

Disordered Eating Management Pathway for Jockeys

Are you concerned that your eating habits are getting out of control?

Do you regularly starve yourself in order to lose weight?



Have you noticed that you are getting more illnesses/injuries and take longer to recover?



Are you feeling low, depressed or anxious?



Have you noticed changes in your menstrual cycle?

Do you make yourself sick to make weight?



Are you lacking energy and struggle to concentrate?

Do you worry excessively about the calories in foods and drinks?

If any of the above applies to you, there is help available:

Contact your local IJF centre (Oaksey House or Jack Berry House) and ask to speak to a PJA Nutritionist, IJF Almoner or alternatively speak to the BHA Chief Medical Officer for advice.

Contact the Cognacity helpline (020 3219 3080 or enquiries@cognacity.co.uk) for instant, free psychological support. You can also ask to see your GP and be referred to psychological and eating disorder services, however there may be a waiting time within the NHS.

If you feel suicidal, distressed, unable to cope or do not feel in control, call 111 and you will be directed to a Crisis Team. You can also ask for an emergency appointment with your GP or go to A&E directly if you have an acute life-threatening medical or mental health emergency.

All licensed professional jockeys can receive funded support and treatment from the PJA. The nutrition team is based weekly at Oaksey House and Jack Berry House, as well as remotely via skype, telephone or email. Retired jockeys and amateur jockeys should contact the IJF. Any stud/stable staff should refer to their GP and Racing Welfare if appropriate.

If you are having problems with your eating or would like to speak to a Nutritionist, please contact:

nutrition@thepja.co.uk