

Table Tennis Benefits Cancer Support Group

Theme: physical wellbeing, physical activity

Defining the Issue

According to Cancer Research UK, there are over 250,000 new cancer cases in the UK each year. Research shows that leading a physically active lifestyle helps to alleviate many of the effects of cancer treatment including fatigue, anxiety and depression. As a low intensity activity, table tennis can be a great activity for people affected by cancer.

Background Information

C'Siders is a cancer support group based in Weymouth, who have many members that recognise the importance of being physically active. The group wanted to introduce a fun, accessible activity that all group members could be involved in – so they decided to introduce table tennis to their group.

Chairman of the group Peter believed that table tennis would provide another avenue for them to support their peers, as traditional 'tea and cake' sessions don't suit everyone. The group meet weekly at a local community sports centre to provide support to cancer patients and their carers in the local area.



The Impact

The group have incorporated table tennis into their meetings by playing fun, accessible and inclusive games with the whole group.

Everyone in the group gets involved in the games and table tennis has provided a welcome physical activity to those who attend. The activity has also added another social aspect to the group, which has helped members cope with the stress and feelings associated with a cancer diagnosis.

"I look forward to coming each week – lots of exercise, laughter and chatting"

"I enjoy meeting the other players, meeting new people and getting out of the house"



case study

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[sportengland.org](https://www.sportengland.org)

