APT

#checkuponamate

ROAD TO THE BELFRY

For every golfer: all ages, all cultures, all abilities

FREE BOOKLET

Free to read, print and share



#checkuponamate

Golf gives us fresh air, friendship and a reason to keep moving. This free handbook is about the other side of the scorecard: how we eat, move, think and cope, and how we look out for one another, on the course and off it.

It is written for every APT player, family member, volunteer and club, from juniors aged eight to our legends in their eighties and beyond. Dip in wherever you like. Each section has its own colour, quick tables and simple things to try at your next round.

Please share it freely with your club, your playing partners and anyone who might find it useful.



Ian Finn
Co-founder, Amateur Players Tour UK

> **#checkuponamate**
> #checkuponamate encourages golfers to look out for one another and promotes mental health. One honest question, one walk down the fairway together, one message after a round: small check-ins matter. Turn to page 16 for simple ways to start the conversation.



"You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way." — Walter Hagen

Published: November 2026 | 2027 edition

© 2026 AMATEURPLAYERSTOUR LIMITED (Company No. SC897925). All rights reserved. No part of this booklet may be reproduced, distributed or transmitted in any form without the prior written permission of AMATEURPLAYERSTOUR LIMITED, except for personal, non-commercial use. Third-party links, helplines and videos remain the property of their respective owners.

WELCOME

Fresh air, friendship and looking after each other

Your colour guide

1	2	3	4	5	6	7	★
All ages	Diet	Calm	Move	Mindful	Mates	Money	Support

ABOUT THE AMATEUR PLAYERS TOUR UK (APT)

2027 season starts: 3 April 2027

The Final: Scotland v England at The Belfry, 10–13 September 2027

Website: amateur-players-tour-uk.co.uk

Email: APT-Golf-Season@outlook.com

AMATEURPLAYERSTOUR LIMITED | Companies House No. SC897925

"Golf is deceptively simple and endlessly complicated." — Arnold Palmer

Important: please read

This booklet offers general wellbeing information only. It is not medical, financial or professional advice and does not replace advice from your GP, pharmacist or another qualified professional.

If you have a health condition or have not exercised for a while, speak to your GP before becoming more active (NHS advice).

In an emergency, or if a life is at risk, call 999. For urgent medical help that is not an emergency, call NHS 111.

CONTENTS

Tap or click any section to jump straight to it ›

1	**Juniors 8–12**	Fun games, big smiles and safe habits for future stars	5 ›
1	**Teens 13–17**	Pressure plans, confidence builders and support	6 ›
1	**Adults 18–54**	Balance work, life and your game, backed by research	7 ›
1	**Older Adults 55+**	Strength, balance and staying connected: the legends	8 ›
1	**Inclusive Golf**	Golf for everyone: adapted play and welcoming clubs	9 ›
✓	**Your Wellbeing Check-in**	Tap-to-tick checklists for you and your mates	10 ›
2	**Diet & Nutrition**	Fuel like a pro: smart snacks and meals for all 18 holes	11 ›
2	**Hydration & Sun Safety**	The pee-colour check, smart sipping and sun cover	12 ›
3	**Anxiety & Stress**	Calm under pressure: the 30-second reset and grounding	13 ›

4	**Physical Wellbeing**	A 3-minute warm-up and golf's health boost in numbers	14 ›
5	**Mindfulness**	Play the mindful hole and try the 5 steps to wellbeing	15 ›
6	**#checkuponamate**	Spot the signs, start the chat, listen the SHUSH way	16 ›
7	**Financial Stress**	Control the controllables, plus free money help	17 ›
8	**Watch, Read & Learn**	Trusted reads and free mindfulness videos, with QR codes	19 ›
9	**Where to Get Help**	Every support line in one place, ready to tap and call	20 ›
★	**Grief & Loss: Support and Comfort**	How grief can feel, self-care and helping a grieving mate	22 ›
★	**Dementia: a Guide for Families**	Early signs, kind conversations and where to turn	24 ›
10	**Fun Stuff**	Take the quiz, then the chat cards and our charter	25 ›
♥	**The Joy of the Game**	Friendship, fresh air, laughter and the 19th hole	27 ›
★	**Stay Connected with APT UK**	Join the tour, follow us and scan the QR codes	28 ›

"The most important shot in golf is the next one." — Ben Hogan (attributed)



NEED HELP RIGHT NOW?

999	**116 123**	**85258**	**111**
Emergency, or a life is at risk	Samaritans: free, 24/7, any phone	Text SHOUT: free 24/7 text support	NHS 111: urgent advice, 24/7

1 JUNIORS 8–12: FUTURE STARS

Fun, friends and foundations, for every young golfer

All age groups have their own colour in this section. Golf can be played from a very young age to a very old age, so there is something here for everyone. For juniors, it is all about having fun, making friends and building good habits.

Wellbeing	Good stuff	Fun idea
Body	Children aged 5 to 18 should aim for an average of at least 60 minutes of moderate or vigorous activity a day across the week (NHS). Walking 9 holes is roughly 3 miles (4.4–5.3 km). Good snacks: banana, carrot sticks, water.	Putting games with colourful balls
Mind	Effort over score. "The most important shot in golf is the next one" (attributed to Ben Hogan). After each round, name 3 things that went well.	Smiley-face scorecard for effort, not score
People	Team scrambles, family golf, respect, etiquette and safety. Always stand well back from anyone swinging a club.	Family photo at the 18th green

Worried or upset?

Talk to a grown-up you trust, like a parent, carer, coach or teacher.

You can call **Childline free on 0800 1111**, about anything. The number won't show on the phone bill (NHS).

Parents and carers: the YoungMinds Parents Helpline is free on **0808 802 5544** (Mon–Fri).

Golf safety tips

- Stand well back and out of line when someone is swinging.
- Shout "Fore!" if your ball might hit someone.
- Wear sun cream and a hat, and drink water.



Fun games to try (on the practice green, with an adult's OK)

Game	How to play
Putting ladder	Place tees 1, 2 and 3 big steps from the hole. Hole a putt from the closest tee, then move back a step each time you make one.
Chip into the bucket	Chip 10 balls towards a bucket or hoop a few metres away. How many land in it?
Around the clock	Place 12 balls in a circle round the hole, like a clock face. How many can you hole in a row?
Closest wins	Pick a target on the range, such as a flag or sign. The ball that finishes closest scores a point.

"You can talk to a fade, but a hook won't listen." — Lee Trevino

1 TEENS 13–17: NEXT GEN

Wellbeing	Good stuff	Fun and engaging
Body	A walking round of 18 holes means a lot of steps: studies have recorded 11,000 or more. Keep aiming for an average of 60 minutes of activity a day (NHS), and drink regularly.	Step-counter challenge: who walks the most?
Mind	Set small goals, practise handling pressure with the techniques on page 13, and try a phone-free hour on the course for some headspace.	3-hole social round, no scores
People	Mentor a younger player and be part of your club community.	Buddy up with a junior for a round

Stressed, low or overwhelmed?

Exams, social media, friendships, pressure to perform: it can all add up.

- **Text SHOUT to 85258**: free, confidential, 24/7 text support.
- **Childline: 0800 1111** (free, for under-19s), or chat online at childline.org.uk.
- Talk to someone you trust: a parent, coach, teacher or mate.

Confidence builders

- Judge yourself on effort and decisions, not just the score.
- Keep a "good shots" note on your phone and read it before a round.
- Ask a coach for help: players at every level have one.



My pressure plan

When	Try this
The night before	Pack your bag, set your alarm and put your phone away well before bed.
On the first tee	Use box breathing (page 13), pick a safe target and commit to it.
After a bad hole	Use the 30-second reset (page 13), then think only about the next shot.
After the round	Write down three good things and one thing to practise.

11,000+ steps in a walking round of 18 holes	**60** minutes of activity a day, on average (NHS)	**85258** text SHOUT, free and 24/7	**0800 1111** Childline, free

"Competitive golf is played mainly on a five-and-a-half-inch course: the space between your ears." — Bobby Jones

1 ADULTS 18–54: TOUR PLAYERS

Wellbeing	Good stuff	Did you know?
Body	Aim for at least 150 minutes of moderate activity a week, plus strengthening on 2 days (NHS). A walking round of golf is moderate activity for most people.	Golfers typically burn a minimum of 500 calories over 18 holes and walk 4–8 miles (University of Edinburgh, 2016).
Mind	The NHS lists being physically active and connecting with others among its 5 steps to mental wellbeing.	Use the walk between shots to breathe and switch off from work. Try the mindful hole on page 15.
People	Build a community beyond work and family, open to all cultures and backgrounds.	The R&A says golf provides social interaction, a significant protective factor for mental health and wellbeing.

Golf and long-term health: what the research says

- **Golf can help prevent and treat 40 major chronic diseases**, including diabetes, heart attacks, stroke, breast and colon cancer, depression and dementia (The R&A, Golf and Health).
- A Swedish study of about 300,000 golfers found a **40% lower death rate** than non-golfers, roughly five extra years of life. The study shows a link, not proof that golf alone is the cause (Murray et al., BJSM, 2016).
- Golf is associated with better heart, lung and metabolic health, and improved wellness (Murray et al., BJSM, 2016).

Pressure at work or at home?

Get a free, personalised **Mind Plan** from NHS Every Mind Matters (nhs.uk/every-mind-matters) by answering 5 quick questions.

CALM: 0800 58 58 58, 5pm to midnight every day, for anyone over 18 who is struggling or affected by suicide. **Samaritans: 116 123**, free and 24/7.



"Golf is assuredly a mystifying game." — Bobby Jones

1 OLDER ADULTS 55+: LEGENDS

150	2	40	14
minutes of moderate activity a week (NHS)	days of strength work a week (NHS)	major chronic diseases golf can help prevent and treat (The R&A)	units of alcohol a week: the low-risk limit (NHS)

The University of Edinburgh's 2016 review of golf and health research found that older golfers may gain improved balance, muscle endurance and function. NHS guidelines for adults aged 65 and over are to be active every day, and to do activities that improve strength, balance and flexibility on at least 2 days a week.

Wellbeing	Good stuff	Research and tips
Body	Balance, muscle endurance and stamina; fresh air and daylight. Walk when you can, and use a buggy when you need to: any activity is better than none.	Golfers typically walk 4–8 miles over 18 holes (University of Edinburgh). Strength and balance work helps you feel steadier on your feet (NHS).
Mind	Learning, purpose and time in green space, which Mind says can improve mood and reduce stress.	The NHS says regular exercise and a healthy lifestyle can help reduce the risk of dementia, and lists loneliness and social isolation as risk factors.
People	Regular games, roll-ups and club social events keep your circle strong.	Staying connected is one of the NHS 5 steps to mental wellbeing.

Golf on prescription in Fife

The University of St Andrews School of Medicine, The R&A, NHS Fife, Fife Golf Trust and partners piloted **Golf for Health**, in which GP practices could refer eligible patients to a **free six-to-eight-week golf programme** at local clubs.

Participant Linda Duncan said: "Golf has become something for me. It's helped me get out in the fresh air and meet other people."

Advice and a friendly voice

Age UK Advice Line: 0800 678 1602, free, 8am to 7pm, 365 days a year.

Feeling lonely? Your club is a great place to start: ask about roll-ups, social golf or volunteering.



Legends' tips

Tip	Try this
Strength and balance	The NHS recommends strength, balance and flexibility activities on at least 2 days a week. The free NHS Fitness Studio videos are a good place to start.
Pace yourself	Play 9 holes, take a buggy on hot or tiring days, and rest between shots when you need to.
Sun and fluids	Wear a hat and SPF 30+ sunscreen, and sip water regularly through the round.
Know the warning signs	If you get chest pain, severe breathlessness or feel faint on the course, stop and call 999.

"I don't want to be a millionaire, I just want to live like one." — Walter Hagen

1 INCLUSIVE GOLF: FOR EVERYONE

Golf can be played by people of all ages and abilities, including people with a disability (The R&A). The NHS says its adult activity guidelines are also suitable for disabled adults, and that disabled children and young people should aim for 20 minutes of activity a day, split into smaller chunks if needed. Any movement counts.



Make it welcoming	Ideas for players and clubs
Adapt the game	Seated golf, adapted clubs and grips, shorter formats, 3- or 9-hole rounds, and buggies for players with mobility needs.
Every culture	Welcome every faith, background and language. Be flexible and respectful about clothing and prayer times where you can.
First visit	Pair new players with a friendly buddy. Explain etiquette kindly, without jargon.
No judgement	It's okay not to be okay. Effort and enjoyment matter more than the score.
Ask, don't assume	Ask players what support, if any, would help them enjoy their round.

All ages
golf can be played from very old

All abilities
including people with a disability (The R&A); disabled children and young

20
minutes of activity a day for guideline also suits disabled people

150
minutes a week: the adult HS) young to very adults (NHS)

Our promise

Golf is for the people. Whoever you are, wherever you are from and however you play, you belong on the Road to The Belfry.

"There's no person in the whole world like you, and I like you just the way you are." — Fred Rogers

✓ YOUR WELLBEING CHECK-IN

Tap the boxes on screen, or print it and use a pen

Check up on a mate: this week I...

- ☐ asked a mate "How are you really doing?"
- ☐ noticed if someone seemed quiet or not themselves
- ☐ listened more than I gave advice
- ☐ suggested a walk or a coffee after the round
- ☐ shared a support number when it was needed (Samaritans 116 123)
- ☐ kept in touch with a mate who is going through a hard time

My weekly wellbeing check-in

This week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drank water regularly	☐	☐	☐	☐	☐	☐	☐
Moved or walked, and warmed up	☐	☐	☐	☐	☐	☐	☐
Ate regular, balanced meals	☐	☐	☐	☐	☐	☐	☐
Took a mindful moment	☐	☐	☐	☐	☐	☐	☐
Talked to a mate	☐	☐	☐	☐	☐	☐	☐
Slept well	☐	☐	☐	☐	☐	☐	☐

One small goal for next week: _____

Feeling low for more than 2 weeks? Talk to your GP. Need to talk now? Samaritans: 116 123, free, any time. If a life is at risk, call 999.



"Take dead aim." — Harvey Penick

2 DIET & NUTRITION

Good fuel for 18 holes: steady energy, steady focus

In England and Wales you can choose the mental health option when you call 111. In Scotland, NHS 24 is also on 111. Full list on page 20.

A round of golf can easily last four hours or more, so think of food as fuel. Regular, balanced snacks and drinks help you keep your energy and concentration steady, rather than running on empty by the back nine. For everyday meals, the NHS Eatwell Guide is a good model: plenty of fruit and vegetables, wholegrain starchy foods, some protein, some dairy or alternatives, and plenty of fluids.

When	Good fuel: eat this	Go easy on	Why it helps
Before you play (2–3 hours before)	Porridge with banana and berries, or poached eggs on wholemeal toast with avocado	A heavy fry-up, sugary cereal, energy drinks	Slow-release carbohydrate plus some protein gives steadier energy than a sugar rush
On the course (every 4–5 holes)	A banana, a small handful of unsalted nuts, an oat bar, or peanut-butter oat balls	Crisps, sweets and sugary fizzy drinks	Little and often helps you avoid energy dips
At the turn	A wholemeal wrap or sandwich with lean protein, plus a piece of fruit	A large, greasy meal	A lighter meal won't leave you feeling sluggish for the back nine
After the round	A balanced meal with protein, starchy carbohydrate and vegetables, plus fluids	Skipping food; alcohol on an empty stomach	Helps you recover and refuel for the next round

Build your own FUN PACK

Banana: easy to carry, easy to eat	Small handful of unsalted nuts	Carrot or cucumber sticks	Orange segments in a tub	Refillable water bottle

Snack-sharing safety

Nuts and peanuts are common allergens. Always ask before you share snacks, especially with juniors.

If you have diabetes or another health condition, follow the eating plan agreed with your GP or care team on golf days.



"Eat food. Not too much. Mostly plants." — Michael Pollan

2 HYDRATION & SUN SAFETY

Stay topped up and protected from the 1st tee to the 18th green

The NHS says most people should drink enough during the day for their pee to be a **clear pale yellow** colour. The Eatwell Guide suggests **6 to 8 cups or glasses of fluid a day**, and more if you are in a hot environment or physically active for long periods. Water, lower-fat milk and lower-sugar drinks, including tea and coffee, all count.

Pee colour check

What you see	What it may mean	What to do
Clear, pale yellow	Well hydrated	Keep sipping regularly through the round
Dark yellow, strong-smelling, or peeing less often	A sign of dehydration (NHS)	Drink water now, take shade between shots and keep sipping every hole
Thirsty with a headache, dizziness or tiredness	Dehydration symptoms	Stop, rest in the shade and sip fluids. If dizziness does not go away, get advice from NHS 111
Brown or red pee	Can have causes other than dehydration	Speak to a GP or call NHS 111
Signs of dehydration with difficulty breathing, blue, grey or blotchy skin or lips, or cold skin	A medical emergency	Call 999 or go to A&E

On-course hydration habits

- Bring a refillable bottle and drink regularly from the 1st tee.
- Drink extra on hot days and if you are sweating a lot. NHS: water is the best way to replace lost fluids.
- Swap sugary fizzy drinks for water or no-added-sugar options.
- Alcohol and caffeine are best avoided if you feel dehydrated (NHS).
- At the 19th hole, the UK low-risk guideline is no more than 14 units a week, spread over 3 or more days.
- Children: water and milk are the best drinks (NHS).

Sun safety on the course

Golf is played outdoors for hours at a time, and the 2018 International Consensus on Golf and Health notes that golfers may have a higher risk of skin cancer than people who play indoor sports. The NHS advises:

- Use sunscreen with **SPF 30 or higher** and **at least 4-star UVA protection**; use enough and reapply often.
- Seek shade when the sun is strongest: in the UK, **11am to 3pm from March to October**.
- Wear a hat, sunglasses and suitable clothing, and take extra care with children.

Heat exhaustion: know the signs (NHS)

Signs: tiredness, dizziness, headache, feeling sick, heavy sweating with pale, clammy skin, cramps, a high temperature and feeling very thirsty.

What to do: move them somewhere cool, remove unnecessary layers, give plenty of water (or a sports drink), and cool their skin with water and a fan. Stay with them. They should feel better within 30 minutes.

Call 999 if they are still unwell after 30 minutes, or have hot skin that is not sweating, fast breathing, confusion, a seizure or loss of consciousness. These are signs of heatstroke, a medical emergency.

"In every walk with nature one receives far more than he seeks." — John Muir

3 ANXIETY & STRESS

Calm on the first tee: settle the nerves and play the next shot

First-tee nerves are normal. A racing heart, shaky hands and a busy mind are part of the body's natural stress response. These quick techniques can help you settle. You will get the most benefit from breathing exercises if you practise them regularly, not just on the course (NHS).

Technique	How to do it	When to use it	Time
NHS calm breathing	Breathe in gently through your nose and out through your mouth. Some people find it helps to count steadily from 1 to 5 on each breath in and out.	Before the round, or any time stress builds	The NHS suggests at least 5 minutes as a daily practice; a few breaths on the tee
Box breathing (4-4-4-4)	Breathe in for 4, hold for 4, breathe out for 4, hold for 4. Repeat 3 or 4 times. If holding your breath feels uncomfortable, leave out the holds.	First-tee nerves; a tense moment on the green	About 1 minute
30-second reset	After a poor shot, give yourself 30 seconds to feel the frustration and think about what went wrong. Then make a reset signal, such as clicking your headcover back on, and walk on thinking only about the next shot.	After a poor shot or a bad hole	30 seconds
3-2-1 grounding	Name 3 things you can see (trees, sky, the flag), 2 things you can feel (your grip, the turf under your feet) and 1 thing you can hear (birdsong, the wind).	When your mind races about the score	About 45 seconds
Buddy count	Do your breathing with a playing partner, counting together out loud.	Waiting on the tee	1 minute, and a smile

When it is more than nerves

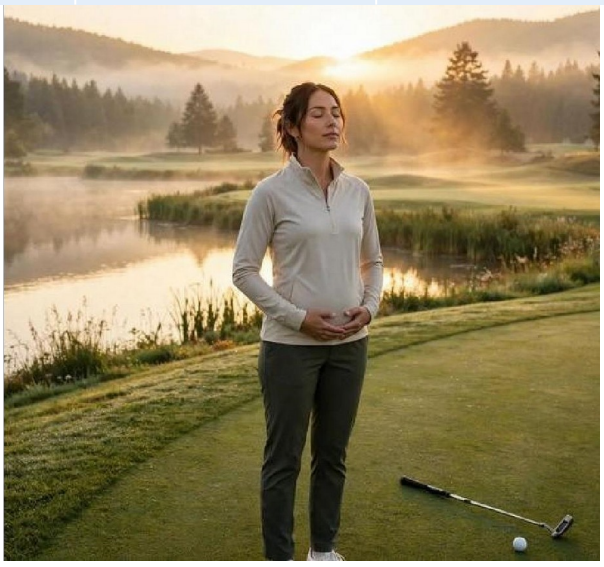
Talk to your GP if worry, low mood or poor sleep is affecting your daily life. In England you can also refer yourself to **NHS Talking Therapies** for anxiety and depression.

For urgent help call **NHS 111** (England and Wales: choose the mental health option) or **Samaritans on 116 123**, free and 24/7.

In Scotland, **Breathing Space** is free on **0800 83 85 87** (Mon–Thu 6pm–2am; Fri 6pm to Mon 6am).

For self-help, try a free personalised **Mind Plan** from NHS Every Mind Matters.

If a life is at risk, call 999.



Breathe	Reset	Ground	Talk
slow, steady breaths	30 seconds, then let it go	3 see, 2 feel, 1 hear	share it with a mate

"You can't stop the waves, but you can learn to surf." — Jon Kabat-Zinn

4 PHYSICAL WELLBEING

Warm up, swing free: a 3-minute routine using only your club

The golf swing is a repeated, one-sided twisting movement that loads the back, hips and shoulders. Back injuries are the most common golf injury (Murray et al., British Journal of Sports Medicine, 2016), and the 2018 International Consensus on Golf and Health recommends warm-up and strengthening exercises to lower the risk of injury. Tick each move as you go.

	Move	How to do it	Time	Helps
	Shoulder & chest opener	Hold your club level with a wide grip. Raise it overhead and gently take it back until you feel a stretch across your chest. Hold for 3 seconds and lower slowly. Repeat 5 times.	30 sec	Shoulders and chest
	Torso turns	Rest the club across your shoulders behind your neck. Take your golf posture with a slight tilt and turn smoothly right, then left. 10 each side.	45 sec	Upper back and trunk rotation
	Hip & glute swings	Hold your club or buggy for balance. Swing your right leg forwards and backwards 10 times, then side to side across your body 10 times. Swap legs.	45 sec	Hips and glutes
	Overhead side bends	Hold the club overhead with straight arms and feet planted. Lean gently to the right, pause for 2 seconds, return to centre and repeat to the left.	30 sec	Sides of the trunk
	Forearm & wrist stretch	Hold your right arm out straight, palm facing away, fingers pointing down. Use your left hand to ease the fingers gently back towards you. Hold for 15 seconds, then swap.	30 sec	Forearms and wrists

Move safely

Move slowly and only within a comfortable range. Stop if anything hurts. If you have an injury, a health condition or a joint replacement, ask your GP or a physiotherapist which stretches suit you.

Golf by numbers

4–8
miles walked over 18 holes at a moderate activity pace (University of Edinburgh, 2016)

11,000+
steps recorded in studies of 18-hole walking rounds (BMJ Open, 2017)

500+
calories: golfers typically burn a minimum of 500 over 18 holes (University of Edinburgh)

150
minutes of moderate activity a week: the UK guideline for adults (NHS)

Did you know?

10,000 steps a day is a popular target, not an official NHS guideline. The UK guideline for adults is at least 150 minutes of moderate activity a week (or 75 minutes of vigorous activity), plus strengthening activities on at least 2 days a week. A walking round of golf counts as moderate activity for most people.

Walking the course gives you more activity than riding in a buggy, so walk when you can.

"Success in this game depends less on strength of body than strength of mind and character." — Arnold Palmer

5 MINDFULNESS

Be here, this shot: golf as a walking meditation

Mindfulness means paying attention to the present moment: your own thoughts and feelings, and the world around you. The NHS says mindfulness can help us enjoy life more and understand ourselves better. Golf is a natural fit: between shots you walk, breathe and take in your surroundings, and Mind says spending time in green space can improve your mood and reduce feelings of stress or anger.

The mindful hole: try it once per round

Step	Try this
1 Arrive	As you walk to your ball, notice your feet on the grass and the rhythm of your breathing.
2 Breathe	Breathe in for a count of 4 and out for a count of 6. Many people find a longer out-breath helps them feel calmer.
3 Senses	See the different shades of green. Feel your grip: rough or smooth? Hear the birds. Smell the cut grass. Taste the cool water.
4 Commit	Pick your target, choose one simple swing thought and play the shot.
5 Let go	Whatever happens, accept it, take a breath and walk on. The only shot that matters is the next one.

5 steps to mental wellbeing (NHS), golf-style

NHS step	On the course
Connect with other people	Play with a mix of friends, family and new faces. Stay for a chat afterwards.
Be physically active	Walk the course and add a warm-up. It counts towards your weekly activity.
Learn new skills	Take a lesson, learn a new shot or study the Rules of Golf.
Give to others	Help a junior, volunteer at your club, or check up on a mate.
Pay attention to the present moment	Use the mindful hole above, or simply look up and enjoy the view.



"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." — Thich Nhat Hanh

6 #CHECKUPONAMATE

Look out for each other: four hours on a course is a rare chance to really talk



#checkuponamate encourages golfers to look out for one another and promotes mental health. You do not need to be an expert. Noticing, asking and listening can help someone feel valued and less alone.

Signs someone may not be OK

Samaritans lists signs such as:

- seeming restless, agitated, angry or tearful
- being tired or lacking energy
- not wanting to be with people or do things they usually enjoy
- using alcohol or drugs to cope
- talking about feeling hopeless, trapped or worthless
- changes in sleeping or eating

Times to be extra watchful

Samaritans highlights situations that can make it harder to cope, including: • bereavement or loss

- money worries or job stress
- relationship and family problems
- loneliness and isolation
- illness, or heavy use of alcohol or drugs

What you could say

When	What you could say	Why it works	
Start of the round	"How are you really doing? Not your golf: you."	Shows you care beyond the score	
A mate seems quiet	"You seem a bit quiet today. Everything OK?"	Notices a change without pressure	
After the round	"Fancy a walk or a coffee? No golf talk, just a catch-up."	Low pressure, more time to talk	

"Anything that's human is mentionable, and anything that is mentionable can be more manageable." — Fred Rogers

You are worried	"You don't seem yourself. I'm here to listen, not to fix."	Listening matters more than advice	
It sounds heavy	"You're not on your own with this. Shall we find some support together?"	Builds a bridge to help	

How to listen: Samaritans' SHUSH tips

S	H	U	S	H
Show you care: give them your full attention	Have patience: give them time	Use open questions	Say it back, to check you understand	Have courage: silence is OK

If you are worried someone may be suicidal

Samaritans says it is okay to ask them directly. Research shows this helps, because it gives them permission to tell you how they feel and shows they are not a burden.

Support: **Samaritans 116 123** (free, 24/7) | **Text SHOUT to 85258** (free, 24/7) | **CALM 0800 58 58 58** (5pm to midnight every day) | **If a life is in immediate danger, call 999.**

The **green ribbon** is the international symbol of mental health awareness (Mental Health Foundation). Wear it with pride.

"Pressure is playing for ten dollars when you don't have a dime in your pocket." — Lee Trevino

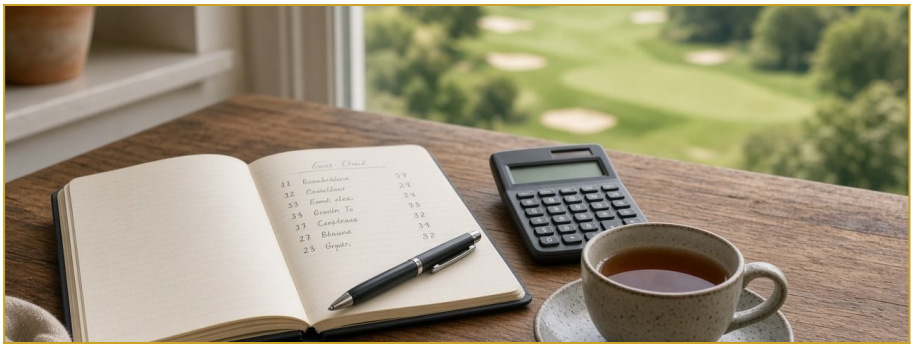
7 FINANCIAL STRESS

Control the controllables, and know where free help is

Money worries can weigh on your mind, drain your energy and make it hard to focus, sleep or enjoy your golf. Splitting worries into what you can and cannot control can help you feel more in charge. You never have to face debt alone, and good debt advice is free.

Control the Controllables audit

Type	Examples	Can I control it?	One action today
Outside pressures	Inflation, interest rates, energy prices	Not directly	Remind yourself it is not your fault
Day-to-day choices	Tracking spending, a simple budget, pausing a subscription	Yes	Write down this week's spending Pause one subscription you don't use
Getting support	Talking to a mate, getting free debt advice	Yes	Make one call from the list below



Free, confidential UK money help

Organisation	What they do	Contact
MoneyHelper	Free, impartial money guidance, backed by government; budgeting tools and help finding free debt advice	0800 011 3797 (Mon–Fri 9am–5pm) moneyhelper.org.uk

National Debtline	Free, confidential debt advice by phone and online	0808 808 4000 (Mon–Fri 9am–8pm, Sat 9.30am–1pm) nationaldebtline.org
StepChange Debt Charity	Free debt advice and debt solutions	0800 138 1111 (Mon–Fri 8am–8pm, Sat 9am–2pm) stepchange.org
Citizens Advice (England)	Help with debt, benefits, housing, work and more	Adviceline 0800 144 8848 citizensadvice.org.uk
Citizens Advice (Wales)	As above, for Wales	Advicelink 0800 702 2020
Citizens Advice Scotland	Connects you to your local Citizens Advice Bureau	0800 028 1456 cas.org.uk

Money and mental health

If money worries are affecting your sleep, mood or relationships, talk to someone you trust and consider speaking to your GP. Samaritans (116 123) is there 24/7 if you need to talk.

Opening times were checked in November 2026 and can change. Check the website before you call.

Pause	**List**	**Call**	**Share**
take a breath before you panic	what you owe and what comes in	one free adviser this week	tell a mate how you feel



"You get bad breaks from good shots; you get good breaks from bad shots, but you have to play the ball where it lies." — Bobby Jones

8 WATCH, READ & LEARN

Every link below was checked in November 2026. Websites change, so if a link moves, search for the organisation's name.

Resource	Where to find it	What you will learn
The R&A: Golf and Health	randa.org/en/keyprojects/golfand-health	The research behind golf's health benefits, including longer life and help with 40 major chronic diseases
Golf & Health Project	golfandhealth.org	Plain-English articles on golf, physical health and wellbeing
NHS Every Mind Matters	nhs.uk/every-mind-matters	Expert tips for stress, sleep and worry, plus a free personalised Mind Plan
NHS physical activity guidelines	nhs.uk (search "physical activity guidelines")	How much activity children, adults and older adults need
NHS Fitness Studio	nhs.uk/conditions/nhs-fitness-studio	Free exercise videos: aerobic, strength, Pilates and yoga
Samaritans: supporting someone	samaritans.org	How to spot when someone is struggling and how to listen (SHUSH)
Mind: nature and mental health	mind.org.uk	How time in green space can help your mood
Video: Top 10 Health Benefits of Playing Golf (Deemples Golf, YouTube)	youtube.com/watch?v=fcS_YZShMFw	A short overview of golf's physical and mental health benefits

Mindfulness videos

Short, free guided videos to help you slow down, breathe and be in the present moment, at home or before a round. All checked in November 2026.

- **Mindful Breathing Exercise** (NHS Every Mind Matters, YouTube, 2 min 22 sec)
- **Progressive Muscle Relaxation (audio only)** (NHS Every Mind Matters, YouTube, 8 min 56 sec)
- **Mini meditation: Breathe** (Headspace, YouTube, 1 min 10 sec)
- **Mini meditation: Let Go of Stress** (Headspace, YouTube, 1 min 7 sec)
- **Muscle relaxation** (Samaritans, YouTube, 2 min 2 sec)

Scan to watch:

Mindful breathing | Muscle relaxation (NHS) | Headspace: Breathe | Headspace: Let go | Samaritans relaxation

Research behind this booklet

- Murray AD et al. The relationships between golf and health: a scoping review. British Journal of Sports Medicine, 2016 (4,944 records screened; 301 studies included).
- Murray AD et al. 2018 International Consensus Statement on Golf and Health. British Journal of Sports Medicine, 2018.
- A rapid review to identify physical activity accrued while playing golf. BMJ Open, 2017.
- NHS, Samaritans, Mind, Mental Health Foundation, MoneyHelper, Cruse and The R&A websites, checked November 2026.

"Don't be too proud to take lessons. I'm not." — Jack Nicklaus

9 WHERE TO GET HELP

CALM	Anyone over 18 who is struggling or affected by suicide	0800 58 58 58 (5pm–midnight, every day)
Mind Infoline	Mental health information and finding local help (England and Wales)	0300 123 3393 (Mon–Fri 9am–6pm) | mind.org.uk
Breathing Space	Free, confidential phone line for people in Scotland feeling low, stressed or anxious	0800 83 85 87 (Mon–Thu 6pm–2am; Fri 6pm to Mon 6am)
Samaritans	Anyone, about anything	116 123 (free, 24/7) | samaritans.org
Shout	Free, confidential text support	Text SHOUT to 85258 (24/7)

The #checkuponamate Charter

- Warm up body and mind
- Drink regularly and protect your skin
- Respect yourself, others and the course
- Include everyone: all ages, cultures and abilities
- Rest and recover
- Have fun: effort over score
- Check up on a mate, every round

My personal plan

My mindful moment on the course is:

_____

The mate I will check up on this week:

_____

One small wellbeing goal for my next round:

_____

One person I will thank after my round:

_____

MY PLEDGE: PLAY WELL, FEEL WELL, BELONG

Signed: _____ Date: _____

Service	Who it is for	Contact
Emergency services	A life is at risk, or a medical emergency	999
NHS 111	Urgent medical advice. In England and Wales, choose the mental health option. In Scotland, NHS 24 is also 111	111 or 111.nhs.uk (24/7)
Childline	Children and young people under 19	0800 1111 (free) | childline.org.uk
YoungMinds Parents Helpline	Parents and carers worried about a young person	0808 802 5544 (Mon–Fri)
Age UK Advice Line	Older people, their families and carers	0800 678 1602 (8am–7pm, 365 days)
Alzheimer Scotland Dementia Helpline	Anyone affected by dementia in Scotland	0808 808 3000 (24 hours, free) | alzscot.org
Dementia UK Admiral Nurse Helpline	Families affected by dementia: specialist dementia nurses	0800 888 6678 (free) | dementiauk.org
Alzheimer's Society Dementia Support Line	Anyone affected by dementia or worried about a diagnosis	0333 150 3456 | alzheimers.org.uk
Cruse Bereavement Support	Bereavement support: England, Wales and Northern Ireland	0808 808 1677 | cruse.org.uk

"Look for the helpers. You will always find people who are helping." — Fred Rogers, quoting his mother

Cruse Scotland	Bereavement support in Scotland	0808 802 6161 | crusescotland.org.uk
The Compassionate Friends	Bereaved parents and siblings	0345 123 2304 | tcf.org.uk
MoneyHelper	Free money guidance, backed by government	0800 011 3797 | moneyhelper.org.uk
National Debtline	Free debt advice	0808 808 4000 | nationaldebtline.org
StepChange	Free debt advice	0800 138 1111 | stepchange.org
Citizens Advice	England: Adviceline | Wales: Advicelink | Scotland	0800 144 8848 | 0800 702 2020 | 0800 028 1456

Before you call

Opening hours can change, especially on bank holidays, so check the website first. Calls to 0800 and 0808 numbers are free from UK landlines and mobiles. Calls to 03 numbers cost the same as a call to a standard landline number and may be included in your call allowance.



Reaching out is a sign of strength. Save the numbers you might need in your phone today, for you and for the people you love.

"Alone we can do so little; together we can do so much." — Helen Keller

GRIEF & LOSS: SUPPORT AND COMFORT

There is no right way to grieve, and you never have to do it alone

Losing someone or something important to you can turn life upside down. With time, kindness and support, it does become easier to carry. The NHS says grief affects people in different ways and there is no right or wrong way to feel. As well as bereavement, grief can follow the end of a relationship, losing a job or home, or someone close to you becoming seriously ill.

Common feelings (NHS)

- shock and numbness: often the first reaction, and people talk about "being in a daze"
- overwhelming sadness, with lots of crying
- tiredness or exhaustion
- anger, towards the person you have lost or the reason for your loss
- guilt, for example about something you said or did not say

These feelings may not be there all the time, and powerful feelings can appear unexpectedly. Your grief might feel chaotic, but the NHS says these feelings will become less intense over time.

How grief can feel, day to day

Today feels...	What it can feel like	What might help on the course	
Steady	You feel able to get on with things	Use the fairways as a calm space: breathe the fresh air, move naturally and enjoy quiet company	
Wavy	Sudden sadness, exhaustion or feeling disconnected	Set scores and handicaps aside. Walk three holes and leave it there	
Heavy	It feels too much to carry alone	Reach out. Talk to someone you trust or contact one of the services below	

Looking after yourself (NHS)

- Talk about how you feel with a friend, family member, healthcare professional or counsellor. Peer support, where people use their experiences to help each other, can help too.
- Keep moving: regular exercise can improve your mood and may help you sleep better. The golf course can offer fresh air, gentle movement and quiet company, at whatever pace suits you.
- Eat regular, healthy meals to keep your energy levels stable.
- Set small targets you can easily achieve, and don't try to do everything at once.
- Try not to use alcohol, cigarettes, gambling or drugs to ease grief: these can all contribute to poor mental health.
- Try not to tell yourself you are alone. Most people feel grief after a loss, and support is available.



Supporting a grieving mate: #checkuponamate (Cruse)

- Get in touch and say how sorry you are. Saying something matters more than finding the perfect words.
- Say the name of the person who died if it feels right; many bereaved people find that comforting.
- Listen. You can't fix their grief, but you can be there. Let them go over what happened, and ask what the person was like.
- Offer specific, practical help: "Shall I pick you up for the club on Saturday?" is easier to say yes to than "let me know if I can do anything".
- Remember anniversaries, birthdays and special days, which can be especially painful.

"Grief is the price we pay for love." — Queen Elizabeth II

- Respect their need for space, but keep checking in, and keep inviting them to play.

When to get more help (NHS)

- See a GP if you are struggling to cope with stress, anxiety or a low mood, have had a low mood for more than 2 weeks, or the things you are trying are not helping.
- See a GP if grief stays just as painful as the months go by, or makes it hard to return to everyday activities.
- In England, if you are 18 or over (16 or over in some areas), you can refer yourself to an NHS talking therapies service without seeing a GP.
- If a life is at risk, call 999.

Support services

- **Cruse Bereavement Support Helpline:** free on 0808 808 1677 (Mon, Wed, Thu, Fri 9.30am–5pm; Tue 1pm–8pm; closed weekends) | cruse.org.uk
- **Cruse Scotland Helpline:** free on 0808 802 6161 | crusescotland.org.uk
- **Samaritans:** 116 123, free, any time, day or night | samaritans.org
- **Breathing Space (Scotland):** free on 0800 83 85 87 (Mon–Thu 6pm–2am; Fri 6pm to Mon 6am) | breathingspace.scot
- **The Good Grief Trust:** a directory of UK bereavement support services and helplines | thegoodgrieftrust.org
- **The Compassionate Friends:** support for bereaved parents and siblings after the death of a child: 0345 123 2304 | tcf.org.uk
- **Childline:** for children and young people under 19, about anything, including grief: 0800 1111 (free) | childline.org.uk
- **NHS:** grief after bereavement or loss | nhs.uk

Cruse | Cruse Scotland | Breathing Space | NHS: grief

Grief has no timetable. Be kind to yourself, and let your mates be there for you. Numbers and opening hours were checked in November 2026 and can change.



"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us." — Helen Keller

DEMENTIA: A GUIDE FOR FAMILIES

Spotting the early signs, talking it through and knowing where to turn

Dementia is not a natural part of ageing, and the NHS says it is important to talk to a GP sooner rather than later if you are worried about memory problems or other symptoms. Golf partners and families are often the first to notice small changes, so this page is for you.

Common early signs (NHS)

- memory loss
- difficulty concentrating
- finding it hard to carry out familiar daily tasks, such as getting confused over the correct change when shopping
- struggling to follow a conversation or find the right word
- being confused about time and place
- mood changes

Memory problems do not always mean dementia. They can have other causes, such as depression and anxiety, sudden confusion caused by an infection, an underactive thyroid, or side effects of some medicines. Read more: NHS: symptoms of dementia.

How to talk to a loved one (Alzheimer's Society)

- Pick a familiar place where you both feel comfortable, and a quiet time when you won't be rushed or interrupted.
- Use reassuring, non-judgemental words. You might start by gently asking if they have noticed any changes recently, or are struggling with anything.
- If it feels right, mention things you have noticed, and show you are raising them because you care and want to help.
- Listen to how they respond. They may not react as you expect, so you may need to adapt your approach. Try not to worry if it doesn't go well first time.

More tips: Alzheimer's Society: talking to someone about their memory problems.

What to do next: see a GP (NHS)

- Encourage them to make a GP appointment, and offer to go with them.
- Someone who knows them well can describe the changes they have noticed and help remember what was said.
- The GP will ask about symptoms and everyday tasks, may arrange tests such as a blood test and a memory test, and may refer them to a specialist or memory clinic.
- If they will not see a GP and you are still worried, you can tell their GP about your concerns yourself. The GP cannot share information about them, but can receive it (Alzheimer's Society).

Read more: NHS: how to get a dementia diagnosis.

Where to get support

- **Alzheimer Scotland 24 hour Freephone Dementia Helpline:** 0808 808 3000 | alzscot.org
- **Dementia UK Admiral Nurse Dementia Helpline:** free on 0800 888 6678 (Mon–Fri 9am–9pm; Sat, Sun and bank holidays 9am–5pm, except 25 December), specialist dementia nurses | dementiauk.org
- **Alzheimer's Society Dementia Support Line:** 0333 150 3456 (Mon–Wed 9am–8pm; Thu–Fri 9am–5pm; Sat–Sun 10am–4pm; standard local rate) | alzheimers.org.uk
- **NHS:** dementia symptoms, diagnosis and support | nhs.uk/conditions/dementia

Alzheimer Scotland | Dementia UK | Alzheimer's Society | NHS: dementia

Please note: this page is not a diagnosis and cannot tell you whether someone has dementia. If you are worried about your own memory or a loved one's, please speak to a GP. If someone is in immediate danger, call 999. Numbers and opening hours were checked in November 2026 and can change.

"Adopt the pace of nature: her secret is patience." — Ralph Waldo Emerson

10 FUN STUFF



Tick A or B, then check your answers in the right-hand column. Every answer comes from this booklet.

Question	A	B	Answer
1. How many calories do golfers typically burn, at minimum, over 18 holes?	100	500	B: a minimum of 500 (University of Edinburgh)
2. How many steps have studies recorded in a walking round of 18 holes?	About 5,000	11,000 or more	B: 11,000 or more
3. How many major chronic diseases can golf help prevent and treat?	5	40	B: 40 (The R&A)
4. What does #checkuponamate mean?	Check your mate's score	Look out for your mates	B: look out for one another
5. A calming breath pattern between shots?	Hold your breath as long as you can	In for 4, out for 6	B: a longer out-breath
6. What does the green ribbon stand for?	Winning	Mental health awareness	B: mental health awareness
7. How much moderate activity should adults aim for each week?	60 minutes	150 minutes	B: 150 minutes (NHS)
8. What colour pee should you aim for?	Dark yellow	Clear, pale yellow	B: clear, pale yellow (NHS)
9. Is 10,000 steps a day an official NHS guideline?	Yes	No	B: no, it is a popular target
10. Which number can you text, free and 24/7, for support?	85258	999	A: text SHOUT to 85258

How did you do?

9–10: Wellbeing champion! **6–8:** Great round, a few putts lipped out. **0–5:** Have another read and try again with your fourball.

"I have a tip that can take five strokes off anyone's game. It's called an eraser." — Arnold Palmer



10 CHAT CARDS & CHARTER

Memory lane	Right here, right now	Feel-good
Who taught you to play?	Can you hear birds right now?	Who made you smile today?
What is your favourite course?	What does the sky look like?	Who will you thank today?
What is your funniest moment on a course?	Does your grip feel rough or smooth?	What are you proud of this week?
What is your best shot ever?	What does cut grass remind you of?	Who made you laugh on the course?
Who is in your dream fourball?	Where is the breeze coming from?	Who is your favourite playing partner, and why?
What music would you walk to the 1st tee to?	What colour is your ball today?	What would you tell a beginner?
What was your first club?	What is your favourite season to play?	What are you looking forward to?

"Anything that's human is mentionable, and anything that is mentionable can be more manageable." — Fred Rogers

THE JOY OF THE GAME

Why we love golf, and why it loves us back



> ***"Golf made me as a person. It never left."***
>
> **— Finny, Co-founder, APT UK**

Some of life's best memories are made between the first tee and the 19th hole. Whatever your handicap, here's to the good times.

- **Friendship.** Four hours with your playing partners is time to talk, laugh and look out for each other. The R&A says golf provides social interaction, a significant protective factor for mental health and wellbeing.
- **Fresh air and green space.** Every round is time outdoors, away from screens, with nothing to think about but the next shot.
- **Laughter.** The lip-outs, the lucky bounces and the stories that get better every time they are told.
- **The joy of a good shot.** That pure strike, the ball settling on the green, the putt that drops: moments you replay all week.
- **Good for mind and body.** A walking round can mean 11,000 steps or more, and The R&A says golf can help prevent and treat 40 major chronic diseases.
- **The 19th hole.** A cuppa, a catch-up and a toast to the round, win or lose.

Thank you for being part of the APT family. Play well, feel well, belong, and keep checking up on your mates. See you on the first tee!

With best wishes from all of us at APT UK **#checkuponamate**



See you on the course! ⛳

"Golf made me as a person. It never left." — Finny, Co-founder, APT UK

"What other people may find in poetry or art museums, I find in the flight of a good drive." — Arnold Palmer



STAY CONNECTED WITH APT UK

Follow the Road to The Belfry, and keep checking up on your mates

Website: amateur-players-tour-uk.co.uk

Wellbeing booklet: amateur-players-tour-uk.co.uk/wellbeing-for-golfers-booklet

Join the tour (Golf Genius sign-up): golfgenius.com: APT registration

Email: apt-golf-season@outlook.com

TikTok: @amateurplayerstour

Website | **Wellbeing booklet** | **Join on Golf Genius** | **TikTok**

#checkuponamate

Published: November 2026 | 2027 edition

© 2026 AMATEURPLAYERSTOUR LIMITED (Company No. SC897925). All rights reserved. No part of this booklet may be reproduced, distributed or transmitted in any form without the prior written permission of AMATEURPLAYERSTOUR LIMITED, except for personal, non-commercial use. Third-party links, helplines and videos remain the property of their respective owners.

APT

#checkuponamate

ROAD TO THE BELFRY

The 2027 APT season starts on 3 April 2027

#checkuponamate

Look out for one another. Ask twice. Listen well.

Samaritans 116 123 (free, 24/7) | Text SHOUT to 85258 | Emergency 999

amateur-players-tour-uk.co.uk | APT-Golf-Season@outlook.com

AMATEURPLAYERSTOUR LIMITED | Companies House No. SC897925