

WE LISTEN.  
WE SUPPORT.



RACINGWELFARE   
SUPPORTING RACING'S PEOPLE

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Racing's Support Line

**0800 6300 443**

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## SUPPORTING RACING'S PEOPLE

Racing Welfare supports all people who work in racing - including stud, stable and racecourse staff, alongside those working in associated professions - from their recruitment right through into retirement.

Our Welfare Officers provide wide ranging advice and guidance services, all of which are confidential and non-judgemental. We support people with an array of issues:

- Mental health
- Money advice
- Physical health
- Housing
- Career advice
- Addiction
- Retirement
- Management support

Racing Welfare's services are nationally accessible with offices in the main racing centres and roving Welfare Officers covering the whole of the country

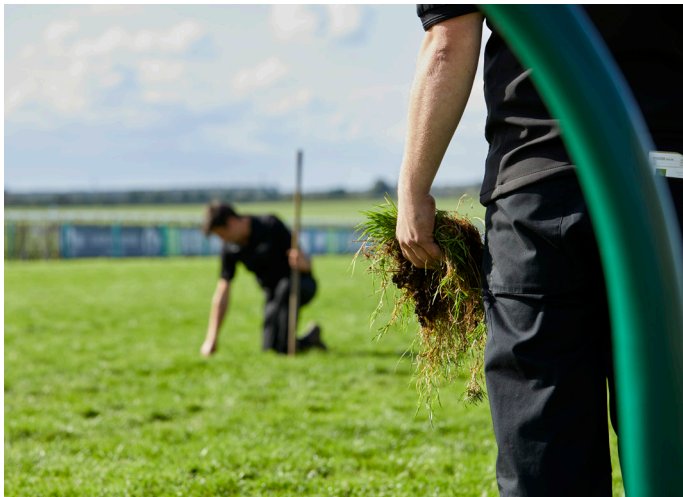
Racing's Support Line is your gateway to all of Racing Welfare's services, including:

- ✓ Management support
- ✓ Telephone information specialists
- ✓ Critical incident support
- ✓ Racing's Occupational Health Service
- ✓ Information, Advice and guidance services & Welfare officer support
- ✓ In the moment counselling support

No matter what your concern, no matter how big or small, you can call Racing's Support Line 24 hours a day, seven days a week on **0800 6300 443**.



[www.racingwelfare.co.uk](http://www.racingwelfare.co.uk) | 0800 6300 443 - 24hr Helpline



Mental health issues affect 1 in 4 people in the UK and a person's mental health can fluctuate throughout their lifetime. Good mental health is not the absence of stressors in a person's life, but instead reflects their ability to cope with these things at any given time.

Racing Welfare can provide a range of mental health support, from a listening ear to a referral to a local welfare officer or to our specialist counselling services including Sleepstation.

The mental health service is here to provide education, preventative support services and, where clinically appropriate, treatment for mental health issues, including addiction support.

If you would like to speak to someone, contact:

**0800 6300 443**



Racing's Occupational Health Service aims to reduce staff sickness and ill health, provide accident and injury support and rehabilitation and ultimately help people return to work. It also provides treatment for a range of physical and mental health conditions. Crucially, the service is free to employers and employees and any recommended treatment will be fully funded. Wherever possible treatment will be provided in partnership with recommended physiotherapists. Services offered are;

- ✓ Tailored advice & treatment
- ✓ Return to work plans
- ✓ Stable and workplace physio sessions

For advice and recommendations on workplace health or return to work, contact:

**0800 6300 443**



# RACINGHOMES

Racing Homes is a not for profit social housing landlord that owns and manages properties on behalf of Racing Welfare, providing good quality affordable housing across racing centres including Newmarket, Lambourn, Malton and Middleham to those working or retired from the racing and breeding industries

Our portfolio of 165 homes focuses on providing properties for retired and young people (18-24), providing both specialised and general needs housing. Racing Homes aims to follow the very best practice in social housing, providing high-quality accommodation whilst offering social housing rent levels. We are more than just a simple landlord; we care about the people and places where we work and are also able to offer an advice and support service to our tenants via our registered charity Racing Welfare who supports the workforce of British horseracing.

If you would like to speak to someone about our homes, contact:

**0800 6300 443**



## BE PART OF TEAM RACING WELFARE

Our work is vital to the wellbeing of racing's workforce. We support more than 2,300 people each year and the number is rising steadily. Every year we must raise more than £3m to help maintain and develop the vital services that the charity offers to the racing industry.

### HOW YOU CAN HELP

- Follow us on social media
- Challenge yourself by claiming one of our fundraising places at some of the UK's most iconic sporting occasions
- Come to one of our many events around the country each year
- Make a donation
- Become a Friend of Racing Welfare
- Leave a gift in your Will

For more details on how you can support Racing Welfare, email [info@racingwelfare.co.uk](mailto:info@racingwelfare.co.uk)

**Charity number: 1084042**  
[www.racingwelfare.co.uk](http://www.racingwelfare.co.uk)

