



**CURE**  
PARKINSON'S



## Golf pack

Putt Parkinson's researchers to work.

From year-long captaincy support to ideas to make the most of your charity golf days – we have everything you need to take to the green and get fundraising.

# Thank you

You are incredible!

Today you did something amazing, you chose to fundraise for Cure Parkinson's with your golf club. We're delighted to welcome you and everyone at the club to Team Cure – together we will consign Parkinson's to medical history.

Our research can only happen because of people like you; the money you raise helps us to fund cutting edge research into potential new treatments that could slow, stop or reverse Parkinson's.

Whether you're holding a one-off tournament among friends or you've nominated Cure Parkinson's as your charity of the year, every penny you raise makes a huge difference and has the potential to change the face of Parkinson's. That's why we think you're incredible!

We would love to hear about your great golfing fundraiser so get in touch with one of the team at [events@cureparkinsons.org.uk](mailto:events@cureparkinsons.org.uk) or call **+44 (0)20 7487 3892**.

Thank you,

From everyone at Cure Parkinson's



// Support from our fundraisers allows us to continue our vital research into finding a cure for Parkinson's. It also helps us raise greater awareness of the charity and our goal of slowing, stopping or reversing the progression of the condition. Cure Parkinson's believes that we can and will find a cure, and the dedicated efforts of fundraisers like you continue to bring us one step closer to achieving this. Thank you

Helen Matthews, Cure Parkinson's CEO

# Make a difference

Your support will bring us a step closer to finding a cure.

We're here for the cure. Everything we do is to move us closer to that goal. But we can't do it without you. Your support will lead to the breakthrough we all want see.

Our leadership and funding enables the world's leading neuroscientists and neurologists to prioritise, together, the next generation of drugs for clinical trial. We're acting with urgency, for people currently living with Parkinson's, with a focus on research which has potential to translate into the clinic within five years.

- Parkinson's affects over 153,000 people in the UK alone, and 8.5 million worldwide
- It is predicted that one person in 37 will receive a Parkinson's diagnosis in their lifetime
- One person in twenty diagnosed with Parkinson's is under the age of 40
- Currently we are funding over 15 clinical trials across the UK that have the potential to cure this life changing condition
- More than 10% of all the disease modifying trials conducted worldwide are being funded by Cure Parkinson's
- We have directly funded or influenced funding for £50m of research into finding a cure for Parkinson's



# Teeing up

Organising a golf day can be really fun.

## Choose a date

Get in touch with your club and see what dates are available for your event. If you're the club captain, you may already have a calendar with set charity days in place.

## Choose the format

You could hold a Best Ball tournament or choose a Race Round; for inspiration go to page 5 for more tournament ideas.

## Spread the word

Advertise your event early making sure to include information on the entry price, the format, fundraising activities and that it's in aid of Cure Parkinson's. Think about where you can advertise: your club newsletter, local newspaper, radio stations and golfing publications are a good place to start!

## Tell us about your plans

By telling us about your event you'll be making sure you get all the support we can offer, we can send out materials to help the big day, and importantly we can say a huge thank you for choosing to fundraise for Cure Parkinson's.

## Ask for support

Get in touch with local restaurants, hotels and shops to see if they will donate any prizes or goodies for your event. Why not get friends and family involved and divide the tasks between everyone - you'll be surprised at how many people are willing to help when it's for a good cause. Please contact us if you need a letter of authority.

## Send in the cash

After the big day collect your donations and send them to us – please see how to do this on page 6. We love hearing all about your amazing events, so please send any news or pictures to us. You may even be featured in one of our newsletters or on our website.

## Don't forget to say thank you!

After the roaring success of your event, make sure to say a big thank you to everyone that helped you to reach your target. A little thank you goes a long way.



# Terrific tournaments

Ideas to get your golf day off the ground.



## Greensomes and foursomes.

Teams of two take alternate shots on the same ball until it is holed. The teams also alternate who hits the drive on each hole.

**Hit the green.** Everyone who makes the green off the tee wins a prize.

**Four ball better ball.** Teams play their own ball on every hole for the whole round. On each hole, the lowest score or most stableford points count as the team score.

**Scramble.** Played in groups of four, in a scramble each player tees off on each hole. The best of the tee shots is then selected, and all players play their second shot from that spot. The process is then repeated until the ball is holed.

**Closest to the pin.** A competition specifically for par-three holes. Closest to the pin is won by the golfer whose tee shot comes to rest closest to the hole.

**Sharks and camels.** Each time a player hits into a bunker or the water, they must donate £1. Players with a poor past record can even opt in to pay £20 upfront to avoid multiple fines!

**The marathon.** This involves four rounds of golf in one day! That's 72 holes, 300 shots (depending on your handicap) and over 20 miles of walking! No buggies allowed so grab your comfiest shoes and some friends to help you complete the challenge. And get as many sponsors as you can!

**The half marathon.** Test your stamina and tackle two rounds of golf in one day. Again, no buggies allowed so pack your blister plasters and take to the green as you drive us closer to a cure.

**The sprint.** Speed and accuracy are of the essence here as teams take on one round as quickly as possible. Prizes can be awarded to the quickest and the best scoring team.

**Make it easy for players to get competitive and raise even more funds.**

If you're planning to organise lots of competitions and games during your golf day, you might consider asking for a one-off donation to cover all entries at the start. It will be less administration for you, players will appreciate the simple process and everyone can relax and enjoy the golf.

## Other fundraising ideas:

- Sell tokens symbolising Mulligans (free shots) that players can use when most needed
- Hold a captains dinner or luncheon
- Hold a raffle
- Hold an auction
- Hold a family fun day with a picnic, tug of war and other family friendly activities



# Captains corner

The West Herts Golf Club Ladies Section picked Cure Parkinson's as their charity of the year for 2020. During that time they organised a number of events and raised over £7,000 to help fund curative research. Here are some of their top tips for incoming Captains and Lady Captains:

## 1 Host a Charity Launch to kick start your captaincy

Hosting a Charity Launch is an excellent way to kick-start your year-round fundraising campaign. You could organise a luncheon or a cheese and wine evening, with craft stalls and raffles.

// The Cure Parkinson's team sent a video introducing their work for my Charity Launch last November. Our ladies thought the video was a brilliant idea.

## 2 Pick your bunkers

The Captain and the Lady Captain at West Herts Golf Club are asked to pick a charity bunker at the beginning of the year – if any player lands in that bunker they pay £1 into the charity box on their return to the clubhouse.

## 3 Get support from your club and beyond

Your clubhouse can play a huge part in the success of your captaincy, helping to organise events and spreading the word about your fundraising efforts. You might find that other clubs in your area will be supporting charities too, so why not ask if you can exchange golf experiences as prizes for competition winners.

// We had two x 100 boards during this year – the club office has a template of 100 squares on a large board, on which the logo of the charity can be interchanged, and players put their names in one or more of the squares. We charged £5 per box and the prizes were four-ball vouchers we had received from other local clubs.

Heather Learner  
2020 West Herts Ladies Golf Captain



# Be inspired

Read the stories of some truly super supporters.

Taking place at Stonebridge Golf Club, over the last three years the Grayson Thermal Systems annual golf day has raised over £10,000 for our research.



// We were proud to raise such a fantastic amount for Cure Parkinson's at our recent charity golf day. With 62 players in 16 teams the day was also made competitive with team and individual prizes up for grabs. The sun was shining and the day was thoroughly enjoyed by all who were part of the event. Grayson have now held an annual golf day for the past three years raising over £10,000 for Cure Parkinson's in the process!

Matthew Hateley, Business Development Manager at Grayson Thermal Systems



Supporter Mark Newnham held a Captain's Charity Golf Day at Wildernesse Golf Club in Kent raising over £11,800 to fund our game-changing Parkinson's research.

// A shot gun start saw 80 golfers test their skills during the afternoon. Mulligans and Pimm's served at the halfway house helped players to forget about any bad shots on the course. 90 people attended the lovely dinner which was followed by a very successful auction. Norman Yarrow from the winning team (pictured) gave an inspiring speech about how Parkinson's has affected his life which no doubt contributed to everyone's generosity in the auction afterwards.

Mark Newnham

# Send us your fundraising

You've held your event and raised lots, here's how to send us the funds.

## Send a cheque to our office made payable to:

Cure Parkinson's, 120 New Cavendish Street, London W1W 6XX  
Please address your envelope to: Freepost, CURE PARKINSONS  
(there's no need to write anything else on the envelope or affix a stamp).

## Pay directly into our bank account

Please put your full name as a reference and email [events@cureparkinsons.org.uk](mailto:events@cureparkinsons.org.uk)  
Coutts, 440 Strand, London, WC2R 0QS  
Sort code: 18-00-02 / Account number: 08918384

## Pay by credit or debit card

Over the phone on [+44 \(0\)20 7487 3892](tel:+442074873892)  
We ask that you pay the money you have raised for Cure Parkinson's to us within six weeks of your event.  
If this is not possible please get in touch and let us know.

## Pay online

You can pay your sponsorship online by visiting our website [here](#).

## Remember to Gift Aid it

Please encourage your eligible sponsors to make Gift Aid declarations. We can then claim an extra 25p for every £1 donated. Questions? Contact us on [+44 \(0\)20 7487 3892](tel:+442074873892) or email [events@cureparkinsons.org.uk](mailto:events@cureparkinsons.org.uk)

## Thank you!

Every single person who fundraises for us is invaluable. Please send us an update and pictures after your event. We share as many fundraising stories as possible, which can inspire others to get involved too. Don't forget to let us know what you're planning to do next.







# CURE PARKINSON'S

## Join the conversation

We'd love to tell you about what we're up to, and the most cost-effective way of doing this is by email. We promise that we will not fill your inbox with endless emails. You can change how you choose to hear from us as any time by visiting [cureparkinsons.org.uk/your-permissions](https://cureparkinsons.org.uk/your-permissions)

You can also join us online on



[cureparkinsons.org.uk](https://cureparkinsons.org.uk)

**amrc**  
ASSOCIATION OF MEDICAL RESEARCH CHARITIES



Name and Registered Office: Cure Parkinson's is the operating name of The Cure Parkinson's Trust, 120 New Cavendish Street, London W1W 6XX. The Cure Parkinson's Trust is a registered charity in England and Wales (1111816) and Scotland (SCO44368) and a company limited by guarantee - company number 05539974 (England and Wales).