*Press release*

*24th April 2025*

*For immediate use*

**Farmstrong Scotland scaling new heights: Fundraisers to abseil from world’s tallest whisky distillery**

Farmstrong Scotland, the wellbeing charity for farmers and crofters, is thrilled to announce its latest fundraising challenge, taking place next month, when eight supporters will abseil from the world’s tallest whisky distillery.

On Sunday 11th May, the daredevil participants known as the ‘Abseiling Eight’ will make history by being one of the first groups to descend the 100ft-high Port of Leith Distillery in a whole weekend of planned abseiling challenges, the only event of its kind since the distillery finished construction in 2023.

Farmstrong’s Community Engagement Specialist Clare Dickson says, “We are delighted to announce our ‘Abseiling Eight’ fundraising team. The daring participants include Hugh Neilson, a dairy farmer from East Kilbride; Alan Davidson from Scotgrain Agriculture; Kathleen Lawrie, a nursery practitioner; Julie Clark from AHDB; Michael Rolfe, an agricultural engineer; farmers Nicola Kay and Andrew Clark from East Lothian; and Wallace Currie, an agricultural podcaster and rural advocate.”

Wallace added: “Heights and I aren’t exactly best mates, so this will be a real challenge – but it’s all for an amazing cause, and I’m honoured to be part of this adventure with such a great group of people from across rural Scotland!”

Clare continued: “Fundraising events like this, and the zip wire event Farmstrong held last year, not only raise cash but also help us demonstrate the five ways to wellbeing. The events are a great way for participants to meet and connect with others, get active, learn something new, give back to a charity that supports Scottish farmers and crofters, and take notice of the environment around them – a little height certainly helps gain perspective!”

The Port of Leith Distillery is a striking nine-storey tower proudly wedged into Edinburgh’s historic harbour, and is the UK’s first vertical whisky distillery, as well as the tallest in the world. The contemporary building stands adjacent to the Royal Yacht Britannia with impressive views across Edinburgh’s skyline.

John Scott, Chairman at Farmstrong Scotland said: “Fundraising events like these are vitally important for the farmers and crofters of Scotland. The money raised will help Farmstrong continue providing valuable tools, resources and events to support and improve wellbeing in the agricultural community.

“We’re very grateful to these brave supporters for their fundraising efforts and we would welcome anyone thinking about taking on a challenge to consider raising money for Farmstrong.”

Kathleen Lawrie shared why she wanted to get involved: “When I was introduced to Farmstrong I felt passionate about supporting the work they do in helping farmers and crofters understand more on why it’s so important to look after our wellbeing.

“I am excited to take part in the charity abseil. Hopefully we can raise lots of money to support Farmstrong. Although, I may need a wee sample from the distillery for some Dutch, or rather Scotch, courage!”

If you would like to donate to one or more of the “Abseiling Eight” supporters, follow the link to the JustGiving page: <https://www.justgiving.com/campaign/farmstrongscotportofleith>. Alternatively, head to our website to find out more: <https://www.farmstrongscotland.org.uk/events/abseil>

If you have a fundraising idea for Farmstrong, you can get in touch with Clare on hello@farmstrongscotland.org.uk

**/Ends**

**Notes to Editor**

Farmstrong Scotland is an initiative to help farmers, crofters and their families to cope with the ups and downs of farming and crofting by sharing things they can do to look after themselves and the people in their business. It is a peer-to-peer led programme, driven by scientific information and real-life stories, so together we can share, learn and support our wellbeing.

Farmstrong Scotland is a Scottish Charitable Incorporated Organisation (SCIO). Registered Charity No: SC053585.

The charity is supported by the Movember Foundation, who are matching every £1 raised by Farmstrong Scotland, to the sum of £350,000. Anyone wishing to donate or find out more about supporting the charity, can get in touch via hello@farmstrongscotland.org.uk

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