



# Case for Support

---

[www.thegolftrust.com](http://www.thegolftrust.com)

Registered charity no. 1172134





**It was the Surrey Cup semi-final, a nail-biting match between close rivals. During the game, Duncan was hit in the face and suffered a nosebleed. While this is a fairly common injury in a contact sport like rugby, on this occasion, the knock-on effect would lead to life-altering consequences for Duncan...**

Later in the game during a tackle, Duncan damaged the artery in his neck. The combination of the nosebleed and damaged artery resulted in a stroke later that evening.

The stroke destroyed the entire right side of his brain, leaving him with no control of the left side of his body and a titanium plate covering the hole in his skull from surgery.

Despite this devastating set-back, through The Golf Trust, Duncan has found a new purpose in life. The competitive thrill of sport that he thought he'd lost forever is now back. The sense of camaraderie and companionship that he had prized in his days as a rugby player have returned, and his health and well-being are improving daily.

**For Duncan, and countless others, golf is not just a game. It can also be a catalyst for social mobility and inclusion.**

**Regardless of one's ability, gender, race, age, socio-economic status, or location, The Golf Trust removes the usual barriers associated with sport so that people like Duncan can experience the impact of golf, together.**

**“ The Golf Trust has given me a purpose since my injury by providing an avenue to continue to play sport socially and competitively.**

- Duncan, Golfer





## 22% of the UK population has a disability<sup>1</sup>.

**Opportunities for all people to engage in sport is vital to the health and happiness of our communities.**

This is especially true in our post-pandemic world. In 2021, 15.1% of disabled people reported feeling lonely “often or always”.

While golf has traditionally been an exclusive sport that lacks diversity, we aim to challenge these long-held perceptions and create a community of accessibility.

<sup>1</sup> [UK disability statistics: Prevalence and life experiences](#)



# Bringing people together through golf

**With a special focus on people with autism and spinal injuries, we aim to raise awareness and educate the sport community on disability. This includes training golf professionals, volunteers and, multi-sport coaches on how to practically deliver golf lessons to people with a variety of needs.**

One of our most significant programmes is our partnership with Els for Autism – delivering GameOn clinics and curriculum for the enhancement of physical skills, golf skills and the most important social communication skills.

Golf activities are also offered in care homes for older people, residential day centers, and sheltered housing accommodation, including a Forget Me Not Golf Club for people with early-onset dementia.

Working with local organisations to build trust, we adapt the game of golf to fit many untraditional spaces, such as inner-city estates, school halls, adventure playgrounds and parks.



# The Golf Trust was established in 2012 to showcase the inclusive opportunities of golf.

**Cae Menai Davis, a professional golfer, shared this vision with Frank Harrington who worked with children and youth to educate them on how living a healthy lifestyle can help in the fight against cancer.**

In the 10 years since The Golf Trust began, we have become a registered charity and brought the benefits of golf to more than 300,000 participants in the UK and abroad, making it a more accessible sport every day.

This has resulted in multiple awards, as well as international recognition for the proven positive results of the programme. Further afield, we are working with key stakeholders in Grenada and Kenya to raise awareness of disabilities and change the perception of disabled people there – creating more positive outcomes for them and their families.

The impact of introducing, or reintroducing, golf to certain communities goes well beyond what happens on the golf course. Not only does golf provide physical benefits to those who participate, but social and mental benefits as well.



Our Theory of Change illustrates how our programmes lead to the measurable outcomes we plan to accomplish. It allows us to make sense of complexity, plan effective programmes, measure progress, and track impact.





# THEORY OF CHANGE

Registered charity no. 1172134

## ACTIVITIES



Deliver golf programmes to individuals and families regardless of ability, gender, race, age, socio-economic status or location

Collaborate with other charities, schools, local authorities, businesses, and passionate individuals, locally and internationally



Train golf professionals, volunteers and coaches on the theory of autism and how to deliver golf sessions for autistic people

Deliver programmes in untraditional community spaces such as care homes, inner city estates, school halls, and parks



Bring the Paragolfer to golf clubs to be used by players with disabilities, as well as bring awareness to the club

Use adaptive equipment both indoors or outside to meet the needs of the individual and group



## 1 OUTPUTS

- A variety of individuals and their families learn to play golf
- Golf is introduced (or reintroduced) to people with disabilities, such as people with Autism and people with spinal injuries
- Elderly people in care homes are playing golf
- Programmes are delivered to individuals with mental health challenges
- Early-onset dementia golf groups take place at golf facilities
- Resources and equipment is shared internationally
- Ethnically diverse golfers mentor young people from lower socio-economic communities

## 2 IMMEDIATE OUTCOMES (<12 months)

- Golf is available and accessible for all to experience
- People are brought together through golf
- Multiple generations of a family are engaging in golf together
- The number of girls playing golf is increased
- Opportunities for accessible golf are visible and actively promoted
- Young people are talking about their mental health
- The health benefits of playing golf are experienced
- Creative care home support across the country is spreading
- Participants feel empowered to pursue the golf journey they want, recreational or professional

## 3 INTERMEDIATE OUTCOMES (12-24 months)

- Individuals and families are playing golf regularly
- Community trust and engagement is cultivated
- Isolation is reduced through increased levels of activity among disabled people
- Participants improve their social communication skills
  - The golf industry is engaged and providing role models, mentors, volunteers, and opportunities
- The perception of golf being an exclusive sport is challenged
- Mental health awareness is increased
- Participant's mental health is improved
- Youth have the opportunity to build and advance their golf career

## 4 TARGET OUTCOMES (24 months+)

- Awareness of disability, and the part golf and sport can play, is increased
- Negative perceptions of disabled people are improved
- Sustainable funding is available to support the golf for development sector
- Participants have improved social, mental and physical well being
  - A support network for families and communities is fostered
    - The next generation of golfers are inspired to make positive change in their community

## 5 IMPACT GOALS

- Golf is a driver of social mobility and inclusion
- People are living healthier and happier lives
- The impact on the social care system is reduced
- Accessible options for sport, such as the Paragolfer, are advancing





## Widening the fairway

There are many benefits found through golf. It's a social sport that involves walking, bending, muscular strength, muscular endurance, balance, coordination, gross motor skills, flexibility, social communication skills, numeracy, resilience, and self-learning.

As such, we are continually seeking opportunities to reach more people, both in the UK and globally. **We plan to do this through three distinct programmes:**



### DISABILITY

A Paragolfer is an all-terrain wheelchair that raises the user into a standing position to allow a more conventional golf swing, giving individuals the opportunity to access most, if not all areas of a golf course.

By bringing more golf clubs and communities on board, we can offer free golf lessons and use of the Paragolfer to those with mobility issues in addition to educating friends, partners, and community coaches on the equipment.



We met a gentleman by the name of John through the Injured Rugby Players Foundation. John grew up playing golf and rugby, but everything changed during one rugby game that led to a severe spinal injury. He could no longer play the sports he loved, and he lost the social aspect of spending time with teammates and friends.

John thought his days of playing golf were gone, but the Paragolfer has since transformed both his sporting and social life. Thanks to regular lessons at our hub at Durham City Golf Club, John has made great friends and is playing and inspiring others to try the Paragolfer too.

“ It has been 18 years since I [last] stood. Thanks to being introduced to the Paragolfer by The Golf Trust, my passion for sport and exercise has been reignited.

- John, Golfer



### OLDER PEOPLE

**70 care homes (and counting) are currently being served by The Golf Trust.**

The purpose of this programme is to transport participants who are 60+ back to their youth, with the goal of improving their memory, increasing their levels of activity, creating a sense of belonging, and tackling the rise of social isolation and loneliness.

Our instructors use motivational interviewing during the sessions to help participants change their thinking, particularly toward loneliness. During our recent interviews, we have found that:

- 70% of participants had a form of disability or impairment, with 25% of the participants suffering from dementia.
- All residents showed increases in physical attributes such as balance and strength.
- 90% of staff engaging in the sessions claimed to form better relationships with the residents.

We plan to continue growing our care home programmes for older people in the community until it's accessible across the country.



### DISADVANTAGED COMMUNITIES

We hope to create a journey from the community to the golf course by bringing ethnically diverse golfers together to launch a Big Brother Big Sister mentor network in lower socioeconomic communities.





## Staying on course

**With more than 300 trained volunteer coaches, 6 full-time staff members, and many partners, The Golf Trust has a dedicated network delivering hope and health to thousands across the UK.**

- Coaches are responsible for working directly with programme participants.
- Full-time staff members are responsible for administration and reporting, as well as training the coaches.
- We collaborate with other charities, schools, community groups, local authorities, businesses, and government agencies to foster a network of support.



---

## Our vision

**We want to see a disability network in every region of the UK, thereby reducing the impact and strain on the current social care system.**

**To do this, we require £200,000 to grow our golf community to an additional 100,000 participants per year. That's 100,000 more people able to pursue the golf journey they want, recreationally or professionally, despite their disadvantaged situation.**

Our goal is to have 12 Paragolfers and a coaching network stationed within an hour from all major spinal centres across the UK. Each Paragolfer, a £25,000 investment, means consistent availability for those with spinal injuries and mobility impairments.

Adam, a young man with autism, was quite inactive when he first joined The Golf Trust as a beginner. Like so many others, his journey has been one of great improvement. Now, he participates regularly in many sporting activities, and has seen huge improvements in his physical strength, coordination, and balance.

Adam and his father, Andy, now visit the driving range and golf course together. Golf has strengthened the bond between them. They have both experienced how important being active together is for their mental and physical health.



---

**“ I never thought I would be able to play sports with my son, let alone golf. It truly is the most inclusive sport, made accessible by The Golf Trust.**

- Andy, Adam's Father

—  
**Join us in helping  
more people like  
Duncan, John,  
Andy, and Adam to  
lead happier and  
healthier lives.**



Registered charity no. 1172134

With your support, golf can continue growing into a sport that multiple generations of a family and community can play together - regardless of their abilities, age, or socioeconomic status.


To donate online please visit:


[www.justgiving.com/thegolftrust](http://www.justgiving.com/thegolftrust)

or contact us about other ways to give.

We believe in partnerships that allow our funders to engage with, and learn from, our participants and network. Let's make sport accessible for all.

 [www.thegolftrust.com](http://www.thegolftrust.com)

 [cae@thegolftrust.com](mailto:cae@thegolftrust.com)

 07736246294



TheGolfTrust