

# Increasing Physical Activity amongst people with Learning Disabilities

*Theme: increasing physical activity, learning disability*

## Defining the Issue

There are approximately 1.2 million people with a learning disability in England, with only 16.8% taking part in sport and physical activity at least once a week. Table Tennis England have partnered with Mencap Sport to create more opportunities for people with a learning disability to be physically active.

## Background Information

Mencap are a charity who work with and support people with a learning disability, and their families and carers. Mencap's sport team aim to improve the access people with a learning disability have to sport and physical activity

## The Project

Table Tennis England provided a fully funded *Ping in the Community* package to a local Mencap group in Bournemouth. The group aimed to engage those who tended not to take part in activities and increase their physical activity levels through table tennis.

Bournemouth Gateway play table tennis at least once a week, encouraging members to play fun games that gets them moving and developing skills. They have created games with different equipment, making it easier for members with more complex needs to take part. Members are also encouraged to play more traditional singles and doubles games against each other.

Average of 10 participants per session

*"We have had a few members who rarely engage in activities that have really enjoyed and been surprisingly good at table tennis!"*

*"It's been great to have these successes to celebrate when we have struggled to find positive things to reward!"*



## Further Information

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

For learning disability support, visit [www.mencap.org.uk](http://www.mencap.org.uk)



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case study

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