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## The therapeutic value of snooker

A resource for healthcare professionals

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> *Snooker Guide*

# How might snooker be used therapeutically?

Snooker can be used in a host of ways for a variety of populations, as a group exercise and individually. Snooker, when played in a supportive environment can be a great way to build confidence socially, physically, and mentally. It offers a chance to build social capital, meeting new people to play with or against, building social skills and friendships.

When playing snooker, especially fast paced games, you complete lots of steps around the table. Have a look at the digital guide to view the evidence-based table, which shows research that highlights many benefits to health and wellbeing, especially given the social, community and skill building opportunities alongside the physical benefits.

Snooker could also form part of someone's journey into exploring sport and physical activity. It's a great way to show a sport that can be made accessible and inclusive, as the equipment is minimal and the sport easy to adjust to individual means. There are inclusive snooker clubs around the country, which allow diverse groups to form a community that goes wider than just snooker, allowing them to rely on each other for external situations.

*There is so much to snooker that you may not ever have thought about!*

*View the guide and see for yourself.*