

RUDDING PARK

HARROGATE

THE WORLD'S FIRST PARKINSON'S FRIENDLY GOLF CLUB TO HOLD 'PUTT FOR PARKINSON'S' EVENT



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Rudding Park Golf Academy in Harrogate, described as the World's first Parkinson's Friendly Golf Club have joined forces with 'Golf in Society' to hold a fundraising **Putt for Parkinson's Event on World Parkinson's Day**, Wednesday 11 April 2018.

Anyone, young or old, golfer or non-golfer is encouraged to pop down to the Golf Academy and enter a fun putting competition for a donation, 50% of which will go to Parkinson's UK (Harrogate Branch).

It's not just about the golf, as therapists from Rudding Park Spa will be on hand to offer Indian Head Massages. The benefits of massage have long been recognised by people with Parkinson's to alleviate joint and muscle stiffness and promote relaxation and well-being.

Golf in Society are also celebrating their second birthday but rather than bake one birthday cake to mark the occasion, everyone is invited to donate a cake to help with the fundraising. Cakes should be dropped off at the Golf Academy by 11am on Wednesday 11 April ready for judging by a Rudding Park Chef. There will be a prize for the best golf-themed cake and they will then be on sale from 12noon for a suggestion donation of £1 per slice.

James King Rudding Park Golf Manager explained "Golf in Society is a Social Enterprise, aimed at improving the health and well-being of an ageing population by introducing them to the world of golf. Rudding Park has been working with 'Golf in Society' for two years inviting those who suffer from Parkinson's and their carers to play every Wednesday. Our 6 Hole Repton Short Course provides a fantastic opportunity to enjoy the game offering physical, mental and social stimulation for the person living with Parkinson's. Our golf members act as 'Golf Buddies' and there is a real camaraderie!"

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Antony Blackburn, Founder of Golf in Society commented "It's been an amazing two years since we started the pilot. We've encouraged so many people with Parkinson's to enjoy golf - many of whom had never played the game before. We are very proud to have proved how golf can become a special part of your life - even when Parkinson's tries to get in the way

Whilst many golf clubs hold one-off fundraising events for Parkinson's which is absolutely fantastic, Rudding Park are the only club who run a regular coaching programme for those with Parkinson's. To be officially launching Rudding Park as the World's first Parkinson's Friendly Golf Club is a very special moment for us and we hope it can be used as a blueprint for other golf clubs and Parkinson's groups to adopt."

Renee Dickinson, Chair for Harrogate Parkinson's UK says "Both Rudding Park Golf and 'Golf in Society' days have brought a great deal of benefit to our branch and our members. We had no idea how well this would be received by members but found them to be incredibly receptive to the idea and very excited to be part of the Golf Days. They enjoy the competitive spirit, the friendship and the exercise. There is always a buzz around the event. Another added bonus we had not foreseen is that it has brought new members to the branch and new possibilities for exercise, which is vital to Parkinson's people."

Raising awareness is a major part of what the Parkinson's Harrogate committee strive to do. If you would like to join in and help raise awareness in any shape or form, please contact Renee Dickinson on 11 April at the Putt for Parkinson's event. Alternatively, perhaps you are a golfer with Parkinson's and would like to join in with the Golf Days. If so, please make contact with Anthony Blackburn at the Golf Day.

- ENDS-

Notes to editors

For press enquiries please contact Nicola Cook, Marketing Manager Rudding Park 01423 844804 or email nicola.cook@ruddingpark.com

[Rudding Park](#)

A privately-owned luxury hotel, Rudding Park has 90 bedrooms, a spa (voted Best Newcomer Good Spa Guide Awards 2017), two restaurants and a kitchen garden, private cinema, two golf courses and conference and events space. Set in 300 acres of landscaped gardens and woodland, Rudding Park is one of the most beautiful Harrogate hotels.

[Parkinson's UK](#)

Parkinson's is a progressive neurological condition which means it causes problems in the brain and gets worse over time. There's currently no cure for Parkinson's and it's not yet known why people get the condition but there are lots of different treatments, therapies and support available to help you manage the condition.