Mental Health Charter Case study February 2016

1. Project name:

Golf: game for all

2. Organisation name:

England Golf and Recovery Devon

3. Target group:

Males aged 30+ currently receiving treatment for a mental health wellbeing issue within Devon. Focussed initially around Exeter.

4. Aims of project:

Following contact from a former golf club member who due to his mental health issue had to leave his club when it was the time that he needed his club and golfing activity most, a conversation started on how we could create opportunities for more males with a mental health issue to start or return to golf.

The former member now worked for Re:think in the South West with links to the Recovery Devon programme and believed that golf with its opportunities to get out in the fresh air, calm outdoor atmospheres and social interaction of playing the game with others could have a great impact on the mental health of a number of service users.

Males aged 30+ were targeted as although accessing a service, there still remains a stigma about men talking about their mental health and it was felt that using golf, this would create an environment for them to become more open.

Padbrook Park Golf Club, Exeter hosted a series of one hour lessons for 6 weeks, concluding in some playing time out on their 9-hole course as a group.

5. Impact of project

5 men took part in the first project running in March 2015 supported by Stuart Disney, the PGA Professional at Padbrook Park and the Re:think support worker who had an experience of a mental health well issue and played golf.

A meeting prior to the start of the course between Stuart and the support worker allowed Stuart and the club manager to ask any questions openly and understand the environment they needed to create at the facility.



The men taking part all completed the course and if they could not continue to access Padbrook due to location were supported with information on their local courses and driving ranges.

Most of the men had become inactive due to their mental health issue and golf provided them with an encouraging and low impact way to start back to physical activity. All of the men praised the club and Stuart for making them feel at ease. With all reporting a more positive mood after taking part in the sessions.

The support worker continues to keep in contact with the England Golf County Development Officer for information and support and with Recovery Devon, looking to increase the profile of this project and the role clubs play in caring for the mental health of their members.

6. Further information (e.g. website, contact details)

Recovery Devon - www.recoverydevon.co.uk

Padbrook Park Golf and Country Club, Exeter - www.padbrookpark.co.uk

For further details or to discuss setting up activity -

Jamie Blair Disability Manager <u>i.blair@englandgolf.org</u> / 07583 400 243

