



Lancelin Golf Club Mental Health Policy

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Message:

“Given golf can be played in a safe, social distant environment, many new and returning participants have used the sport to reconnect with friends and nature. Our game is one of the best whole body and mind experiences and many have used golf as a valuable mental health outlet during these recent difficult times.”

The purpose of Lancelin Golf Club is to act as a venue for non-local and local people alike; where they can come as individuals or as a group to exercise their bodies and minds. This provision acts like a magic pill for the body and mind; sometimes ones game may be off a tad, but when we learn to laugh at our mistakes there comes with it, laughter and great benefit. When a golfer's game is going well there is a great sense of achievement in winning or just taking part.

To provide this physical venue there is a small army of volunteers who invest their time, physical effort and mental well being by driving machinery, mowing grass, fertilising, weeding the existing course, etc. On a higher level the improvement and expansion of the golf course is ever present and we are all benefitting from these efforts. There is an ever growing membership, currently 65 active people who enjoy each others company and camaraderie that can only be found by socialising with ones' friends and peers.