

AGE UK MILTON KEYNES

PING MILTON KEYNES

Ping! Milton Keynes Sport Development Assistant, Mary King, met Harriet from Age UK Milton Keynes at the Milton Keynes Physical Activity Alliance prior to National Table Tennis Day. Mary explained how they could arrange for a table to be put in Age UK Milton Keynes' centre for a period of time to engage more people in the Ping! project over the summer. A table was delivered to the centre over the period when Age UK Milton Keynes' lunch club and memory club were using the centre.



The Ping! table was made accessible for free play, as Age UK Milton Keynes wanted everyone to feel comfortable to get involved and thought running more structured activities might deter people from playing.

Volunteers at the charity were the first to pick up a bat, with volunteer drivers soon to follow suit. This then encouraged lunch club members to have a go. On one afternoon, two memory club members played for the whole session, with a noticeable improvement in their ability during that time! Even those who didn't have a go were engaged in conversation about table tennis, with some discussing how they used to play - with some then picking up a bat again after many years! Although the Ping! table has now left Age UK Milton Keynes, they are hopeful to have table tennis on offer again in the future for more of their members to enjoy.

It was a useful reminder to people how much that they enjoyed playing, and that they still could!

It was great for staff to have an active 10 minutes break, instead of sitting at a desk

It was great to bring people together, great fun and a great team building activity



Get your Ping! On

To find out about Ping! in your town or city, visit www.pingengland.co.uk

Or to get table tennis in your community organisation, visit www.pingengland.co.uk/community

www.pingengland.co.uk

www.ageuk.org/miltonkeynes

