

March Fore Mulligans

How To Guide



1. Identify how far you want to walk or how long you want to walk for.
2. Next, identify where you want to walk. Is your walk going to be golf themed or not?
3. If it is going to be golf themed then check out our **golf themed ideas sheet**.
4. When is your walk going to take place? July is the preferred month but it doesn't have to be.
5. Decide if you are walking alone or with others - **consider social distancing guidelines**.
6. Plan out your route and the time you think it will take.
7. Consider the risks involved with your walk - you may need to carry out a risk assessment.
8. Think about how you are going to fundraise - we have some advice on our **FAQ sheet**.
9. If your walk involves your golf club and/or other clubs then speak to them to see how they can support you with awareness and fundraising.
10. Depending on your walk you may want to run a sweepstake to help engage sponsors. We have a **sweepstake sheet** that you can use. You will need to source your own prize.
11. Decide how you want to promote your walk - we have some advice on our **FAQ sheet**. We also have some posters you can download to tell people what you are doing and why you are doing it.
12. If your walk is quite long then start training for it - this will not only help you on your main walk but will support your general health and wellbeing.
13. As your walk approaches, promote it a little more to encourage sponsors.
14. If you use social media, log your preparation so people can see your progress. Follow this up when you do your walk with pictures or videos.
15. Enjoy it! The more you put into it the more you will get out of it.



"When I joined the Foundation they not only taught me how to pick up a golf club but also helped me pick myself up. I have regained my confidence and have my self-belief back as well as the motivation and inspiration to face a new life after serious injury."

Vikrant Gurung.

Your walk will help veterans like, **Kushal, Tirtha and Vikrant** who lost limbs whilst serving in Afghanistan and **Dom**, who suffers with Post Traumatic Stress Disorder from service in Northern Ireland.

Golf is now their main source of physical activity and supports their mental health. All four had never played before they were introduced to it as part of their recovery.



"I look back at the man I was only two years ago, incapable of dealing with the simplest social interaction, unable to deal with decision making – to who I am now. Since being with OCF, the difference is profound."

Dom Felton