



FUNDRAISING FOR RACING WELFARE



RACINGWELFARE 

WHY FUNDRAISE FOR RACING WELFARE

Behind the thrill and the spectacle of our great sport of horseracing is a whole army of people working in what can often be challenging conditions, risking physical injury, to bring us all the sport that we love so much.

Racing Welfare leads the provision of human welfare services providing professional guidance and practical help to the stud, stable and racecourse staff, and those in a broad range of associated roles whose dedication is vital to the wellbeing of racing.

We look after both their physical and mental health and enable them to continue to bring us all joy and excitement. from the beginnings of their careers and on into retirement.



HOW RACING WELFARE'S CHECK-IN AND CHAT SERVICE HELPED CHARLIE'S MENTAL HEALTH...

Charlie (pictured below) found her mental health deteriorating as we were forced to reconnect with life when lockdown lifted. She turned to her local welfare officer who recommended Racing Welfare's Check-in and Chat service.

“

I was in a really bad place with my mental health at the time.

I was getting very overwhelmed with everything coming out of lockdown - with the town being flooded with people again and me being back at work and constantly being surrounded by people - I was struggling.

We talk about racing, we talk about everything - I feel like it's a benefit to my mental health.

It's really helpful and I would recommend it to people who are struggling to open up and talk, I really would.

”





HOW CAN YOUR FUNDRAISING EFFORTS MAKE A CHANGE TO THOSE WHO NEED US?

- £100 could pay for four rehabilitation physiotherapy sessions
- £500 could pay for an outing or day trip for a group of retired beneficiaries
- £1,000 could provide five beneficiaries with access to a sleep therapy programme
- £2,000 could pay for a new mobility scooter to help someone feel less isolated
- £6,500 could pay for six education evenings for young people (drug/alcohol awareness)
- £10,000 could cover all the costs of employing a Welfare Officer for three months

HOW CAN YOU GET INVOLVED AND HOST YOUR OWN FUNDRAISER?

- Bingo Night
- Race Night
- Movie Marathon
- Come Dine With Me
- Workplace Bake Off / Coffee Morning / Cake Sales
- Gaming Streams/Competitions/ Poker Night/ Games Night
- Garden Party/ Ascot at Home
- Head/Beard Shave
- Give up something for January
- Sofa to 5K / 10,000 Steps a day in (Month)



ROBBIE'S STORY

What are the driving forces behind completing the gruelling 26 miles of the London Marathon? Robbie Ferguson counted on excitement and high emotion rather than athleticism to drive him through his inaugural attempt at one of the UK's toughest challenges.

Part of a tight-knit family who are heavily involved in racing, Robbie has endured times of great sadness which have been soothed by strong support from racing charities.

Robbie's sister Jenny had a promising career ahead of her as a jockey before experiencing a life-changing fall when her horse was brought down in a five-furlong sprint race on firm ground. She suffered three brain haemorrhages and was left with 30% permanent brain damage. He says: "Jenny now has a career riding work in Dubai but she would not have that career or that future without racing charities including Racing Welfare that supported her so I wanted to give back to the charity that really gave my sister a future."



"To follow on from that, my sister Katy works for Racing Welfare and decided to dedicate her life to it based on what the charity did. It was also a huge part of something my dad supported and he passed away in June of this year after a short battle with cancer. I'm doing it for him as well because he was always so grateful for what the charities did for Jenny."

"I had never done anything like the marathon before, I knew I wasn't about to set the world on fire with my time but I enjoyed it."

Robbie has channelled the emotional shock and grief caused by his dad's death into fundraising for charity:

"It was such a shocking death, it came out of nowhere. He was diagnosed and within two and a half weeks he was dead. We saw in that two and a half weeks how quickly he declined and that gave me the motivation to run the race in his honour."

Robbie raised almost £1,500 running his marathon as well as an additional £3,000 for Racing Welfare prior to his father's funeral.

LOOKING TO TAKE ON A CHALLENGE? HERES WHAT WE SUGGEST:

RUNNING:

- Great North Run
- London Marathon

Applications for the above to be made via our website

- Cheltenham Half Marathon
- York Marathon
- Bristol Half Marathon

WE RECOMMEND:

- National Three Peak Challenge
- Hadrian's Wall – Coast to Coast
- Scottish Highlands Triple Challenge
- South Downs at Night
- Welsh 3000s Challenge

SOMETHING DIFFERENT:

- Ennerdale Duathlon
- Snowden Triple Challenge
- Ultimate Half Triathlon
- Triathlon
- Iron Man
- Chilterns Countryside Walk
- Helvellyn Half Dozen
- Trek Snowden
- Yorkshire Three peaks
- London 10 Peaks
- South West Coast Walk
- 24 Peaks
- Irish Triple
- Skydive

If the above has got your mind racing and you want to learn more please head to our website where you can find more information and links to take part in the above challenges.

Alternatively, or you have your own ideas and want to discuss email Ryan at rjudson@racingwelfare.co.uk



EVENT TIMELINE

APRIL

11th - Racing Welfare Aintree Lunch
21st - London Marathon

JUNE

11th - Close House Golf Day
22nd - 28th - Racing Staff Week

SEPTEMBER

4th - Great Racing Welfare Boat Race
6th - Haydock Charity Raceday
8th - Great North Run
8th - ARC Malton Open Day
15th - Newmarket Heath Ride
29th - Jurassic Coast Challenge

MARCH

29th - ARC Middleham Open Day

MAY

7th - Woburn Golf Day

JULY

20th - 21st - Great Racing Welfare Cycle

[FIND OUT MORE
ABOUT RACING
WELFARE EVENTS](#)