

SUPPORT CASE STUDY

PGA Professional

Victoria Mallett



In 2017, the then-19-year-old PGA trainee Victoria Mallett finished third in a WPGA One Day Series event. The following day she was involved in a car accident that resulted in a fractured neck, a stroke and a temporary loss of sight.

From not being able to see, and not being able to walk, to coming back and completing her PGA training and becoming a PGA Professional, the PGA has helped support Victoria on a rollercoaster journey.

VICTORIA MALLETT

“Any one of us can experience a difficult time in our lives, but I believe golf can have a positive mental impact on personal health journeys”

How did the PGA support you?

While I was in hospital, my dad spoke to Simon Hubbard, who heads up the PGA training programme. He came to visit me in hospital to see how I was doing and since then, I've had a special bond with him. He went above and beyond for me.

I took a year out of my PGA training to try to recover as best as I could. Simon always said if I wanted to get back to it, then there would be a way to do that and I could, with his help and the support of The PGA, carry on with the training, which is what I managed to do. When I was ready, I went back for years two and three of the course and I have since graduated. I can now say that I'm a fully qualified PGA Professional. Simon cared about me as a person as well as my PGA training.

What does the future look like for you?

I wouldn't say I'm through it yet, in many ways, mentally or physically. I've got sensation issues on the left side of my body, and some other ongoing problems from the stroke, but I continue to have therapy and rehab with physios and neuro physios.

Having been a member of a golf club from the age of 10, I had lost all of my confidence in an environment where I used to be most comfortable. I can struggle with self-doubt, but it's something that I'm doing a lot better at now. I've found the mental difficulties almost as hard as the physical ones.

I started coaching again just before the first lockdown – at the end of 2019. Rehab is ongoing but I haven't given up and I'm loving the coaching that I'm doing at the moment. I was invited to coach for the Moving Lives, Healthy Minds 24-week programme, which is a Comic Relief-funded project giving adults who suffer with their mental health, access to physical activity to support their long-term recovery.

As I've battled with my own mental health as a result of what I've been through, I was in a unique situation because I was able to empathise with the participants and share my sport with them.

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