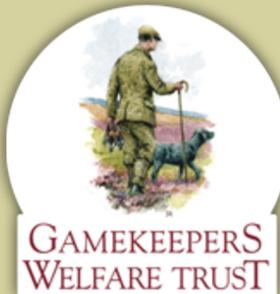


TWEED TIMES

The Gamekeepers Welfare Trust
2025 Review



Each year seems to fly by faster than the last, and as we look back at 2025, the lowground season carries forward into 2026. It has certainly been a challenging year for all sectors, with contrasting temperatures and from drought to relentless precipitation and wild storms to wild fires in between.

In working lives and individual lives, we have all faced changes which potentially require tighter budgeting at home and at work – and in turn making choices which require careful consideration, planning and implementation or at the very least a road map to follow. The Gamekeepers' Welfare Trust is alongside whatever it is – helping to lighten the load.

Our team has expanded again to provide more comprehensive support in our regions, and areas of support – communications, fundraising and events, housing, money matters, student support, working lives and later lives and of course our fantastic nurse team. With specific mention and appreciation to our Trustees and Ambassadors working hard to promote and create greater understanding within the shooting profession and the rural community as a whole. I wish to thank all our supporters and volunteers, Fraser, Christine representing regions and not forgetting Michelle supporting our Student Support Programme. Our team continue to work hard with Ruth at the helm of Communications, Jo and Chloe running events and fundraising whilst Gillian is a mine of information and leaves no stone unturned in supporting anyone with housing queries or on money matters. Our Health support has proved a huge success with over 1500 MOT's throughout the year carried out by our fantastic nurse team led by Sue and Sarah in their respective roles as lead nurse and health and wellbeing manager.

The Gamekeepers' Welfare Trust is also ensuring that underpinning and bolstering our core work in providing support for our gamekeeping community is safe and secure whilst working on new projects to augment and build on sectors where need is most urgent and anticipated. The Gamekeepers' Welfare Trust is so grateful to all those who have supported us in so many ways from our fantastic sponsors, donors of gifts and prizes, joining us at events, to fundraising in innovative and in some cases hugely committing challenges. Thank you to each and every one of you wonderful people!

Helen

Helen MJ Benson - Chief Executive Officer

GWT Ambassadors

Stewart Blair joined our team of Regional Ambassadors, covering Highlands & Islands.



Helen's GWT Scottish Rivers Tour

Helen and husband Mick toured rivers in Scotland, casting the GWT fly.



They met the ghillies, boatmen and all those whose livelihoods depend on the water quality, the habitat and the precious salmon which return year on year. The journey was to highlight the issues they face and the fact that their lives are intertwined with them. And to make it as clear as water that GWT is there for ghillies, boatmen, their partners, wives and families.

Health MOTs by GWT Nurses



In 2025 we carried out an incredible 1500 Health MOTs! (and with the referrals our nurses sometimes make for people to seek medical attention, we have undoubtedly saved lives).

Counselling



During 2025 we enabled 80 counselling sessions. Counselling can be vital for improving health, building resilience and developing coping strategies. It helps people move from just surviving to thriving.

Check in With a Mate



Checking in is easy when it's all going well. When they go a little quiet, when they cancel plans, it can get harder. But this is when it really counts - when checking in matters most. When they need to feel valued, remembered and cared about. Checking in doesn't have to be loud. It can be simply being there, quietly. However you do it, check in with a mate.

Who have **YOU** told about our Health & Wellbeing Hub?



The GWT Health & Wellbeing Hub supports not just people in gamekeeping roles and their families: it supports people in ANY RURAL JOB and their families. That means anyone in a rural job, or their family member, has access to trained nurses they can talk to on the phone or online, at a time to suit. This is free and confidential, and is not connected to GPs or the NHS.

Have you made sure your colleagues know? Do your beaters know? Put the poster on the back of Tweed Times up where it can be seen.

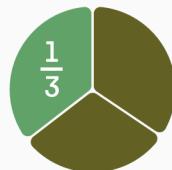
Student Support

Each year members of the GWT Team and our nurses visit colleges across the U.K. to ensure the young men and women training to be our next generation of gamekeepers know about the GWT. While we hope they never have need of us, it's so important they know we exist and that we are there for them and, as their lives advance, their family members too. Supporting youngsters, and providing them with Student Packs full of guidance and help, is part and parcel of our Raising the Game initiative.

Housing & Money Matters

With over $\frac{1}{3}$ of calls to GWT being about jobs and redundancy, our Gillian's work on matters related to housing and money has been crucial over the last year.

From guidance on benefits to dealing with damp in the home, our #TuesdayTips on social media provide advice and knowledge for us all.



NURSE ADVICE CLINIC - APPOINTMENTS ONLINE/ON THE PHONE: 0300 011 0018

Game Birds of the Year



Chloe Stonehouse and Samantha Ring (pictured above, with our CEO Helen MJ Benson in the middle) won joint Game Bird of the Year.

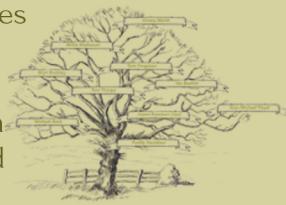
Both ladies have juggled fundraising with moving home for new jobs beside their respective husbands, young families and work of their own.

Marcus, Chloe's gamekeeper husband said "The majority of the year especially throughout springtime I know she sometimes feels like a single parent and even though our relationship feels like we are ship's passing in the night, she still carries on. She helps with shoot days which are the cream, but she's also there when times are tough."

Sam's friend told GWT "She her own business and has helped raise lots of money over the last 2 years for the GWT. She's truly such an incredible, selfless person and deserves this so much."

Memorial to those in Gamekeeping Roles

We have over 100 names on The Memory Tree: our online memorial for people who were in gamekeeping roles and are no longer with us.



To view them and find out how to add the name of your loved one, head to our website and look for The Memory Tree. www.thegamekeeperswelfaretrust.com

GWT Lady Scott Award

Zoe Corney was nominated for the Award by husband Stuart, headkeeper on the Shavington and Cloverley Estate. Stuart told us "Our first proper date was ratting with terriers before heading to the pub! Something her fellow arts students couldn't quite get their heads around!"

Zoe works full-time across two jobs: she is PA and planner for a master saddler and office administrator on the estate. Alongside these, she runs the game cart on shoot days, picking up with her labradors Bertie and Whinny.



When she received the Award, Zoe and Stuart were heading towards celebrating their 25th Wedding Anniversary and their 25th shooting season!

Left: Zoe with husband Stuart.

GWT Young Gamekeeper Award: Junior

At just 8, Zeph Silk in Hampshire, took on the responsibility of his own shed this year ensuring his chicks were cared for with meticulous attention to detail. He's got a keen understanding of conservation, the role gamekeepers play in this and the hard work required.

He's also a great ambassador for gamekeeping. He regularly talks at school about what he does, and they have embraced his experiences: Zeph delivered a school assembly, sharing how he caught and prepared his first trout. And he has already enlisted school pals to be his underkeepers when he is old enough to take Dad's job!



Mum Laura told us "Despite his young age, he is recognised as a valuable member of the team on shooting days, working alongside adults and earning respect for his work ethic and commitment."

Left: Zeph with Dad Matt and Mum Laura, and a celebratory cake!



KEEP UP TO DATE - FOLLOW US!

Grants from GWT

In March over half of households in Great Britain reported their cost of living had increased. Over 80% of people in a YouGov poll felt shop prices were rising faster than their income. Mindful of rising costs and the impacts they have on us all, GWT increased the amounts we award in all our grants.

Annual Grant

For those struggling financially and in receipt of benefits. (available twice yearly and annually)

Family Grant

For families who have lost major income through loss of life or serious illness (available annually)

Support Grant

For when a family member has been diagnosed with a long term condition i.e. cancer, stroke, heart etc to help with every day needs - transport to hospital, etc. (one-off amount)

Accident Grant

For someone whose main income is temporarily affected by an accident and who may be depending on sickness benefit etc.

Heating Grant

For help with energy bills and heating costs.

Emergency Grant

Available almost immediately in extreme need for example food, housing deposits etc. (a one-off amount)

Individual Grant

For any other requirement - please contact GWT.

Not sure if you're eligible? Not sure if your need fits one of the grants? Contact us for a confidential chat.

Education & Training Grants

Financial support for those training to be gamekeepers AND for those leaving gamekeeping and retraining for a new profession.

Who We HELP

Still not sure if we can help you? Get in touch!

All our work is free and confidential.

And don't forget: you do not need to be a member of any organisation to contact GWT - we are independent.

Are you employed in a *gamekeeping role?

*gamekeeper, stalker, ghillie, riverkeeper, guide

no

Have you ever been employed in a gamekeeping role?

no

Are you the dependant of someone who is/was in a gamekeeping role?

yes

I have a different job, but I am also the unpaid gamekeeper on our syndicate shoot

GWT is here for you and your family members if you need us

GWT may not be able to provide financial help, but there are other areas of support you are eligible for

Yes, but I am retired now

Yes; I left after 10 years and do a different job now

You are part of the gamekeeping family - GWT is here for you if you need us

I'm a widow/widower who was married to/lived with gamekeeper

My parent is a gamekeeper, or was for a significant number of years

You are part of the gamekeeping family - GWT is here for you if you need us



Gamekeepers' Welfare Trust Podcast

Hosted by Linda Mellor, you'll hear wide-ranging conversation rooted in lived experience and a shared love of outdoor life. Listen on Spotify, Deezer and Amazon Music.



Fabulous Fundraisers

Huge thanks to all who put time, effort and a great deal of heart into fundraising for GWT.
We're very grateful to each and every one of you.

George Duff

CHARITY CLAY PIGEON SHOOT



Winderwath Estate



Kerry Knight

Frontier

 Cawdor Estate
Charity Shoot


GILSANS
OF YORKSHIRE



Simon Whitehead


FARASTON DESIGNS

Inspired by rural Scotland



5 Regions
Working
Charity Test



Simon Grace
& Team



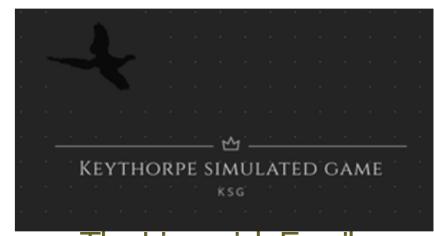
Steve Knott
&
Strathdearn
Community
Developments



Aberdeen Uni Clay Pigeon Club



Dunmaglass
Roving
Gameshooting
Syndicate



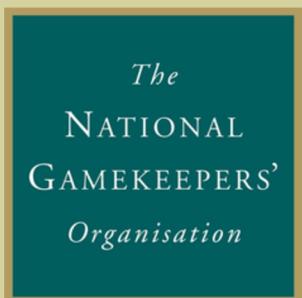
The Liquorish Family


Humphrey & Tilly
Yorkshire Tailors of Town & Country Clothing

TO DONATE OR FUNDRAISE FOR GWT: WWW.JUSTGIVING.COM/GAMEKEEPERWTRUST

Super Support

We're grateful for the support we receive from individuals and organisations across the fieldsports sector: volunteers giving time & expertise, space on stands at shows, prize donations, content for podcasts, fundraising and more.



Dunscore
Fuel Supplies



Countryside
Alliance



ShuttleSocks

HOLTS

Schöffel



The Moorland Association

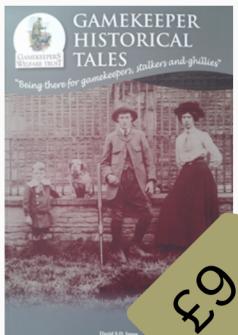


HIGHLAND
OUTDOORS



Merchandise

look for the trolley on our website to find our shop



£9

Please note: all prices are + p&p

Gamekeeper Historical Tales - David SD Jones

Also available in Reading:

GWT lens cloth

The Three Rivers Adventure - Steve James

A Book of Poetry by Gamekeepers & their families

Gamekeeper Welfare (a history) - David SD Jones



From
£12.50

GWT Shuttlesocks

Also available in Wearing:

GWT bobble hat

GWT beanie hat

GWT tie



£12

GWT Logo Flag

Also available in Working:

Orange, pink or white flag with name

Survival Kit Bag

Survival Kit (contents only)



£5

GWT Badge

Also available:

GWT lanyard

GWT lens cloth

GWT car sticker

GWT Anniversary mug



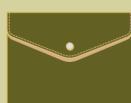
£0

Gamekeeping for Life Packs

Also available:

Ladies Packs

Check In With a Mate stickers



Our online shop is where you can order Gamekeeping for Life Packs and Ladies Packs: FREE resources designed for people making a living in a gamekeeping role



GWT Health and Wellbeing Hub

- + For anyone connected to Rural life**
- + For everyone in the family**
- + Speak to a nurse about any health related advice, query or concern**
- + Phone or online appointments**
- + Repeat appointments**
- + Completely confidential**

 health@thegamekeeperswelfaretrust.com
 0300 011 0018