

Golf in Society: Transforming Lives Through Community Health Hubs

Golf in Society places golf at the centre of the local community, offering customised golf sessions for individuals living with neurological and other health conditions such as Dementia, Parkinson's disease, depression and schizophrenia.

We specialise in inspiring people living with a diagnosis to discover a happier, healthier life. No golf experience required.



For further information scan the QR code.



The Challenge

- 25% of hospital beds occupied by individuals over 65 with dementia.
- NHS workforce crisis with +150,000 vacancies.
- 1.8 million individuals with unmet care needs.
- 20% of dementia-related hospital admissions are preventable.
- Falls are the leading cause of older adults' A&E visits.
- Nearly 1/3 of carers experience depression.

Our Innovation

- Repurpose golf clubs' green spaces and infrastructure into health hubs.
- Deliver person-centered holistic programs for individuals and carers.
- Combine OT, PT, social, and medical interventions in a community-based setting.



Intervention Steps

- 1 Identified cognitive impairment.
- 2 Referral from various organisations e.g health/ third sector.
- 3 Golf taster session and introduction to OT and PT.
- 4 Establish research measures and baseline.
- 5 Commence the 12-week program.
- 6 Collaborative support from golf coach, OT, and PT for participant and carer.
- 7 Transition to Golf in Society (existing program) or community services.

"The best way of describing it is that it makes him buoyant, he lights up when he comes here."



"It brings him back to life!"

Research Phase One Findings

Beneficiaries/Participants:

- 59% improved balance.
- 95% experienced reduced isolation.
- 91% reported increased hopefulness (happiness).
- 72% felt physically stronger.

"Everyone is welcoming and friendly. They are compassionate and sensitive to individual's needs, ensuring the sessions are fun."

Carers:

- 71% became more physically active.
- 95% reported improved mental well-being.
- 81% felt better connected.
- 80% felt more supported.
- 100% would recommend the program.
- Every £1 invested returns £16.46 of social value.

Research Phase Two (2023)

Overview:

- Measure physical impact of golf coach and therapy intervention for adults with age-related physical and/or cognitive impairment.
- Evaluate the carer's experience of the program.

"Time away from a caring role is precious, and knowing my husband is in safe hands, I can relax."

Methods:

- Conduct standardised measures of balance, strength, and mobility at baseline, 6 weeks, and 12 weeks for golfing participants in the movement analysis laboratory.
- Issue tailored surveys to caregivers at baseline, 6 weeks, and 12 weeks.
- Invite carers to participate in semi-structured interviews.

Results:

- To be finalised in December 2023.

Further Information

Golf in Society

www.golfinsociety.com
info@golfinsociety.com

Transforming the lives of people with chronic illnesses through golf.

Sport for Confidence

www.sportforconfidence.com
info@sportforconfidence.com

Empowering people to overcome barriers and do the activities they value through the power of occupational therapy.