

RACING WELFARE JOIN FORCES WITH SLEEPSTATION TO LAUNCH ONLINE SLEEP THERAPY PROGRAMME FOR THE RACING INDUSTRY

Racing Welfare has today, Wednesday 30th September, announced their partnership with sleep therapy service, Sleepstation. The online programme is designed to help people to fall asleep faster, stay asleep longer and to get better quality sleep and will be available, free of charge, to anyone in the racing industry who is struggling with their sleep.

Sleepstation is an NHS accredited, personalised sleep improvement programme designed to help people overcome any sleep issues with effective, tried and tested methods which are easily implemented into day to day life. The online programme can last up to eight weeks, depending on individual needs and circumstances. It is based on a person centred approach that patients would previously only be able to access in leading sleep clinics, known as CBTi (Cognitive Behavioural Therapy for Insomnia). Insomnia can be debilitating but Racing Welfare and Sleepstation believe it is a treatable condition and that no-one should have to suffer or worry about sleep on top of life's other stresses.

Whatever the particular issue, a lack of sleep can affect everything in a person's life including productivity, relationships, family life and overall health. Being able to access the Sleepstation programme online provides many benefits including no waiting lists, no need to take time off work, no travel costs involved and no set appointment times. Anyone who thinks they could benefit from Sleepstation can access the online programme [here](#).

Racing Welfare

Racing Welfare is the only charity that supports all of racing's people - including stud, stable and racecourse staff, alongside those working in associated professions - from their recruitment right through into retirement. The charity provides a wide range of advice and guidance services, all of which are completely confidential and non-judgmental. Support is available for a wide range of life's challenges, including physical health, mental health, bereavement, careers advice, housing, money advice, illness, addiction, relationships and retirement. Racing Welfare's services are nationally accessible with offices in all of the main racing centres and roving Welfare Officers covering the whole of the country.

The charity owns 164 units of accommodation across the UK, with a focus on providing housing for young people working in racing and those who have retired from the industry which are managed by its housing arm, Racing Homes.

Racing's Support Line, a multi-channel support platform, allows people to contact the charity online as well as through a 24hr telephone line.

Website: www.racingwelfare.co.uk

Racing's Support Line: 0800 6300 443

Online self-help resources: www.support.racingwelfare.co.uk

Racing Welfare's Covid-19 Emergency Appeal Due to the cancellation of planned fundraising events, Racing Welfare needs to raise £500k this year to fill the income deficit from this source.

Donate to the Emergency Appeal here: justgiving.com/RWEmergencyAppeal