

# Human Right to Participation in Public & Community Life



## A Slice\* about Par-Tee Golf Bags

\* Over 20 different strands of work took place between March and October 2022 as part of Rights Made Real Phase 2. Each of these strands was situated under one of 4 Human Rights. This Slice offers a slice of insight into one of those strands.

# HUMAN RIGHT TO PARTICIPATION IN PUBLIC & COMMUNITY LIFE

## A Slice about Par-Tee Golf Bag

The Par-Tee Golf Bag Opportunity was developed as a collaborative initiative between Rights Made Real in Care Homes and Active Fife.

To celebrate the 150<sup>th</sup> Open taking place in St Andrew's this year, a golf-themed resource bag was developed; within the bag were a range of opportunities to engage in social connection, fun, sensory, physical activity and/or reminiscence activities on the theme of golf. Please see [overleaf](#) for a full list of items in the Par-Tee Golf Bag.

Active Fife connected with Dunnikeir Golf Club, Kirkcaldy, who were also keen to be involved. They have the first Park Golf Course in Europe, designed for those who benefit from an adapted course due to frailty or other health conditions. Active Fife funded 2 care homes, who were part of the Par-Tee Golf Bag pilot, to have park golf holes and flags installed by Dunniker Golf Course, who also left equipment for residents to play. Care home residents were also invited to visit the course in Kirkcaldy.

Active Fife were invited by Dr Andrew Murray (Chief Medical and Scientific Officer, European Tour Group) to present a poster on their work in Fife, including the Par-Tee Golf Bag initiative, at the International Congress on Golf & Health, in Edinburgh.

## Creating Connections with the Right to Personal Expression and 'Be Included' Principle from the National Care Standards

Some key elements of this opportunity connected with the right to participation in Public and Community Life and 'be included' were:

- Offers of connection being made by agencies outwith the care home (Active Fife had longstanding connections, which facilitated Dunniker Golf Club to also be involved)
- Expanding ways in which people living in care homes might feel part of events happening in their local area

## What we've Heard

"It brought out a competitive side to residents- and also a camaraderie, they were really supporting each other, cheering one another on, it felt like a real community atmosphere with people encouraging one another"

"It brought out stories we hadn't heard before- it led to some ladies talking more about their husbands, when they would be heading off golfing. We also learnt about another gentleman who had recently moved in and golf is his thing- it was a way to help bonding with him, he had so many new stories that we hadn't heard, it was a way into a deeper connection with him and he helped us to learn loads more about the world of golf"

"One care home invited family members along- there were kids and grandkids, it was a perfect intergenerational activity as everyone could have a go".

"We really liked the variety of items in the bag- we tried to do too much at once though, so we learned from that and broke it down into one simple activity at a time. We decided the second time we used it to start with a physical activity first, having a go putting the balls- then take a break for tea, and then do the quiz, that seemed to work better".

"A couple of residents had been keen golfers ... some had never tried golf before. It was good to have something that was familiar to some and new to others- something a bit different"

"The residents loved having their photo taken with the trophy- we had so much fun with this- and trying on the visors, that was a good laugh, everyone wanted to have a go wearing them"

"The joke book was good- residents started telling their own jokes, you didn't need to know anything about golf really".

"We were outside playing the golf, and then this opened up more conversation about how we could be outside more, and make more use of the outside space- so was great to get people's perspective on this and start coming up with ideas".

"The variety of items in the bag was good, and the quality of the stuff was really impressive- really liked that there was some sensory things and physical activity items, and the memory cards were a real hit"

## Par-Tee Golf Bag Contents

Leather golf gloves  
Brightly coloured Silicone mould golf balls  
Putter\*  
Velcro Balls \*  
Disc Targets\*  
Play Hole Targets\*  
Replay Golf Cards by Sporting Memories\*\*  
Bamboo Tees  
Wooden tees  
Golf Themed Joke Book  
Claret trophy  
Visors  
Word searches and quizzes developed by Active Fife



The majority of items were purchased via online shops such as Amazon.  
Items marked with \* were sourced from specialist golf shop [www.golfway.com](http://www.golfway.com).  
Replay Golf Cards were purchased from [www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com)

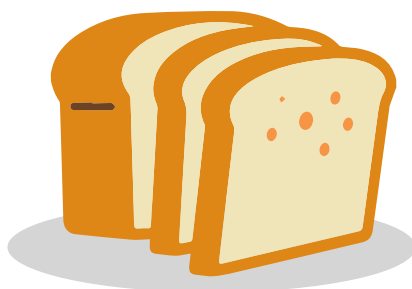
## 1 Thing you Might Want to Do

Have a look overleaf at the poster developed by Active Fife

## Something you Might want to Ask or Think more About

Is there a local, national, international event that could serve as an impetus for making connections with a local care home (for community groups) or community groups (for care homes)?

Are there other thoughts or ideas that surface for you after reading about the Par-Tee Golf bag?



## Challenge

Active Fife looked at how they could use the 150th Open in St Andrews as a way of promoting physical activity by linking it to our annual Walking Challenge and Care Settings Network.

## Aims/objectives

Promote physical wellbeing, reduce isolation, and create connectiveness for Fife residents in their communities by raising the importance of walking for health.

## Achieved through

1. A daily challenge to walk the distance of the Old Course every day
2. Work with care homes by using memorabilia/physical resources and playing Park-Golf in collaboration with Dunniker-CGC and Rights-Made-Real in Care Homes.

### 1 May walking challenge



Map of the Old-Course with instructions and 31 foot-steps to colour in. Circulated across Fife to business, care settings, schools, NHS & Council staff and promoted on social media.

No registration was required, however by signing up you could enter a prize draw kindly provided by the R&A.

Participants from schools, council, national health service and care homes as well as other workplaces took part.

**Golf has been an effective and inclusive way of joining people of all all ages together to exercise and be active, whilst sparking memories and connections. Care homes have now been encouraged to take residents to the park golf course at Dunnikeir GC, the first in Europe. Nine care homes in Fife, one in Perthshire and one in Haddington have now signed up for the project.**

### 2 Care Home Network

Care Homes piloted Golf resources for indoors with for some Park-Golf holes placed into gardens encouraging outdoor activity. They were also supplied with sporting memory cards, quizzes, word search and joke book to promote conversation.

Feedback received from Care Homes was extremely positive with the Golf Resource sparking many memories, feelings of togetherness and competition with all ages and stages able to take part including family & friends.

One story included; *'A Resident with advanced cognitive impairment who does not usually interact, physically got up to putt a ball and joined in.'*

