



The Racing Home Project: Supporting all within the Breeding Industry

Racing Home is transforming the working lives of parents and carers in both studs and yards in the horseracing industry. Its mission is to support and help employers, employees and the self-employed navigate the challenges of balancing family and working lives. Its portal www.racinghome.org.uk enables both employees and employers to be aware of their basic rights and entitlements and openly discuss the challenges they face as working parents or carers. By addressing these needs together and inclusively, employers in both breeding and racing are recognising the benefits of investing in the quality of life of their employees, leading to improved retention, a more motivated workforce, and overall sustainability.

The Programme

The Racing Home project is supported by crucial funding from the Racing Foundation, enabling Women in Racing, with the support of Simply Racing, to implement the practical and educational recommendations from their comprehensive report. A key component of project is the development and digitisation of the transparent '[Racing Home](http://www.racinghome.org.uk)' portal. This online resource offers industry-specific and general information on motherhood and parenthood, providing a go-to place for employers, employees, and the self-employed to find answers to many questions.

Support for Returning Mothers

Women returning to work after childbirth are encouraged to participate in the pioneering FREE rehabilitation and returning-to-riding program. This initiative of 6+ sessions, run by physiotherapists at Injured Jockey Fund centres, focuses on both the physical and mental aspects of getting back on a horse. This holistic approach is designed to help women regain their confidence and physical fitness in a supportive setting.

For further details on this please visit: <https://bit.ly/493IFhA>

Educational Initiatives

Education is a cornerstone of the Racing Home project. Modules are set to be rolled out in due course for all including at the racing schools, academies and industry courses to ensure that the next generation entering the sport is well-informed and able to engage in positive discussions with their peers and colleagues. This proactive approach is set to help foster a more inclusive and supportive environment for all.

Resources and Community Building

Racing Home is also producing good practice videos and podcasts that address the challenges faced by parents and carers in the industry. These materials aim to start conversations and reduce feelings of isolation, providing educational and forward-looking content. Additionally, topics such as menopause and IVF are being brought into open discussion, ensuring that everyone feels included and heard.

Making a Difference

Since its official launch, Racing Home has already made a significant impact. By providing resources,

support, and education, the project is helping to create a more inclusive and understanding environment for parents and carers in the horseracing industry. As the project continues to grow, it promises to bring even more positive changes to the lives of those it aims to support.

Racing Home is a beacon of progress for our industry, showing that by addressing the needs of parents and carers, the industry can thrive with a happier, more motivated workforce.