

Bat & Chat

Bat and Chat is a social session that gives adults an opportunity to enjoy table tennis or learn how to play in a friendly and relaxed environment. The sessions are led by an activator or coach and consist of informal play and different formats e.g. doubles.



clubs have signed up for Bat & Chat since 2017



An average of **17** participants attend each session.

43% are female



47

Bat & Chat sessions funded by BeTT

636

Average weekly participants



have become more active than before they attended



75%

would highly recommend the session to family or friends

64%

attend sessions once a week

20% attend more often



It makes me feel more alive - partly the exercise and partly the social contact.

We have a member who joined after recovering from brain damage after an accident. He had lost coordination on one side which is already improving after a few week's attendance at Bat & Chat

I feel fitter. I am pleased that I have improved. It is a very friendly group and fun to attend.

It has made me fitter and I have met some lovely people. My table tennis has improved too!

The best thing about the session is that the participants have become friends away from the session. Ultimately the session for me is aimed at reducing loneliness and getting people moving in the elder communities and that is exactly what the session is doing. They now go to other social table tennis sessions and also badminton session together and meet for coffees etc outside of the session which is one of the main goals for me.



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