*PRESS RELEASE*

*13 February 2025*

*For Immediate Use*

**Farmstrong Scotland launches Blether Together Live events to bring farmers and crofters together**

Farmstrong Scotland, the wellbeing charity for farmers and crofters, is launching Blether Together Live, a series of informal events designed to help people step off the farm, meet others in the industry, and enjoy an evening of good food, great conversation and inspiring stories.

The live events build on the success of Blether Together, the wellbeing podcast that has been travelling across Scotland since its launch in April 2024, sharing real-life experiences from farmers and crofters. Thousands of listeners have tuned in to the first nine episodes to hear about the highs and lows of farming life and the small changes that can make a big difference to wellbeing.

Now, Blether Together Live is taking these conversations on the road, with three events confirmed for this spring, all hosted by well-known former BBC presenter Sarah Stephen, who also hosts the Blether Together podcast series.

The live series will begin at Haddington Rugby Club in East Lothian on Thursday 20th February, where Sarah will introduce guest speakers Neil Thomson and Sally Williams who will share their own stories of farming, business and wellbeing.

On Wednesday 5th March, the series moves to Strathmore Rugby Club, Forfar, where Sarah will host guest speakers Jim Smith and Robert Gilchrist. The final spring event will take place on Monday 10th March at Highland Rugby Club, Inverness, where Sarah and Farmstrong Scotland Chairman John Scott will welcome speakers Vic Ballantyne and Jock McKenzie.

Farmstrong Scotland Programme Director Alix Ritchie said: “We know how important it is to take time away from the farm, even just for an evening, and from previous events, we’ve seen just how much people get out of coming along. Whether it’s picking up a new idea, hearing something that just clicks, or simply having a laugh, these gatherings really do make a difference.

“What makes Blether Together Live special is that many of the voices you’ll hear on the night will already be familiar. Some speakers have shared their stories on the podcast or in our blogs, and now, they’ll be bringing those experiences to life in person. There’s something really powerful about hearing directly from people in the industry who have been through similar highs and lows and are willing to share what’s helped them along the way.

“We’re hosting these events at sports clubs - places that are naturally designed to bring people together - so we want them to feel just as welcoming and relaxed as a good chat over a cuppa. There’s no pressure, no expectations, just an evening to switch off, connect and enjoy some good company. We can’t wait to see you there."

Each event will follow a relaxed format, with time to chat over food, hear from speakers and enjoy the company of others who understand the realities of farming and crofting. With loneliness and isolation being common challenges in the industry, Farmstrong Scotland is committed to providing opportunities for people to connect, share experiences and take steps towards improving their wellbeing.

The series will take a break over the busy spring and summer seasons, before returning later in the year with more dates and locations.

The events are free to attend, but booking is essential. Visit Farmstrong Scotland’s website to secure your place: <https://www.farmstrongscotland.org.uk/events>

**/Ends**

**Notes to Editor**

Farmstrong Scotland is an initiative to help farmers, crofters and their families to cope with the ups and downs of farming and crofting by sharing things they can do to look after themselves and the people in their business. It is a peer-to-peer led programme, driven by scientific information and real-life stories, so together we can share, learn and support our wellbeing.

Farmstrong Scotland is a Scottish Charitable Incorporated Organisation (SCIO). Registered Charity No: SC053585.

The charity is supported by RHASS, the Movember Foundation and The NFU Mutual Charitable Trust, who supported the launch of the organisation.

Movember Foundation are matching every £1 raised by Farmstrong Scotland, to the sum of £350,000. Anyone wishing to donate or find out more about supporting the charity, can get in touch via hello@farmstrongscotland.org.uk

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