

Instant Ping Pong!

Proudly working with

Stroke
Association

Table Tennis England and the Stroke Association are pleased to provide to your local support group a free instant Ping Pong set enabling you get active and have fun through table tennis!

Before you get going, please take a moment to read the information in this leaflet which will help you get the most from the pack.



Play at home

Table tennis can be played by anyone, and a normal dining room or garden table can be turned into a table tennis table by using everyday objects such as cereal boxes, soup cans, toilet rolls or books to make a net.



Instant Ping Pong!

Here's some information to help you get the most from your table tennis equipment both at home and outdoors.



Table tennis at home

Table tennis can be played by anyone, and a normal dining or garden table can be turned into a table tennis table by using everyday objects such as cereal boxes, soup cans, toilet rolls or books to make a net.

We've got lots of game ideas and adaptations for playing at home on our website, as well as hints and tips to help you learn the basics of the game and some fun activities for children to do too.

Visit tabletennisengland.co.uk/play/table-tennis-at-home/



Table tennis outdoors

Get outdoors and enjoy playing on a public table near you. Find your nearest table by visiting tabletennisengland.co.uk/table-finder/

Tell us your story

We'd love to hear how you're getting on with your equipment and the impact it's having on your life. Email us and you could win a £50 Amazon voucher! ping@tabletennisengland.co.uk

Connect with us!

Now you have all the gear, get some ideas! We have lots of fun and useful information on our website, including: game ideas, the rules, films to help you learn the basic shots, a home workout and many other fun activities for the whole family. Sign up to our e-newsletter to keep up to date with all the latest from the sport!

Visit tabletennisengland.co.uk/play/table-tennis-at-home/

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Table Tennis amongst Stroke Survivors

Table Tennis England have previously worked with Heartbeat Cardiac Clinic in Preston to deliver a table tennis project to improve physical activity, provide an opportunity to do something new and bring people together. Social table tennis can have several benefits for people with long-term health conditions, including improving mental wellbeing and cognitive function, increasing self esteem.

The Project

What table tennis at Heartbeat Cardiac Clinic looks like;

- Regular sessions at the end of communication groups, giving a chance for people to wind down and have fun after an intense session practicing communication skills
- Used by trainers within the specialist cardiac gym on a 1-to-1 basis with their service users
- Free play for people visiting the centre, available to use at any time
- Staff make use of the activity as part of their own wellbeing



The Results

"When we first introduced the idea of table tennis to our group members, people were a little reluctant. Some felt that they wouldn't be able to take part due to the effect of the stroke but they quickly realised that anyone could give it a go and that it was great fun."

Louise Hornagold Engagement Lead Stroke Association

"I hadn't played table tennis for years and I wasn't sure if I could handle a bat and ball since my brain injury. I was really surprised that after a little practice I could play really quite well! It has helped with my hand eye coordination and it's a lot of fun."

Headway client

"It's great to see class members doing different types of exercise, and table tennis is a fun and competitive way to be active"

Carl, Cardiac Rehab Instructor at Heartbeat



Getting moving after stroke

After a stroke, starting to move more can be a massive boost to your recovery, your confidence and your wellbeing. If you were already active or sporty before a stroke, whether you can go back to exercising the way you did before depends on how your stroke has affected you. You may need to adapt your sports or activities, or try new activities, like table tennis!

Particular benefits associated with playing table tennis are not only aerobic, but require fine motor skills and hand-eye coordination, balance and stimulate various parts of the brain.

Table Tennis England has a commitment to grow and retain participation among those living with a disability and/or long-term health condition. We're working with the Stroke Association to raise the profile of the sport among people recovering from a stroke, and to create and enhance opportunities to participate in table tennis.

Even if your mobility is restricted after a stroke, it is likely you will be able to carry out some form of table tennis. The game can be easily adapted to suit your needs.

A physiotherapist or occupational therapist will be able to provide advice about adapting exercises, and finding new fitness activities you enjoy, but Table Tennis England have a host of resources and game ideas to support the way you play.



Where to get help and information?

From the Stroke Association

The Stroke Association's Helpline is for anyone affected by a stroke, including family, friends and carers. The Helpline can give you information and support on any aspect of stroke.

Call 0303 3033 100, from a textphone 18001 0303 3033 100 or email info@stroke.org.uk.

From Table Tennis England

Table Tennis England are the governing body of table tennis in England, responsible for representing, co-ordinating, administering, marketing and developing the sport.

Call 01908 208860 or email: help@tabletennisengland.co.uk

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