IMPACT REPORT

APRIL 2025 - MARCH 2026

Compassion • Care • Support

INTRODUCTION

The past decade has been one of significant growth and evolution across all areas of activity for the Injured Jockeys Fund. The opening of Jack Berry House in 2015 and Peter O'Sullevan House in 2019 marked important milestones in the expansion of our services and our reach. As a result, the scale of the organisation has increased considerably. We now employ just under 50 staff and operate with an annual turnover exceeding £6 million. With this growth has come greater responsibility, and 2025 provided a timely opportunity to review our priorities and ensure they remain aligned with the needs of those we support.

In the summer of 2025, we began a structured process to develop an updated strategic direction for the period 2026–2030. Over six months, we undertook extensive consultation across the organisation and the wider racing community, carefully considering the increasing complexity of the needs of those we serve and where our priorities and resources should be focused in the years ahead. Trustees, staff, supporters and, critically, our beneficiaries contributed through workshops, focus groups and individual discussions. The involvement of our Patron, The Princess Royal, as always, brought valuable clarity and insight throughout the process. This broad engagement ensured that the resulting direction reflects a wide range of perspectives and is grounded in a practical, forward-looking approach focused on action and meaningful outcomes, while articulating a clear and purposeful path for the years ahead.

This review reaffirmed the historic strengths of the charity and the culture of care, compassion and support that has defined the IJF since its foundation, while also clarifying the priorities that will guide our work in the period ahead. Our purpose remains unequivocal: to support jockeys and former jockeys through injuries, transitions and beyond, enabling them to lead healthy, fulfilling lives during and after their racing careers. The five strategic priorities that emerged represent a continued evolution of our work, providing clarity for all those connected to the charity and ensuring that our resources are directed where they will have the greatest impact.

Delivering this mandate requires significant financial investment, which has been incorporated into our financial forecasts and reflected within our risk register. By 2030, we aim not only to deliver exceptional care, but to be recognised as a leading force across sport in welfare, rehabilitation and lifelong support, setting the standard for how athletes, whatever their discipline, are cared for both during and beyond their professional careers. To achieve this, our strategy is grounded in five interconnected priorities:

• Advancing clinical excellence — strengthening and integrating our clinical services to enable us to provide the highest standard of appropriate medical, rehabilitation and psychological support, delivered promptly, consistently and with measured outcomes. This remains our most significant and resource-intensive area of work.

"Our purpose remains unequivocal: to support jockeys and former jockeys through injuries, transitions and beyond..."

• Growing with a proactive welfare model — moving decisively beyond reactive support to a preventative, life-course approach that prioritises wellbeing, early intervention and long-term resilience for jockeys and their families, from first licence through to life beyond racing.

• Positioning the IJF as a thought leader — expanding our influence by driving research and innovation in injury prevention, recovery and athlete welfare, working in partnership with leading institutions to ensure our work is evidence-led and sector-defining.

• Engaging and sustaining our community — strengthening relationships at every level, elevating the IJF brand, deepening engagement with supporters and securing the sustainable funding required to deliver on our ambitions.

• Developing a strong and sustainable organisation — investing in our people, systems and governance to ensure that we remain resilient, effective and fit for the future.

Collectively, these priorities reflect our commitment to excellence in care and our determination to meet the increasingly complex needs of those we support. Ultimately, this work is about strengthening outcomes for our beneficiaries through an evidence-led approach that continues to evolve in response to their needs. Through this strategy, we will continue to build on the IJF's reputation as a leader in athlete welfare, setting a benchmark for how sports-people are supported throughout their lives and careers, and helping to shape a model that others in sport can follow.

Compassion • Care • Support

Our vision

To improve the lives of injured jockeys and their families

Our mission

To provide appropriate support, in a prompt and sympathetic manner to those jockeys past or present who are injured, unable to ride or generally in need

Lisa Hancock
CEO Injured Jockeys Fund

WILLIAM NORRIS KC

Retiring Chair (01/11/2019 to 31/12/2025) of the Injured Jockeys Fund

I joined the IJF as a trustee in 2006 – at the same time as Pam Deal and the late Ian Balding. This had nothing to do with my earlier incarnation as an undistinguished amateur rider but was because Jeremy Richardson, then our CEO, knew me from my legal work and he wanted a lawyer on the Board given that Sir Edward Cazalet had stood down as a trustee and chairman in that same year. It was, of course, a great honour to be asked to join a Board including such racing heroes as John Oaksey, Jack Berry, Brough Scott, Jeff Smith, Jonathan Powell, Peter Scudamore and others.

Although, with the exception of Jeremy, the Board was a non-executive body, trustees in those days were closely involved with actual and potential beneficiaries, not least because most of them were on the racecourse so regularly. Through the Cases Committee, Board members had to decide whether to provide charitable support at a level above a certain financial threshold (below which support could be agreed by the Executive without prior reference to the Cases Committee). There were probably fewer than a dozen full-time staff, some of whom worked in an unprepossessing office on a trading estate in Newmarket. The real face of the IJF was that of the almoners, as they were then known – when we remember. We now call them 'welfare officers' which we think has a less archaic ring. They were spread across the country and were not only the face of the IJF but also its eyes and ears, supported by an important network of 'visitors'. The Cases Committee in particular kept trustees in close touch with the almoners who would present an application for support for their particular beneficiaries.

Coming from a background closer to that of Jeremy and Edward Cazalet, I was concerned to ensure we had a good structure and governance, being well aware that other trustees had a much greater understanding of the needs of beneficiaries at an individual level and of racing generally. Those early years continued the IJF's gradual and seamless transition from what was essentially an amateur organisation to one with a greater degree of professionalism – a process for which Jeremy and Edward can take a great deal of credit. Accordingly, in the many years during which I chaired the Cases Committee, we generated new and revised guidelines explaining the basis on which we provided charitable support. It may not sound like an exciting exercise, but it was valuable: there can be no excuse for inconsistency in a charity's approach to similar cases and there are obvious benefits in having the clarity of agreed guidelines for the approach to what are often comparable sets of circumstances.

It has certainly been my impression that the strength of our Board has been in the different but complementary skills and personalities of its members, and no such organisation can thrive without there being a strong and mutually supportive relationship with the Executive. From my own knowledge and experience, I can certainly say that was true for Brough, my predecessor as chairman, with Jeremy as it was for both of us with Lisa Hancock.

Those 20 years have also seen a considerable expansion in what the IJF can do for jockeys and their dependents. From what was, essentially, a welfare fund providing them with financial and pastoral support, we have now added three state-of-the-art centres and two regional hubs. I think we can say with confidence that today's IJF is a world-leading example of how a sport can best care for and support its participants. As both AP and John Francome – our present and immediate past Presidents - will tell you, jockeys do not always realise how lucky and how well provided for they are.

CENTRES OF EXCELLENCE

- Oaksey House • Lambourn • Opened 2009
- Jack Berry House • Malton • Opened 2015
- Peter O'Sullevan House • Newmarket • Opened 2019
- Taunton South West Regional Hub • Opened 2023

OAKSEY HOUSE • LAMBOURN

JACK BERRY HOUSE • MALTON

PETER O'SULLEVAN HOUSE • NEWMARKET

IJF Patron, HRH The Princess Royal, presenting long service awards to IJF staff at Peter O'Sullevan House.

TAUNTON SOUTH WEST HUB

GUY HENDERSON

Newly appointed Chair (01/01/2026) of the Injured Jockeys Fund

2025/26 has seen an important internal change for the IJF with William Norris KC stepping down from the role of Chair following five years in that position and some 15 years prior to that as a Trustee. During William's tenure there has been a transformation in the work and role of the IJF and William's dedication, clarity of thought and wise counsel at all times has been key to that progression. We are all enormously grateful to him for his outstanding contribution to the charity.

We are equally delighted to welcome back Guy Henderson to the Fund. Guy will be known to many readers as the former CEO of Ascot, and possibly as a successful owner and occasional trainer of point to pointers. He also has previous experience on the IJF's Board of Trustees. He succeeded William Norris KC on January 1, 2026.

"I'm really excited about starting to work with, and support, the outstanding team at the Injured Jockeys Fund as Trustee Chair in their very important work," he says. "My job as Chairman of the Trustees is really to lead the overall decision-making of the Trustee Board, who set the agenda and direction of travel for the Executive, and monitor progress."

He adds: "Some might say that twelve is on the large side for a Board, even though the constitution allows for a maximum of fifteen, but if you analyse the range of things we do and take into account the IJF's need for skills in so many different areas we feel twelve is about right.

"It's all about having a balanced board, and I'd say we have a very nicely balanced board with a wide range of relevant skills and perspectives."

The Board of Trustees has four formal meetings a year, and there is also a range of committees to support the Board and share the load.

Guy says: "I started this role in January, having been a Trustee for five years between 2016 and 2021, and my first job was to put my head under the bonnet again and listen. To begin with it's a case of eyes and ears on, hands off. I catch up on a weekly basis with our CEO Lisa Hancock. As a chair I am very fortunate to be able to work with a CEO with so much experience and dedication.

"We are constantly vigilant over what I think of as 'a three-legged stool' of supporting the governance of a charity like the IJF. That's sustainability, improvement and development, or 'SID' if you like. Those are the three macro pillars to our work: the IJF needs to be sustainable, it needs to constantly improve and to develop what it offers.

"The way we approach this is to think about it through a range of more detailed themes. Obviously, there's the governance structure and the financial side, then there's our clinical and general welfare offering, engagement with our supporters, our merchandise trading, input into relevant industry and medical issues and so on."

"The IJF is governed by an independent board of trustees responsible for strategy, compliance and oversight."

What all the Board members have in common are relevant skills, a love of horse racing and a determination to protect and improve the welfare of its jockey participants, past, present and future. Beyond that they bring a wealth of experience in a broad range of areas, as Guy demonstrates by giving us a flavour of the specialist skills that each of them brings to the table.

"Our Trustees also support the team through active participation in our various leadership committees. In no particular order, Alex Goodwin focuses on the clinical side, and chairs our Clinical Strategy Group," Guy explains. "He's a recent appointment after over 40 years in the NHS, and in the sporting field he has a lot of experience in the field of rugby. He brings a fresh perspective.

"On the finance side our also recently appointed Treasurer Peter Treadgold is a practising accountant who specialises in a range of racing and bloodstock related areas. Peter chairs our Finance and Financial Risk Committee on which there are also two Trustees with particular experience in that field, in Juliet Redfern, who heads up the bloodstock division of the insurance company Markel, and Nick Rust, who many will know from his role as the former CEO of the BHA and previous senior positions with Ladbrokes.

"On the jockey side we have retired professional jockeys Tom Scudamore and George Baker, plus trainer Polly Walker, who is probably better known to most readers as former champion point to point jockey Polly Gundry. They bring between them many years of direct experience as jockeys which is invaluable."

He adds: "Then there's our Cases Committee, where we look at individual cases for support grants over and above coming to our centres for physio. This is a very important one obviously and it is chaired by Sue Durcan, who runs a bloodstock business with her husband Ted and has a wealth of experience. She is supported at trustee level by Camilla Trotter, a bloodstock breeding expert based in Gloucestershire.

"ITV Racing's Ed Chamberlin supports me as Vice-Chair and his guidance is strengthened though his own connection with the weighing room. Ed chairs our committee which focuses on our marketing and commercial activities, so his experience in PR and communication are perfect for that.

"Trustee Chloe Fairley is a criminal lawyer based geographically close to Jack Berry House and, through the family involvement in breeding and owning, brings a wealth of relevant all-round experience.

"Overall, the aim is for our overall trustee board contribution to add up to more than the sum of its parts. Listening is a big part of the job and there's an ambassadorial side to it too, but at the end of the day it's up to the Board to assist the Executive in making decisions on important matters and then monitoring and supporting progress. As you'll see there's a range of specialist skills, general knowledge of racing, and common sense, and it's fabulous to be working with them all."

CLINICAL PROVISION

MARK OXLEY - IJF Clinical Director

A fall may be sudden, but a return to race riding is never left to chance. Over the past year, the IJF clinical team has continued to refine the way jockeys are assessed, treated and supported, with a particular focus on the ongoing development of its data-driven Return to Ride (RTR) process.

"Designed and led by Danny Hague, our Lead Strength and Conditioning Coach and Sports Scientist at Jack Berry House, the protocol is criteria-led, evidence-informed and interdisciplinary. Developed specifically for jockeys and underpinned by an extensive database of rider outcomes, it is widely regarded as the gold standard for assessing a jockey's readiness to return to race riding.

"Our focus isn't determined by the type of injury a jockey has sustained, but by their ability to meet specific functional milestones throughout their recovery. Once they've satisfied those criteria, we can be confident as a team that we've done everything required from a functional rehabilitation standpoint, ensuring they are fit and strong enough to withstand the demands of the sport. We use objective testing throughout the rehabilitation process. Using VALD force plates, strength metrics and an ever-growing library of normative values built from every jockey who has completed the process, we can objectively assess whether a rider is physically ready to return. The system draws on a comprehensive database of injury types, recovery timelines, functional benchmarks and outcomes. Every rider who completes the Return to Ride process contributes to an expanding evidence base that continues to shape future rehabilitation. Delivered by a multidisciplinary team working in complete alignment, the programme remains uniquely designed for the demands of race riding. That functional clearance sits alongside the BHA medical consultancy process. Together, they provide a complete, evidence-based picture of a jockey's readiness to return to race riding. The quality of the programme is increasingly recognised internationally. Last year, Danny Hague was invited to present the IJF's Return to Ride data as a keynote speaker at the International Conference on the Health and Wellbeing of Jockeys in Hong Kong."

Reflecting on the experience, Danny says: "It was a fantastic conference, with experts from different fields and countries sharing knowledge. For me, it showcased that the IJF is ahead of the curve and leading the way in sports science and sports medicine. It was a privilege to represent the IJF and what we do as a team."

Mark says "Danny's invitation reflects the growing international respect for the IJF's clinical work and the strength of our Return to Ride system. To be recognised by a jurisdiction widely regarded as a global leader in elite sport is a significant endorsement of the work being carried out by our team. Successful rehabilitation is about far more than physical recovery. Jockeys are a uniquely driven group. Their determination to return quickly, combined with the fear of losing rides, slipping down the pecking order and the fact that many define themselves first and foremost as jockeys, can make injury psychologically challenging. When injury removes that identity, it can trigger emotional strain, anxiety and a real sense of loss of purpose.

"That is why integrating mental health support within our clinical team is so important. "This year, we transitioned from Changing Minds to Sporting Chance

"A fall might be sudden, but a return isn't left to chance — not with the IJF's data behind it."

as our primary mental health provider. Sporting Chance already operated the confidential helpline available to all jockeys, but now has a practitioner embedded within each of the three main IJF centres, creating greater consistency. Whether a jockey calls the helpline, walks into a centre or is referred by the welfare team, they now access the same organisation and the same joined-up support."

"Managing expectations is another important part of rehabilitation. If a doctor estimates an injury will take 'three to four months' to recover, most jockeys hear 'three' and immediately aim to beat that target. While their exceptional baseline fitness and access to specialist facilities often mean they recover more quickly than the general population, rehabilitation must still follow the evidence.

"It has been another busy year for the clinical team. Across all IJF centres, 25,389 physiotherapy and strength and conditioning appointments were delivered between April 2025 and March 2026, an increase on the previous year's 25,141. The expansion of the Scottish hub, together with the addition of experienced physiotherapists across the clinical teams, has contributed to this increase.

"Lower-limb fractures and muscle injuries remain the most common conditions requiring rehabilitation. The long-term recoveries of riders including Jim Crowley and Trevor Whelan have demonstrated the value of early-stage hydrotherapy, where underwater treadmills allow controlled rehabilitation long before full weight-bearing is possible."

A One-Stop Clinical Hub, Not Just a Place for Injuries

A major focus this year has been reinforcing that the IJF is far more than somewhere riders visit when they are injured. Instead, it is a one-stop clinical hub designed to support jockeys throughout their careers and beyond.

"The biggest change we're trying to achieve is encouraging riders to use the centres before they become injured. We want it to be normal to drop in, maintain fitness, build relationships with clinicians and seek support early, rather than waiting until something is wrong.
"I want people to come in when they feel okay – maybe not at their best, but not broken. We want to see them earlier and for them to view therapeutic support as something ongoing, not something you wait for until you're at your worst. I think we're seeing that transition now, especially with senior riders like James Doyle and Billy Loughnane using the centres consistently and leading by example for everybody else.

"Our one-stop clinical model provides riders with access to physiotherapy, strength and conditioning, sports science, nutrition, podiatry, sports and exercise medicine consultants and mental health support.

"Maintaining high baseline fitness – physically, mentally and technically – is one of the most important factors in speeding up recovery when injuries do occur. By encouraging riders to use the IJF's services when they are well, we are strengthening resilience, improving outcomes and embedding a healthier, more proactive culture across the weighing room."

Centre attendance statistics for April 25 to March 2026

	JBH	OH	POH	Total
Amateur	812	601	325	1738
Apprentice	264	698	990	1952
Conditional	490	524	35	1049
Family	276	254	897	1427
Flat	1108	498	1399	3005
Former	1766	3233	3597	8596
Jump	974	1085	29	2088
Point to Point	176	286	65	527
Racing Industry	1786	1547	2124	5457
Total	7652	8726	9461	25389

"A major focus this year has been emphasising that the IJF is not just a place for the injured..."

CASE STUDY
CLIFFORD LEE

Clifford Lee's 2025 had become a season in which he and Karl Burke could change the temperature of a race simply by turning up — a duo bookmakers feared because they so regularly delivered. A first Group 1 victory aboard Venetian Sun in the Prix Morny, 94 winners already on the board, his last four rides all victories — including a Group 2 success in France on Convergent — and a first century of winners looking less a milestone and more a formality. Then came the silence.

"On 25 October, while serving a brief suspension and away on a family trip to Scotland, I was going up a cross-country mountain. There was a ditch at the top, the bike just fell from underneath me and I banged my head on the side. I remember taking my helmet off, and that's when I knew my neck was broken."

"A day later, I had a bleed on the neck and was rushed into surgery for a tracheotomy. I couldn't breathe. I'd really damaged the nerve at the back of my head – it stopped me from talking, eating and drinking for a good month. They sent me for a scan and said I was going to sleep for a couple of hours. It was two days later when I woke up from a coma. I've been very, very lucky. From what I've been told, the first 72 hours were critical. No one initially knew what would happen long term – whether I'd even be able to eat properly again."

The injuries kept Clifford out of the saddle for five and a half months - the longest absence of his career.

Rehabilitation at Jack Berry House

Clifford arrived at Jack Berry House significantly weakened, weighing just 8st 2lb and unable to resume normal training. The clinical team designed a comprehensive rehabilitation programme focused on rebuilding strength, restoring fitness and safely preparing him for a return to race riding.

His programme included:

- Structured strength and conditioning work
- Hydrotherapy to allow running without loading the neck
- Reformer Pilates to restore control and balance
- Cold-water therapy and recovery sessions
- A phased return to cardiovascular fitness

Alongside physical rehabilitation, specialist diagnostic assessment equipment was used to objectively measure neck strength and function throughout his recovery. These assessments enabled the clinical team to monitor progress, ensure it was safe to increase training loads and guide every stage of the Return to Ride process. "It was very frustrating, but I didn't want to come back too quick and have setbacks. I listened to the support I was getting and took it all in" said Clifford.

"I wouldn't be back in the saddle today if it wasn't for Jack Berry House – simple as that..."

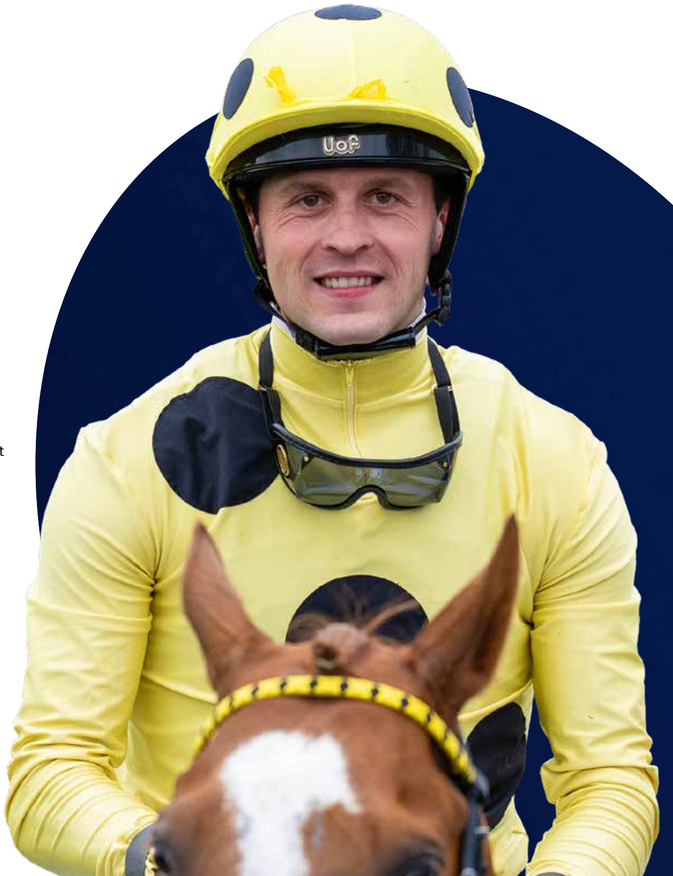
"I wouldn't be back in the saddle today if it wasn't for Jack Berry House – simple as that. To get down that low and be that weak and now to feel stronger than I did before is testament to them. It gives you great confidence when everything has been meticulously planned and tailored for you. I benefited from the diagnostic assessment tools that allow us to measure neck strength to ensure it's safe to load, which helped track my progress and the hydro pool that helped me get back running. The water takes the pressure off your neck, so when you hit the floor it's not jarring."

After five and a half months out of the saddle, Clifford returned to race riding on Good Friday at Newcastle.

His comeback has been exceptional. Since returning, he has ridden:

- 29 winners
- Eight Stakes victories, including:
- Night Raider — Group 2 Temple Stakes
- Al Qudra — Greenham Stakes
- Venetian Sun — Group 2 Sandy Lane Stakes and Group 1 Commonwealth Cup

Today, Clifford is back competing at the highest level, his results demonstrating not only a successful return from a life-threatening injury, but a continuation of the upward trajectory that appeared to have been so suddenly interrupted.



DR ANNA-LOUISE MACKINNON

LEAD SPORTS & EXCERCISE MEDICINE CONSULTANT - Injured Jockeys Fund

Clinical Services: A Message from Dr Anna-Louise Mackinnon, Lead Sport, Exercise and Musculoskeletal Medicine Physician.

Clinical services remain the IJF's most significant and resource intensive area of work, and this year has seen major steps forward in strengthening and expanding what we offer. The creation of our new Sport, Exercise and Musculoskeletal Medicine (SEM) team marks a pivotal development — one designed to support both current jockeys and longstanding beneficiaries with specialist expertise that is rarely accessible elsewhere.

Over the past year, we have recruited three new SEM consultants — Dr Anna Marshall, Dr Tim Swan and Dr Clodagh Dugdale. The calibre of applicants for these posts was extraordinary, including clinicians with experience at major international sporting events such as the Olympic and Commonwealth Games and with professional athletes from a wide range of sporting backgrounds. For us, this was a powerful endorsement of the IJF's reputation within elite sport and a reflection of the trust placed in the charity's clinical standards.

The purpose of expanding this team is simple: to give beneficiaries in need direct access to consultants experienced in SEM Medicine. Many of the issues we see — osteoarthritis, shoulder and ankle problems, back and neck pain, and issues relating to the longterm effects of working with horses — require specialist assessment. Through this service, beneficiaries will be able to receive consultations, diagnostic imaging such as ultrasound, and, in time, treatments including ultrasound guided injections.

This development also reflects a wider reality. As NHS waiting lists have grown, the IJF has increasingly stepped in to provide timely assessment and treatment for conditions that would traditionally have been managed within the NHS.

SEM Medicine is a growing specialty nationally, but its expansion within the NHS remains slow. By bringing this expertise directly into the IJF, we are ensuring that jockeys and beneficiaries in need, receive the level of care their work and injuries demand — without delay.

A significant part of our clinical focus is understanding the patterns, severity and recovery pathways of the injuries we see most often. Clavicle fractures are a prime example. We are analysing which fractures are plated, which are not, how long each group takes to return to activity, and what complications arise. This helps us work more effectively with orthopaedic surgeons and ensures we know exactly when to be concerned during recovery.

Ankle fractures are another area of close study. The injuries we see in racing are often very different from those in the general public. Most occur through highspeed trauma from height, and as a result they can be particularly severe, with a higher risk of early complications. Understanding these patterns allows us to monitor patients more intensively in the early days after injury, when swift intervention can change the entire course of recovery.

"The injuries we see in racing are often very different from those in the general public."

When a flat jockey falls at racing speed, the trauma is significant. These patients need to be seen regularly, with close monitoring throughout rehabilitation. Early detection of complications is vital, and the ability to review patients frequently is one of the most important aspects of the IJF's clinical model.

Within the last financial year, we have managed ten significant below knee fractures suffered by current riders, all of which have now returned to activity. This represents a substantial amount of clinical input, rehabilitation time and multidisciplinary coordination — the kind of intensive support that is rarely visible to the wider public but is central to the IJF's impact.

1012 Race related falls
88 Flat
924 National Hunt

Dr Anna-Louise oversaw 198 appointments

WELFARE PROVISION

CLARE HILL - Head of Welfare

Our welfare team is the first point of contact for anyone who reaches out to the Injured Jockeys Fund. That initial call can come from anywhere — a current jockey, a retired rider, a family member, the BHA, the PJA, JETS, or even a friend who's worried about someone.

We are a nationwide service. No matter where someone lives, there is always a liaison who can reach them quickly.

We always try to arrange a face-to-face meeting as the first step. It allows us to understand the whole picture and to build trust from the outset. Our work is human-centred by design. People rarely come to us with just one issue; life is more complicated than that.

The welfare team is, in many ways, the front line of the IJF. We support people financially, practically, emotionally and psychosocially. If we can't provide the direct support ourselves, we will always signpost them to the right agency or specialist.

At the moment, we have 1,808 active beneficiaries on our system, with many more who attend our social gatherings but haven't yet needed our support. Last year, we had around 1,600, so the upward trend is clear — and reflects the increasing financial pressures people are facing.

Our liaisons work with a high level of autonomy, and each has access to an immediate-use budget. That means if they walk into a home where the electricity has been cut off, or someone has no heating, they can resolve it on the spot. That ability to provide instant help in a crisis is something we value very highly.

The nature of welfare work changes throughout the year. Winter is always a pressure point — higher living costs, increased vulnerability and more complex needs. There has been a significant increase in uptake of the winter fuel allowance this year, and it has become a vital support mechanism. It's one of the clearest examples of how the IJF responds to real-world pressures in real time.

We also work closely with Sporting Chance, and a growing number of beneficiaries have engaged with their services this year, including three people who have completed full rehabilitation programmes.

From April 2025 to April 2026, 57% of our cases were pastoral, 10% related to physical issues, 3% to property and housing concerns, 9% to falls and rehabilitation, 10.5% to financial pressures, 3.5% to hospital-related needs and 7% to mental health-related cases.

Alongside crisis support, we place huge value on community and connection. We held three beneficiary days last year — Ascot, Catterick and Lingfield — each inviting around 80 beneficiaries. We also ran two holidays, taking around 80 people to Potters on the East Coast and a similar number to Tenerife.

"People rarely come to us with just one issue..."

These events matter. People may no longer be able to attend some of the biggest occasions on the racing calendar, so bringing people together in this way allows us to enjoy days such as Ascot and Aintree as a community. Alongside community lunches and regular coffee mornings, these gatherings play an important role in helping people stay connected, build friendships and feel part of something again.

In terms of contact, we average around 600 contacts per month. Demographically, around 700 beneficiaries are in their twenties, around 680 are in their thirties and above, and there is a noticeable spike around the age of 60 as people approach retirement. Our Welfare Liaisons work autonomously but as part of a very close team, holding confidentiality with absolute care. The role requires empathy, creativity, problem-solving, excellent communication and the ability to manage complex situations with discretion. We invest heavily in training and CPD because the work is demanding and constantly evolving.

At its heart, our remit is simple: we are here to help, for as long as someone needs us. Sometimes that means supporting someone through a crisis. Sometimes it means walking alongside them for months. Sometimes it means giving them a leg-up so they can get back on their feet and carry on independently. And sometimes it means being there again, years later, when life becomes difficult once more.

The welfare service is about people — their stories, their struggles and their resilience. We are here to make sure no one in the racing community ever has to face those challenges alone.

CASE STUDY
DAVID INGLE

Within 24 hours, everything changed. Former amateur rider David Ingle reflects on the life-changing support he received from the Injured Jockeys Fund after a serious accident in Ireland left him physically and mentally struggling. The charity's intervention not only supported his recovery, but also led to the discovery of a brain tumour that may otherwise have gone undetected.

"I rode as an amateur in the 90s, and although life moved on, racing has always been part of my family. My dad and I both trained, and Mum was a huge supporter of the Injured Jockeys Fund. Every Christmas our house was full of IJF cards, calendars and else she could buy. My parents always valued the charity, but I never imagined I'd one day need its help.

"After an accident in Ireland, I found myself in a situation I never expected. The fall happened while I was judging on horseback. The show offered no support at all. Although I was in a lot of pain, I was told I was fine and sent on my way. Back home, I tried to carry on, but things gradually got worse. We were stuck — physically and mentally — with nowhere to turn.

"I didn't even realise I was eligible. It took a friend — Caroline Bailey, Dick Saunders' daughter — to point me in the right direction. Dick had been a trustee for the original IJF team, and Caroline knew exactly where to send me. Even then, I felt embarrassed to ask for help.

"Eventually, we called the Injured Jockeys Fund. Kerry answered the phone, and within 24 hours everything changed. Suddenly things started happening. Julia arrived at the door, and it felt like she had a magic wand. She sorted things, she understood, and she was someone I could trust. It was like she knew what I needed before I did. We were at our wits' end when she came. Mentally I was struggling, physically I was broken — and the relief was enormous.

"Once the IJF stepped in, the whole machine started turning. Anna the physio rang, then the nutritionist, then others. They were there every step of the way.

"At Oaksey House, Anna and her team were incredible. She told me not to worry, that they'd sort the dates and the plan, and they did. Being there felt like stepping into a bubble where all the pressures of home and work disappeared. You can just focus on getting better.

"I didn't realise how close I came to being paralysed — my T1 was smashed — and I struggled with that. Before surgery, Anna was adamant everything would come right, and her professionalism, along with Joe, Hannah and the whole gym team, made such a difference. I'd never been a gym person, but they made it feel possible.

> **Eventually, we called the Injured Jockeys Fund. Kerry answered the phone, and within 24 hours everything changed.**

"Along the way, we discovered I'd had a significant brain haemorrhage and that I have a brain tumour — something we wouldn't have found without Anna insisting on a brain scan. They even found the right consultant for me. Knowing the IJF is there gives me the strength to face this.

"All this happened while my partner Garry was undergoing open-heart surgery, and the IJF supported me through that too. It has been quite a journey.

"The little touches mean so much. The tea-for-two set that arrived in the post, the seeds in spring when you're stuck at home trying to recover, those things lift you. Everyone keeps in touch, and no matter what their role is, they genuinely care.

"What's lovely about Oaksey House is seeing the day-to-day jockeys working so hard to keep themselves right. They encourage you, they chat, and you feel part of something.

"The connection between current and former jockeys means a lot. Being involved with the Injured Jockeys Fund has been life-changing — in the best possible way. They're more special than I ever imagined."

David Ingle (left) Making a presentation at Worcester racecourse

JULIET REDFERN

TRUSTEE - Injured Jockeys Fund

I'm a trustee who works full-time within the industry, though not hands-on in racing itself. Through my role at Markel, I work across global bloodstock insurance — covering racehorses, breeding stock, stallions, mares, foals and weanlings for everyone from individual owners to some of the largest operations in the world. That background gives me a strong understanding of the industry's complexities, its pressures, and its constantly shifting demands.

But because I'm not directly involved with jockeys day-to-day, I can offer something slightly different: a balanced, informed and neutral voice, whether that's in formal board meetings or informal conversations.

I'd always known about the IJF, but I didn't appreciate the full extent of its work until I became more involved. Many people are the same — you only truly understand the depth of its support when you need it. Much of its work happens quietly, supporting people through deeply personal challenges with complete respect for privacy. Because of that, the impact it has is far greater than most realise.

My connection with the IJF grew through Olympia, where Markel sponsored the jump and flat jockeys' showjumping challenge. It was a light-hearted competition that showed the camaraderie between the codes to a huge audience, and as part of our involvement Markel made a donation to the IJF. It was through those events that I first got to know Lisa Hancock and the wider team.

About five years ago, when a trustee was stepping down, they asked if I might be interested. I was genuinely taken aback. To be able to give something back to an industry that has fed me for more than 30 years felt like a huge honour.

I'm committed to the role because the IJF is a charity, yes — but it's also a highly professional organisation. To be an effective trustee, you have to understand how the charity works at every level. That means spending time at the three rehabilitation centres, visiting the hubs, and seeing the work first-hand.

I'm lucky that my job takes me to Lambourn and Newmarket regularly, so I can pop into the centres, check in with the teams, and stay connected. We have four in-person board meetings a year, plus events like William Norris's retirement celebration at Ascot, which was a wonderful chance for all the trustees to come together informally.

The responsibility of being a trustee is immense. The senior leadership team, led by Lisa, sets the strategy and runs the day-to-day operations. Our role is to ensure the charity is well-run, financially secure, and delivering the maximum possible impact.

We challenge constructively, support the executive, and make sure the IJF continues to evolve to meet the needs of anyone who requires support.

Looking ahead

There are major developments underway — particularly the planned expansion of Oaksey House, which was the IJF's first rehabilitation centre. With everything we've learnt from the two newer centres, this project will allow us to bring Oaksey House up to the same modern standard and increase what we're able to offer. It's a significant and thoughtfully designed development, and it's exciting to see how much more the facility will be able to offer to the racing community in the years ahead.

Something you might not know

With The Princess Royal as our Patron, the charity benefits from exceptional leadership. I sat across from her at a board meeting at Peter O'Sullevan House six or seven months ago, and I was struck by the depth of her understanding of the IJF's work.

She is involved with so many organisations, yet her grasp of the detail — the challenges, the pressures, the realities our beneficiaries face — was remarkable. She is far more than a name on the letterhead; her contribution in the room is thoughtful, informed and genuinely valuable. We are extremely fortunate to have her guiding the charity's direction.

With my full-time job, I stay closely connected to wider industry politics, current issues and emerging challenges. The strength of the IJF board lies in its mix of skills — each trustee brings something distinct, and together we form a whole that is far stronger than the sum of its parts.

I've learned a huge amount from William Norris, and I'm excited about working with Guy Henderson as the new Chair. The continuity and calibre of leadership at the IJF is something I value enormously.

MENTAL HEALTH SUPPORT

Since formally partnering with the Injured Jockeys Fund in September 2025, Sporting Chance has become an integral part of the IJF's clinical landscape. Embedded practitioners now work across all three centres, supported by Sporting Chance's national network and 24-hour helpline. In the first six months alone, over 100 beneficiaries accessed emotional or mental-health support, either directly through an IJF centre or via referral into the wider network.

Referral Pathways and Engagement

A high proportion of referrals continue to come through IJF staff and centres, demonstrating that internal pathways are strong and that beneficiaries feel able to speak openly with the people around them. This reflects a level of trust that is not always visible from the outside, particularly given the personal nature of emotional and mental-health support. Sporting Chance notes that this also highlights an opportunity: wider beneficiaries may still be unaware of the full range of support available. The next phase of the partnership will focus on targeted communication to ensure the right people know how and when to access help, without overwhelming the system.

Gender Patterns and Presentation

Sporting Chance's data shows that women make up nearly 40% of those seeking support, a proportion that is likely higher than their overall representation in the sport. This mirrors trends seen across other sports, where women typically access emotional support at higher rates than men.

Among male beneficiaries, low mood is a common presenting issue, and Sporting Chance suggest this may reflect lower emotional literacy — not a diagnosis, but an indication that men may struggle to articulate or understand the reasons behind how they feel. Female beneficiaries, meanwhile, did not present with addiction-related concerns during this period, which is consistent with patterns seen in other professional sports.

Centre-Based Practitioner Activity

The introduction of embedded practitioners has been a significant development. Beneficiaries are now accessing support as part of the everyday offer at IJF centres.

103

number of beneficiaries received talking therapy

63.1% - 36.9%

male/female split

> **In the first six months alone, over 100 beneficiaries accessed emotional or mental health support...**

A Partnership Strengthening the Sport

Sporting Chance describe the partnership as transformative. What began as external support for individuals has evolved into a deeply integrated relationship, with Sporting Chance now viewing themselves as part of horseracing, not simply a service provider to it. They highlight the strength of combining:

- The IJF's embedded knowledge of the sport
- Sporting Chance's clinical expertise and national reach

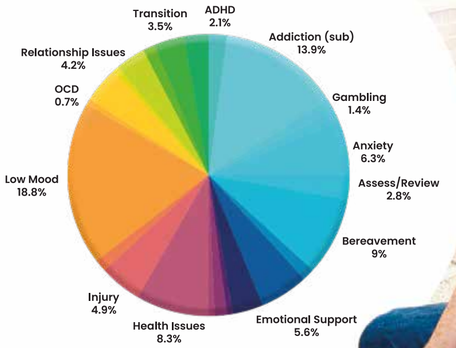
Together, this is becoming a powerful force for good, offering education, treatment and emotional support to those who ride, work and live within the unique world of horseracing.

Looking Ahead

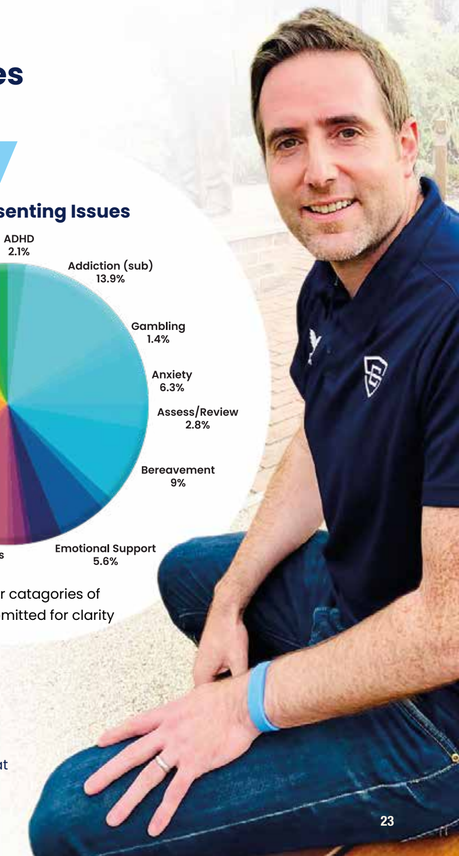
With systems and pathways now firmly established, the next stage of the partnership will focus on increasing awareness, encouraging earlier engagement, and ensuring that every beneficiary — male or female, active or retired — knows how to access the emotional and mental health support available to them.

SPORTING CHANCE

Primary Presenting Issues



Note: Smaller catagories of presentation omitted for clarity



Phil Martin
Psychotherapist at Jack Berry House

REHABILITATION & FITNESS

GLEN REED - Strength & Conditioning Coach

July marks the seventh anniversary of Peter O'Sullevan House, and one constant since the very beginning has been resident personal trainer Glen Reed. The special community here isn't an accident—it's created by the people within it, and Glen has helped set that tone every single day.

Glen Reed said "Every programme we do is completely individual. No two jockeys are the same, so no two training plans are the same. It's about finding what works for them and keeping it interesting.

"One of the biggest things we've been working towards is changing the way people see Peter O'Sullevan House. For a long time, it was somewhere many jockeys associated with injury, but over the last 12 months we've really seen that change. More and more are making it part of their everyday routine, using the facilities to stay fit, stay healthy and try to prevent injury. And if injury does occur, going into rehabilitation from a stronger, healthier place can make a real difference to how quickly and how well they recover.

"It's much more than a gym. Yes, we train people, but we also want them to switch off. There's table tennis, a PlayStation, a drinks fridge, cooking classes and hot yoga—things a lot of jockeys probably wouldn't have tried before. The hot yoga sessions have proved particularly popular with the likes of William Buick, James Doyle and David Egan. The feedback has been brilliant. They spend hours in short stirrups, then drive hundreds of miles every week, so anything that helps them move better, feel looser and improve their mobility makes a real difference.

"Sometimes, though, they just want the music turned up while they get on with training. The important thing is making sure it's somewhere they want to be.

"When they walk through the door, I try not to ask about racing. Their career is precious to them, and it's already all-consuming. I'd rather ask about the football or how they're getting on as a person. It gives them somewhere they don't feel pestered. Somewhere they can put their phone down, be competitive in a different way, or sometimes just sit with a cup of tea. Quite often, someone comes in for a gym session and it turns into a chat instead. Sometimes that's the most important part.

"Trust is everything. It's about being there consistently without being intrusive. Keeping in touch, sending a message to see if they fancy a session or a spell in the hydro pool for something different. Just reminding them to look after themselves and that we're here. I always think that when people know you genuinely care, they open up.

"This is a place where you can be vulnerable. Yes, we're here to coach, but sometimes being there to listen is the biggest job you do. Injury brings frustration, vulnerability and isolation. When jockeys are injured, they spend a lot of time with us, and that social interaction becomes really important. "They're used to being on the move every day, so having somewhere positive to come makes a huge difference.

"The most rewarding part is seeing them succeed and get to where they want to be..."

:Different generations have shared the same passion. It's really special to see that crossover. The beneficiaries love following the current jockeys. When Billy Loughnane won the Guineas, there was a real buzz around the whole centre. Everyone wanted to congratulate him. It gives them something to follow and feel part of.

"Our beneficiaries look after each other too. If someone misses a session, they'll be straight on the phone checking they're alright. If someone's in hospital, they'll organise a card. They have coffee together after classes, go on bowls trips, holidays, cinema outings and even little days out they've organised themselves. It's a genuinely unique community.

"The jockeys are no different. If racing is abandoned, we'll organise something. Today, because of the heat, we arranged a game of padel and took drinks down in coolers. When racing was called off during the Westminster strikes, we organised go-karting. We've had barbecues, five-a-side football and all sorts.

"The most rewarding part is seeing them succeed and get to where they want to be, seeing all the hard work they've put in pay off. Billy Loughnane has made training part of his everyday routine, and he's now taken his career to new heights—a Classic winner and multiple Group One winners. Cieren Fallon finished fourth in last year's jockeys' championship, George Wood has had his best season yet, and you've got young lads like Jack Callan and Toby Moore coming through. We could yet have both the Champion Jockey and Champion Apprentice training regularly in this gym this season. Even if it doesn't happen this year, I'm sure it will at some point. More and more young jockeys understand the value of looking after themselves."

FINANCES

Juliet Frost - FINANCE DIRECTOR

The Injured Jockeys Fund received more than 6,000 individual donations during the last financial year, with £25 remaining the most frequently donated amount. Every gift, regardless of size, is valued and contributes towards the charity's long-term financial sustainability.

Legacy income continued to represent the largest proportion of voluntary donations, accounting for almost 70% of the total value received during the year. In recognition of this exceptional support, all legacy gifts in excess of £200,000 are commemorated through the statue situated in the gardens of Peter O'Sullevan House.

With annual charitable expenditure of approximately £6 million, maintaining a resilient financial position remains a key priority. Careful financial planning, rigorous control of expenditure and the continued generosity of donors, fundraisers and supporters purchasing IJF merchandise have enabled the charity to meet its financial commitments while continuing to invest in its services.

The expansion of the charity's rehabilitation facilities has inevitably increased operating costs over recent years. Oaksey House in Lambourn, opened in 2009, together with Jack Berry House in Malton (2015) and Peter O'Sullevan House in Newmarket (2019), alongside the regional hubs in Taunton and Scotland, incurred combined **running costs of £2.4 million** during the financial year ending March 2026.

Across these facilities, the range of services available continues to grow. More than 25,300 physiotherapy appointments were delivered during the year, complemented by podiatry, psychology, nutritional advice and exercise classes for current and former jockeys and their families. The centres also provide rehabilitation facilities, office accommodation and meeting space for Racing Welfare beneficiaries, other racing charities and local organisations.

Beneficiary grants totalled just under £900,000, providing financial assistance across a broad spectrum of needs. Support ranged from emergency food vouchers and day-to-day living costs to specialist equipment, including items enabling participation in wheelchair tennis, with grants designed to address immediate challenges while also supporting longer-term independence and wellbeing.

The charity's nine-strong Welfare team, including travel costs and the annual Tenerife respite holiday for beneficiaries, represented expenditure of £1.12 million during the year. **Overall support costs totalled £1.5 million**. The IJF also continued to provide financial support to JETS, enabling current and former jockeys to access career guidance and vocational training.

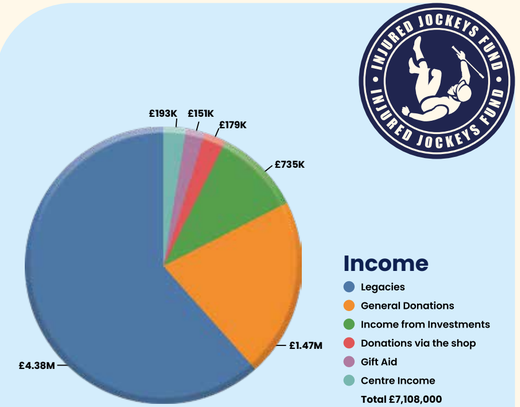
Investment income accounted for almost 20% of total income during the year, providing an important contribution towards the charity's long-term financial resilience. A further 7% was generated through the IJF Trading Company from

> **The Injured Jockeys Fund received more than 6,000 individual donations during the last financial year...**

the sale of Christmas cards, calendars, diaries and other merchandise. Together, these income streams help provide confidence that the charity can continue to meet its lifelong commitment to beneficiaries and their families despite an increasingly uncertain financial climate.

Fundraising costs remained exceptionally low, accounting for just 4.3% of total expenditure, a figure which also includes investment management fees. This compares favourably with many charities and reflects the significant contribution made by volunteers, with the IJF operating without a dedicated fundraising team.

Juliet Frost, Director of Finance, said: "With a lifelong commitment to supporting injured jockeys and their families, responsible stewardship of every pound remains at the heart of everything we do. Thanks to the unwavering support of our donors, fundraisers, volunteers and partners, we can plan with confidence, meet today's commitments and respond to future challenges while continuing to deliver the highest standard of support. On behalf of everyone at the IJF, thank you for making that possible."



VISITOR AND VOLUNTEER NETWORK

The Injured Jockeys Fund's visitor and volunteer network remains one of the charity's greatest strengths — a nationwide team of dedicated people who generously give their time, compassion and experience to support beneficiaries while helping raise vital funds.

Now numbering around 70 people, the network is coordinated by Raechel Rees, based at Peter O'Sullevan House. Under her guidance, the team supports around 200 race days each year. Around two-thirds are staffed entirely by volunteers, a quarter by IJF staff and the remainder delivered jointly.

Collectively, they contribute more than **3,000 hours annually**. From travelling to racecourses and setting up stalls to engaging with racegoers, packing away and making the journey home, their commitment ensures the IJF maintains a visible presence at racecourses and point-to-points across the country.

Raechel describes the network as "an important presence on the ground that keeps us aware, responsive and connected." Joining is reasonably straightforward, a conversation with Raechel about an individual's background, experiences and interests helps identify where they might like to help. She also spends time listening to everyone involved, ensuring they feel valued, supported and part of the team. Following DBS checks, individuals are matched with roles where they can make the greatest difference.

Many come forward because they want to give something back to racing. In return, they often discover a renewed sense of purpose, lasting friendships and the satisfaction of knowing they are making a genuine difference. Some are beneficiaries themselves, choosing to support others because they understand first-hand the value of the IJF's work.

The visitor network remains central to tackling isolation and helping beneficiaries stay connected. Support can be as simple as a regular phone call, a coffee catch-up or a lift to an appointment. One volunteer makes a point of calling a beneficiary before every major race meeting to discuss the runners, then phones again afterwards to talk through the results. While the conversation begins with racing, it often becomes an opportunity to understand how someone is really coping.

As Raechel explains: "You can tell a lot from those chats – how engaged they are, how they're feeling. We don't insist people report back after every visit, but they always let us know if something doesn't feel right. If they sense someone has dipped a little, a welfare officer can go round and do a proper check-in."

Those informal conversations often provide the reassurance, companionship and early intervention that make such a difference. They also encourage beneficiaries to remain active by organising trips to bowls clubs, local groups and community events. One beneficiary has even begun hosting a garden lunch for the people she visits, bringing together individuals who may otherwise never have met. These simple gatherings have become another way in which the IJF helps people build friendships, confidence and a sense of belonging.

"The Injured Jockeys Fund visitor and volunteer network remains one of the charity's greatest strengths..."

Alongside beneficiary support, the sales team continues to evolve. This year, the IJF attended the Royal Bath & West Show, introducing new "face-in-hole" boards that allow visitors to pose in jockey silks. The boards have since travelled to Lingfield and Cheltenham, bringing a fun and memorable way of engaging the public while raising awareness of the Fund's work.

As Raechel says:"I genuinely love working with our volunteers and visitors. Their enthusiasm is infectious, and it is a privilege to work alongside such dedicated people."

The network is much more than an extension of the IJF's services. It reflects everything the charity stands for — kindness, compassion and people looking after one another. Through thousands of volunteered hours, countless conversations and an unwavering willingness to help, these remarkable individuals enable the IJF to reach more people than it ever could alone.

To every visitor and volunteer, thank you. Your generosity, compassion and commitment make an immeasurable difference to the lives of our beneficiaries and to the Fund as a whole. The time you give, the care you show and the friendships you build help ensure that no member of the racing community has to face life's challenges alone. The IJF is stronger because of you.

FUNDRAISING AND LEGACIES

PAUL TAPLIN - Brand Director

Generating £6+ million every year is a constant responsibility. With no fundraising department, the scale of what is needed annually is colossal, yet the kindness shown by supporters has been just as extraordinary. Much of the support we receive comes from the living, but some of the most profound acts of kindness arrive quietly, long after the giver has gone. More than £3 million now comes in annually through gifts left in wills and legacies. These are acts of generosity that outlive us, creating a lasting impact on countless lives and helping to future-proof the Fund for generations to come.

Alongside legacies sits a remarkably loyal community of supporters who take on fundraising challenges year after year. The IJF remains hugely dependent on the goodwill that comes from supporters across the country. Their efforts range from marathons and ultra-events to coffee mornings, bike rides and everything in between — from John O'Groats to Land's End, people are out there doing something for the Fund. Every £10, every £5, every effort matters.

Their commitment reflects the work carried out across the organisation — from clinical teams to welfare support — and many fundraisers choose to take on a challenge as a way of giving something back. We are always inspired by the reasons people choose to support us. Whether someone is honouring a loved one, thanking the Fund for support they have received, or simply wanting to give something back to racing, every fundraiser brings personal motivation that never goes unrecognised.

The run-up to Christmas remains one of the most important periods of the year. The IJF continues to sell more than 20,000 packs of Christmas cards, meaning a quarter of a million cards sit on mantelpieces across the country each year. Volunteers representing the Fund at racecourses play a crucial role — selling merchandise, meeting supporters and hearing the personal stories behind why people choose to give. Those conversations often reveal just how much the charity has meant to individuals and families over the years. Their passion is a reminder of how deeply the IJF is valued within the racing community.

Merchandise continues to generate significant and important profits each year — all of which goes directly towards funding treatment and care. The IJF works hard to keep the range fresh, introducing new items alongside favourites.

> **The run-up to Christmas remains one of the most important periods of the year.**

Last season's best-seller was the new collection of Christmas tree decorations, which proved so popular that demand regularly outstripped supply. Following their success, additional designs are planned for the coming season.

Behind the scenes, the merchandise cycle is a 12-month operation. Christmas effectively begins in January, with new ideas researched, samples developed and designs refined. Every product is assessed carefully — the IJF is investing charitable funds, and every pound counts. Items take three to four months to manufacture and must be ready by late summer so they can be photographed and included in the Christmas brochure, which is sent out in September. It is a year-round process, and one that relies on constant interaction with supporters whose enthusiasm never fails to remind the IJF of the passion people have for the charity. Behind every item sold is months of planning, careful investment and a shared commitment to getting every pound working as hard as possible.

Alongside legacies sits a remarkably loyal community of supporters...

IMPACT REPORT

Looking Ahead

The purchase of Collingridge Farm in Lambourn at the end of 2024/25 has enabled the IJF to explore ways to secure the long-term capability of facilities at Oaksey House.

It is expected that a planning application will be submitted in the summer of 2026 to build a new extension to house a fully accessible ground floor gym and ground level hydrotherapy pool which will significantly improve the accessibility for users with mobility needs and will reduce operational inefficiencies.

Expanded car parking and garden area plus improved access throughout the main building and clinical areas will greatly enhance the whole user experience ensuring that this site truly is fit for the future.

This will be our largest single commitment for the upcoming financial year.

A specific fund raising campaign for this exciting project will be launched once planning permission has been achieved.

It is our charitable objective to provide care and support to those in need who fall under our charitable remit. Our focus is purely on this and help and care will be provided to those in need who qualify, regardless of age, gender, ethnicity, religion, or sexual orientation. As a specialist, bespoke national charity, we wish to remain true to our core values of '**Compassion • Care • Support**' and choose to remain impartial to industry agendas or politics, as this is not within our charitable remit.

Head Office: Injured Jockeys Fund • Peter O'Sullevan House • 7A Newmarket Road • Newmarket CB8 7NU • T: 01638 662246

Injured Jockeys Fund (Registered Charity No. 1107395)

Compassion • Care • Support