



Holly Moscrop developed ME when she was 16, but she has not let it stop her from being involved in the family farm business.

"I was watching the cameras and I could see a water bag begin to appear on the last heifer we were waiting to calve.

"Dad was out on a contracting job so I headed out to see."

Calving

When her dad arrived home, they found out it was not going to be a straightforward calving.

"The calf had a leg back, so we put her in the crush and I held her halter," she said.

"After rearranging the calf, the cow had not managed to move it very much so dad began to pull the calf out while I lubricated the cow and calf to help its passage.

"Both cow and calf are now both doing great."

Impressed with the performance of the Lincoln Reds and keen to drive value, Holly would like to

adopt a more integrated approach in the future.

"Next, I would like to look into finishing the cattle ourselves and being involved in the whole cycle," she says.

"This is all part of the bigger picture where I want to use my skills and capabilities to add value to what we already produce."

She says marketing meat boxes to local customers is an exciting option for the future and ties into her interest of educating the public about sustainable food production.

A step in this direction has been the creation of Holly's blog, *One Girl and Her Cows*, where she shares unfiltered insights into her life and the world of agriculture while attempting to 'make the countryside a little more accessible' along the way.

"I set up the blog as a way to connect with the outside world, but

it has become much more than that," she says.

Holly says being unable to leave her bedroom meant for many years the only way she was able to meet new people was through the internet.

This experience opened her eyes to how little the general public knew, or understood, about agriculture and drew attention to the negative perception farming often receives online.

More accessible

"I wanted to do something which would help to address this and make farming more accessible to the general public, as well as educating people about disabilities," she says.

"My little corner of the internet has become a place where I can open up about my thoughts and experiences and I have been amazed by the support and encouragement I have received.

"There can still be a lot of stigma attached to illness and disability, but farming is a fantastic industry to be part of and I have found people to be really open and accepting.

"I live with disability and what it brings, not in spite of it, and I do not want people to pity my circumstances.

"My illnesses come with me, whatever I am doing, and ultimately, have the deciding vote in most scenarios. No positive mindset or heart-warming quotes change that, they just make the reality a little easier to swallow.

"My story is not one about fighting your circumstances, but about acceptance and adapting – and a passion for farming life that keeps me searching for new ways to connect myself and others to it."

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