

CHESHIRE COUNTY GOLF PARTNERSHIP

Press release

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For immediate release

HEALTH workers in Cheshire are to be given the inside track on the benefits of playing golf.

Research shows that walking around the golf course for a few hours is healthier than an intense session at the gym.

Playing a full 18 holes burns up to 900 calories as well as working your heart and lungs while being out in the fresh air and green spaces can help reduce your stress levels.

Now, as part of the nationwide Get into golf campaign, staff from the NHS in Manchester are to be given a free taster session at Didsbury Golf Club.

The evening, which takes place in October, will be led by PGA professional Peter Barber, who will provide an introduction to the sport and some of the skills required to play the game.

Hospital workers will then be offered the chance to continue their new-found sporting interest by taking up a discounted coaching programme at Didsbury with Peter, a former European Tour player who is head coach to the England north west U16 boys' squad.

The Cheshire County Golf Partnership has supported a number of activities involving staff from the NHS, including a well-being day on Wirral and the North West NHS Games.

The health benefits of golf – plus the fact that it can be played by people of all ages and abilities – make it an ideal sport to be enjoyed by work colleagues or individuals.

Clubs across Cheshire are offering free taster sessions and value-for-money coaching to make it easier than ever to get involved.

For details of what is on offer at a club near you, visit getintogolf.org and look at the activity map or call 0800 118 2766

Says Craig Thomas, county development officer for the Cheshire Golf Partnership: "There's no better sport for bringing people together and, with its

winning combination of exercise, sporting skill and social interaction, golf is the perfect tonic for good health and happiness.

“It doesn’t matter if you’ve never played golf or haven’t picked up a club since your school days or an almost-forgotten holiday. You can get started by taking advantage of the low cost taster sessions and beginner courses on offer across Cheshire.

“These sessions are fun, sociable and held in a relaxed atmosphere. They are available for mixed groups, women-only and families and are all run by PGA professionals. You will receive a basic introduction to the game, together with information about club membership and follow-on coaching opportunities.”

Get into golf is a national campaign to inspire new golfers run by the England Golf Partnership through its network of County Golf Partnerships, which work to grow the game.

Get into golf opportunities include free or low-cost beginner courses with PGA professionals. They are a fun and sociable way to start golf – and a great way to make new friends.

Discounted lessons can cost as little as £25 for a five-week course.

You can follow Get into golf on Twitter twitter.com/getintogolf or on Facebook at facebook.com/Getintogolf

For more details on the work of the Cheshire CGP visit www.cheshiregolfpartnership.com

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Editors' notes

The England Golf Partnership (EGP) brings together the amateur governing body, England Golf and the PGA, to grow the game with the support of the Golf Foundation and Sport England.

County Golf Partnerships, involving the county men's women's and professional organisations, are part of the EGP's Whole Sport Plan for golf and an integral part of its vision to make England the world's leading golf nation by 2020. The EGP runs the Get into golf campaign through its network of County Golf Partnerships.

In Cheshire the partnership is supported by the Cheshire Union of Golf Clubs, the Cheshire County Ladies Golf Association and the Cheshire and North Wales PGA.