*26th August 2023*

*To: Club Main Contacts*

*Dear*

*You will hopefully be aware that Tennis West of Scotland organised a fundraiser event this month at Strathgryffe that raised money for* ***Race Against Dementia (RAD).*** *The day was very successful raising £1070 for the charity and we hope that your players enjoyed themselves if you were one of the clubs that took part in the event. The 2023 Carrickmines Bowl will hopefully be the first of more events that fundraise for RAD.  Off the back of this event we wanted to draw your attention to the link between Tennis Scotland and Tennis4RAD.*

*Tennis4RAD is an organisation set up by Darren Burgess that offers tennis sessions to over 50s that focus on the cognitive and problem-solving elements of tennis. These sessions also act as a regular fundraising source for RAD by donating a percentage of the fees gained from each booking. Check out Race Against Dementia below that was set up by Formula 1 World Champion, Sir Jackie Stewart, to raise funds to find a cure for Dementia:*

[*Help Us In The Race Against Dementia*](https://www.raceagainstdementia.com/)

*This idea manifested itself in research that clearly displayed the positive impact that tennis was having on players suffering with Dementia. Studies demonstrated tennis to have particular positive impacts in warding off the effects of Dementia. Upon learning this, Darren set about creating a programme in conjunction with Tennis Scotland that was specifically designed to increase the cognitive health of participants over the age of 50. Tennis4RAD is currently undertaking a study in conjunction with Glasgow University to better understand the positive impacts of the sessions and this scientific study will go live later this year at Maryhill, Drumchapel and Hillhead tennis venues.*

[*Tennis for Race Against Dementia - home (tennis4rad.org)*](https://www.tennis4rad.org/)

*In addition to all this information there is the opportunity for any club in the West of Scotland to be trained to deliver Tennis4RAD sessions. This is a great chance to enable your club and coaching programme to access a new demographic of player and introduce them to tennis. If you are interested in taking this programme onboard at your club, contact Jack Ganley (*[*jack.ganley@tennisscotland.org*](mailto:jack.ganley@tennisscotland.org)*) who can help to set this up and get your club to get Tennis4RAD sessions running.*

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Description automatically generated*If you have any further questions about the programme do not hesitate to contact Jack who would love to help.*

*Many thanks for your support,*

*Tennis West of Scotland*

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