Press Release

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For Immediate Release

**A story of self-discovery; Conquering heights and habits**

Wallace Currie’s inspiring journey is a powerful reminder that looking after your wellbeing is important for your physical health but can also help you to transform your mindset.

His positive and driven outlook on life has carried him through remarkable personal growth, including shedding 20 kilos in under six weeks to prepare for a 47-metre abseil, all to raise funds and awareness for Farmstrong Scotland.

Growing up as an only child on his family’s 2,000-acre hill farm on the Isle of Arran, Wallace developed a strong sense of independence from an early age. He spent his childhood helping around the farm and tending to the sheep that graze across the property’s very own volcano, known as Ard Bheinn or Big Hill, which Wallace reassures, last erupted over 60 million years ago.

The farm comprises a flock of 630 Blackies, Swales and recently, his parents have added Cheviots and Dorsets.

Despite having a deep connection to the island and only ever missing one lambing, Wallace knew he didn’t want to be fully involved in the farm until later in life.

“Farm life as a kid was great,” Wallace said, “but pretty much all through high school, I was more interested in becoming a footballer or WWE Wrestler. I’ve always had varying passions!”

At just 28-years-old, Wallace has packed in an extraordinary range of achievements as a Nuffield Scholar, board member of the Scottish Association of Young Farmers Clubs, SRUC lecturer and hosting his own ‘Rural 2 Kitchen’ podcast. But getting there wasn’t a straightforward path.

**Flying high and facing the lows**

Behind his success lay personal challenges with weight, direction and a gambling habit that led to a financial strain.

“There were periods of time where I’d be far larger than I am now and food became a comfort - especially in winter when Seasonal Affective Disorder (SAD) hit hard. It got to the point when reaching for the plug in the bath became a struggle.”

After a few “high-flying” years, Wallace hit a low. Isolated on his home island last winter, he felt disconnected from himself and unsure of his next step. He chose to slow down, reflect and take care of himself first.

“I realised I was letting my career define me and I knew there was so much more to discover about myself. I stopped applying for jobs, hit pause and focused on figuring out who I was.

“Up until 24 years of age, I thought counselling was nonsense. Unfortunately, it took for me to go through a horrendous couple of years before I spoke to someone, realising, I’m not getting out of this. I went to counselling and it was amazing.”

“I quickly learned that the process of admitting a problem and talking about it is much easier than it is embarrassing.”

**Taking on the challenge**

Earlier this year, Wallace challenged himself to take part in the Port of Leith Distillery Abseil - a 47-metre descent - to raise money for Farmstrong.

Wallace commented: “I don’t actually like heights, but I really wanted to raise money and awareness for Farmstrong. When I found out about the weight restriction, I realised I had to take on two challenges…lose weight and tackle my fear of heights.

“The abseil was more than a fundraising activity, it marked a turning point in my life - I changed small daily habits to my nutrition and fitness and lost 20 kilos in less than six weeks.”

Wallace experienced significant physical improvements in his mobility, as well as increased satisfaction, a shift in his mindset, and a more positive relationship with fitness and food.

“Everyone referred to it as a diet, but I don’t really see it as that anymore. I’ve stopped craving the rubbish I used to live on, and I am no longer constantly hungry. The whole process helped me realise what I was capable of when I committed to something,” added Wallace.

**Reflection and recuperation**

His transparency and openness have made Wallace a relatable and encouraging voice for others in agriculture and beyond.

“I find it more comfortable when people know how I feel. There’s no fear of being found out that way.”

With his fear of heights behind him and closer to his weight goal, Wallace is climbing towards the second phase of his journey and is enjoying the process.

“Each day, I find a quiet spot on the island to reflect. It’s my time away from screens and the daily routine of work. Taking notice of the views and appreciating the beauty of where I live, helps me to reset my mind.”

He also finds joy in connecting with others.

“This summer, I got a real buzz catching up with everyone at the agricultural shows. Listening to their stories gives me a real boost and I feel lucky to have one of the best networks in this sector - and I’m not even 30 yet,” he adds.

**Focusing on the future**

Wallace currently works with The UK Agri-Tech Centre as a Knowledge Exchange Manager supporting farmers across the country. In addition, this autumn, he’ll be lecturing agriculture at Qingdao Agricultural University in China as well as continuing to voice rural stories through his podcast.

Wallace is the first to say he’s still on the journey of discovery, continuing to focus on his health goals and face new challenges.

“I’ve realised I’m capable of more than I thought and it’s not daunting anymore, and I think that’s the message I’d want others to take from this. Embrace the journey. You can surprise yourself when you give yourself a chance.”

**Trio and tested steps from Wallace:**

1. **Set a small target for yourself at the start of the week, it can be as simple as challenging yourself to take a tea break everyday**
2. **Find a spot you appreciate and take yourself there regularly to be still and switch off from the buzz of life, work and screen time.**
3. **Get out, go for a walk. This time of** **year is great for picking brambles. As well as being super tasty, they are nutritious too.**

**5 ways to wellbeing covered in this story**

Give, Keep Learning, Connect, Be Active, Take Notice

**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 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](mailto:hello@farmstrongscotland.org.uk)

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