

## Y Pwyllgor Iechyd, Gofal Cymdeithasol a Chwaraeon

Ymchwiliad i atal hunanladdiad – trafodaethau gyda Tir Dewi, 21 Mehefin 2018

Trafodaethau gyda chynrychiolwyr Tir Dewi – Gareth Davies (cydlynnydd); Eileen Davies (sylfaenydd); Rita Jones; Gill Gibson

Dai Lloyd AC (Cadeirydd); Angela Burns

Y cefndir

- Ffurfiwyd Tir Dewi yn 2015 gyda'r nod o ddarparu gwasanaethau gwranddo i ffermwyr weithio drwy eu problemau a gwella eu lles;
- Ar hyn o bryd mae 19 o wirfoddolwyr hyfforddedig yn gweithio gyda Tir Dewi i gynorthwyo gyda gwaith achos ac ateb y llinell gymorth. Mae un gweithiwr rhan amser sy'n cydlynu gwaith y sefydliad;
- Mae'n cwmpasu ardaloedd Sir Benfro, Sir Gaerfyrddin a Cheredigion;
- Mae'r gwirfoddolwyr i gyd yn dod o gefndir ffermio;
- Ariennir Tir Dewi drwy ddau grant o Esgobaeth Tŷ Ddewi a chronfa gefn gwlad Tywysog Cymru, a chyfraniadau elusennol – mae'r cyllid o'r ddau grant i fod i ddod i ben yn fuan.

Pwysau ar ffermwyr

- Mae ffermwyr yn wynebu pwysau rheoleiddiol a gweinyddol o nifer o gyfeiriadau, gan gynnwys TB buchol, rheoliadau lles anifeiliaid, yr amrywiol gynlluniau talu ac ymchwiliadau fferm – gall pob un greu ofn ar ffermwyr ac effeithio ar eu lles meddyliol;
- Gall y cyfuniad o nifer o bwysau yn ogystal â beichiau arferol llwyth gwaith a phwysau ariannol arwain ffermwyr i ystyried ceisio cyflawni hunanladdiad;
- Cyfeiriodd un o'r cynrychiolwyr at hunanladdiad cyflawn lle'r oedd y ffermwr wedi llenwi ffurflen yn anghywir i gael grant, a cholli'r grant oedd ei diwedd hi;
- Gall yr unigrwydd o weithio ar eich pen eich hun hefyd fod yn ffactor sy'n cyfrannu at iechyd meddwl gwael;
- Pan fydd ffermwyr yn dioddef profedigaeth neu brofiad anffafriol, mae'n rhaid i waith y fferm barhau. Mewn termau ymarferol, mae unrhyw golled yn golygu un pâr o ddwylo yn llai i odro'r gwartheg neu i ofalu am yr anifeiliaid;



- Yn aml, mae ffermwyr yn ymdrin â nifer o adrannau ar draws Llywodraeth Cymru a llywodraeth leol. Gall cyfathrebu rhwng adrannau fod yn wael ac arwain at rwystredigaeth;
- Mae archwiliadau fferm yn amseroedd o straen arbennig i ffermwyr. Nid yw arolygwyr yn aml wedi'u hyfforddi i adnabod arwyddion o iechyd meddwl gwael mewn ffermwyr;
- Mae toriadau yng nghyllidebau archwilio a lles anifeiliaid wedi achosi i'r timau hynny ganolbwyntio'n unig ar waith gorfodi sy'n golygu bod ganddynt lai o amser i feithrin perthynas â ffermwyr.

#### Hunanladdiad ymhlith ffermwyr

- Dywedodd y cynrychiolwyr fod pob ffermwr yn gwybod am ffermwr a oedd wedi cymryd ei fywyd ei hun;
- Mae Tir Dewi wedi gweithio ar dros gant o achosion ers ei ffurfio, ac mae llawer ohonynt wedi teimlo'n ddigon anobeithiol i arwain trafodaethau ar hunanladdiad;
- Weithiau bydd Tir Dewi yn cael galwadau am gymorth i weithio ochr yn ochr â'r tîm argyfwng iechyd meddwl mewn achosion lle mae angen dealltwriaeth o ffermio ac amaethyddiaeth, ond nid yw hyn yn digwydd yn ddigon aml;
- Nid oes ystadegau penodol ar gael ar nifer y ffermwyr sy'n cyflawni hunanladdiad;
- Nid oedd y cynrychiolwyr yn ymwybodol o strategaeth Beth am Siarad â Fi 2 Llywodraeth Cymru;
- Mae angen strategaeth iechyd meddwl benodol i ffermwyr, wedi'i chynhyrchu gyda mewnbwn gan y rhai sy'n deall y pwysau sy'n wynebu ffermwyr.

#### Stigma

- Nid yw pobl yn sylweddoli bod iechyd meddwl yn salwch;
- Er bod mwy o ymwybyddiaeth o faterion iechyd meddwl nawr, nid yw pobl yn gwybod beth i'w ddweud, ac felly'n aml nid ydynt yn dweud dim;
- Gall fod yn anodd cael ffermwyr i siarad neu ofyn am help

#### Hyfforddiant i'r rhai sy'n gweithio gyda ffermwyr

- Roedd y cynrychiolwyr yn ymwybodol y byddai timau archwilio ffermydd o'r ardaloedd awdurdod lleol y mae Tir Dewi yn eu cynnwys, yn cael hyfforddiant iechyd meddwl wedi'i drefnu gan Sefydliad DPJ. Dylai staff yr holl sefydliadau hynny sy'n rhyngweithio â ffermwyr gael hyfforddiant iechyd meddwl;



- Roedd y cynrychiolwyr yn gwerthfawrogi gwaith gwasanaeth cyswllt fferm Llywodraeth Cymru, ond roeddent yn teimlo y gellid gwella'r dulliau cyfathrebu ag adrannau eraill ac ar draws adrannau eraill.
- Teimlwyd y dylai arolygwyr fferm fod â dyletswydd gofal i ffermwyr.



Atodiad

An answer for Angela Burns AM following a meeting in Carmarthen on 21<sup>st</sup> June 2018

***WHY DO ISSUES SUCH AS SUICIDE, BEREAVEMENT AND ILLNESS IMPACT FARMERS MORE THAN OTHER PARTS OF OUR COMMUNITY?***

Issues such as these have a serious impact on all parts of society, particularly bereavement and suicide, but the way in which it impacts a farm is often not thought through – it is easier to treat it in the same way as everyone else. We would like to point out a number of differences which make the impact much worse for a farmer and, then to give a real and current example to illustrate this.

I will use the example of bereavement but the points which I will make are equally applicable to suicide or serious illness. When a death occurs in a farming family it can have all of the impacts that it does elsewhere, plus the following:

- It may seem callous to regard a family death in this way but, when a member of a farming family dies it means that there is one less pair of hands to do the work on the farm. This is a very serious issue in the modern farming world as employed labour has been replaced with more automation and larger equipment. This means that a farm might be run entirely by the family with no external support. It also means that farms are leveraged to a greater degree with finance or leasing arrangements on the equipment needed to 'keep up' with the increasing move towards industrialisation of farming. It is not an exaggeration to say that farmers might be working 16 hours a day, 7 days a week already so how can they cope with this loss? The answer is too often that they can't... jobs get missed, the welfare on the farm drops, income reduces and the farmer becomes stressed; all of this on top of the fact that a family member just died.
- In other parts of our society, when a family member dies we might get compassionate leave from work, support from management, colleagues, HR and even friends, all of which helps. Some seek counselling to help them overcome the loss. When a death occurs on a farm, the cows still need to be milked this morning, and this evening and tomorrow.... There is no compassionate leave. Funerals are most often arranged for the middle of the day so that the farmer can do the milking before it and get home in time to milk again afterwards. Farmers work in isolation so there is no management from which to seek support, there are no colleagues and there isn't an HR department to provide support. Also, far too often, farmers don't have many friends as they work such long hours that there is not time for them. Finally, farmers are notoriously 'proud' and the idea of seeking counselling wouldn't sit well, even if they could find the time!

- It is often the case that fathers run the farm and the sons take over either when the father becomes too old or dies. Planned succession isn't always given much consideration. This means that the son might never have made decisions on the farm, never had financial responsibility, never have bought or sold livestock. There are so many aspects to farming that need to be dealt with that, particularly in the case of sudden death, the impact is completely overwhelming. The effect on mental health can be devastating. And it's not limited to the father, mothers are often the ones who do the accounts or ordering of supplies or the online animal movements and passport registrations. The same can apply in the case of a mother's death.
- A farm will have a Holding Number against which all of its registrations are held. This is needed for stock movements, purchases, sales and for the purposes of grant applications including the Farm Basic Payment. While different cases can differ, often a death can require a change in the registered holding. This is a complex process which can involve many steps including remeasuring the farm... If this process is ongoing when the Basic Payment is due then it can sometimes not be approved. The payment can make up a huge proportion of overall farm income so, at this difficult time for all of the above reasons a farm could also find itself with 20, 30 or even 40% of its turnover missing!

I'm sure there are more ways in which impacts are felt but let me provide a brief, real and current example as an illustration. I will not mention the name or the area but this is still an unresolved case:

A farmer died in 2016 after a short, unexpected illness. Unfortunately, he died without a will. The family was complicated including two sons who each had farmed in partnership with their father on different holdings. There had also been a divorce and a subsequent long-term relationship. All of the above suddenly applied! Because probate was not granted, the basic payment was not made in 2017. As the estate was so complex, it was still ongoing 12 months later and the 2018 basic payment was also withheld. At last probate was granted but then a claim was made against the estate sending it back into a legal process.

OK, we could all say that it was the farmer's fault for not making a will, that they should have had a better lawyer... all sorts of judgements. But the impact on one of the sons has been enormous! He owes money to every supplier possible to an extent that people will only deal with him on a cash basis. He is working ridiculous hours to try to keep afloat and, all in isolation as his farming partner (his father) has died and he can't afford to pay wages. His mental health has suffered enormously but he doesn't have time to go to the doctor 'only to be told to rest'. In this case, suicide is a very real part of almost every discussion that we have with family members.

Forgive me for such a long answer; we encounter elements of this on such a frequent basis and it can all contribute to consideration of or even the action of suicide. Indeed, when my next-door neighbour, a dairy farmer died some years ago, his son committed suicide within days!

If you require any other information or elaboration, please do get in touch. We are only too happy to contribute to this important process.

Gareth Davies