

Farmers' Safety and Well-Being Project Overview:

This initiative is designed to support the health, safety, and well-being of farmers in rural communities. Recognizing the unique challenges faced by those in the agricultural sector, SHED Talks provides a platform for education, open dialogue, and community connections. Through expert-led sessions, practical workshops, and peer-to-peer discussion, farmers gain valuable tools to enhance their safety practices, manage mental health, and prioritize overall well-being.

SHED Talks:

The title SHED Talks comes from an acronym which represents **Sustaining Healthy Farms Through Empowerment and Dedication**. Gateway CERH's SHED Talks project focuses on building connections and empowering an agricultural community in Huron-Perth-Grey-Bruce Counties. Further, it focuses on the goal of reducing social isolation and lessening the daily stressors that farmers experience.

Project Goals:

- 01 Promote Farmers Well-being & Health
- 02 Enhance Awareness of Farmer Safety Practices
- 03 Build a Supportive Rural Network
- 04 Encourage Proactive Health Management

Project Background:

Farming is one of the most physically and mentally demanding occupations, often accompanied by high levels of stress, isolation, and exposure to hazardous environments. These challenges can take a significant toll on both physical and mental health. This project was developed to address these concerns, inspired by the need for accessible resources and supportive network tailored specifically to farmers. By bringing together healthcare professionals, safety experts, and members of the agricultural community, Farmers' Safety and Well-being aims to empower farmers with knowledge and strategies to improve their quality of life and ensure a safer, healthier work environment.

Farmers' Safety and Well-Being Project Stage:

The project is currently in a phase of transition and development. Our SHED Talks initiative is actively being developed, with a focus on creating engaging and practical safety discussions tailored for farmers. These talks aim to encourage peer-to-peer learning and encourage the adoption of safer agricultural practices. At the same time, we are in the process of identifying and transitioning to a new safety initiative that aligns with the evolving needs of the project. This next phase will build on our commitment to promoting farm safety while integrating innovative strategies to support rural communities.

Project Timeline:

- 01 Planning and Development
- 02 Outreach & Connections
- 03 Implementation
- 04 Follow Ups & Support
- 05 Feedback & Reporting



Supportive



Educational



Empowering



Community-Driven