



## Racing Welfare Week: 25th June to 1st July 2022

This week we've had a range of events on to celebrate Racing Welfare week. We hope you've enjoyed them!

### **Who are Racing Welfare?**

The UK's charity dedicated to all racing people - including stud, stable, and racecourse staff - whose dedication is vital for the wellbeing of racing. Their work aims to help people, from recruitment to retirement, to thrive in day-to-day life and through a range of life's challenges.

### **How can they support you?**

Racing Welfare offers a 24/7 helpline which is manned by trained professionals and can offer support tailored to you, with experts who have additional knowledge about our unique industry. They can arrange access to mental health support, occupational and physical health services and Life Advice, such as money management. The helpline is confidential and can be contacted on 0800 6300 443. You can also check out their website at [racingwelfare.co.uk/](https://racingwelfare.co.uk/)

