

Cheshire County Golf Partnership and Age UK Cheshire East set out to improve everyone's game

Press release

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For immediate release

CAPTION: Ken Sparkes gives golf a go at the taster day in Macclesfield organised by the Cheshire County Golf Partnership and Age UK Cheshire East

A new scheme in Cheshire just goes to show that you are never too old to take up golf.

The Cheshire County Golf Partnership has teamed up with Age UK Cheshire East to provide the over 50s with the chance to give the sport a try.

A free taster day at the South Park pitch and putt in Macclesfield proved very popular and those taking part are now getting involved in the county's 16 plus programme which provides group coaching sessions with a qualified PGA coach at low cost.

Age UK Cheshire East's Healthy Lifestyles project runs a whole host of activities designed to keep people active in later life.

"The golf sessions are just another way we aim to help people to stay fitter for longer and the more fun you can have doing it the better." said Madelyn Bridge, Chief Executive of Age UK Cheshire East, and a keen golfer herself.

"We hope that people who have never played golf or perhaps played when they were much younger will come along and take advantage of the expert coaching."

County development officer Craig Thomas is now hoping to spread the initiative across Cheshire.

He said: "As well as the obvious sporting challenge, golf offers tremendous health benefits. For example, a round of golf equates to a 45 minute workout in the gym.

"At a time of life when people interested in sport are having to give up playing football, rugby or hockey for example, golf offers an opportunity to maintain an active lifestyle without the physical demands of some other sports.

"And for people taking up a sport for the first time, golf offers a challenge that also brings the added health benefits of spending time exercising out in the fresh air.

"Anyone going on to become a member of a golf club can also enjoy the social side of the game, too."

Anyone interested in further details about Cheshire's 50 plus beginner classes can contact Craig by emailing cheshirecdo@googlemail.com with further sessions planned for January, 2012. Alternatively contact Age UK Cheshire East on 01625 612958.

The Cheshire County Golf Partnership is a collaboration of the major stakeholders in golf, including the English Golf Union, The English Women's Golf Association, the PGA, the Golf Foundation and Sport England.

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.

For more details of the activities in Cheshire visit www.cheshiregolfpartnership.com

For more information on the work of the Cheshire Golf Partnership contact Craig Thomas, County Development Officer, Cheshire County Golf Partnership.

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Notes to Editor

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