

# ADDACTION COMMUNITY TABLE TENNIS

## The Challenge

Addaction provides support for people to make positive behavioural changes, and includes helping people struggling with alcohol, drugs, or mental health and wellbeing. The service users, volunteers and staff at Addaction were exploring ideas on how they could all get active together as a service. The group needed an activity that was low impact and accessible, so got in touch with their local County Sport Partnership, who put them in touch with a local Table Tennis England staff member.

The aim of the project was to enhance what the service offers and be able to provide structures, planned tournaments and events, but to also be able to use the table on an ad-hoc basis as part of their recovery cafe.

## The Project

The table tennis table is situated in the group room at Addaction in full view for staff and service users. The table is mainly used for informal free play and at the beginning of group sessions as a way of getting people active and more open and willing to engage in support.

## The Result

Feedback from service users states 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. Addaction RISE in Newton Abbot recognises the benefits of table tennis in recovery and plan to organise more tournaments to further add to their service.



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

## Get your Ping on

To get table tennis in your community, visit [www.pinginthecommunity.co.uk](http://www.pinginthecommunity.co.uk)  
Or contact us on 01908 208887 or email [loop@tabletennisengland.co.uk](mailto:loop@tabletennisengland.co.uk)

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**addaction**

