

## Table Tennis opens up the Road to Recovery

*Theme: addiction support, wellbeing*

### Defining the Issue

According to Public Health England reports, hundreds of thousands of people misuse or depend on alcohol and/or drugs. Addiction is also often linked to mental health problems, affecting people's mood and behaviour. There are many support groups designed to support people through addiction, where sport and physical activity may have a role to play in breaking down barriers and making connections with those in need.

### Background Information

Addaction is a charity who support people to make positive behavioural changes, including those struggling with alcohol and drug addictions, or mental health and wellbeing.

Service users, volunteers and staff at Addaction in Newton Abbot wanted to explore ideas on how they could all get active together as a service. The group needed an activity that was low impact and accessible for everyone, finding Table Tennis England's *Ping in the Community* project through their local Active Partnership.

### The Project

- Addaction purchased a subsidised table tennis package through *Ping in the Community*
- The table tennis table was placed in the group room at Addaction, and was used mainly for informal play and at the beginning of group sessions, in order to get people active and more open and willing to engage in support

### The Results

Feedback from service users finds that having table tennis has made the sessions a lot easier for people to engage in, as taking part in a fun activity makes it easier for people to get moving and motivated.

*"Table tennis has been wonderful in terms of helping our organisation create its own opportunity around wellbeing and a healthy lifestyle"*



### Further Information

For more information on bringing table tennis to your community, visit [www.pinginthecommunity.co.uk](http://www.pinginthecommunity.co.uk)

For addiction support, visit [www.nhs.uk](http://www.nhs.uk)



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case study

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