



WEEKLY BULLETIN

Join us for Racing Week

MONDAY 2nd SEPTEMBER

11.00am Alive & Active Exercises
Afternoon Movie – Black Beauty

TUESDAY 3rd SEPTEMBER

Morning – Jigsaw Club, Fresh Air & Manicures
Afternoon – Brace yourself for Bingo

WEDNESDAY 4th SEPTEMBER

11.00am – Exercise with a difference
Afternoon – New month and a new challenge
for the participants in the Brookfields quiz

THURSDAY 5th SEPTEMBER

Morning – Fresh Air & Manicures
Afternoon – Higher or Lower? Join us for Play Your Cards Right

FRIDAY 6th SEPTEMBER

11.00am Alive & Active Exercises
An afternoon at the races – join us,
put your bet on and shout for your horse to win!

SATURDAY 7th SEPTEMBER

Afternoon – No horsing around as we gather
together to do our horse quiz

SUNDAY 8th SEPTEMBER

Sunday afternoon activity of Resident's choice



BROOKFIELDS

Private Nursing Home



Horseracing – did you know?

It's Britain's second-favourite sport after football. With over six million attendees passing through the turnstiles at racecourses around the country every year, the sport's popularity is widespread.

It wasn't invented here. While the modern-day sport did originate in Britain, horses have been racing for as long as they have been domesticated. Nomadic tribesmen raced horses in Central Asia as far back as 4500 BC, while the first horseback tournaments on British soil took place around 200 AD.

Racing is 'The Sport of Kings'. King James I took such a deep interest in racing that in 1605, he was urged by parliament to refocus his attentions on running the country. It was King James himself who established Newmarket as a royal resort and began racing horses in the town, but it was his son Charles I who made Newmarket into what is now commonly known as the headquarters of British racing.

Racing was once outlawed. During the protectorate of Oliver Cromwell (1653-1658), the racing of horses was banned. The majority of horses were requisitioned by the state after the Civil War and the early proponents of British racehorse breeding were dealt a temporary blow.

Horses are supreme athletes. While a human heart beats between 60 and 100 times per minute at rest, Thoroughbred racehorses have resting heart rates of just 40 beats per minute.

The original racehorses were bred for war. The three founding sires of Thoroughbred racing in the UK arrived in England in the 17th and 18th centuries, having been bred for war overseas. Darley Arabian, the Byerley Turk and Godolphin Arabian were fast, powerful horses and they were bred with local mares to create the Thoroughbred lineage that continues to thrive today.

Jockeys are a rare breed. While many dream of a career in racing, only a select few actually get the chance to ride for a living. In November 2017, there were around 450 professional jockeys in the UK and another 300 amateur riders.