



Stroke
Association

Stroke Sixes Challenge

**Take on the Stroke
Sixes Challenge
and help drive
our fundraising**

Take part in our fun golf challenge
this September and raise funds
to help rebuild lives after stroke

Stroke Sixes Challenge

Welcome to the brand new Stroke Sixes Challenge. It's great to have you on the team!

In this booklet, you'll find all the information you need to take on your fun six-hole golf challenge this September. Anyone can participate, regardless of ability. You can play the six holes, each with a unique putting green challenge, at the golf club, on a mini golf course or even at home with the family.

Due to COVID-19, we're unable to launch our event at the nation's golf clubs. But we can still harness that inspiring national spirit of pitching in together to raise vital funds to help make up the shortfall caused by the pandemic. All we ask is that you continue to follow the most up to date

government advice in your area – England, Northern Ireland, Wales, Scotland and Jersey.

So, while golfers can still take part at their local club, you can also get in the swing of things in the garden, the living room or at the park or crazy golf course. You can even join in on one of the many online and video golf games.

The rules are as simple as they are fun – six holes with six unique putting challenges.

The money you raise will make a huge difference to stroke survivors. Every pound helps us at the Stroke Association to rebuild

lives after stroke by offering specialist support and much needed research.

So, what better excuse to tee off and raise some funds to support stroke survivors across the UK. Thanks for being a part of what's set to be a brilliant nationwide challenge and a whole lot of fun. Don't forget to share it all on social media and post photos and videos of your challenge using

#StrokeSixesChallenge.

Game on!

Emily Higgins,
Stroke Sixes Challenge team

Your support is invaluable

With so many of our regular fundraising events being cancelled due to COVID-19, your support is more vital than ever.

A stroke can strike anyone at any time. When a stroke strikes, part of your brain shuts down. Sadly, it happens every five minutes in the UK, changing lives instantly. That's why the funds you raise are so important. Every penny helps us to support people to rebuild their lives after stroke.

By being part of the Stroke Sixes Challenge, you're joining one big team, united across the nation. The money you raise by teeing off and playing will change the lives of stroke survivors. Here's how your donation can have a massive impact:

£10

Enables a stroke survivor to attend an art therapy group, where communication and creativity aids recovery and boosts quality of life.

£56

Pays to set up a new volunteer to help support voluntary groups in their community.

£130

Helps pay for research into new stroke treatments like thrombolysis - a clot-busting drug with huge benefits.

£500

Helps pay for a five-year Senior Lectureship Award, a critical research role facilitating life-changing discoveries to prevent and treat stroke.

£1,000

Funds nearly five hours of Helpline activity, helping families of stroke survivors support their loved ones.



72,000

Every year we help 72,000 stroke survivors rebuild their lives. By taking part in Stroke Sixes Challenge, you'll help us be there for even more people affected by stroke.

Golf your own way!

Whether you're an experienced golfer, a newbie or someone who thinks a birdie is a winged creature, you can still enjoy taking part and getting into the swing of things.

Here's how it works. Gameplay takes place wherever you like, perhaps at home, the golf course or the mini golf course. Whether you play alone or in pairs, two teams will play at each hole. If you have more than two teams taking part, ensure gameplay on the other holes starts at the same time (known in golfing circles as a 'shotgun start').

The format for the game is two player scrambles. This means both players will play every shot, but to minimise pesky shanks and bad shots, you decide together which ball to play off each time. To help even things up, if you want to make it more competitive you can apply the World Handicap System.

The team completing the hole in the fewest shots bag three match points, or a point is given to each team if the hole is a tie. If the entire game ends in a tie, an extra hole will be played to determine the winner.

But here's the twist. To flag up some more fun, each of the six holes comes with a unique challenge on the putting green. If you're short of time or space, don't worry, you can just take on the six challenges whilst putting, instead of playing six full holes. You'll find all the details overleaf.



Golf anywhere

Don't know a wood from an iron? Not a problem. You don't have to know anything about golf to join in the fun and raise vital funds.



In fact, you don't even have to pick up a golf club. You could challenge your neighbours to a broomstick-putting challenge into a cup in the back garden. Or the front room!

Why not head outdoors to the park where you can play nearest the flag (or bucket). Or challenge family and friends to a game of crazy golf? You could even stay indoors and play six holes on an online or video game.

So long as you play a total of six holes and incorporate the six fun challenges overleaf, it's all good.

However you decide to play, all you need to remember is that the fewest attempts to get the ball in the hole, wins that hole. Who knows, you might turn out to be a natural!

Now you're all set to play, overleaf you'll find details of the six unique challenges plus plenty of advice and tips on how to raise funds for this brilliant cause.

The golfsixes format

Our Stroke Sixes Challenge was inspired by the new short version of the glorious game, GolfSixes. Played over six holes – a third of the usual number in a standard round of golf – it's fast and furious. And of course, less walking means more fun and more accessibility! Whilst you won't find our six unique putting green challenges within GolfSixes, they do have their own challenges for each hole!

We've also made sure that the scoring for our Stroke Sixes Challenge matches that of GolfSixes. The team that wins the hole are awarded three match points, and if the hole is halved, both teams get a point.

The team with most points wins the match. Simple.

The only difference is our challenge uses the two player scramble rule instead of GolfSixes' greensomes purely to enable our players to play more golf.

Six holes, six unique challenges

Your Stroke Sixes Challenge is all about taking on challenges whilst putting on the green!

They're a fun twist to the game but with a serious side. Each challenge has been chosen to highlight the devastation strokes can cause, and the difficulties that many stroke survivors face.

Simply assign one of these challenges to each hole before play begins, or if you're just playing on one hole you can play them in any order you want:

1: Putt with one eye shut

More tricky than it sounds. This represents the blurred or loss of vision that stroke survivors often experience.

2: Putt with non-dominant hand

If you're right-handed, putt with your left hand and vice versa. This represents one of the physical difficulties a stroke survivor may have to endure - the sudden loss of movement in one arm.

3: Don't talk while putting

Players have to remain silent while on the putting green. This is to highlight the communication difficulties stroke survivors often experience. Players can still gesture, but not a word is to be said! (You could even impose a fine for chatterboxes to help raise more money to support stroke survivors! See overleaf.)

4: Putt while standing on one leg

A real test of skill and balance. This represents the mobility issues stroke survivors may experience, and the daily challenge they will face.

5: Act FAST

Each putt must be taken within 30 seconds of approaching the ball. This underlines that time is crucial when you first notice the symptoms of a stroke i.e. Facial weakness, Arm weakness or Speech problems and recognizing that it is Time to call 999 immediately.

6: Have fun

Take a moment to reflect on how much you're enjoying the game. It's a handy reminder that exercise helps prevent stroke as well as acting as a great boost to strengthen your muscles and aid recovery from stroke.



Fundraising tips

There are loads of ways you can raise much-needed funds whilst taking on your Stroke Sixes Challenge to help support our vital work. Here's a few ideas to get the ball rolling...



Each team member donates a fee to take part.



Ask friends and family to also support you by donating – either ask directly or via social media.



Fun fines for use during your challenge with a suggested donation of £2 per fine. We've included a fine tracker to help you keep a log of all the fines you've had to impose. You can also create your own fines too, to keep everyone on their toes!



Set a fun bet so the game loser has to donate an additional amount.



Get sponsored to take on an extra golf challenge. For example, playing non-stop for a certain amount of time or sinking a set number of putts.

Help us raise more by fundraising online with a **JustGiving** page. It's easy to share with family and friends on email and social media, so you can reach more people and raise more for the Stroke Association. This also means less paper work, meaning we can be more efficient and save money. Get started at

[Justgiving.com/campaign/StrokeSixesChallenge](https://www.justgiving.com/campaign/StrokeSixesChallenge)

To make direct donations and for additional online materials, such as shareable social media assets to let people know you're taking part, visit stroke.org.uk/sixes



Challenge completed?

Time to send us your funds.

If you've been using JustGiving to collect your donations then you don't have to worry about a thing - all your fundraising will automatically be sent directly to us.

If you've collected any cash donations there are lots of ways for you to pay them in!

Don't forget we can claim an extra 25% in government tax relief on any Gift Aid donations.



Post:

Complete the form enclosed and send to:

Stroke Sixes Challenge,
FAO Supporter Care,
Stroke Association,
1 Sterling Business Park,
Salhouse Road
Brackmills, Northampton,
NN4 7EX

Cheques should be made payable to 'Stroke Association'. **Please do not send cash in the post.**



Phone:

Call **0300 330 0740** to make your donation by debit or credit card.



Bank Transfer:

If you'd like to pay in your donations by bank transfer, please call us on **0300 3300 740** or email **supportercare@stroke.org.uk** so we can provide you with our bank details and your unique reference.

John Heyes Case Study

Hi, I'm John and I wanted to say thank you for taking on the Stroke Sixes Challenge and raising money for the Stroke Association.

I have always been active, participating in several sports and for the last forty years being a frequent golfer. That all changed on the fateful day in April 2018 when I suffered a stroke. During a session with my physio, about a year later, she told me about a local Stroke Association voluntary group and their six-week golf recovery programme at Fleetwood Golf Club. The stroke had taken away the movement down the whole of my left side, so I thought it was a tall ask until I encountered the steely determination of John, one of the Stroke Association Volunteers.

At my first session, my wife pushed me in my wheelchair into the clubhouse. John was there throughout to make me feel safe and more confident on the putting green where I was able

to stand up and take my first putt. What a feeling!

Dan, the pro who took the class, suggested I purchased a special glove that strapped my hand to the club and gave me more control. Now, I'm able to walk into the clubhouse and out onto the green with just my walking stick as support. On bad weather days, Dan used a simulator where I played four holes of the famous Pebble Beach club. I teed off on one occasion with such gusto my wife said it looked like I had forgotten I'd had a stroke!

The sessions are such fun and afterwards we go for a coffee – it's up a winding staircase I've even learned to negotiate myself - it is good to chat with the other members of the group who are all in a similar situation to myself. Their camaraderie, the kindness of John, Dan and all connected with the club have helped to put some normality back in my life.

John
Stroke survivor & golf lover

stroke.org.uk/sixes
[#StrokeSixesChallenge](https://twitter.com/StrokeSixesChallenge)

Stroke
Association

We believe in life after stroke. That's why we support stroke survivors as they recover, campaign for better stroke care, and fund research to develop new treatments and ways to prevent stroke.

We are the UK's leading charity dedicated to rebuilding lives after stroke. For further information about the Stroke Association, please get in touch:

Telephone: 0300 330 0740

Email: supportercare@stroke.org.uk

Facebook: facebook.com/TheStrokeAssociation

Twitter: @TheStrokeAssoc



Score card



Keep track of the score for up to three teams, marking down your points per hole. Print off multiple if you've got more than three teams taking part. Don't forget, if you're tied at hole six you can take on an extra hole to get the winner!

Location: _____

Date: _____

Scorer signature: _____

Bonus

| Hole: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-------------|---|---|---|---|---|---|---|
| Team one: | | | | | | | |
| Team two: | | | | | | | |
| Team three: | | | | | | | |
| Match +/- | | | | | | | |

Stroke Sixes
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Fine tracker

This a list of fun fineable offences

Use this tracker to keep up with your fines. Tally up how many times a player (up to 6 players) has offended. We're recommending a £2 donation for every offence. Remember to keep a track of your own offences!

| Total fines | |
|---------------|---------------|
| Player 1 £ | Player 4 £ |
| Player 2 £ | Player 5 £ |
| Player 3 £ | Player 6 £ |

Suggested fines are as follows:

-  Not noting your opponent's fines!
-  Turning up late
-  Swearing!
-  Using your mobile phone
-  Club or player abuse
-  Going in bunker/water/over your fence

Create your own fines:

Offence tick list tracker

| | | | | | | | | | | | | | | |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Player 1 | <input type="checkbox"/> |
| Player 2 | <input type="checkbox"/> |
| Player 3 | <input type="checkbox"/> |
| Player 4 | <input type="checkbox"/> |
| Player 5 | <input type="checkbox"/> |
| Player 6 | <input type="checkbox"/> |

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Sign up at stroke.org.uk/sixes

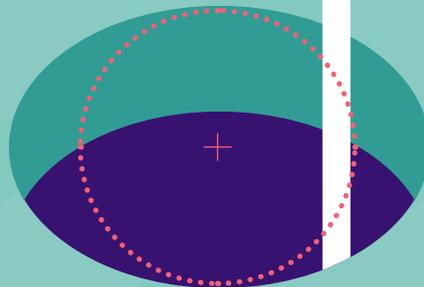


Hole in one game

This is our fun twist on the old classic "Pin the tail on the donkey". A player grabs a golf ball cut out, writes their name on it, gets blindfolded and gently turned round, and then tries to get a hole in one (don't forget to add some sellotape to make your cut outs stick!) The closest ball to the outline on the golf hole wins. It's as simple as that!

We suggest a £2 donation to play. You can then split your game fundraising and give 50% to the winner. The remaining 50% can be added to your Stroke Sixes Challenge fundraising pot to be donated at the end of your challenge.

Good luck!



Stroke Sixes
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Use me for hole in one game



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Donation form

Please write your details (in BLOCK capitals)

| | |
|---|---------------|
| Title: | First name: |
| Surname: | |
| Address: | |
| Postcode: | |
| Name of event (if applicable): Stroke Sixes Challenge | |
| Total amount of cheques enclosed £: | Date: |
| Email: | Phone number: |

Keeping in touch

Join us in supporting thousands of people and families affected by stroke across the UK. We'd love to send you information about the difference you can make to these families through campaigning, volunteering, donating and fundraising.

How would you like to hear from us? Please tick:

Email Phone SMS

Your privacy is our priority. We promise to keep your details safe and will never sell them. We will also keep in touch by post about how we can continue to support you, and opportunities to support us. If you would like to change the way you hear from us, just call **0300 3300 740** or email supportercare@stroke.org.uk. How we protect and use your personal data is set out in our privacy policy at stroke.org.uk/privacy

Stroke Sixes Challenge,
FAO Supporter Care,
Stroke Association,
1 Sterling Business Park,
Salthouse Road
Brackmills, Northampton,
NN4 7EX

Gift Aid

Do you pay tax? If so, your gift will be worth a quarter more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give us an extra 25p for every pound you donate.*

Yes, I wish to Gift Aid my donation

How does Gift Aid work?

I am a UK taxpayer and would like to Gift Aid this donation and any donations I have made in the past four years, as well as any that I make in the future, to the Stroke Association. I understand that if I pay less Income Tax and/or Capital Gains Tax each tax year (6 April to 5 April), than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference.

* If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Stroke Association will use the details you provide on this form in order to claim gift aid on your donations, and for no other purpose. For more details on how we look after your personal information, read our privacy policy at stroke.org.uk/privacy.

Well done!

Thank you for supporting
the Stroke Association



Stroke Sixes Challenge winners

Team name:

Juliet Bouverie
Chief Executive,
Stroke Association

Game organiser

Rebuilding lives after stroke

**Stroke Sixes
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Well done!

Thank you for supporting
the Stroke Association



Stroke Sixes Challenge winner

Player:

Juliet Bouverie
Chief Executive,
Stroke Association

Game organiser

Rebuilding lives after stroke

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