

Keeping Fit and Making Friends at Ping Pong Parlours

Theme: physical activity, socialising

Defining the Issue

Many people face barriers which prevent them from taking part in sport and physical activity, but how does moving countries effect staying physically active? Joseph shows how easy it can be to adjust to a new country and find the opportunity to take part in sport and physical activity.

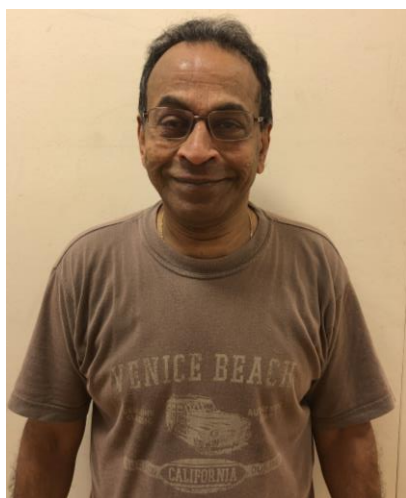
Joseph is 72 years old and originally from India, but settled down in France many years ago. Joseph is now retired and recently moved to Cambridge with his daughter, who is studying at university in Cambridge, to support her through her degree by helping to look after his granddaughter.

Joseph has been playing table tennis at the Grafton Ping Pong Parlour in Cambridge for around 6 months, visiting at least twice a week. Joseph is a regular visitor to the over 50s *Bat & Chat* session on Wednesday mornings, and also enjoys bringing his granddaughter along to play.

Since playing at the Ping Pong Parlour, Joseph feels physically fitter and has also had the opportunity to socialise and make new friends in a city that is still relatively new to him;

"It has made me more active and I find myself much fitter. When I come and play here I feel much better physically and I feel more positive in life"

"You can chat with people, keep in contact with them and you can make friends – which is really good"



case study

January 2020