

RACING WELFARE



Supporting racing's workforce

December 2018

RACING WELFARE NEWSLETTER - SCOTLAND

Racing's Support Line 0800 6300 443 |
www.racingwelfare.co.uk

MENTAL HEALTH FIRST AID TRAINING

Racing Welfare now have members of staff who are trained to deliver Mental Health First Aid (MHFA) courses and we would like to offer racing staff across Scotland the opportunity to take part.

Our MHFA courses will contain lots of general information about mental health and aim to also remove the stigma surrounding discussion on the subject. The training is designed to give attendees confidence in supporting someone through the process of accessing professional help.

Depending on interest, the courses will be run regionally or for a whole yard. The course duration is an afternoon, lasting approximately 3 hours. If you would like to know more or want to register your interest then please contact Lucy using the details at the foot of the page.



Dr George Wilson in action at our nutrition evening in Hawick

DIARY DATES

Drop in, Stable Café Meeting Room, Musselburgh
Monday 10th December

Retiree Christmas Lunch
Wednesday 19th December

Lanarkshire Coffee Morning
Friday 11th January

Trainers Reception
TBC- Invitations to follow

Lanarkshire Coffee Morning
Friday 8th February

Please let us know you're coming– please use the contact details at the bottom of this page to get in touch or for more info.

RW ROUNDUP

Huge thanks to the Dr George Wilson for his support with our Eat Like a Champion nutrition and wellbeing event in Hawick in September. A fantastic mix of people came along on the night, including racecourse staff, jockeys and stable staff and everyone was in agreement that they left feeling much more informed.

Dr George is funded by The Racing Foundation and can be contacted by anyone working in racing in interested in their own nutrition, fitness or weight management by email g.wilson1@jmu.ac.uk.

Our monthly coffee mornings in Lanark for retired racing staff are now fully underway. This is a great opportunity to meet for a coffee, cake and catch up; see our diary dates above or for more information get in touch.

NOTICE BOARD

CATS - The Careers, Advice and Training Service can support you in various areas of your career development in racing including, CV building, job searching, careers coaching, funding for training and the new Professional Development Plans. Contact the helpline, 0800 6300 443 to speak to a CATS advisor.

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CAN YOU HELP US?

Could you be a part of our service user group?

We are looking for your help to improve our services!

We are looking for a group of 5-6 people to represent the racing community in Scotland and be involved in our Service User Group. This will be done via video call so you can even take part from the comfort of your own home!

What is a service user group?

A service user group is an opportunity for you to feed back on Racing Welfare, helping to develop new and existing services to meet the needs of all racing staff. We would ask that you can commit to a one hour video call, three times a year.

How can I get involved?

If you would like more information or to be involved then please get in touch.



ON THE ROAD

Our team love getting out about across the region and will be on racecourses on the below dates. Please come and say hello if you see us, we'll be in red!

Monday 10th December– Musselburgh

NOTE: Drop in in Stables Café meeting room 10-4pm

Tuesday 8th January– Ayr

Friday 18th January– Musselburgh

Tuesday 22nd January– Kelso

IN THE SPOTLIGHT

Ian Duncan Racing Open Day

We would like to extend our thanks to **Ian Duncan Racing** for inviting us along to their Open Day on Saturday 8th September. Despite the typically Scottish weather, it was a fantastic day and very well attended by a mixture of owners and the local community.

The day began with a parade of the horses, followed by a schooling demonstration and finally watching a string work on the gallops. All of the horses looked in fantastic condition and it was great to get an insight into a smaller, family run yard.

We were then welcomed into Ian and Jenny's home for some delicious soup and a raffle was held in aid of Racing Welfare and local children's cancer charity, Whitleys Retreat.

In total the fantastic sum of **£535** was raised, to be split between the two charities. Thank you so much to Ian, Jenny and team for inviting us along.