

# Capacity to Deliver

LP008-009

## The 2022 Fit Farmers event provided valuable learnings from the personal experiences of our local farmers.

GLENRAC Inc



**GLENRAC's annual Fit Farmers events create a space for farmers from around the region to catch up and check in, not only with themselves, but also each other, to promote better health outcomes.**



### The issue

Encouraging our farmers to take a day away from their property to focus on their physical, financial and emotional health is often challenging. The key to the success of these events is to provide a variety of speakers and address current issues, featuring farmers who share their real-life experiences.

### The solution

GLENRAC's annual Fit Farmers events highlight the importance of keeping on top of the physical, financial and emotional health of farmers in the New England region.

The 2022 event, supported by the Foundation for Rural and Regional Renewal, targeted all aspects of farmers' well-being, including free mini-health checks, advice regarding the available financial assistance, details of safety equipment rebates, avenues of support for rural businesses in the form of mental health resources, assistance in troubleshooting phone and internet connectivity issues and the personal stories of two serious, rural health challenges.

### The impact

The personal stories of two local farmers provided valuable insight into the life-changing impacts of their experiences.

Nicki Scholes Robertson was diagnosed with Chronic Kidney Disease in 2010 after an unexpected illness. She began peritoneal dialysis in March 2014 and received a living donor kidney transplant from her brother, Andrew Burgess, in November 2014.

Nicki is now a spokesperson for the Rural Kidney Association and is passionate about improving the outcomes of people in rural, regional and remote Australia.

Another farmer shared their experience of how, despite working with stock for many years and having an awareness of farm safety risks, an altercation with a large animal caused serious injuries, from which they were still in recovery.

### Key facts

- Encouraging our farmers away from their property to focus on their health is often challenging.
- The key to the success of annual events is to provide interesting and current content.
- The impact of peer learning is invaluable.

### Project Partners



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