



Injured Jockeys Fund

Newsletter No 15 Autumn 2019

IJF centre opens its doors in Newmarket

By Jonathan Powell

A project long in the planning will reach fulfilment when IJF President Sir Anthony McCoy opens Peter O'Sullivan House in Newmarket on October 11.

The imposing building adjacent to the British Racing School will provide expert and intensive rehabilitation services using treatment rooms, a gym and a state of the art hydrotherapy pool.

A legendary commentator, Sir Peter was a lifelong supporter of jockeys and you sense he would be immensely proud of the IJF's flagship centre that bears his name.

Brough Scott, Chairman of trustees, reflects, "Sir Peter was a highly successful punter and he would be thrilled that we have achieved a notable treble.

"First came Oaksey House in Lambourn exactly 10 years ago, then Jack Berry House in Malton. Now the opening of Peter O'Sullivan House is a

significant moment in the history of the Injured Jockeys Fund."

Leading jockeys including Frankie Dettori, Ryan Moore, James Doyle and William Buick have given their seal of approval during visits to the site as building neared completion.

Chief Executive Lisa Hancock says, "This third facility completes our nationwide coverage. With a fantastic team in

place and amazing facilities we are really looking forward to engaging with jockeys, both current and retired, and the wider racing population in Newmarket.

"Jockeys are now fully aware of the benefits of a fit and healthy body and mind. By working closely with the BRS in Newmarket we will be able to support riders throughout every stage of their careers and beyond."



Significant: Peter O'Sullivan House becomes the third IJF rehabilitation centre

Five great days for beneficiaries in Ireland

Just Champion. That was the unanimous verdict from the party of IJF beneficiaries who travelled to Eire in July for the holiday of a lifetime.

A whirlwind five-day trip began with a dawn start from Chester and an evening meeting at Killarney, the most picturesque of Irish racecourses.

Our guests were then thrilled to meet our President Sir Anthony McCoy for drinks at their hotel, the Dunraven Arms in Adare. Next morning Sir AP played host as he introduced his Grand National winner Don't Push It and the legendary triple Champion Hurdler Istabraq at the Martinstown Stud of their owner JP McManus.

This was followed by a splendid lunch courtesy of JP at the Carriage House at his Adare Manor Hotel which will hold the Ryder Cup in 2026.

The next day began with a parade of stallions at Coolmore Stud, Fethard, including Gleneagles, The Gurkha,



Champions all: Sir AP with Istabraq and IJF beneficiaries at Martinstown Stud

Camelot and the daddy of them all, Galileo, who looked magnificent.

This was followed by a tour of Coolmore Stud, including the Legacy Room, home to countless trophies, before lunch in the boardroom.

Our thanks to Aidan O'Brien's secretary Polly Murphy, who laid on a surprise visit to the yard and gallops at Ballydoyle which left one of our beneficiaries overcome with emotion.

No holiday involving our red shirted

Vice President Jack Berry is complete without a late night singsong which he duly organised with some traditional Irish musicians. Once again Jack led from the front.

Special guests who joined our group at various points included JT McNamara's widow Caroline, the family of talented apprentice Laura Barry who died tragically from cancer in 2018 on the eve of her wedding and Brian Toomey's parents Johnnie and Marian.



Scott bows out after 41 years at IJF

Brough Scott is stepping down as chairman of the Injured Jockeys Fund after 41 years as a trustee.

So, too, is our treasurer Jeff Smith after sterling work over the past 15 years.

They have been at the forefront of the creation and running of our three imposing rehabilitation centres in Lambourn, Malton and Newmarket that have taken this charity to a new level.

Long-serving trustee William Norris QC becomes chairman in November and Dominic Burke will be treasurer.

Scott reflects, "While it's been a wonderful ride there will never be a better time to jump off. We have a really good guy to climb into the saddle.

"William is a brilliant QC, was an enthusiastic point-to-point pilot and for the last three years has chaired our Cases Committee with a mix of efficiency, compassion and the sort of silky, legal wit which John Oaksey treasured.

"Talking of treasures, Jeff Smith, our own treasurer, is also standing down after somehow finding time beyond his family, business and racing interests to guide us through the financial hazards of our massive three-centre expansion.

"The IJF has had some class acts, but nothing better than the masterful talents Jeff brought to the table."

Our Chief Executive, Lisa Hancock, adds, "Brough's support and generosity to the Fund has been immense and his compassion and empathy with our beneficiaries is phenomenal. If ever there is a way for the Fund to help make life easier for a beneficiary Brough will always be looking to say Yes.

"Thanks to Jeff's wise counsel the Fund has successfully financed three significant capital projects in only 10 years."



Skyfall: Sophie Ralston enjoys an adrenaline rush high above Salisbury Plain on the day she rode a winner at Chelmsford

Sophie jumps to a double celebration

by Jonathan Powell

Plucky apprentice Sophie Ralston achieved a remarkable double on a memorable spring day in April.

First came her maiden spine-chilling sky dive in Wiltshire in aid of this charity.

Then she dashed to Chelmsford in time to ride the 25-1 shot Nicky Baby to victory for her new boss, Dean Ivory.

Ralston, aged 26, is enjoying a welcome revival in her fortunes this year after her impassioned letter calling on trainers to give her more chances appeared in the Racing Post in January.

She brought the same single-minded determination to jumping from a plane at

15,000 feet to reward the IJF for its support when she broke her foot two years ago.

She explains, "I was feeling low and depressed, knowing I would be out for weeks, when your almoner Lucy Charnock phoned to see what she could do to assist. It was great to know someone cared and the IJF were quick to help me both financially and emotionally.

"I felt the least I could do in return was give something back by way of a fundraising sky dive and to then ride a winner the same day was an amazing bonus."

Sophie was understandably tense in the final moments before she leaped from the plane in tandem with her instructor Hank Post.

"Your body is preparing to die and when you discover you are still alive it is a fabulous feeling, total relief. That was the best bit of all.

"Before the parachute opened we were in freefall for a minute with the wind in our face and the world far below you. It was a different adrenaline rush to race riding and I loved it."

Sophie is not embarrassed to admit that she threw up as she descended on Salisbury Plain.

She relates, "I felt awful when I landed and remember thinking never again. But I'm so glad I did it and now, a few months later, maybe I wouldn't rule out trying it again."

Gold Cup Prattle for carol service

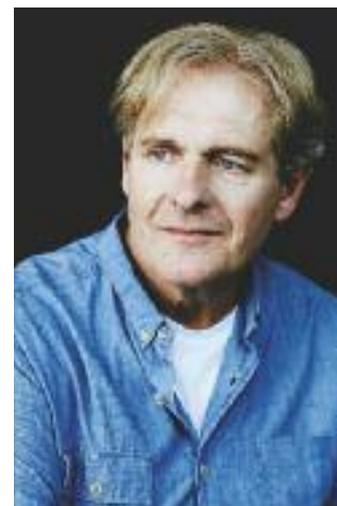
A brilliantly funny reading by Robert Bathurst left the congregation in stitches at our annual carol service in Lambourn last December.

Star of *Downton Abbey* and *Cold Feet*, the actor delivered a litany of familiar, far-fetched excuses for beaten horses in his lively and perceptive rendering of Gold Cup Prattle.

A passionate follower of jump racing, Bathurst says he is happiest at Plumpton on a wet Monday.

A group of Lambourn's finest trainers and some of their assistants then offered a novel version of *Trainers Lament* with Craig Pilgrim orchestrating matters on the keyboards.

This year's carol service will be held in Lambourn on Tuesday December 10 followed by a reception at Oaksey House.



Hilarious: actor Robert Bathurst

Cheltenham soccer match raises £50,000 in third year

The Injured Jockeys Fund was the undoubted winner at a star-studded soccer match on a balmy spring evening at the Johnny Rocks Stadium in Cheltenham.

The third annual game organised by racehorse owner Chris Coley raised over £50,000 for this charity.

Harry Redknapp was the centre of attention for TV crews and autograph hunters in his role as the manager of Sir Anthony McCoy's XI.

In the adjoining dug-out the reigning champion trainer Nicky Henderson was a novel choice as manager of a multi-talented group of sportsmen playing as the Unibet Invitation XI.

They included his stable jockey Nico de Boinville, Andy Gray, once of England, Tottenham Hotspur and Crystal Palace, Paddy Brennan, fellow trainer



Rivals: Redknapp and Henderson

Ben Pauling and former WBA International Superweight Boxing title holder Tom Farrell.

Henderson sent out his players for an impressively energetic warm-up before kick-off. But they had to give



Leader: Captain McCoy on the ball

best as our President AP McCoy led his team of jockeys and former professional players from the front in beating the opposition 3-2 in a tight encounter.

Lee Hendrie, who made over 250 appearances for Aston Villa, was among

the goal scorers for the jockeys with Gordon Smith, a beaten finalist with Brighton in the 1983 FA Cup Final, notching a late penalty for the losing side.

The half-time break saw a sextet of jockeys, captained by champion Dickie Johnson, pitched against the trainers led by Jonjo O'Neill in a penalty shoot out with Mansfield Town keeper and racing fan Conrad Logan rarely troubled between the posts.

A post-match auction took proceeds for the evening beyond £50,000 with a Christmas card painting by Daniel Crane, 'Silent Footfall', knocked down to a private buyer for £10,000.

Our heartfelt thanks to Stonegate Homes for again generously sponsoring a match that has swiftly become a significant fund raiser for the IJF.

Oaksey House helped Jason Watson ride again, reports The Guardian's Chris Cook

Just three months to mend a broken neck

Small fields can be dangerous as Jason Watson discovered at the start of the year when a four-runner race on the all-weather at Kempton ended in the first serious injury of his young career.

The 19-year-old champion apprentice suffered a broken neck when Teresita Alvarez fell suddenly less than 100 yards from the start, firing her jockey head-first into the Polytrack.

"I think we just hit a bit of false ground or caught a heel, I'm not quite sure what happened," Jason recalls. "We went down hard and I fractured three vertebrae in my neck and one in my back.

"It was pain I've never experienced before. It was pretty unbelievable, to be honest. I kind of got up on to my knees, but went straight back down again."

Jason's concern was the damage that might be done to his career by an extended period on the sidelines. Only three weeks earlier he had been signed up as first jockey to the powerful Roger Charlton stable and was supposed to start riding out at Beckhamp-ton in February.

With the help of the dedicated Injured Jockeys Fund team at Oaksey House in Lambourn, he was back in action by the end of March.

Band work

"The fall happened on January 4 and I was in Oaksey House five days a week for the next three months," Jason says. "They were great at keeping my weight down and keeping my fitness up and trying to do as much as we could without disturbing the fractures.

"I was very lucky. It could have been a lot worse, I could have been off six months, nine months. Oaksey House is a brilliant facility and I can't thank everyone there enough for all their help, expertise and encouragement."

It was a surprise to Jason just how much exercise he could do from an early stage. "I was on the spin bikes quite a lot and doing a lot of band work, pulling against the resistant bands. In the last month, I was using weights to strengthen my shoulders and keep my arms strong.

"The main thing was trying to



Keep your head on: Jason builds up strength in the pool while wearing the hard neck brace essential for his vertebrae to mend, with locum physio Emma O'Dwyer

strengthen up where the fractures were so that, when I went back, it wasn't such a strain on my back."

Kelly Newton, a physiotherapist at

Oaksey House, recalls that Jason arrived days after his accident in a hard plastic neck brace, with strict orders from his consultant that it

must remain in place for eight weeks.

She explains: "Our main aim was to try to maintain his fitness as best we could while keeping the brace in situ. We took the fabric padding off it, so he was able to go in the hydro-pool. He was walking and doing some exercise in there. He participated in group rehab classes, he was able to do things for his arms, for his legs, for his core, but without stressing his neck.

Neck strength

"Once the brace comes off, you have to focus on neck strengthening and range of movement. When you've had a hard collar essentially holding your head on, you lose some of your proprioception, the body's ability to know where it is in space. We almost have to retrain the neck.

"Then we moved on to doing some loading for the neck. If you think about the speed horses go at, having to keep the head in a good position for the duration of a race is actually quite hard work for a rider. When you've had a brace holding your neck up, the neck can become quite weak. So we do lots of strengthening with a head harness and bungee cords, leaning forward to test muscles, leaning sideways.

"People often underestimate, with the neck, how much rehab is required, especially in racing, because neck strength is a good preventative factor as it reduces the impact of concussion if you were to have a concussive injury.

"With racing being the most highly concussive sport, having good neck strength is essential, really. The last thing you want is to send someone back out there who is not quite ready or not quite strong enough", she concluded.

Speedily returned to the track, given the seriousness of his injuries, Jason Watson is immensely grateful to the team at Oaksey House. "They're very understanding and look after you a lot. They look after your fractures while at the same time pushing you when you can be pushed. That's what you want, you want to get out there, back in the game as soon as you can. You need that kind of drive."

Kindred spirits meet up



Iron man Jonathan Haynes greets the peerless Istabraq (left) on an IJF trip to Eire in July.

The jockey, whose career was cruelly cut short at 19 in a fall at Southwell that left him paralysed, was deeply touched to meet the triple Champion Hurdler at Martinstown, the Co Limerick home of his owner JP McManus.

Haynes is an indomitable figure, proud, defiant and an inspiration to everyone at the IJF after overcoming a series of setbacks.

He broke his arm again shortly before the start of the Irish holiday. Typically he wasn't going to let that latest injury prevent him joining fellow beneficiaries for the ferry crossing from Holyhead to Dublin with his partner Kay Napper.

IJF almoner Karen Sharpe reports "It was such a special trip and seeing Jonathan with Istabraq took your breath away."



Giants: (left to right) Lester Piggott, IJF vice president Jack Berry, Ted Durcan and Ben Brookhouse with Central City

Durcan lands tight triumph in the Leger Legends race

Ted Durcan rolled back the years with a narrow victory in the ninth running of the Leger Legends race on Central City at Doncaster last September.

This ever-popular event in the Racing calendar has raised in excess of £1 million shared between the IJF and Northern Racing School since it was first run in 2010.

Lester Piggott, the greatest legend of them all, was on hand to lend his support at the course where he won the St Leger a remarkable eight times.

A Classic-winning jockey, Durcan, aged 46, now combines his role as a key work rider for Sir Michael Stoute with his growing business as a bloodstock agent.

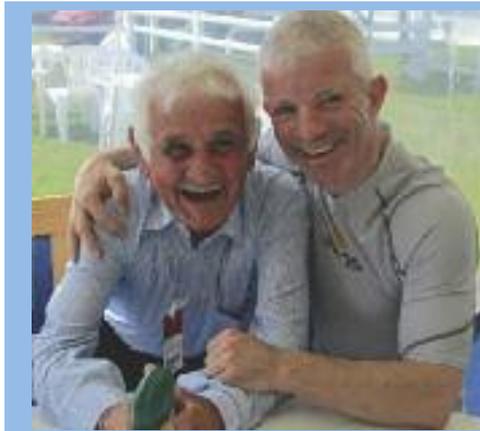
Durcan was clearly thrilled to be triumphant again at the track where he landed the St Leger on Mastery in Godolphin's blue silks in 2009.

He produced Central City with a timely late challenge to deny IJF trustee Andrew Thornton, taking part in his first Legends race on Detachment.

Durcan conceded: "To get the chance to win a race like this is a lovely bonus. Just taking part was great fun. It reminds me of how much I miss the banter and chat and teasing in the weighing room.

"There is a serious side to it all as well with Tim Adams and Dale Gibson leading the committee who have raised huge amounts of money for the two charities."

Gibson bowed out by finishing 14th on Luna Bear, but will be back at Doncaster supporting his successor Andrew Thornton who has been working on a stellar line-up for this year's race including six-times champion Kieren Fallon, Sammy Jo Bell and recently retired Noel Fehily.



Charlie Patton and Frannie Norton (right) were in top form at Yarmouth races in July. Several top jockeys joined Norton in taking time out to meet our group of beneficiaries on their annual holiday in Norfolk.

Jockeys serve up an Ascot bonus

The decision by Ascot racecourse to employ jockeys past and present as race day hosts is proving to be a useful money spinner for the IJF.

The ambassador programme began in 2017 with a team of jockeys led by the irrepressible Dave Crosse providing informative talks to the track's fine dining guests.

A fee of £1 per cover in hospitality areas is donated to the Injured Jockeys Fund in addition to on the day donations. This welcome initiative is part of Ascot's strategy to support racing charities while providing guests with a jockey's perspective of the sport.

Among those helping out at Royal Ascot this year were Tom Bellamy, Conor Shoemark and IJF trustee Andrew Thornton who rode over 1,000 winners before hanging up his saddle.



Hospitality: Nick Smith hands Ascot cheque to Ed Chamberlin

He says, "Top marks to Ascot for thinking of this idea. Working in the hospitality areas and restaurants is fun and provides a bonus for the IJF with the teams raising a record £14,295 for us at Royal Ascot this year."

Ascot supremo Guy Henderson says, "The energy, insight and humour which the jockeys bring to the task has genuinely enthralled the racegoers they engage with both in the restaurants and on the behind-the-scenes tours they conduct."

William Dunlop cycles marathon in tribute to grandad John

Eleven-year-old William Dunlop has been in serious training these past few weeks for a marathon cycle ride this month in aid of the IJF.

William is tackling the one day Sussex Classic South Downs Ride over 78 miles to raise funds in memory of his grandfather, John Dunlop, who died last year.

A keen long distance runner, William has been putting in the miles over the school holidays alongside his father Harry, who trains in Lambourn.

Months ago William raised £800 towards his target from The Biggest Football match, a novel event in the village which involved 64 players using four balls. Seven-year-old Eddie Hills was the youngest on the pitch, with racehorse owner Raymond Anderson Green, now in his seventies, also showing his skills.

William says, "Grandad did lots of things for charity and I am keen to honour his memory by raising as much as possible for the IJF."



Tribute: William and Harry Dunlop

Jack Berry House puts Paul in the saddle again

by Tim Richards

Paul Mulrennan is the last person who needs a kick up the backside. Head down and get on with the job is Paul's outlook on life. And how he has depended on such a disciplined frame of mind since that July morning last year when he was catapulted over the head of his mount on Michael Dod's gallops in County Durham.

"The two-year-old spooked and I landed on my back, right on my coccyx," recalls Mulrennan. "It was just as if someone had kicked me up the a***. Of course I was in pain, but I quickly realised I could move and that was the biggest relief." He had suffered a triple fracture of the back – L2, L3, L4 in the lower lumbar area.

When Mulrennan arrived at Darlington Hospital the first phone call he received holds a special place in his memory. "I was lying there and suddenly on the end of the line was Freddie Tylicki, and so quickly," he says.

"I knew I'd be missing the rest of the season, but that was nothing when you consider how Freddie's life has completely changed." Tylicki was paralysed from the waist down in a fall at Kempton in 2016.

Within a month of the accident Mulrennan, 37, began his course of rehabilitation at Jack Berry House where he started in the hydrotherapy pool.

"I could do light exercise in the pool without putting any strain or pressure on my back. I was in the care of Gemma Darley and the physios who are fantastic, and then Danny Hague, 'the beast in the gym', better known as the strength and conditioning coach.

"No one wants to be injured, but you do come back stronger and fitter than you've ever been. At Jack Berry House they find out your weaknesses in other areas, work on them and send you back to work in even better condition than before your accident."



Grafting away: Mulrennan builds up his strength at Jack Berry House after breaking his back in a fall



Winning again: Mulrennan and Mabs Cross, nearside, in the Palace House Stakes at Newmarket in May

The JBH team also discovered an old shoulder injury which has been cleared up with a cortisone injection.

"Whatever the problem, Jack Berry House is ideal to visit when you're convalescing," he says. "Meeting different people there with a coffee helps your mindset with recovery."

If it is not coffee it could be ice at JBH. Paul was quickly being treated on the ice machine following an earlier fall at Newcastle on Good Friday 2018 when he feared he had broken his left thigh.

Strength and conditioning work

"I was knocked out and the leg was very painful but luckily not broken", he recalls. "I was in Jack Berry House every day for three weeks with a routine in the hydrotherapy pool followed by a session on the ice machine, then physio in the gym under the supervision of Gemma who stepped me up day by day."

The previous winter Paul had joined fellow jockey David Nolan for strength and conditioning work in the gym. "I reckon those sessions prevented my leg breaking at Newcastle", he suggests.

"It makes you wonder how we managed before Jack Berry House opened. We'd see our GP, find the best treatment we could, and start riding again as soon as possible.

"Nowadays we realise how lucky we are with the very best back-up in Lambourn and Malton and with Peter O'Sullivan House now opening in Newmarket."

Mulrennan has been asked frequently how he felt about missing out on the victory of Mabs Cross in the Prix de l'Abbaye at Longchamp last October. "I wasn't crying about it because you can't go on feeling sorry for yourself," he says. "I am part of a team at Michael Dods and it was fantastic for them and the owners David and Emma Armstrong, who bred Mabs Cross."

Shortly after returning from six months on the sidelines he received a big gee-up by winning a second Palace House Stakes on Mabs Cross at Newmarket in May.

Born and brought up by Irish parents in Ealing, he recalls: "Dad laid paving stones and mum had five jobs - real grafters and they passed it on to me. No one has got on in racing, or in life, without being a grafter."

As one himself, Paul did not deserve his kick up the backside.



A sight to stir the blood when you arrive at Peter O’Sullivan House: a pair of stunning life-size sculptures created by Tom Hill from many hundreds of exercise shoes that have been sand blasted and galvanised. They were generously donated by racing yards in Newmarket.

We’ve had the builders in....

Peter O’Sullivan House takes shape in Newmarket



Floral: side view from the landscaped garden of the IJF’s new, state of the art rehabilitation centre in Newmarket

The voice of racing would surely have approved of the IJF’s superb flagship that has just been completed in his name in Newmarket.

Sir Peter O’Sullivan, the greatest commentator of them all, was a lifelong supporter of jockeys and a substantial bequest from his charitable trust was instrumental in getting the project under way.

Work began in July last year and finished on time and within budget 13 months later.

Our staff moved into Peter O’Sullivan House at the start of August in preparation for the official opening ceremony by our President Sir Anthony McCoy on October 11.

The benefits from our experience building and running Oaksey House and Jack Berry House are there for all to see.

The IJF’s CEO Lisa Hancock says, “Our impressive new facility is designed to be inspiring and motivating and I believe it succeeds in doing just that.”



Eagle eye: IJF CEO Lisa Hancock checks progress



Before: British Racing School students lead their mounts past the area where Peter O’Sullivan House now stands



An expansive view of the front of Peter O'Sullivan House in Snailwell Road which will be opened by our President Sir Anthony McCoy on October 11



Early days: diggers move in at the site in summer 2018



You're welcome: the reception area at Peter O'Sullivan House takes shape in June 2019



Essential facility: this ultra modern hydrotherapy pool made in America will help speed recovery from injury



Great shot: Darren Smith hands a cheque to John Francome and Clare Hazell at Oaksey House in April

Gloucester golf club captain swings behind Oaksey House

Racing enthusiast Darren Smith chose the IJF as his preferred charity when he was appointed captain of Gloucester Golf Club.

He worked so hard over the year to raise funds that he was able to present a cheque for £8,206.50 to John Francome and resident manager Clare

Hazell when he visited Oaksey House in April.

Smith became involved as a race-horse owner with Kim Bailey two years ago and is now part of the syndicate called Moremoneythan behind the classy chaser Vindication, winner of six of his eight starts.

He says, "I love my racing and having sponsored Mikey Hamill I came to appreciate how much the IJF does behind the scenes for so many jockeys and their families.

"Your support for them is remarkable and you have a brilliant facility at Oaksey House."

Trainers win at the crease



Charlie Case accepts the trophy from Chicky Oaksey after leading his father's team to victory in the annual Trainers' cricket challenge for the IJF at Wormsley last autumn.

Birthday gift



IJF Chairman Brough Scott collects a cheque of £2,500 from the Mid Somerset Riding Club following their 50th birthday celebrations hosted by our Vice Patron John Francome.



Award winner: George Chaloner, who rode won 137 winners before injury cut short his career, receives the IJF Progress Award from champion jockey Richard Johnson

Old aims for 30-year triumph

Lambourn trainer Warren Greatrex led from the front as his team ran away with first prize at Jim Old's Injured Jockeys Fund golf day at Marlborough in August with a stunning score of 97 points.

Greatrex can expect a tap on the

shoulder from the handicapper before next year's renewal which will be the 30th year it has been organised by Jim.

Top marks to him and his band of helpers for raising over £600,000 for this charity over three decades from this hugely popular annual tournament.

Rockcliffe Hall event brings out the stars for IJF

Our president, Sir Anthony McCoy, hosted a golf day for the IJF at Rockcliffe Hall near Newcastle in April.

Interviews with McCoy, Mick Fitzgerald and Alan Shearer were later shown on BBC Look North.

Jump jockey Alain Cawley won the competition for the longest drive and Brian Ellison's Racing Club took the team prize. The day raised £4,620 for the IJF.



President's team: Warwick Stephenson, AP, Jonny Dye and Mick Fitzgerald

Brean tees up IJF gala day for 2020

Big plans are in place for the 30th successive annual golf day for the IJF at Brean Golf and Country Club in Somerset next June.

Richard House, owner of the Leisure Centre, and his late father Bert have been loyal supporters of this charity for many years.

John Francome opened the stylish new clubhouse this spring and is a regular player in an event that is a fixture in the West Country golfing calendar.

House says, "Lord Oaksey always enjoyed his visits here and we are hoping plenty of jockeys past and present will be able to turn out on our big day in June."



John Francome presents the trophy to the winning team at Brean in June

Oaksey House helps a young neighbour over bike injury

by Jonathan Powell

Falling off a bike is part of growing up for most youngsters. But for 12-year-old Finn Prendergast a freak accident in Lambourn in August last year led to 12 months of torment for him and his family.

Despite wearing a cycle helmet he was initially diagnosed with concussion before being discharged from hospital after a few days. Then his condition began to deteriorate with bewildering speed.

His father John Prendergast recalls "Over a short period Finn became so unwell he was unable to walk, talk, sit upright or even feed himself. As parents it was truly terrifying to see our normally fit and healthy child requiring full-time care.

"At first Finn saw a paediatric physiotherapist at the Hobbs neurological unit in Winchester but progress was painfully slow and emotionally exhausting."

The Prendergast family, who live in Lambourn, then turned for assistance to the Hobbs unit at the IJF's flagship centre Oaksey House which provides specialist rehabilitation treatment



Sea change: Finn on the beach in July, 2019, and with Chicky Oaksey and his sister Cait, who raised £8,300 for the IJF



for physical and neurological injuries.

Finn's mother Sue says, "This dramatically helped Finn's recovery with the use of the extensive gym a big bonus.

"Although we have never been involved with racing the staff at Oaksey House were so welcoming and helped the whole family during a frightening time. Finn met some truly inspirational people who provided support to him."

Clare Hazell, resident manager at Oaksey House, says, "We really enjoyed helping Finn and it's so important to generate an income stream when we have the capacity for non-racing people."

In January Finn was able to return to school for a few hours a day. His progress since then has been relentless and he looked a picture of health on holiday with his family in Devon early in July.

His father reports, "There has been a sea change in Finn since Easter. He's walking fine, is now able to run and doing so well he is pretty much back to normal.

"We are so grateful for everything that the IJF has done for him. That is why my daughter Cait was so keen to run in the Brighton marathon in April when she raised £8,300 for your charity."

Girls pipped by boys despite Bridget's swift Olympia round

Bridget Andrews led from the front as she recorded a searingly fast time in the annual Markel Challenge on an eventful and controversial evening at Olympia in December.

She suggested, "The mare I rode was brilliant though I didn't have much control in the warm up."

Bridget's efforts were in vain as the boys' team, coached by her father-in-law, Olympic gold medallist Nick Skelton, triumphed for the second year running with a combined time of 159.11 seconds.

There were strong grounds for a stewards inquiry when the horse ridden by Skelton's son Harry twice suffered a major tack malfunction on the way round. This led to prolonged running repairs with the clock apparently still ticking.

But Harry was eventually allowed to start again on a substitute jumper who then knocked a pole down.

It's fair to say that Skelton's team who included Sir AP McCoy, Richard Johnson and Ryan Moore, manoeuvred themselves onto some smart, well schooled horses.

They certainly followed their coach's orders to be quick while play-



Showing the style at Olympia: Bryony Frost soars over the poles in the Markel Challenge at Christmas

ing it safe in front of a packed crowd who gave enthusiastic support to all 10 jockeys taking part in this annual fundraiser for the IJF. If the event had been

held on a racecourse the girls, including Bryony Frost, Jo Gordon, Lizzie Kelly and Hollie Doyle, might well have overturned the result in the stewards room.

So you can be sure they will be looking for revenge on the eve of Christmas as they return to Olympia this year.

Ed's marathon walk round Newbury parade ring

Every step was a major challenge for Ed Barrett as hundreds of spectators willed him on to walk a circuit of Newbury's parade ring.

At his side last Autumn was the reassuring presence of the IJF's strength and conditioning coach Gavin Egan. He has helped with his rehabilitation and fitness regime at Oaksey House since Ed sustained serious spinal injuries in a Point-to-Point fall in April 2015.

Ed was in intensive care for three weeks, in hospital for six months, had surgery to rebuild his neck and was warned that he would never walk again. No wonder tears were shed as he completed his lap of the paddock in a highly commendable time of 20 minutes.

With a relentlessly positive outlook and a smile that can light up a cruise liner, Ed Barrett is deservedly one of our most popular beneficiaries. His has been an uplifting journey since a fall at Upcott in Devon turned his life upside down. With no movement below the neck the outlook was bleak, but he now walks short distances on crutches, and as he showed at Newbury, even shorter ones without.

It was during one of his stays at Oaksey House that he decided to attempt a circuit of the paddock at Newbury to give himself a goal and promote the work of the IJF.



One step at a time: Ed Barrett, left, at Newbury with IJF coach Gavin Egan, and right, with the £7,000 he raised



He explains, "They have been helping me from day one, continue to support me and I've enjoyed two great holidays in Spain with many other IJF beneficiaries.

"I also wanted to raise funds for the Nicholls Spinal Injury Foundation as I hope one day there will be a cure for spinal cord injuries.

"My fall changed my life. At first I

didn't think I would be able to stand up, let alone walk. There was a lot to overcome, but it wasn't all doom and gloom.

"Slowly some feeling came back and I've kept working hard in the gym with the encouragement of Gavin. I've managed to ride a pony, swim, drive a car, swing a golf club and scuba dive."

Ed concedes that his 20-minute walk at Newbury felt more like a

marathon and there was a point at half-way when he thought he might not reach the finish.

He relates: "I set off much too fast so it became a case of one step at a time. I kept concentrating like mad by looking at my feet and was glad I got there in the end. I was so knackered afterwards I spent the next four days in bed."

Beneficiaries' week sets a novel trend at Oaksey House

It began with assessments, a group class and a jolly social evening and ended with a blizzard that cut off Lam-bourn from the outside world.

But as they prepared to head for home on the Friday everyone involved with the first beneficiaries' week at Oaksey House in January was unanimous that it was a resounding success.

Chris Cundall declared: "Thanks for the kick up the arse. I have transferred from my wheelchair onto my kitchen chair and my sofa for the first time and not fallen.

"I was treated like an old friend at Oaksey House and came back to Yorkshire with plenty of encouragement for the future. I am just trying to digest all that I learned."

After attending the gym every day Wayne Burton reported: "I am feeling motivated after the week's get together. It was brilliant."

Laura Scott wrote from Somerset,

"The week did everyone as much good mentally as it did physically. We even managed to squeeze in a couple more sessions in the gym after we were snowed in.

"The whole week was brilliant from the physio, the talks, the company and of course the amazing food and hospitality. Thank you again for all you have done since my accident. I wouldn't be where I am without all your support and help."

The week was the brainchild of head of rehab Ed Stroud, to enable beneficiaries to explore new or different approaches to their rehabilitation while socialising and sharing experiences.

Each day offered a variety of sessions, some tailored to individuals, others were more group-focused.

Despite the busy timetable Oaksey House was able to function normally, at least until snow began late on Thursday.

Sessions on nutrition, sports psychology and neurological rehab were well



Old friends: Sarah Gaisford chats with Lisa Hancock, centre and Tyrone Williams

received with open discussions and honest reflection on how each beneficiary had coped with their injuries.

Loneliness was identified by several beneficiaries as a major problem, notably during longer winter evenings.

But that was not an issue during a memorable week's get together in

January with almoners and trustees fully involved and our president Sir Anthony McCoy showing his ferociously competitive nature in the Wednesday evening quiz.

Similar week's activities are planned at Oaksey House and Jack Berry House later this year.



Freedom on wheels: new Jaguar wheelchair has transformed Wendy Smith's life

Jaguar wheelchair gave me freedom

My heartfelt thanks for kindly purchasing a new Jaguar wheelchair to replace my old, extremely heavy machine.

This ultra lightweight set of wheels has changed my life. It is no exaggeration to say I have gone from being afraid to use my pick-up to being free.

I cannot tell you how much it means to me to be able to load and unload things so easily while sitting in the driver's seat.

That is something I could

never have contemplated in my old wheelchair.

Too many falls manhandling it meant that, in many ways, I had completely lost my nerve which is definitely NOT me because I have never been afraid of anything. But it was starting to beat me.

The big grin on my son Seymour's face as he carried the new wheelchair out of the Cyclone shop with zero effort said everything because he knew

how much I was struggling with the old set of wheels. I really am incredibly grateful because it has transformed my life. Thank you also for your continued support in providing my neuro physio.

My IJF almoner, Marie King, is a superstar and it was such a privilege to meet so many folk involved in your wonderful organisation during the beneficiaries holiday in Spain last summer.
Wendy Smith
Upper Tyson, Warwick

Keep up the good work

I have so enjoyed reading your autumn newsletter and seeing all the wonderful work done by the IJF.

I liked the fine photograph of Lisa Hancock taken as work was getting under way at the site of Peter O'Sullivan House in Newmarket and also the ones taken at Jack Berry House in Malton.

We were able to visit JBH last year. It is some place, the sort of facility we could have done with when I was riding. How things have moved forward. It is also great news that Chicky Oaksey and Frankie Dettori have come aboard as new vice patrons. Chicky never gives up.

Good wishes to all and thank you for continuing our monthly grant. Keep up the good work.

John Foster
Wellington

Tri-rider made a huge difference

A massive thank to the trustees for financing my tri-rider which has made a huge difference to my life after breaking my arm.

That injury was a big set-back to my mobility and keeping my independence.

Also a big thank you to my almoner Karen Sharpe who realised the improvement a tri-rider would make to my mobility and put forward the request to the trustees.

Many thanks for making my life so much easier.

Jon Haynes
Cumbria

Sad farewells

Thank you for all your help in trying to get us down from Scotland to Lambourn to see my great friend Mark Tobin but sadly he passed away a few days before our planned visit, which was really heartbreaking for us. The IJF came to the rescue by arranging for us to travel to the funeral which meant a lot to us.

We can't thank you enough for all your generosity. You really do a great job for all your beneficiaries.

George and Christine McLean.
Glasgow

I would like to thank everyone at the IJF for all the help you gave us when Mark was ill and also after his death. The generosity you showed was amazing and I cannot thank you enough. I have wonderful memories of the holidays we had with the IJF.

Catherine Tobin
Lambourn

Thanks again from the Kinane family

We felt we needed to write regarding our fabulous almoner, Lucy Charnock.

During two weeks this spring we had a really tough time when Chris was admitted to hospital on a stroke ward after a routine scan showed signs that he may have had a stroke.

From day one Lucy was by

our sides, helping with the visits and coming into meetings with me for support.

She is the kindest, sweetest person. Nothing is too much trouble for her. While we really struggled with the extra stress we always knew that she was at the end of a telephone if we needed her.

We can't thank the IJF

enough for your ongoing support since Chris's accident and thankfully he came through this difficult time, as he showed when he was in top form at your beneficiaries raceday at Fontwell late in April.

The Kinane family....Tessa, Chris, Shelley and Claire
Pulborough

INJURED JOCKEYS FUND

Patron HRH The Princess Royal

Vice Patrons Clare Balding OBE, Frankie Dettori MBE, John Francome MBE, Rachel, Lady Oaksey, Peter Scudamore MBE

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41 years inspiring the IJF

Chairman Brough Scott reflects on four decades serving as a trustee of the charity

When people say they have been “inspired and humbled” it’s usually the time to pass the sick bag. But for me these are the right words for the Injured Jockeys Fund and never more than when the second plane went into the Twin Towers on 9/11.

I watched it on the TV in Jenny Litson’s kitchen while Chicky Oaksey talked to the embattled but unbowed former point-to-point star in the next room. That afternoon we went to Bath Hospital to meet Jacqui Lacey at the bedside of her husband Robert, who was still unconscious after being kicked by a passing yearling as he bent to hose the legs of another. Truly terrible global things happen beyond our reach, but there is help to give at home.

Smiling reflections

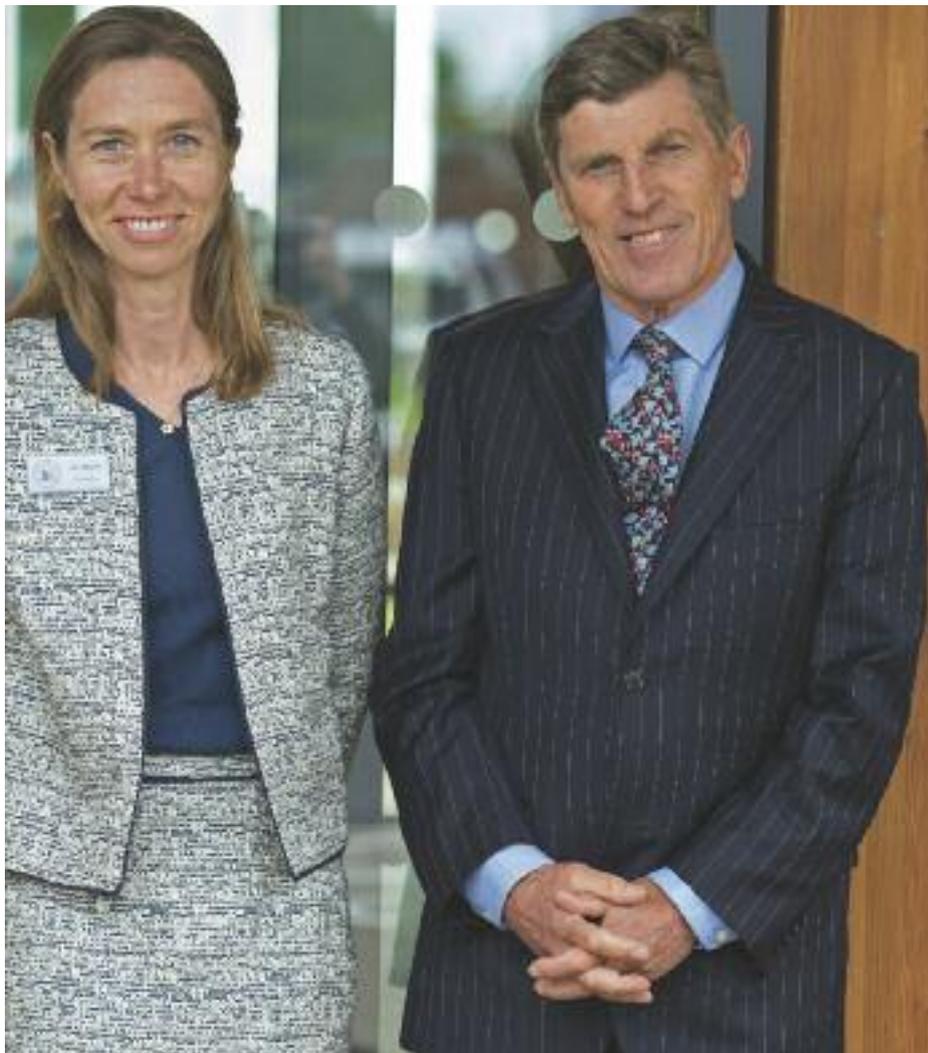
Seventeen years later Jacqui and Robert were both sitting by the pool as smiling fellow members of our IJF Spanish holiday team and I could reflect that the organisation which John Oaksey created in 1964 and which I have had the huge privilege of chairing for the last 13 years has not wasted the support it has been given. For me the IJF has always been a bit close to home because it started out as the Farrell/ Brookshaw Fund and both Paddy and Tim had been in the first race I rode under rules.

The Cadnam Novices Hurdle, at the now long defunct Woore Races in the northernmost tip of rural Shropshire, had 28 runners and went twice round for two miles with a kick back of flying cowpats. Our race was the fifth on the card and Paddy Farrell won it as he had the third. Tim Brookshaw had won the opener and was the most dominant presence in the cheerful, crowded, saddle-strewn, organized chaos of the weighing room where he and Paddy were gods who had graced the great winning circles of the game. But within a 12 month both were in wheelchairs after life changing falls at Aintree.

By starting the Fund, John and his allies were doing something about them, but most of us just applauded and pressed on. It took me a while to know any better and the first IJF meeting I actually attended was not until June 1970 as a then representative of the Professional Jockeys Association and probably only because I was on crutches and felt I had nothing better to do. The meeting was a revelation, both shattering and inspiring at the same time. It was also, not least because of John Oaksey, the greatest of fun. Hundreds of meetings since have only echoed that first impression.

Gallows humour

The fun comes not from any sense of ridicule or triviality, but from the necessary dash of gallows humour that is one of the central dynamics of the weighing room banter that every retiring jockey misses so much. By their very nature charity cases come with a large measure of unhappiness. The very worst approach is to confine yourselves to po-faced sympathy or hide behind the dead hand of officialdom. The Injured Jockeys Fund has always gloried in its independence from anything but the limits of its charity



Top team: Chairman Brough Scott, who is stepping down in November, and IJF chief executive Lisa Hancock



Upsides: Scott on Royal Phoebe, left, with John Oaksey on Cham at the last fence in the Horse and Hound Cup, at Stratford in 1967

remit and the good sense or otherwise of its trustees.

With knowledge gathered down the years comes not just better treatment of injuries, but the prevention of them. One of the best things about the jump jockey ethos is the cheerful refusal to be cowed by adversity. But that doesn’t mean anyone should shut their eyes to the best way to prepare not just for the return after injury, but for another life if things have

gone too far. The familiar ageing jockey’s cry of “but there is nothing else I can do” has much less meaning now that we have brought JETS into the game. And the idea that when hit you merely strapped yourself up and took the painkillers, has been dispelled by the arrival of the Flying Physios and the treatment and education programmes we have installed in Lambourn at Oaksey House, in Malton at Jack Berry House, and Peter O’Sullivan House which completes our tripod at Newmarket this autumn.

Banishing the ‘black dog’

But in the end it comes down to people and to help. At the start of that same Jenny Litson and Robert Lacey Spanish holiday I met Des Briscoe for the first time in 40 years. We used to ride together and I still remember him beating me one day at Sandown. But the dark hand of depression had dragged him down in recent times and this trip was proof that the “Black Dog” was no longer his master.

“The IJF has saved my life and I just wanted to thank.....” he started. And then we both burst into tears. How inspiring and humbling is that?