

Ladies golf initiative goes from strength to strength in the North East



The North East sense of humour is well known in the UK. Cheeky fun people to be around, Sarah Forrest from Red Tee Breaks had a great excuse to be in Newcastle recently and the pleasure to host and run the Active Newcastle new ladies into golf scheme once again, for a second time this year. Active Newcastle came about to encourage inner city workers to get out and about a bit more, whether that is pole walking, cycling, swimming or in this case, golf. The ladies regularly meet throughout the year under the guidance of Su and Marguerite and the growing team to encourage activity, appreciating that there isn't one size fits all when it comes to sport and activity. Not that these girls need much encouragement, once they were bitten by the golfing bug the rest is history, arranging their own get-togethers outside of the pre-arranged ones in the Active Newcastle calendar.

Active Newcastle activities are diverse and can be found under the hashtag [thisgirlcan](#). The golf element started a couple years ago and is steadfastly driven by the two ladies who are golfers themselves and have a passion for the sport, as is often the case in these situations, the success is down to people who have the drive and ambition to carry the idea forward from an idea to a reality.

In Spring the first Active Newcastle golf event was held and had a great response, so piggy backing on its success, Sarah travelled back up to Newcastle to manage the Autumn meeting, a final fling for the season as it were and what was overwhelmingly obvious was how much these ladies had progressed. It was only in Spring that some of them first wheeled a golf club, having no idea how to hold a club let alone

hit a golf ball! These ladies are now playing 9 holes of golf and are keen and eager to do more. The ladies who played 18 holes 'on the big course' had improved and spent as much of their time laughing as they did striking the golf ball with ease. Whilst the day provided a variety of activities, from spa treatments to leisure time in the pool, the majority chose to stay out on the golf course and play either the full 18 holes or the 9 hole course twice. Matfen Hall, with its own hotel on site, is an ideal venue to host the Active Newcastle event. It offers not only good 4* accommodation and great food, but also the spa, gym and leisure facilities. A fantastic 27 holes of golf plus a 9 hole par three course complete the package. Everything under one roof in a relaxed atmosphere.

Being Newcastle, the hardy ladies were tested once again with the great British weather, and once again came back smiling asking for the date of the next one (next Spring incidentally if anyone wants to join in, you will be welcomed.)

Maybe it was the cream tea that swayed their decision (and they were delicious), but possibly it is the relaxed atmosphere and willingness to get involved that makes this group so special, with golf being the best vehicle to achieve this. Active Newcastle is proving to be a massive hit for the ladies getting into golf in the North East and we wish it continued success.

Interested in growing golf for the female participant, don't hesitate to contact Sarah. Or join the lovely ladies in Newcastle who I am sure will welcome you with open arms. [#thisgirlmostdefinitelycan](#)

Sarah Forrest sarah@redteebreaks.com