I have not been out of the house for about ten years I used to play golf when I was younger .this group has got me out of the house again and I can't wait for the next session I think I will try Snooker next. My Health and Wellbeing has improved because of this activity I'm buzzing.

It's been fantastic to meet new people and get out of the house again I'm loving this activity.

Tee'd Off

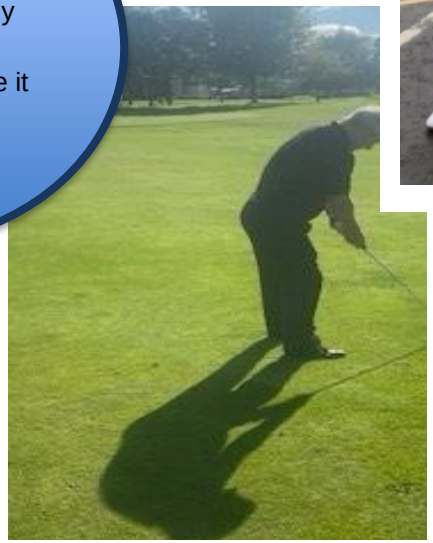






The group gives me time off from my caring duties. I care full time for my disabled son, and look forward to every golf game.

I really enjoyed the company and patter from the guys hopefully this scheme is continued and I'm sure it will help a lot of more people.



I have not played a game of Golf in eight years after my Golf Mate passed away and I lost all my confidence. The Community Links Worker persuaded me to go and play again I'm happy that I did I really enjoyed myself I was a bit sore but it was worth it the guys were brilliant and helped me a lot, thanks so much.



This has been a brilliant activity for me I'm now able to get out of the house and meet new people .my arthritis has been holding me back but I will battle through this to keep attending this group.

As someone who works from home. The chance to get out and exercise was greatly appreciated.

Wullie Pearson, Community Link Worker, Cairntoul Medical Practice, Glasgow talks about getting the group started: “I was getting a lot of referrals for people living in isolation and struggling with their mental health. As a keen Golfer for over 30 years I know the benefits this game can have on people's health and wellbeing. Golf can have a real positive impact on motivating people out of isolation and engaging with their Community. It can improve people's mental health and physical health, helping to improve confidence, self-esteem and anxiety. We worked with our partners from Knightswood Connects and Glasgow Life to offer Golf sessions at Knightswood Golf Course. All of the sessions were free of charge; they ran for four weeks as a pilot during September and October which went really well, people attended from all over the city of Glasgow. The sessions were very successful and the participants who were in the Golf Group wanted to play again, the feedback we received demonstrated just how valuable this was to each person who took part and the positive impact made on their lives. By popular demand we will offer more Golf Session in Spring 2023 and we are very much looking forward to Teeing off again.