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Knighton Park Table Tennis Club

Providing Opportunities for Adults with Learning Disabilities



Part of the East Midlands Plan for Disability Table Tennis is to create more opportunities for disabled people to play table tennis. Working in partnership with Leicester City Council’s Community Options Team, funding was received from Leicestershire & Rutland Sport through their Legacy



Programme to deliver a four week block of coaching to adults with Learning Disabilities. Following on from a hugely successful Ping! Leicester, funding was topped up through an under spend to cover all costs.



Coaching was delivered by Knighton Park’s Shirley Pickering who was excellent in catering for all the different ability levels and breaking many activities down to improve hand eye co-ordination, even using ladder drills in warm ups to improve movement.



Further support came from the physiotherapy team from the local NHS Partnership who assisted with the sessions and provided new ideas on breaking activities down.

At the start of the project, the participants had had none or very little experience of table tennis but by the end, improvements in hand eye co-ordination and skill level were plain to see with a few of the participants being able to play rallies.



It was also clear to see that from the smiles on their faces, they thoroughly enjoyed the sessions and had a good experience of table tennis.

"I've had a great time coming here."

Adrian – Participant

"The Community Options team is all about linking our users with mainstream

activity. By being in a mainstream club, playing in excellent conditions, on excellent tables, alongside some mainstream adults, this project has ticked all the boxes. It's been fantastic and a fantastic sport. We're very grateful to the ETTA and Knighton Park TTC for making it happen"

Vimal Mehta – Community Options Development Officer, Leicester City Council



Keys to Success:

- Building a strong partnership with Leicester City Council who provided participants and transport
- Having the right coach to lead the project who could break things down.
- Accessing a great venue in the day time
- Good supply of helpers
- Support from Knighton Park TTC

Monitoring

Number of Participants	13
Impairment	Learning

