



Keppel View  
Msnaleon Rd  
Limerick

1-12-14  
Farm Efficiency & Personal Growth.

|          |            |         |
|----------|------------|---------|
| Farmers. | Dairying   | 17000   |
|          | Cattle     |         |
|          | Suckling   | 60,000  |
|          | Sheep      |         |
|          | Organics   |         |
|          | Pillage    |         |
|          | Vegetables |         |
|          | Fisheries  |         |
|          | Total      | 160,000 |

Since 2007

Discussion groups have been increasing in Dairying Suckling Beef. Presently 700 are taking place with a view to make farming more efficient in arriving at a family farm income. (Ensuring presence of the presence of a Peat House Chairman in the room!) Stress - Mental Health problems have reared their heads in increasing varieties among the Farming Communities going up and up in numbers year on year.

The Ploughing Matches 2014. The thousands of people attending were hit by the information provided by a Survey carried out on behalf of ICMSA and Irish Examiner "HALF of farmers directly hit by SUICIDE"

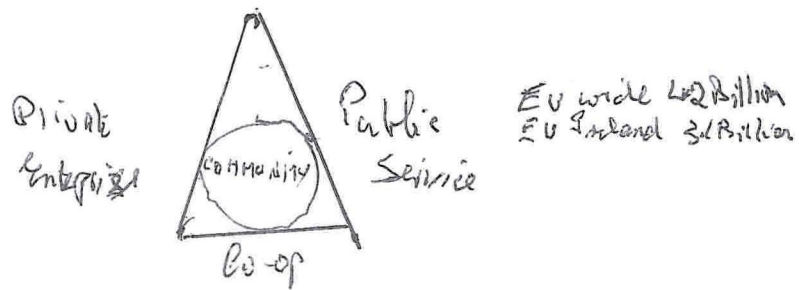
Depression and lack of Conviction is becoming Common Place affecting peoples ability to engage constructively on the Family Farm. Puke House, Console Aware etc etc are constantly providing Education and care for those; and prevent more serious illness - SUICIDE, and The H.S.E. Hospitals for treatment

500 people had died by Suicide 2011 Ireland - fourth highest rate in Europe with 10 people taking their own lives every week 53% of farmers had been impacted by Suicide in some way

Farmers are now less worried about Emigration Economic and Social issues are clearly to the fore front - Health care costs which is now cited by 43% of farmers - as the main factor influencing their VOTE and Social issues 34% and Drug abuse 16% Alcohol 13% becoming important issues when they VOTE

Sean McEntee's farmer and Fine Gael Junior Minister for Agriculture 2012 death brought Suicide into sharp focus.

The Soddler crisis was suspected to have been the reason for deaths by Suicide by 7 West Clare farmers. The withdrawal of Services and Social Infrastructure causing a sense of Isolation are massively negative factors working against overall Mental Health



Freedom to be Creative by Personal Commitment  
 To Show Cause Reason Decision Action  
 Voluntary Community Meetings weekly.

### Some Issues

Choosing an Enterprise, Enterprises to provide income  
 off farm work. SMEs. sufficient for family.  
 Teachers in Agr Colleges → 50% Students Good knowledge  
 50% Poor knowledge - of farming or learning.  
 Within community the better assisting the poorer  
 in farming, family, wealthier farmers - low cost loans for neighbours  
 with opportunity to improve - both agreeing on plan  
 Drug abuse. Alcohol Binges, Open air concerts  
 Climate Change. Emigration Gov. Decision 15-11-84  
 Passing on Moral Code Pornography - Children Youth - Cuckoo  
 Shop. Post office DV Dom life from 14 to marriage  
 Banking Elderly/Blacks Positive Story Migration, Decision.  
 Rural Travel, Ziggies  
 a Doctor Security Watch with Garda.  
 Community Hall for Socials & Pub.  
 and Solicitor. Banker Agr. adviser etc Nurse.  
 to be made available 2 1/2 hours weekly  
 Youth games - Managers.  
 Local Involvement in Services  
 Empathy - Confidence

Socials  
 Christening

Taking on Responsibility and Ensuring Commitment  
 over time — and time.