

# Fundraising at your golf club

1 in 4 people have a mental health problem, but most of us don't get the support we need. We need your help to change this. Join the fight for better mental health and make Mind your charity of the year.



## Fundraising ideas

**Make the most of your members' talents.** You never know who could bake cakes to sell or play a gig.

**Ask local businesses for sponsorship** and feature their brand on your shirts, programmes, or hole flags.

**Host an evening quiz or dinner.**

**Hold a raffle or auction** with prizes from your members, nearby clubs, and local businesses. Prize ideas: golf lessons, free rounds, clubs and equipment, meal or drinks, a round with a professional.

## Top tips

- Plan events using our calendar and fundraising ideas.
- Inspire members by telling them [what Mind does](#).
- Set each member a £100 target.
- Match your members' donations.
- Round up purchases at the clubhouse to the nearest pound.
- Invite plus ones and families to events for more support.
- Contact local newspapers and radio stations to promote your events.
- Count, record, and send in the money you raise as you go.
- If you need help or more ideas, email [community@mind.org.uk](mailto:community@mind.org.uk)

# Tournament for Mind

Hold a tournament where players are sponsored or pay to take part. Here are some ideas for the day:

## Sharks and camels

Every golfer pays £1 each time their ball goes in the water or a bunker.

## Golf buggy bar

Drive around and sell refreshments to players.

## Scramble

All players tee off then choose which shot was best. Each player takes their next shot within 1 club length of the chosen ball (but no closer to the hole). Repeat until all balls are holed.

## Best ball

On each hole, only the lowest score in the group is counted.

## Foursome

In pairs, players take alternate shots of the same ball until it's holed. Remember to switch who tees off.

## Competition ideas

- Nearest to the hole
- Lowest team score
- Best adjusted (handicap) score
- Longest drive

## Other golf fundraisers

### Golf-a-thon

Members are sponsored for playing 12 or 24 hours at their favourite course or driving range.

### Longest day of golf

4 rounds on the longest day of the year. Members are sponsored for 72 holes and 20 miles of walking.

### Quick games

Charge £5 to enter and give the winners a small prize. These are great for family and kids too.

- Closest to the mark
- Hit the green
- Longest drive
- Chip the ball onto a ground target
- Straightest drive

## Get members talking about mental health

You can talk about how golf helps your wellbeing – it's a great way to start conversations about mental health.

### Chat to your members about:

#### ● Social connection

Golf helps people connect with new and old friends. Events at your club are a great way to meet people.

#### ● Body movement

All those steps on the course help release endorphins and boost your mood.

#### ● Nature

Fresh air and greenery are proven to help your wellbeing.

#### ● Space to speak

A lot of us find it easier to open up when we're walking. So ask members to check in on their fellow players between holes.

[mind.org.uk](http://mind.org.uk)

Registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.

