



Make your club more Parkinson's friendly

- Support staff, committees, and volunteers to make golf more accessible for people living with Parkinson's. Information and training resources can be found on the Parkinson's UK website.
- People with Parkinson's may need to pause to take medication, or need more rest breaks. Plan these into the pace of play. For example, space out tee times.
- A person with Parkinson's may have balance problems which increase the chance of falling. You could consider adding handrails at the steps or raised tees around your club or have seating around the course.



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I soon realised golf was helping to take my mind off the diagnosis and focus my mind on the game.

Tony Bruce, living with Parkinson's

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Find out more about golf fundraising at Parkinson's UK, by scanning the QR code above or visiting parkinsons.org.uk/get-involved/golf