

# Word spreads on Racing Mates

**RACING MATES WAS LAUNCHED FOUR MONTHS AGO AND IS ALREADY PROVING SUCCESSFUL WITH A DOZEN AMBASSADORS KEEN TO LOOK AFTER THOSE REQUIRING HELP** WORDS: CASS AGNEW PICTURE: STEVE WHITE



**R**acing Mates is a peer support initiative established by Racing NSW and empowers mates to look out for mates. Research has found that effective support offered from peers and colleagues can aid significantly in coping with stress and difficult situations.

Over the past four months Racing Mates has offered monthly workshops across NSW to provide information, updates and support for people within the industry. These workshops are accompanied by a morning tea hosted by Maurice Logue (Racing NSW's GM-Workforce Development & Training Opportunities).

"Our first Racing Mates morning tea information session was with the Southern Districts Racing Association at Wagga Wagga Racecourse," Mr Logue said. "It was a great success with many industry participants attending.

"The following morning tea information session was with the Northern River Racing Association held at Grafton Racecourse in late October and again, it also proved a success with even more industry participants attending.

"The attendees felt relieved to know that they could talk about their problems or issues with someone.

"As the word of the program continues to spread, one-on-one appointments will be available to those that would like a private session while we're in each region."

The last session for the year will be with the South East Racing Association held at Canberra Racecourse on Friday 30 December.

"We encourage all industry participants to attend this morning tea to receive a more thorough understanding of this program," Mr Logue said.

To keep updated on these programs for early next year, regularly check

out Racing Mates' website, Twitter, Facebook, and Instagram page.

Maurice Logue can also be contacted on 0418 295 323.

Racing Mates provides access to Clinical Psychologists, Counsellors and Assistance Hotlines. Ambassadors don't provide specialised counselling; rather they are available as a port of call when industry participants are in need of a mate.

Ambassadors possess a wealth of industry knowledge allowing them to relate to multifaceted concerns people may be experiencing. Industry specific expertise combined with accredited training ensures Ambassadors can provide a crucial link between those in need and the required support.

Crisis care is available via Lifeline - [www.lifeline.org.au](http://www.lifeline.org.au), or 24 hours a day on 13 11 14 or call Emergency Services 000.

**RNSW**