



Winding down the year!

Michelle McGrath, Assistant CellCheck Programme Manager

As we wind down towards Christmas and the New Year, there are a couple of tips to ensure you can relax knowing that you are in a good position for the coming spring season:

- Check out the CellCheck Winter Housing checklist, if you haven't already done so!
- Review any clinical records and milk records from 2021.
- Use these records to make a mastitis control plan for 2022 with your veterinary practitioner.
- Book a service for the milking machine and change the liners before the 2022 calving season begins.
- Call your milk recording supplier to book your milk recording within 6 weeks of calving. You will not be recording all the herd, but having early information is essential to assess the dry period performance.

Many farmers spend a lot of time working on their own, so it is important when the opportunity arises over the coming festive season, that you take a break from the farm. It does not have to be anything extravagant. Treating yourself and your family to an occasional dinner out or an afternoon away from the farm would be valuable. Even catching up with a friend you have not seen in a while is so beneficial for your wellbeing.

For tips on maintaining good physical and mental health [click here](#).

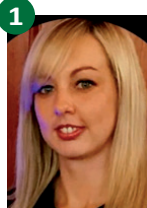
The CellCheck Winter Housing checklist is available on the Animal Health Ireland website [click here](#)



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