



Exmouth Stroke Survivors Club

Themes: health conditions, physical wellbeing



After moving to Exmouth Steve took over the running of Exmouth Stroke Survivors Club in 2021, due to the existing lead no longer being able to do so for medical reasons. The club supports people effected from strokes, including providing support groups, rehabilitation services and educational workshops. As a stroke survivor himself, Steve wanted to support others and give back to his community. After a slow rebuilding post COVID, the club meets Mondays and Wednesdays from 10am – 3pm with over 75 members.

To introduce some physical activity to the group Steve sourced a table tennis table from Table Tennis England's *Ping in the Community* scheme in summer 2024. Table tennis is available on a free play basis, with many members taking the opportunity to pick up a bat and have a game.

"Some people were initially reluctant to take part, think they physically couldn't do it because of the impact of their stroke. Once they have it a go, they were pleasantly surprised with what they could achieve and now thoroughly enjoy having a game whilst at the club".

Steve, Exmouth Stroke Survivors Club

As a result of introducing table tennis as an activity more members are seeing the benefits table tennis provides, including improvements to physical and mental wellbeing, management of symptoms, socialising with others and table tennis acting as a vehicle to allow people to open up to others in conversation.

Steve is looking at options to create a social league with other disability and health condition groups in the local area, as well as exploring ways to connect with the wider Exmouth community.



"I can only use one hand at the moment, but it doesn't stop me staying away from the table tennis table"- Gary, player

"I am 81 and had a stroke, it helps me to use all my limbs and keep active" – Bob, player