

Cheltenham Week Activity – Easy Guide

Idea from Lena O’Sullivan Manager in Mallow DC

Cheltenham week is here, and many of our service users may be interested in the races! To make it fun and engaging, we’re running a simple activity where everyone can pick a horse and enjoy the excitement of the race. Follow these easy steps to set it up:

1. Choose a Race

- The 2:00 PM race works well.

2. Get the Race Card

- Visit the 'At the Races' website on your phone (since it's blocked on work devices).
- Take a screenshot of the race card.
- Email the screenshot to yourself and print it out.

3. Prepare the Horse Names

- Write each horse's name on a large slip of paper.

4. Let Clients Pick a Horse

- Show them the race card.
- Let them choose a horse.
- Hand out the corresponding slip of paper.

5. Watch the Race & Enjoy the Excitement

- Tune in when the race starts and enjoy the reactions!

6. Give Out Prizes

- Award prizes for the first three horses to finish.
- Suggested prize: Terry's Chocolate Oranges.

Enjoy the Race! 🐎🎉

This is a simple and fun way to bring some excitement to the day. Get ready for lots of cheering and a great atmosphere!

