



## THEORY OF CHANGE

Registered charity no. 1172134

## ACTIVITIES



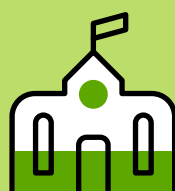
Deliver golf programmes to individuals and families regardless of ability, gender, race, age, socio-economic status or location

Collaborate with other charities, schools, local authorities, businesses, and passionate individuals, locally and internationally



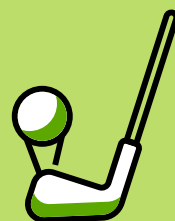
Train golf professionals, volunteers and coaches on the theory of autism and how to deliver golf sessions for autistic people

Deliver programmes in untraditional community spaces such as care homes, inner city estates, school halls, and parks



Bring the Paragolfer to golf clubs to be used by players with disabilities, as well as bring awareness to the club

Use adaptive equipment both indoors or outside to meet the needs of the individual and group



### 1 OUTPUTS

- A variety of individuals and their families learn to play golf
- Golf is introduced (or reintroduced) to people with disabilities, such as people with Autism and people with spinal injuries
- Elderly people in care homes are playing golf
- Programmes are delivered to individuals with mental health challenges
- Early-onset dementia golf groups take place at golf facilities
- Resources and equipment is shared internationally
- Ethnically diverse golfers mentor young people from lower socio-economic communities

### 2 IMMEDIATE OUTCOMES (<12 months)

- Golf is available and accessible for all to experience
- People are brought together through golf
- Multiple generations of a family are engaging in golf together
- The number of girls playing golf is increased
- Opportunities for accessible golf are visible and actively promoted
- Young people are talking about their mental health
- The health benefits of playing golf are experienced
- Creative care home support across the country is spreading
- Participants feel empowered to pursue the golf journey they want, recreational or professional

### 3 INTERMEDIATE OUTCOMES (12-24 months)

- Individuals and families are playing golf regularly
- Community trust and engagement is cultivated
- Isolation is reduced through increased levels of activity among disabled people
- Participants improve their social communication skills
- The golf industry is engaged and providing role models, mentors, volunteers, and opportunities
- The perception of golf being an exclusive sport is challenged
- Mental health awareness is increased
- Participant's mental health is improved
- Youth have the opportunity to build and advance their golf career

### 4 TARGET OUTCOMES (24 months+)

- Awareness of disability, and the part golf and sport can play, is increased
- Negative perceptions of disabled people are improved
- Sustainable funding is available to support the golf for development sector
- Participants have improved social, mental and physical well being
- A support network for families and communities is fostered
- The next generation of golfers are inspired to make positive change in their community

### 5 IMPACT GOALS

- Golf is a driver of social mobility and inclusion
- People are living healthier and happier lives
- The impact on the social care system is reduced
- Accessible options for sport, such as the Paragolfer, are advancing