800 717	Operating 24/7
Counties Manukau	South Auckland to Te Kauwhata	Manukau Community Mental Health Centre South Auckland (09) 261 3700	
Waikato	Coromandel, Hamilton to National Park	Hamilton 0800 505 050	Operating 24/7
Bay of Plenty	Tauranga, Whakatane to Te Kaha	Tauranga 0800 800 508 Whakatane 0800 774 545	
Tairāwhiti	Hicks Bay to Gisborne	Gisborne (06) 867 2435 / 0800 243500	
Lakes	Rotorua, Taupo, Turangi	Lakes 0800 166 167	Operating 24/7
Hawke's Bay	Wairoa, Napier, Hastings, Waipukurau	Napier, Hastings 0800 112 334	Operating 24/7
Taranaki	New Plymouth to Waverly	New Plymouth (06) 753-6139 ext 7680	
Whanganui	Ohakune, Whanganui to Bulls	Whanganui 0800 653 358	
Mid Central	Palmerston North to Waikanae	Mid Central 0800 653 357	
Wairarapa	Masterton to Martinborough	Wairarapa 0508 432 432	Operating 24/7
	Lower and Upper Hutt	0800 745 477	Operating 24/7
		Hutt Valley (04) 566 6999	–
Hutt Valley		Lower Hutt 04-570 9801	–
		Upper Hutt Location (04) 587 2860	Monday to Friday 8am – 4:30pm
Capital & Coast	Kapiti to Wellington Wellington, Kapiti Coast, Porirua City, Wellington City	Te Hāike 0800 745 477	Operating 24/7
Nelson Marlborough	Top of South Island to Hanmer Springs, Nelson region from Rai Valley to Korere to Riwaka	Nelson (03) 546 1421 Nelson Hospital (03) 546 1800	Monday to Friday 8am – 4:30pm After Hours phone Nelson Hospital and ask for the on-call crisis staff

District Health Board	Area covered	Phone	Hours
	Marlborough, as far as the Clarence River and up to the Lakes and down the Sounds, and as far as Rai Valley	Marlborough – Witherlea Community Team Ph (03) 520 9907 Wairau Hospital (03) 520 9999	(Monday to Friday 8am – 4:30pm excluding public holidays) After Hours ask for crisis team
	Golden Bay area, from the top of Takaka Hill to Turimawivi on the west coast of Golden Bay	Golden Bay – Te Whare Mahana Trust Ph (03) 525 7647	Crisis on-call service operating 24/7
Canterbury	Kaikoura to Ashburton	Christchurch 0800 920 092	Operating 24/7
West Coast	West Coast, South Island	Greymouth 0800 757 678	Operating 24/7
South Canterbury	Timaru, Mt Cook, Tekapo, Temuka, Waimate Glenavy in the south to Rakaia in the north, and inland as far as Mount Cook	Timaru 0800 277 997	
Otago Southland	Dunedin, Milford Sound south to Stewart Island	Otago Mental Health Crisis – 03 474 0999 Southland emergency Psychiatric Services 0800 46 78 46	

DHB contacts updated **10 March 2016**



RuralSupport

0800 787 254

Rural Support Trusts help rural people overcome challenges that may seem overwhelming.

We are from your community.

Help is FREE, CONFIDENTIAL, and ONE on ONE.

You can call us anytime.

FACING TOUGH TIMES DOWN ON THE FARM?

- Stress and worry are normal responses to an abnormal event.
- Look after yourself, your family and neighbours.
- Eat well, sleep well, exercise and spend time off the farm doing things you enjoy.
- Help is available – just ask.
- Get your advisors around the same table to work together for you – farm consultant, banker and accountant.
- Always phone 111 in an emergency for you or someone else.

*Keep the Rural Support Trust
number handy – you never know
when you or someone you know
may need a leg up*



Call 0800 787 254 to be connected to your
local Rural Support Trust or visit
www.rural-support.org.nz