

# JOCKEY SUPPORT NETWORK

## INJURY MANAGEMENT



The IJF rehabilitation centres provide:

- Physiotherapy, hydrotherapy, sports massage & other specialist therapies
- Concussion consultations
- Medical consultations
- Gym and specialist equipment

## EMOTIONAL WELLBEING, CONFIDENCE & RESILIENCE



PJA 24hr confidential helpline & support network

- IJF Psychologists at the rehabilitation centres
- PJA sport performance psychologist
- IJF Almoner pastoral support

## PERSONAL DEVELOPMENT



JETS personal development managers can assist with:

- Career development
- Goal setting
- Communication/life skills

## EDUCATION & TRAINING



JETS will assist you with:

- Career consultations
- CV & Interview preparation
- Work experience & taster days
- Skills training & education courses

## FINANCIAL



- PJA pensions & savings plans
- PJA can provide accountants details for budgeting and tax advice
- JETS scholarships & funding grants
- IJF grants

## INSURANCE



- PJA insurance cover for:
  - Career ending
  - Legal (including motoring)
  - Travel (overseas medical & repatriation)
  - Private healthcare
- Discounted Private Medical Insurance & IJF grants
- PRIS (temporary & capital benefits): 01935 891974

## FITNESS AND DIET



- IJF strength & conditioning coaches
- IJF physiotherapists
- PJA nutritionists
- Jockey coaches

## REGULATORY /RACING



The PJA will help you with:

- Appeals, disciplinary & integrity matters
- Racecourse safety & facilities
- Licensing & employment issues

Useful videos, links & resources visit:

[www.jets-uk.org/jockeymatters](http://www.jets-uk.org/jockeymatters)



Office: 01635 230410  
[www.jets-uk.org](http://www.jets-uk.org)



Office: 01635 778108  
[www.thepja.co.uk](http://www.thepja.co.uk)



Injured Jockeys Fund: 01638 662246  
Oaksey House: 01488 674242  
Jack Berry House: 01653 602090  
[www.injuredjockeys.co.uk](http://www.injuredjockeys.co.uk)