

Leonard Cheshire Brings People Together with Table Tennis

Theme: increasing physical activity

Defining the Issue

In August 2017, a survey by Leonard Cheshire found that access to sport at a local level was still a problem for disabled people. The survey found that 60% of respondents 'rarely' or 'never' took part in sport or physical activity. Through working with Leonard Cheshire, Table Tennis England hope to improve the opportunities disabled people have to be physically active.

Background Information

Two Leonard Cheshire sites were chosen to receive a *Ping in the Community* table tennis package – Randall Close Resource Centre in Battersea and The Orchard in Liverpool. Both locations had surveyed their service users and identified table tennis as a desired activity.

The Project

Randall Close Resource Centre

- Aimed to promote inclusion, reduce isolation, improve physical wellbeing and encourage participation in physical activity
- Hold weekly sessions and play informally throughout the week. Fulham Football Club also incorporate table tennis in their sporting memories group.

The Orchard

- Aimed to promote physical activity and community spirit, create friendships and develop new skills
- Hold weekly sessions and play informally throughout the week.

The Results

Average of 10 participants at each session

Randall Close Resource Centre's project has reached participants who have been reluctant to take part in activities in the past.

The Orchard's project has enabled people to socialise with each other and take part in an enjoyable activity that is accessible for everyone.



"I enjoy playing table tennis, at home I am on my own, but here I can play with people." – Service User

"A lot of people have played table tennis at different times in their lives, it's nice to take them back to something they enjoy. Some people have never played before and were surprised to find they had skills they did not know they had." – Frank Colley, Randall Close Resource Centre

"I had not played before, it was good to do something different" - Service User

"The impact has been really positive, with people enjoying taking part and socialising with each other" – John Jones, The Orchard



Further Information

For more information on bringing table tennis to your community, visit www.pinginthecommunity.co.uk

For disability support, visit www.leonardcheshire.org



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