



Virtually Golf partners with mental health charity Social Change to offer free golf to improve wellbeing and combat loneliness

(3rd January 2023) – Lincoln based, Virtually Golf, the city's newest arrival to the entertainment and leisure scene, is proud to announce a partnership with mental health charity Social Change. Working together, Virtual Golf is running a series of FREE golf evenings to introduce virtual golf to the community and help more people gain confidence, find new passions, and improve overall well-being.

Every Wednesday through January (4th, 11th, 18th, 25th January), 5.30pm onwards
Come along and use the simulators for FREE, (usually £35/hour). Chip and Chat <https://www.virtuallygolf.co.uk/chip-chat>

Virtually Golf is on a mission to open the door to golf and get more people to enjoy it by improving accessibility, and tearing down misconceptions to grow the sport. Alongside its sporting potential, Virtually Golf is keen to make those who 'think' they aren't golfers at home too.

Golf & Health, a leading research organisation examining golf's physical and mental health benefits, believes it "provides mental well-being benefits and research highlights that golf can help individuals improve their confidence, self-esteem and anxiety levels".

Inspiration to help more people came after a new member, Mark Thompson, expressed how beneficial the golf simulator, and communal space, had been for his well-being.

Mark heard about Virtually Golf from a colleague a year ago, who recommended he try something new to help him build a new social circle and, more importantly, a hobby for his overall mental and physical well-being.

Mark Thomson, 48 years old from Wragby, says: "Virtually Golf has helped me to get noticed again, my confidence has improved, and I found a community that's supportive, relaxed and welcoming to everyone." with 25 years of RAF aircraft maintenance and having moved all of the UK, it was important for Mark to find stability and something that would fit with his new work.

"With a full-time, night shift work, I can now easily fit at least 3 hours of golf in my weekend, which wasn't an option before. I have my golf clubs with me as I travel to Virtually Golf, and it is a fantastic conversation starter as people want to know where I am heading with the golf clubs in Lincoln City Centre."

Mark, 48, has been interested in golf since he was nine, but due to his location and access to golf equipment, he never had the opportunity to get into the game, for which he has a natural gift. After losing his mother in 2020, Mark decided it was time to give golf another go; having tried a dozen of golf courses and clubs all around the country, he couldn't find a community or support required to get into the game and give him the focus away from the grief.

Stephen Clarke, Managing Director at Virtually Golf, said: "Through Virtually Golf, we wanted to bring a new attraction into an already great city where I grew up. A first for the city, our vision for Virtually Golf is to bring families and friends together through sport in a very different way. The simulators Virtually Golf boasts bring world-class technology to Lincoln, putting you on par with the world's best.

We love seeing Mark utilise the technology Virtually Golf provide. Every session, he signs into the simulator program with his account, so all his club and ball data are saved and sent to his email/phone, allowing an understanding of improvement and progress made."

Virtually Golf is located at the Brayford Wharf North, between Zizzi and Odeon. To book a free taster session, or review our range of packages, please visit www.virtuallygolf.co.uk.

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<https://www.virtuallygolf.co.uk/chip-chat>