



Rural  
Support



COMMUNITY  
FUND

## Plough On

This project will tackle rural isolation and increase social opportunities for older men who have experienced challenging and demanding roles as farmers. Its core purpose is to improve mental and physical wellbeing through a programme of socialisation and participation in monthly rural heritage/farming-based activities and excursions.

## Interested in Volunteering?

We are seeking volunteers who can support delivery of the programme in your local area who can:

- Give 4-5 hours of time to the group per month.
- Attend and assist with monthly meetings, organised by a group leader.
- Accompany participants on occasional trips.
- Undertake training as required.

For more information, please contact  
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