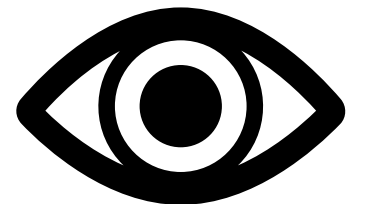
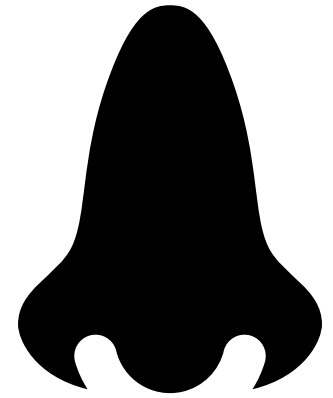


**ACCESS
STATEMENT
FOR THOSE LIVING WITH
INVISIBLE ILLNESSES**

**NOTTINGHAM
RACECOURSE**



INTRODUCTION

- This Access Statement provides information for those wishing to visit Nottingham Racecourse that may have, or be attending with, a person of any age living with an invisible illness or disability, or if you wish to come racing alone.
- This has been produced as part of the #GoRacingGreen initiative, which was introduced to support better mental health awareness within the race-going community, and support those with a varying range of conditions which include, but are not exclusive to, dementia, autism, ADHD, social anxiety and general anxiety disorder, as well as be welcoming to those people who would like to come racing but have no one to accompany them.
- Whilst we are certainly not experts, our key race day staff have become Dementia Friends, and also attended an awareness session on autism and various other sensory conditions. They have also been working closely with someone who suffers from social anxiety, general anxiety disorder and various other social triggered phobias.
- Behind the #GoRacingGreen initiative is a community of thousands of people that live with various conditions that make coming to a day at the races difficult for them. They have provided feedback which we have used throughout the initiative and will continue to do so going forward.



The #GoRacingGreen Room

The room offers a safe and quiet space for anyone who needs to seek respite during a race day.

The room is a simple space that provides tables and chairs, and where racing can be viewed via two wall mounted television screens.

It is situated just inside the entrance to the racecourse, at the end path from the main entrance. We advise that you pre-book tickets as it not only saves money but reduces queuing on the day and gives you quick and easy access into the racecourse from the car park.

This also means the room is close to the exit should you need to leave quickly for any reason. The room is branded as a #GoRacingGreen room, but please do ask a member of staff if you are unsure when you arrive, or at any time of the day you need to access it.

The room is open for 19 of our 2019 fixtures <https://www.thejockeyclub.co.uk/nottingham/events-tickets/> excluding:

Friday 10th May

Saturday 11th May

Saturday 6th July

The #GoRacingGreen Room

Should you wish to attend the race days when the room is not available, which are generally much busier, there is an allocated quiet space outside, close to the track on a small green, where picnic benches are available. Of course, this outside space is also available on any race day should you wish to watch from trackside.

The room is adjacent to a wooden kiosk that sells refreshments and confectionary.

Within easy reach, and with flat access, there are a number of other food and drink outlets - both indoor and outdoor - serving a wide range of hot and cold snacks and drinks, and a licenced bar. You are welcome to consume food and drink in the #GoRacingGreen Room.

Outside the #GoRacingGreen Room there is a pleasant, grassed area, leading to the parade ring, where you can view the horses prior to each race. There are a number of benches available around the parade ring.

There is ramp access to the room, however, if you wish to come racing and have a physical disability please see our disabled access statement, a link to which is at the end of this document.

There are toilets, which includes ladies, gents, disabled, baby changing, and a dementia friendly toilet, in the grandstand building opposite (approx. 15 metres).

The #GoRacingGreen Room

The room will be staffed with a key member of race day staff who has undertaken the aforementioned awareness sessions. He or she will be there to offer a friendly face and any advice, should you need it on the day.

Please note, if you are using the room and have children or are attending with a vulnerable adult, these must be accompanied at all times.

Wristbands are available in the #GoRacingGreen Room, should you wish to collect one, if you feel it may be useful to wear one yourself, or if the adult or child you are accompanying may be at risk of getting lost and confused. Please know we do not wish to make anyone stand out, so this is entirely at your discretion.

Please see the next page for general information.....

General Information

Members of the #GoRacingGreen community may be wearing green ribbons or branded hats. These people may be living with an invisible condition, or they may be out and about around the racecourse because they support the initiative and want you to know they are happy for you to say hello to them or join them.

Please note that safeguarding is our priority at all times, and we ask that anyone travelling to the racecourse alone does not put themselves in a vulnerable position.

We know we cannot tick all the boxes, but we are always open to feedback on anything we can do to improve the race day experience for anyone living with an invisible illness, or their friends or family members accompanying them.

If you are visiting the course and have a physical disability, please read our Access Statement here <https://www.thejockeyclub.co.uk/nottingham/visitor-info/physical-accessibility/>

If you are at the racecourse and feel unwell at any time, please notify a member of staff who will be able to direct you to the First Aid room.

If you have any queries prior to the race day, please contact our team on **0115 9580620**.

OUR ACCESS STATEMENT

This Access Statement is here to help you pre-plan your day at the races and make you aware of the facilities and practices we have put in place to support you. Our main aim is to ensure you to have an enjoyable day.

If you have any questions or concerns ahead of you visit, please do not hesitate to call our team on 0115 9580620 where we shall be glad to assist you.

This document has been created specifically for Nottingham Racecourse as part of the #GoRacingGreen initiative, to make racecourses across the UK more accessible to people living with invisible illnesses and support those people that care for them. More information can be found at www.goracinggreen.co.uk

