

Evidence Submitted to Cumbria Foot and Mouth Disease Inquiry

Submitted by:
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Loss of Control: Basic Life Routines

- UK Farmers were officially quarantined
 - There is no authority to quarantine humans in the US. Biosecurity restrictions and penalties will mimic quarantine.
- Animal movement restrictions = animal welfare concerns
- Inconsistent news and official information
- Disrupted normal calendar of events
- Loss of recreational opportunity

Anger and frustration: Crisis Management

- Animal disposal lagged 2-3 weeks behind slaughter
 - Local input ignored or denigrated
 - Communication failures from London to local levels
 - Near total erosion of trust in government authority
- “Like being in jail for a crime you did not commit”

Loss of Confidence and Self-esteem

- Inflexible, bureaucratic approach to farmer assistance during event and recovery phases
- Lack of debt relief, even pro tem
- I failed, I did not prevent the infection of my stock
- Leads to resistance and barricades
- 3-5 Generation farmers lost all they knew: Farming

Damaged Social Networks



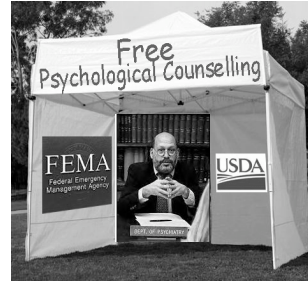
Damaged Social Networks

- Children were confined at home for as long as 6 months
- Conflict between “clean” and “dirty” farmers and regulatory personnel
- Conflicting interests: farming and tourism
- Closure of community activities and loss of all social contact

Mental Health Indicators

- **Guilt and sadness over family distancing stretching over a year: weddings, births & funerals**
- **PTSD indicators**
- **Distraction and lost concentration**
- **Mood swings, anger, self medication**
- **Depression and suicide**

Solutions and Strategies?



Joining us by phone from his office in Morris, Minnesota is Ted Matthews

Solutions and Strategies?

- **Support must be a long term commitment**
- **Not going to come from Federal or State Government**
- **Local, grass roots**
- **Pre-trained ready to deploy**

Solutions and Strategies?



Lessons Learned Yield Solutions

- **Train veterinary and paraprofessional responders to recognize stressors**
- **Provide them with reporting pathways**

Lessons Learned Yield Solutions

Farming Help

www.farminghelp.org.uk

Confidential help for all in the farming community

Advice and guidance
Rural Stress Information Network
024 7641 2916
(weekdays 9am to 5pm)

Financial assistance
Royal Agricultural Benevolent Institution
01865 727 888
(weekdays 9am to 5pm/4.30pm Fridays)

Practical support from farmers
Farm Crisis Network
07002 326 326
(7 am to 10pm daily)

Emotional help and support
The Samaritans
08457 90 90 90
(24 hours a day)
During emergencies RSN, RABI & FCN
Helplines are open 24 hrs a day

Lessons Learned Yield Solutions



Disaster victims are in no shape to navigate a bureaucratic maze

Lessons Learned Yield Solutions

- On day 1: Activate a case manager system
- One point of contact
- Financially empowered
- One advocate, start to finish

Lessons Learned Yield Solutions



In a bio-disaster, farmers just gotta get straight through to a friend!

Resources

- Cumbria Post FMD Mental Health Study
- Gordon Nixon A Slaughterman's Story
- Helen O'Hare A Private Vet's "Lessons Learned"