

Case Study

Theme - Mental Wellbeing

Ledene Golf Course

In 2016 this Sportivate project engaged 20 young people age 12 to 18 of the Huntercombe Hospital, an adolescent mental health hospital, in new sporting opportunities - learning new motor unit skills in a group environment.

Links were developed with Ledene Golf Course, Wolverhampton to establish six week blocks of Golf instruction from a PGA professional Golfer.

The golf club and the hospital staff promoted different skills providing a structured and progressive program for the young people to follow.

Throughout the project Ledene Golf Club provided a safe and comfortable environment for the young people to regally engage in a new and exciting sport. Their passion for the sport and clear instruction and knowledge helped reduce the social anxiety of joining a new club and made every young person feel welcome and included/supported no matter what their ability and participation.

The balance between the golf centres professional instruction and the support of experienced mental health professionals helped to organise golf sessions that were person centred and adapted for individual needs ensuring an inclusive well run programme.



Team work reduces the social anxiety and in many cases eliminates any challenging behaviour enhancing regular participation and effectiveness of teaching and learning



I feel my mood improves when we play golf, it makes me feel more positive and cheerful.



Sportivate Participant

