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Simply Racing - Summer Round-up

Welcome to our latest edition

The last few months have seen extraordinary progress on the Racing Home front and we are looking forward to the official launch on July 6 at Kempton Park. The Racing Foundation, Kindred and Women in Racing will be holding this event between 3-5pm followed by racing, which will include the WIR AGM and celebrate our industry Stakeholders and Racing Home participants. We'd be delighted if you wish to attend: email events@simplyracing.uk for further details.

If you have not had a chance, I recommend having a look at the [Racing Home](#) Portal, which offers legal guidelines and advice to employers and employees alike. For the first time, the industry now owns an inclusive Portal which forms a hub for all information around parenthood and also highlights where you can seek help and support, offering examples of best practice that will benefit your business or organisation.

After the RCA kindly asked us to participate in their diversity workshop, Salisbury Racecourse is running with an idea and will be the first racecourse to hold a [Talk and Walk coffee morning](#) on 28 June where employees and the community can walk the course and share experiences about going through the menopause. To see other upcoming industry events amongst other things, check the [Racing Home Community News & Events Page](#).

The [Post - Pregnancy Rehabilitation Programme](#) will pilot an initiative helping women return to the saddle after having a baby. Dr McKinnon, NARS, IJF and Racing Welfare have worked on designing a physio based programme that will prepare stable staff and jockeys to physically and mentally deal with

the challenges of returning to riding after childbirth.

The Racing Home Podcasts have proved very popular. Naomi Mellor hosts some enlightening interviews which can be found on [Spotify](#), highlighting life in a training yard with Andrea O'Keefe and Claire Kubler; in and after the weighing room with Dana Mellor and Lizzie Kelly; LGBTQ+ parenting with David Letts and Leo Powell; Life as a mum on the corporate ladder with Amy Starkey and Zoe Elliot ; Rights and Responsibilities with Rose Grissell and Gemma Opsedale; and the origins of Racing Home with Tallulah Lewis and Dr. Kate Clayton-Hathway, who is also focusing on data collection and best practice.

The Simply Racing Team is also working on two initiatives which we will announce shortly. We are delighted to welcome our newest member Dr Anna Waters, a performance psychologist who was a former jockey and has worked with athletes at Olympic level as well as leaders in the performing arts and industry. She and Dana Mellor will be launching an exciting programme in September, which we will discuss in the next newsletter.

Finally, we have been partnering with an incredible high tech team and platform on Simply Digital Racing, a exciting concept that we believe will bring a diverse audience to the sport...

Watch the video below to give you a taste of the future.

Please get in contact if you would like to know more about any of the above and I very much look forward to seeing many of you on the racecourse soon.

All the best,

Dena

'Racing Home' Portal & Podcasts



I'm looking for...

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- [Organisations & Groups](#)
- [Advice & Support](#)
- [Community News & Events](#)
- [Publications & Research](#)
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Quick links:

- [Employees](#)
- [Employers](#)
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- [Advice for you & Colleagues](#)
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Balancing parenting with working in horseracing: know your rights & entitlements, and where to seek help & support

Your Industry Portal for Advice and Legal Guidance around Parenthood

'Racing Home' offers clear advice and legal guidance for employers and staff alike, on how best to support families and secure long term benefits for the industry.

[Learn more »](#)

Podcasts

Start listening to our entertaining podcasts on the practicalities and realities of being a working parent with some excellent tips on good practice.

 <p>EPISODE 7: Dr. Eleanor Boden & Abbie Taylor explore the perspective of a new generation...</p> <p>In Episode 7, Naomi speaks with Dr. Eleanor Boden and Abbie Taylor about things from a legal perspective, an employers...</p> <p>News</p>	 <p>EPISODE 6: David Letts & Leo Powell discuss blended family structures & LGBT+parenting</p> <p>In Episode 6, we are joined by Leo Powell and David Letts. In this episode, you're going to hear a...</p> <p>News</p>	 <p>EPISODE 5: Lizzie Kelly & Dana Mellor on life after the weighing room</p> <p>In Episode 5, Naomi speaks to a pair of riding trailblazers. Lizzie Kelly was a National Hunt jockey who retired...</p> <p>Podcasts</p>
		

EPISODE 4: Zoe Elliott & Amy Starkey on Careers, Motherhood & all in-between

In Episode 4, Naomi speaks to two women who are both incredible mothers, and incredibly successful in their careers. They...

[Podcasts](#)

EPISODE 3: Gemma Ospedale & Rose Grissell on Rights, Entitlements & DiRSG

In Episode 3, Naomi discusses your rights and entitlements with a leader on the topic and also addresses the joys...

[Podcasts](#)

EPISODE 2: Andrea O'Keeffe & Claire Kübler on their perspectives of Parenthood

Episode 2's guests employ 28 people between them, and have been recognised at the Lycett's Team Champion Awards for their...

[Podcasts](#)



EPISODE 1: 'Racing Home' podcast hosted by Naomi Mellor

'Racing Home Podcast' Series with industry guests hosted by Naomi Mellor

Listen to our entertaining podcasts on the practicalities and realities of being a working parent with some excellent tips on good practice.

[Learn more »](#)

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Simply Digital Racing

Bringing the digital and physical world of racing together in the metaverse where every aspect of horse racing is there to master...



Simply Digital Racing: Bringing the digital and physical world of racing together.

Best wishes
Dena & Simply Racing
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