

# Table Tennis England

How our projects and programmes can help organisations achieve their own objectives

## Benefits of Table Tennis

Table tennis is a fantastic sport which can be played by anyone, irrespective of gender, age, disability or background. Although the sport is considered a low impact activity, it provides many physical, mental and social benefits to those who take part.



As little as 10 minutes of table tennis can improve your physical fitness, which in turn can help reduce the risk of several health issues. The activity also aids complex thinking and increases the cortex within the brain. Playing table tennis regularly

can also reduce the risk of depression, stress and anxiety, whilst also improving self-esteem.

Furthermore, playing table tennis encourages people to interact with each other and develop social connections – meaning it's a great activity to reduce

social isolation and loneliness. The flexible nature of the sport means that we've been able to create a wide range of different projects and programmes to help get anyone involved in the game; competitively or socially, we've got something that will meet their needs!

## Social and Recreational Projects



### Ping in the Community

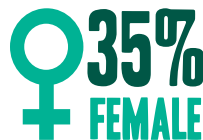
Providing table tennis packages with everything needed to kickstart and embed table tennis for a wide range of community organisations.

Any community organisation can get involved, including village halls, faith groups, care homes, U3A, Age UK centres, and youth groups, to name but a few.

Find out more by visiting our website [www.pinginthecommunity.co.uk](http://www.pinginthecommunity.co.uk).

- Increases physical activity
- Promotes long-term behaviour change
- Tackles social isolation and loneliness
- Targets the whole community or specific groups

 **59%**  
INACTIVE  
*prior to taking part*

 **35%**  
FEMALE

“...developing a friendly social group so that people can meet others in their community through a shared activity

“...has supported combatting social isolation within the community

**Table  
Tennis**  
England

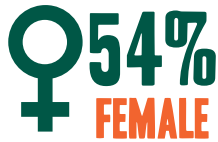


# PING PONG PARLOUR

Ping Pong Parlours transform empty retail units within shopping centres into vibrant, exciting places for the public to play table tennis for free.

Parlours attract thousands of people each week, and challenge people's perceptions of how sport and physical activity can be consumed. [Find out more by visiting our website www.pingpongparlour.net](http://www.pingpongparlour.net)

- ☑ Increases physical activity
- ☑ Targets a 'mass' audience, with thousands participating
- ☑ Appeals to broader sections of society
- ☑ Target specific groups with structured sessions



“...It's taught me that being active and getting fit doesn't always have to involve gruelling tasks, it can be fun and other people can get involved with you”

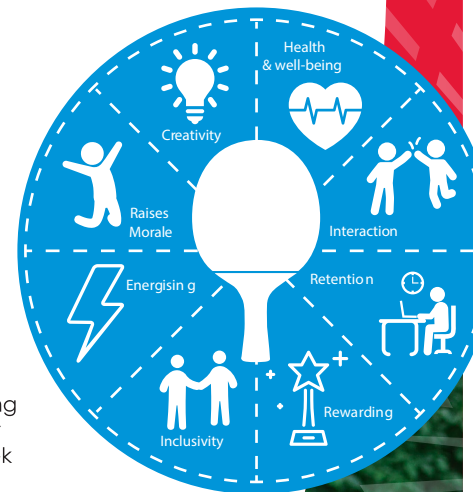
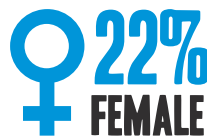


## Loop at Work

Loop at Work provides table tennis packages for businesses, allowing them to provide the opportunity for employees to be more physically active during their working day.

Research has shown that employees who enjoy being part of a table tennis 'culture' are more likely to report significantly higher job satisfaction, greater competence in the workplace and feel more connected with their colleagues. Loop at Work supply subsidised equipment plus the IT software to make sure a table has a big and lasting impact on a workforce. [Find out more by visiting our website www.loopatwork.co.uk](http://www.loopatwork.co.uk)

- ☑ Increases physical activity
- ☑ Promotes behaviour change
- ☑ Targets a sedentary population



“Stress relieving, unites staff who wouldn't usually meet, great fun!”

“It adds to our wider offer for health and wellbeing to the staff and encourages staff to get away from their desks”



## Outdoor Public Tables

Ping!, now in its tenth year, originally existed to create an infrastructure of free playing opportunities for people in public spaces across London.

The project has since been delivered in over 30 other towns and cities with more than 1000 tables available nationwide for the public to access. The Ping! brand is now used much more widely and the project is more strategically managed to ensure maximum impact and return on investment, but the concept of outdoor tables in public spaces is still successful and can be a useful building block in a wider project.

Many of the social and recreational projects take place in public spaces across England and are open for everyone to get involved in.

The 'Places to Play' map is a useful place to find these opportunities - [www.pingengland.co.uk](http://www.pingengland.co.uk)

- ☑ Increases physical activity
- ☑ Targets a 'mass' audience, with thousands of people participating
- ☑ Appeals to broader sections of society

“Fantastic free experience that exposes a range of people to a new sport”

“Excellent idea that has got me really excited and interested in table tennis”



# Core Projects

## Table Tennis Clubs and Leagues

Table Tennis Clubs offer a structured and more formal setting to participate in the sport, often with a coach leading sessions and regular training times. Each club is different and hosts a variety of opportunities.

Our Table Finder is a useful starting point for those interested in getting involved in a club: [www.tabletennisengland.co.uk/compete/where-to-play/table-finder](http://www.tabletennisengland.co.uk/compete/where-to-play/table-finder)



**300**  
registered clubs  
nationwide

Table Tennis England registered clubs have also demonstrated a commitment to meeting minimum standards as defined by the NGB. Premier Clubs in particular are committed to providing great table tennis experiences for players and volunteers. **Premier Clubs are required to have a licensed coach who have been DBS checked.** Local Development Officers can also support in finding suitable clubs for interested players, [you can find area staff contact details here.](#)

- Regular participation
- Increases physical activity
- Targets individuals already involved in TT/who have played before or that are keen to have more structured environment

## BOT & CHAT

### Bat and Chat

Bat and Chat are social, activator-led sessions within table tennis clubs (and sometimes within our social and recreational programmes too), aimed at those aged 55+.

These sessions are a great way to take part in the sport in a relaxed, fun environment.

- Promotes behaviour change
- Tackles social isolation and loneliness
- Increases physical activity
- Aimed at people who are looking for a slower paced, social version of the game

**16**  
average  
number  
attending  
sessions

**33%**  
FEMALE

Sessions run by TT Premier clubs are all aimed at ages **55-80**



### TT Kidz

TT Kidz is a new project for 7-11 year olds; a fun, eight-week programme that introduces table tennis to young people of all abilities. The programme can be run in a club or school environment, with participants receiving their own TT Kidz goody bag including a t-shirt, bat, balls and activity book.

Visit [www.tt-kidz.co.uk](http://www.tt-kidz.co.uk) for more information.

The programme is launching October 2019.

- Building school-club links
- Targeting a specific audience
- Increases physical activity
- Aimed at clubs or schools wanting to engage this age group

**8-WEEK**  
programme for  
**7-11**  
year olds



## Education and Training

To support the delivery of the range of table tennis sessions listed above, we are able to provide a range of education and training to the workforce. These vary from an Activator workshop to an Elite Coach Level 4 qualification. Whatever environment you plan on delivering we have the training to suit your needs. The courses/workshops we offer are run by our approved Tutors and can be found at venues across the country.

Please click [here](#) to find more about the courses and when they are.

## Insight and guidance

Our guidance documents around club experience, women and girls and shorter format leagues can all be found [here](#). These guides collate research and findings from reports from Sport England or charities such as Women in Sport and provide advice on how best to engage certain groups e.g. short format leagues being more appealing to juniors and women.

As well as guidance, there are real life case studies to show how this has been successful in a club environment.

There are also case studies sharing examples of good practice in different club and league environments.

We also have a comprehensive set of Insight and Guidance available for organisations wishing to deliver social and recreational table tennis activities. This is not publicly accessible, but is made available once a formal partnership is entered into between Table Tennis England and another organisation.

## Women and Girls Action Plan

Table Tennis England is aiming to increase the female participation in the sport through a variety of programmes and initiatives. The action plan aims to increase the visibility of women in the sport, increase active and licensed female coaches that are

supported through mentoring, building national partnerships and ensuring that there is appropriate membership offer.

To find out more about the programmes and how to be involved please contact [south@tabletennisengland.co.uk](mailto:south@tabletennisengland.co.uk)

 **8%** of our player members are female

**49** Average age of our female members



[help@tabletennisengland.co.uk](mailto:help@tabletennisengland.co.uk)

01908 208860

Table Tennis England, Bradwell Road,  
Loughton Lodge, Milton Keynes, MK8 9LA

[www.tabletennisengland.co.uk](http://www.tabletennisengland.co.uk)

