

# Ping Pong Parlours Host Community Health Screenings

*Theme: health, community hubs*

## Defining the Issue

Health screening finds out if people are at higher risk of a health problem, so that early detection, treatment and information can be offered. Millions of people in England benefit from screening each year, with hundreds of thousands of individuals needing further investigation or treatment being identified. Screenings in local community venues, such as Ping Pong Parlours, can be effective in increasing screening rates and identify those who need support and treatment.

## Background Information

Ping Pong Parlours attract thousands of people from the local community each week. These visitors come from a range of backgrounds, from young to old, inactive to active and various abilities and ethnicities.

As well as providing an opportunity to get active with free table tennis, Ping Pong Parlours have the opportunity to offer various other services to the local community. This can include offering sessions for the socially isolated, providing information about other local opportunities to take part in sport and physical activity, and offering health screenings – all of which contribute to Parlours developing into ‘community hubs’.

Many health charities have community outreach programmes to provide information and screening to local people. The number of people that Parlours attract, along with the informal atmosphere of the venue, provides a great opportunity for Parlours to offer health screenings.

More of our Ping Pong Parlours are acting as community health screening locations, offering screening and information to the local community about a range of health problems including;

- > Diabetes screening and blood pressure screening at Shopping City in Runcorn with Diabetes UK and the Stroke Association
- > Sexual health screening at the Harpur Centre in Bedford with Terrence Higgins Trust



## The Events

- Diabetes UK and the Stroke Association arranged a one off event for them to provide information and screening opportunities in Runcorn



- The Terrence Higgins Trust in Bedford believed that the Parlour would be a good way to access their target age group of 15-23 year olds, as a lot of local students used the Parlour over lunch time. The trust arranged a regular slot in the Parlour on Wednesday lunch times



## The Results

Diabetes UK spoke to 50 people at their event about diabetes and provided them with more information about the condition

Diabetes UK supported 14 people to find out their risk of type 2 diabetes, with 50% of those being referred to their GP at moderate or high risk. The Diabetes Essentials team who run education sessions for those living with diabetes also signed 10 people up to their next local session

The Stroke Association provided information to visitors and supported 10 people to find out their blood pressure

The Terrence Higgins Trust have seen numbers of those taking a Chlamydia Screening increase, with an average of six people per week now completing a screening

*“The Ping Pong Parlour gave us the space and privacy to have really meaningful conversations with people” – Diabetes UK*

*“We’ve had great feedback from service users and staff, with young people saying they appreciate us being there and that it counteracts the ‘embarrassment’ of walking into a clinic” – Terrence Higgins Trust*



## Further Information

Find your nearest Parlour at [www.pingpongparlour.net](http://www.pingpongparlour.net)

To get in touch with us about health screenings in Parlours, contact [ping@tabletennisengland.co.uk](mailto:ping@tabletennisengland.co.uk)



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