

Increasing Physical Activity - Josh's Story

Theme: increasing physical activity

Defining the Issue

A lack of time is a common barrier preventing leading an active lifestyle and taking part in sport and physical activity. Josh Vickers faced this barrier, but Table Tennis England's *Ping in the Community* project helped overcome this hurdle by introducing table tennis into an easily accessible space that Josh already spent time in.

Background Information

Pelican Park Community Trust is a not-for-profit organisation and registered charity in Hull. The group aims to increase the number of families, children and young people taking part in regular sporting activities to help improve their general health and well-being. The team at Pelican Park thought that table tennis would be a great addition to their range of existing activities offered at the centre for the local community, which include football, tennis and cricket.

In January 2019, Pelican Park Community Trust in Hull purchased a *Ping in the Community* table tennis package from Table Tennis England. The packages are designed to give community organisations everything needed to kickstart and embed social table tennis into their community, providing the opportunity for local people to come together, socialise, have fun and be active.

Josh is a sports coach who lives at home with his mother and coaches tennis at Pelican Park. Before starting table tennis Josh was inactive, only completing short bike rides to get to places. Although Josh wanted to be more active, as he knew the health benefits it would bring, he struggled to find the time to do this due to work commitments.

- > Table tennis was a sport Josh had been wanting to try, but he never had the opportunity or knowledge of where he could play



The Project

Table tennis at Pelican Park Community Trust is led by coaches and volunteers at their social club. The sessions attract an average of 10 participants each week, with a range of people from the local community attending.

The Results

Since *Ping in the Community* arrived at Pelican Park, Josh now takes part in at least 2 hours of physical activity a week. Josh has also started to cycle more every day as a result of kickstarting his active lifestyle through taking part in table tennis.

In addition, Josh now has more opportunities to socialise with friends and meet new people in his local community.

Table tennis at Pelican Park has proven popular with the whole community and has provided people like Josh with the opportunity to live a happier, healthier and more active lifestyle.



Top Likes;

1. The social aspect
2. The competitiveness
3. The enjoyment from playing

“Table tennis is a really fun sport as it has short, fast paced games and it is a good laugh with your friends”

“Table tennis has had a massive impact on my life as I feel fitter than I have been for a long time”

Key Learnings

1. Introducing an activity into an existing community proves effective
2. Organisations with a physical activity focus find it easy to introduce the project

Further Information

For more information on bringing table tennis to your community, visit www.pinginthecommunity.co.uk



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