



GOLF ON REFERRAL

A RESEARCH PILOT BY UKACTIVE, ENGLAND GOLF
AND MYTIME ACTIVE

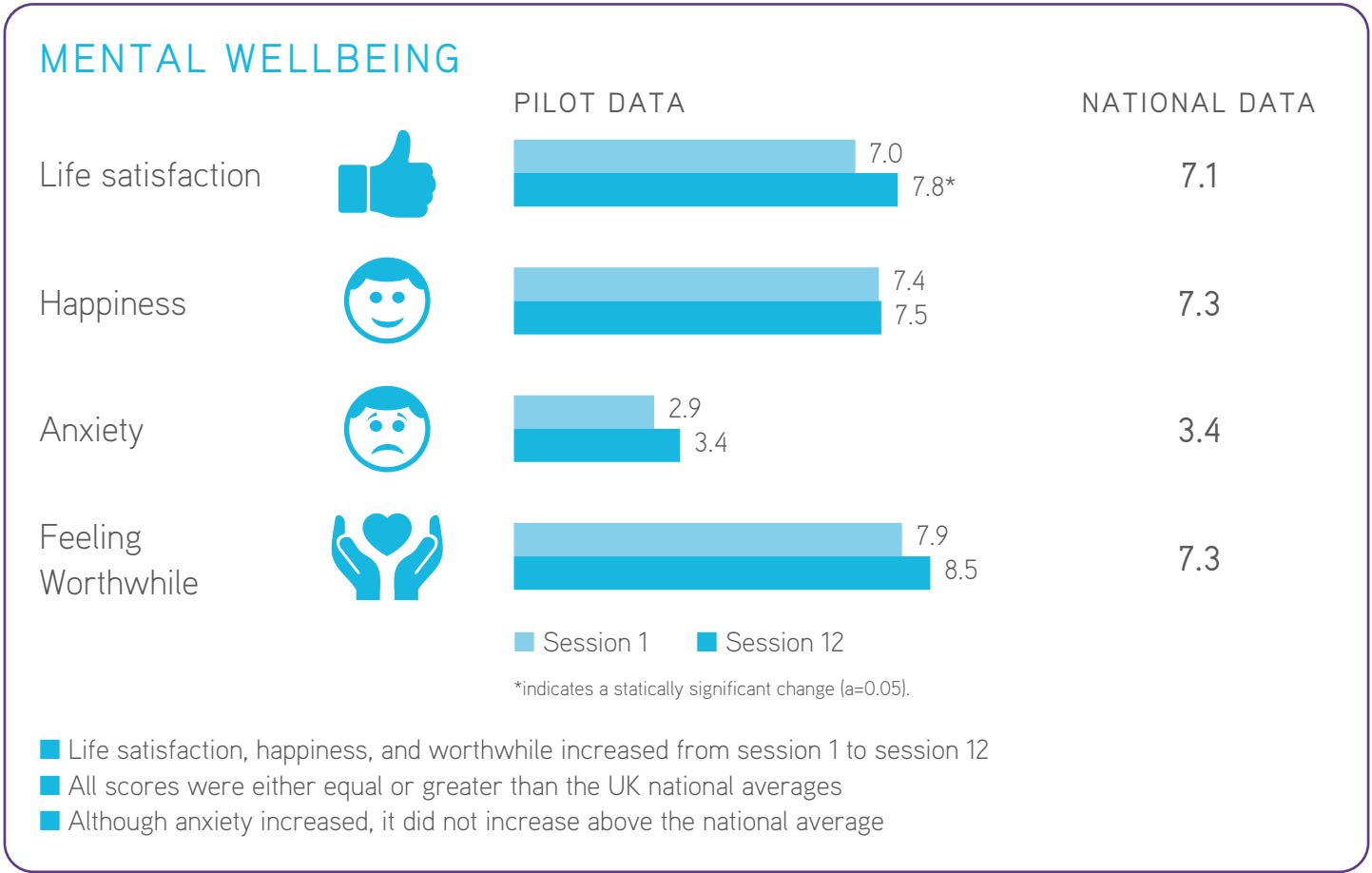
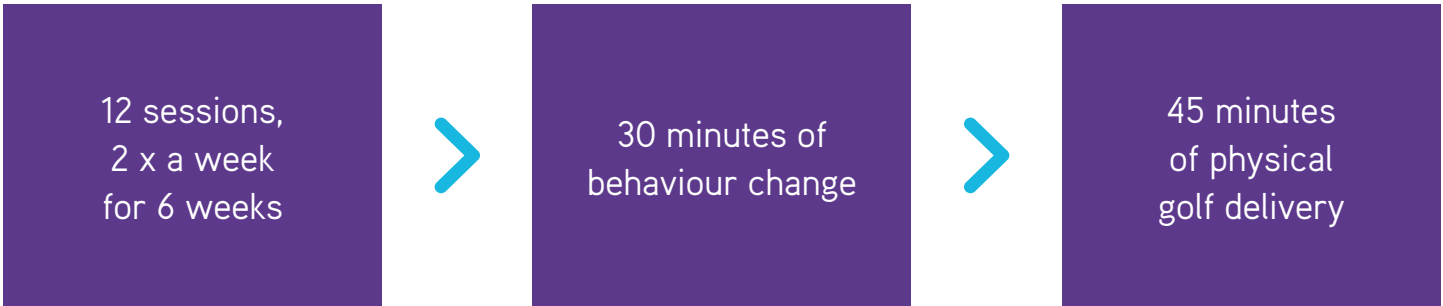


ENGLANDGOLF



mytimeactive

The Golf on Referral programme was specifically designed for inactive people at risk of chronic conditions, introducing how golf can support improvements in their health. The programme was developed using evidence based principles blending accessible, social, and fun environment with elements of wider behaviour change. Additionally, Golf on Referral should look to develop golf skills, help people understand the game, and deliver enough physical activity to enable health benefits.

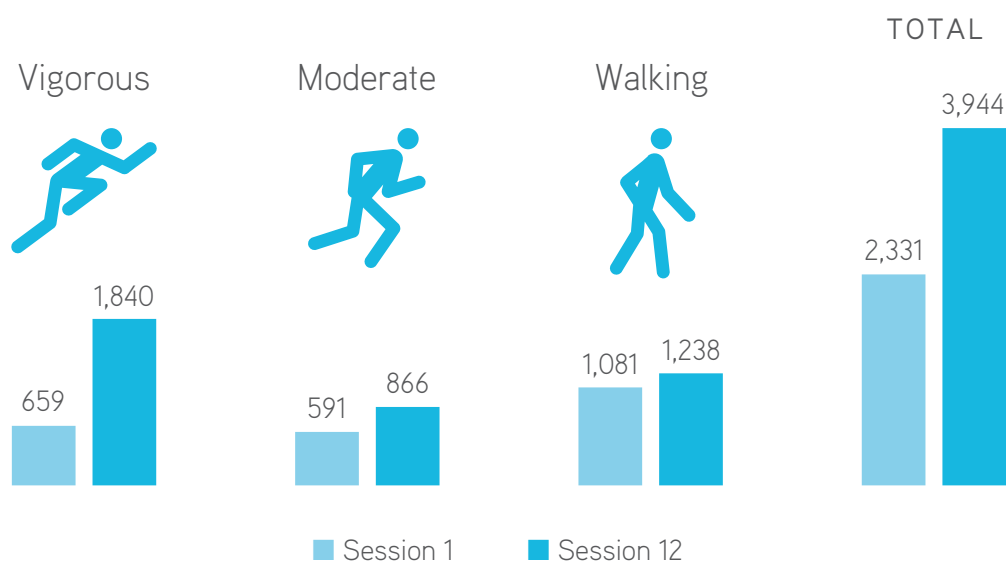


For more information please contact our Health Team

📞 01922 444044 ✉ oneyou.walsall@nhs.net

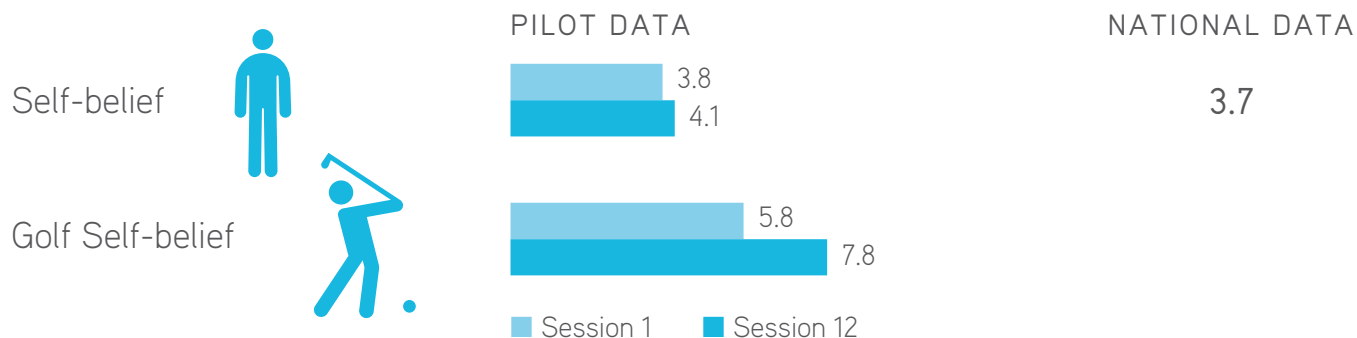
PHYSICAL ACTIVITY LEVELS

MET-minutes per week for the different types of physical activity are shown below for the golf participants.



■ Total MET minutes of activity per week increased by 59%, with the highest increase in vigorous activity (+36%).

SELF-BELIEF



- Self-efficacy and Golf self-efficacy increased from session 1 to session 12
- Self-efficacy was greater than the UK national average
- Individuals confidence to take part in general activity and golf improved over time

The atmosphere was very welcoming,
and the staff were all very friendly.
I immediately knew this was the place
for me.
Hatchford Brook Member

PHYSIOLOGICAL FINDINGS

SESSION 1



Left: 50.4
Right: 56.7



SESSION 12

Left: 54.5
Right: 59.2

Grip strength increased, suggesting improvements in muscle strength and reduced risk of all-cause mortality, falls and disability.



$\frac{132}{78}$
mmHG



$\frac{127}{77}$
mmHG

Blood pressure decreased from the lower limits of stage 1 hypertension to the upper limits of evaluated blood pressure (140/90 mmHG).



64



63

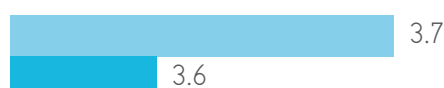
Pulse decreased indicating slight improvements in resting heart rate (RHR).

SOCIAL TRUST

Social trust



PILOT DATA



■ Session 1 ■ Session 12

NATIONAL DATA

3.3

- Social trust marginally decreased from session 1 to session 12, and was greater than the UK national average
- Individuals indicated through the focus groups that the programme was a useful support system

ABOUT MYTIME ACTIVE

We are a social enterprise on a mission to improve wellbeing. We make it simple for people to get more out of life by moving more, eating better, feeling positive and making new friends.

We understand what it takes to make a positive impact on everyday wellbeing and we are here to make it simple, easy and more fun for everyone in our neighbourhoods to live longer, healthier and happier lives.

Across the generations, from children to grandparents and everyone in between, we help people get to where they want to be, whatever their starting point.

With swimming, gyms, golf, bowling, social and health programmes, our range of wellbeing services ensures we have something for everyone. As an independent charity, we reinvest our profit back to where it matters – the long-term wellbeing of our local neighbourhoods.

For more information contact our Health Team

☎ 01922 444044 ✉ www.mytimeactive.co.uk/gp-referral

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