

Table Tennis, Clubs & Driving Social Outcomes



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We will...

*Explore wider benefits playing
table tennis can have on a range
of social outcomes*



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Social Outcome?

DCMS, Sporting Future: Strategy for an Active Nation (2015-2025)



Sport England, Uniting the Movement (2021 – 2031)





DCMS, Sporting Future: Strategy for an Active Nation

December 2015

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Physical Wellbeing

- Well documented health benefits; notably reduce health risk, weight management, strengthen bones and muscles, ability to carry out everyday tasks, **live longer!**
- In support, range of TTE opportunities and programmes suitable for a variety of ability and physical activity levels.
 - Clubs & Leagues (inc fast Format), Ping! Programmes, TT Kidz, Workplace engagement, Performance
- Programmes in support of UK Chief Medical Officer (CMO) guidelines (30 mins daily) and driving benefits above

[Impact Report](#)

Keeping Fit and Making Friends at Ping Pong Parlours

Theme: physical activity, socialising

Defining the Issue

Many people face barriers which prevent them from taking part in sport and physical activity, but how does moving countries effect staying physically active? Joseph shows how easy it can be to adjust to a new country and find the opportunity to take part in sport and physical activity.



"It has made me more active and I find myself much fitter. When I come and play here I feel much better physically and I feel more positive in life"

Be TT Impact on Clubs and Leagues

Theme: physical activity, women and girls

Defining the Issue

Creating positive experiences in sport and physical activity will lead to an increased likelihood of people continuing their participation and creating regular playing habits. Be TT is a Table Tennis England programme designed for clubs and leagues to access support to create better experiences for everyone who experiences the sport, in the hope that this will lead to sustained participation in table tennis.

Liverpool & District Table Tennis League



Liverpool & District Table Tennis League established a new short format Summer league competition, held over 10 weeks at a local community venue.

A total of 49 players registered for the Summer League in 2018, with a range of adult and junior players.

Weymouth & District Table Tennis League

Weymouth & District Table Tennis League ran a 5-week block of 'This Girl Can' sessions at a local community venue, to accommodate beginners and returning female players

26 females attended over the 5 weeks, with many transitioning to other sessions to develop their skills or playing more competitively.



Mental Wellbeing



- Physical activity can reduce stress and anxiety. Mastering new skills can increase confidence and self-esteem.
- Research has shown that exercise can be as effective as anti-depressants for those with mild clinical depression.
- Ping in the Community, Bat & Chat, Back to TT – improve subjective well-being

[Impact Report](#)



How can table tennis improve MENTAL HEALTH?



THE FACTS



of us will be affected by mental or neurological disorders at some point in our life

70,000,000
WORKDAYS A YEAR

are lost in the UK every year due to mental illness - this means that mental illness is the leading cause for sickness and absence from work

THE EFFECT OF EXERCISE



REGULAR PHYSICAL ACTIVITY CAN:

- Reduce the risk of depression
- Reduce stress
- Reduce anxiety
- Improve self-esteem



RESEARCH SHOWS:

Lack of physical activity is linked to depression. People with severe mental health problems are more likely to be inactive.



Just 10 minutes of moderate activity can improve your **MENTAL WELLBEING**

WHY TABLE TENNIS?

Overall, research has found that low-intensity aerobic exercise ... was best at increasing positive moods



HEALTH BENEFITS

- Improves cognitive function
- Develops social skills
- Builds confidence and self-esteem



ADAPTABLE

- Suitable for all
- No barriers to play
- Available for all budgets



FLEXIBLE

- Easy to deliver in short bouts
- Fits easily into everyday life
- Space efficient



PLAY HOW YOU WANT

- No change of clothing/footwear required
- Variety of places to play - community centres, cafes, clubs, workplaces, outdoors
- Space efficient

The Mental Health Foundation

Individual Development

- Evidence shows clearly how taking part in sport improves educational behaviour and attainment, through greater self-esteem and confidence and direct cognitive benefits.
- This can also have a positive impact on the employment opportunities available to individuals and sport can have a positive role in tackling the problems of those who are not in employment, education or training (NEETS).
- Players into umpiring and coaching, or roles within committees, volunteer coaches into paid roles.

Improving Mental Wellbeing – Lyndsey’s Story

Theme: mental wellbeing, individual development, women and girls

Defining the Issue

Nearly one in four young women has a mental illness, with young women aged 17-19 being twice as likely as young men to experience mental health issues. Sport and physical activity can have significant impact on people’s mental wellbeing, as Lyndsey from Blackpool discovered in table tennis.

Background Information

Lyndsey became interested in table tennis through her brother at Blackpool Table Tennis Club, but stopped playing aged 11 due to other commitments. Aged 16, Lyndsey missed the sport so started playing again, quickly picking up where she left off and helping to coach at beginner sessions.

Having battled with mental health issues since the age of 12, at 16 years old Lyndsey had a mental breakdown and was diagnosed with OCD shortly after returning to Blackpool Table Tennis Club. During this time, Lyndsey would only leave the house to play table tennis, resulting in her club providing a sense of belonging when she felt she didn’t belong anywhere else.

The Impact

In the time after her breakdown, Lyndsey would only leave the house to play table tennis, resulting in her club providing a sense of belonging when she felt she didn’t belong anywhere else.

Brian Jackson, who is a prominent figure at the club, quickly became a role model for Lyndsey and encouraged her to explore other areas of table tennis aside from just playing. This led to Lyndsey gaining her Level 1 Umpire badge and passing her Level 1 Coaching course

“I will never be able to give back as much as table tennis has given to me. It’s a community that is so loving and allows you to be yourself. When no one else understood me and when I most needed a place to belong, table tennis gave me that. I don’t know where I would be now without table tennis”

Lyndsey plays in her local league, captaining the team and volunteering at local tournaments. She plans to attain her Level 2 coaching qualification and continue to give back to table tennis.



case study
January 2020

Table Tennis Employment Improves Mental Wellbeing

Theme: mental wellbeing, individual development

Defining the Issue

Approximately 1 in 4 people will experience a mental health problem each year, with 1 in 6 reporting a common health problem such as depression in any given week. Evidence suggests basic steps people can take to improve their mental wellbeing, including connecting with others, being physically active, learning new skills and giving back to others. Fred’s employment as a Table Tennis Activator has helped improve his mental wellbeing, arguably through the taking of such steps.

Background Information

Before Fred was employed as a Table Tennis Activator for Cambridge City Council in August 2019, he was a primary school teacher for 20 years. Fred still tutors mathematics part time, as well as caring for his Mother.

Fred’s love for table tennis started in his youth, having played at school and starting his league career aged sixteen – resulting in over 30 years of experience. Prior to his current employment, Fred’s mental wellbeing was heading on a downward spiral;

“About a year ago I was heading into depression, I wasn’t always eating properly, not sleeping well, not exercising as much as I should... I attended a couple of groups, talked about CBT and different therapies – most of which I thought wasn’t for me. One week they talked about activation and breaking the negative cycle, by doing something positive. I thought this was the right thing for me, saw this job come up and applied as a step towards breaking the cycle I was in”

At the start of his activator role, Fred concentrated on engaging local people with the plethora of outdoor tables Cambridge city centre has installed over the years through the Ping project. As the winter months came, with people spending less time playing outdoors, Fred’s concentration moved towards the Ping Pong Parlour set up in the Grafton Centre in late 2018.

Fred’s role was initially funded by Table Tennis England in August 2019 for 12 weeks. After positive engagement with the community this funding was extended for a further 10 weeks, with Cambridge City Council also contributing to 10 weeks of activation.



case study
June 2020

The Impact

Since starting as an Activator, Fred has had an incredible amount of job satisfaction and impact on the local ping pong community – particularly since focusing on the popular Ping Pong Parlour;

“The sheer breadth of people I meet in the Parlour is amazing. I met someone who has early stages of dementia, someone with limited sight, people from all over the world of all ages”



The role has also had a significant impact on Fred’s mental wellbeing, helping to bring him out of the negative cycle he found himself in a year ago;

“I don’t know where I would be now if I hadn’t found this job. I eat better, I sleep better, I’m much more active. I promote and encourage so many others to take part and be active, knowing first-hand the pitfalls of inactivity. When I’m walking out the door I always have a smile on my face because of the people I meet. I leave the Parlour thinking I’ve made a difference and everyday has a highlight!”



Fred has also introduced different groups to table tennis through the Parlour, encouraging them to pick up a bat, learn new skills and start their journey to a more active lifestyle;

“I’ve led youth groups and disability groups in the Parlour. It’s so rewarding to have the opportunity to meet different groups of people around Cambridge”



Fred has shown that a physical activity activator role can have a positive impact on the individual’s wellbeing, as well as having a positive impact on the projects they support and the local community.



Social & Community Development

- Table Tennis can help build stronger communities by bringing people together, often from different backgrounds, feel proud of where you live, improve community links and cohesion and build social capital.
- Clubs who embed themselves within the communities in which they are based are perfectly placed to support. Useful to consider with regards to engaging those from lower socio economic backgrounds
- Clubs such as Derby Community TTC, Colebridge TTC, Bishop Auckland TTC, Brighton TTC, Falmouth Bat & Chat present common themes for maximising on this outcome:
 - 1) ***Aspiration and drive to engage with community.***
 - 2) ***Changing the perception of the club (and building in some cases)***
 - 3) ***Create localised networks of partners***
 - 4) ***A development plan/mission or vision***
 - 5) ***Representative Volunteer/workforce***



Connect with us!

Now that you have some equipment to play table tennis at home or on an outdoor public table, we've got loads of information on our website to help you make the most of it. You'll find:

- game ideas
- rules of the game
- films teaching the basic shots
- a home workout
- many other fun activities for the whole family!

Visit: www.TTathome.co.uk



Economic Development

- The economic impact of sport, how it creates jobs, promotes growth and drives exports is a fundamental social outcome.
- Useful to consider not just how table tennis contributes to the nation's health or wellbeing, but to the economy as well, both nationally and locally.

NORWICH

CASTLE MALL

Castle Mall's marketing agency, Toolbox, aimed to generate PR coverage to the value of £1,000. As a result of hosting the charity events, the Parlour helped generate over £10,000 worth of PR coverage, whilst also raising over £230 for charity.

£1 For every £1 invested into the Parlour from the marketing budget, the campaign generated **£6.82** in return.

CAMBRIDGE

the grafton

Decathlon in the Grafton Centre reported a 59% increase in table tennis equipment sales in the period Sep 2018 - Aug 2019 (compared to the period Sep 2017 - Aug 2018)

DECATHLON

BEDFORD

HARPUR CENTRE

7.3%

GREGGS

Food establishments have seen a benefit in the additional footfall, with Greggs being top of the regional sales

WESTON-SUPER-MARE

SOVEREIGN SHOPPING CENTRE

£180

Sovereign Shopping Centre have raised over £180 through a ball dispenser which they donated to local charity 'Hope for Children' who help children that live in extreme poverty.

hope for children

What is GiveToLocal?



- An organisation with the sole aim of **supporting community sport**
- A digital **micro-donation** solution provided to community clubs to use to connect to individuals and businesses from across their local community
- A **Club Engagement Team** that provides online and face to face, hands on support (*when safe once again to do so*)
- A **Media and Communications** team that provides clubs with the marketing resources and media support to be successful
- A **Corporate Relations** Team that is securing major businesses from across the UK on both a regional and national level to support community sport through GiveToLocal
- GiveToLocal is also now supporting **governing bodies, charities, universities and other third sector** organisations through providing software solutions and supported services.
- An organisation determined to work **collaboratively** to make a long lasting positive impact within community sport



Task 2

In small groups, reflect on own/clubs experience meeting outcomes.

Think about... approaches, successes, challenges and opportunities

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Sport and physical activity creates more inclusive and connected neighbourhoods. It can be a big part of loving where you live.

Sport England: Uniting the Movement

January 2021



**UNITING THE
MOVEMENT**



FIVE BIG ISSUES



RECOVER AND REINVENT

Recovering from the biggest crisis in a generation and reinventing as a vibrant, relevant and sustainable network of organisations providing sport and physical activity opportunities that meet the needs of different people.



CONNECTING COMMUNITIES

Focusing on sport and physical activity's ability to make better places to live and bring people together.



POSITIVE EXPERIENCES FOR CHILDREN AND YOUNG PEOPLE

An unrelenting focus on positive experiences for all children and young people as the foundations for a long and healthy life.



CONNECTING WITH HEALTH AND WELLBEING

Strengthening the connections between sport, physical activity, health and wellbeing, so more people can feel the benefits of, and advocate for, an active life.



ACTIVE ENVIRONMENTS

Creating and protecting the places and spaces that make it easier for people to be active.





**UNITING THE
MOVEMENT**

Connecting Communities

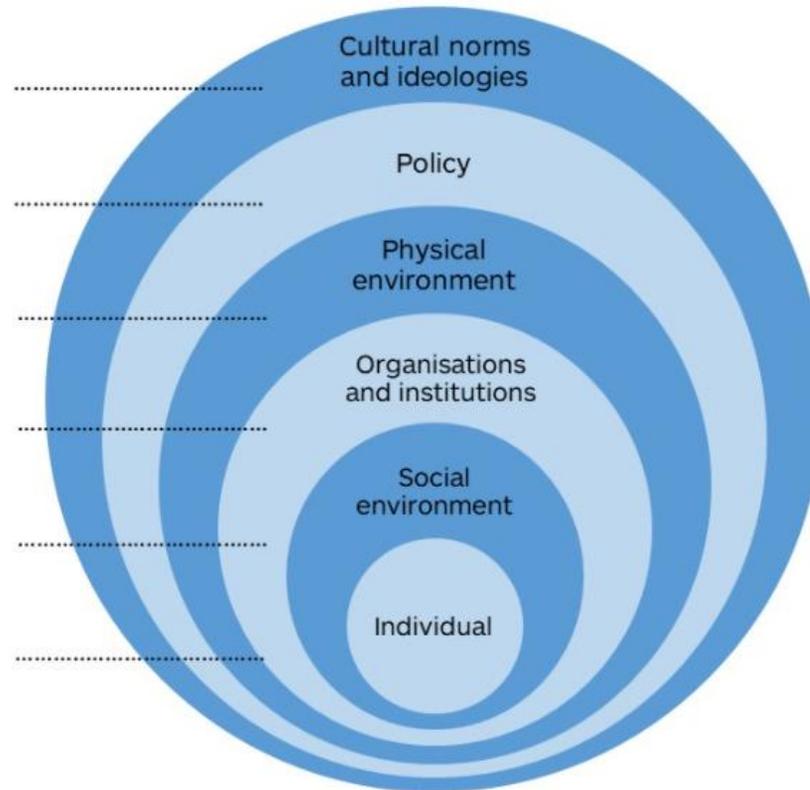
Focus on Sport & Physical Activity's ability to make better places to live and bring people together.

- Table Tennis Clubs are often in the hearts of communities.
- Important we maximise on this and further connect with the community to recruit representative member base, diversify the audience and reduce health/activity inequalities.
 - *Women and Girls*
 - *Ethnically Diverse Communities*
 - *Disability & Long term Health Conditions*
 - *Lower-Socio Economic*
- Change Perception, community club for the community, aspirational volunteers
- Locally Trusted Organisations and network to support community links

Programmes to Support Person Centred Approach

Understanding communities is key, the right time, place, style, price and people

- Language, myths, metaphors, stories, hierarchy of values, know how, assumptions, mind sets
- International and national guidance & laws, local laws and policies, rules, regulations, codes, times and schedules
- Built environment, natural environment, green & blue spaces, transport networks, homes
- Schools, healthcare, businesses, faith organisations, charities, clubs
- Individual relationships, families, support groups, social networks
- Individual capabilities, motivations, opportunities, knowledge, needs, behaviours, physical and mental health and wellbeing



Positive Experiences for C&YP

An unrelenting focus on positive experiences for children and young people as the foundations of a healthy life.



Table tennis is a great game for young people to be introduced to in school, at home or in one of our TT Kidz Clubs. <https://www.ttkidz.co.uk/>

Satellite clubs help bridge the gap between school, college and community sport, providing new opportunities for young people to get active on a regular basis. They give young people the chance to take part in a convenient and enjoyable environment.

UK's largest network of community groups supporting half a million young people to overcome barriers to reach their full potential

Connect with Health & Wellbeing

Strengthening the connections between sport, physical activity, health and well being, so more people can feel the benefit of and advocate for an active life.

National Partnerships with organisation who embrace Table Tennis in various forms to support audiences living with disability to long term health condition.

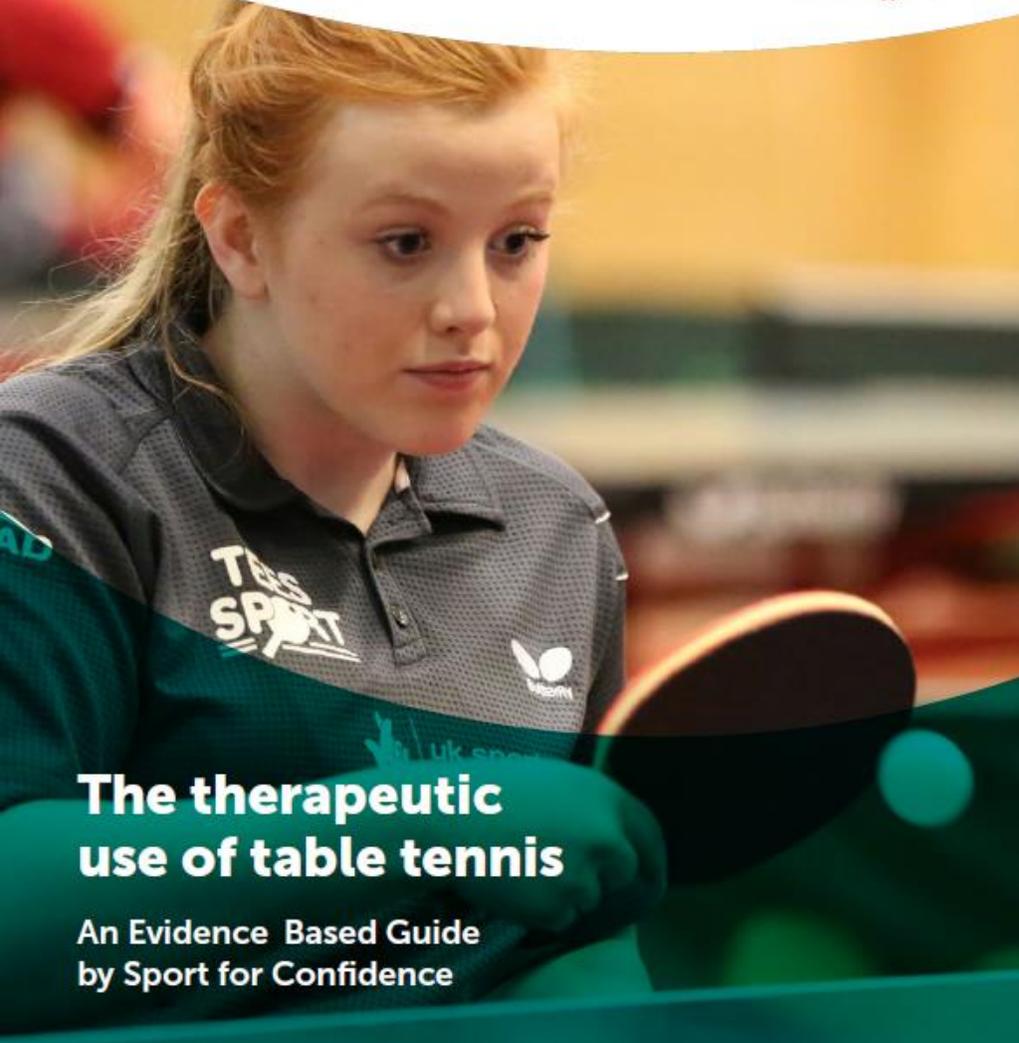
Resources

Community Integrated Care - <https://www.caretoplay.co.uk>

Ping Pong 4 U – Adapted Ping Pong Activities

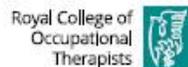
Sport for Confidence – Therapeutic Use of Table Tennis





The therapeutic use of table tennis

An Evidence Based Guide by Sport for Confidence



INTRODUCTION

Table tennis, also sometimes known as ping-pong, is a sport conventionally played by two or four players. It involves hitting a ping pong ball across a table using small, solid rackets. It began as a Victorian aristocratic parlour game and is now played in more than 200 countries worldwide.

Disabled people and people living with long-term conditions, such as a mental health problem, have been identified as being much less likely to be engaged in sport and physical activity than the general population (1). Because of this they do not at present fully benefit from the many outcomes that such participation has been shown to bring about, namely benefits to physical health, mental wellbeing and the enhancement of social bonds. This inequality has led to a growing interest in how sport and physical activity might be utilised for therapeutic means and ends (2). The intention of this guide is to support and inform such work, and it has been produced by occupational therapists at Sport for Confidence in collaboration with Table Tennis England and Brighton Table Tennis Club.

This guide is intended to be a starting point for thinking about and planning how to use table tennis for therapeutic means and ends, and includes an assortment of ideas, suggestions and resources. We would particularly like to emphasise that we are not advocating for table tennis to necessarily be utilised in accordance with convention and its rules, as enabling meaningful engagement and therapeutic outcomes may well involve some adaptation and modification of both the game and the playing environment. For example, initially playing table tennis with an individual in their own home to establish interest and understanding, before introducing them to a group or table tennis club context. Additionally, we would also like to emphasise that practice must always be client-centred in terms of activity preferences, interests, and values.

Central to the practice of occupational therapy is a concern for the relationship between activity participation and health and wellbeing. Occupational therapy practice involves utilising a range of activities for assessment and intervention, often through grading, adapting, and modifying the activity to ultimately enable meaningful participation for those who wish to take part. It is therefore considered a priority that occupational therapists, and anyone else involved in using sport and physical activity for therapeutic means and ends, consider sporting activities for their therapeutic potential and also for their role in enabling people with a range of health conditions to live a more active lifestyle (3).



confidence.

prett and Liz Fletcher on behalf of Sport for Confidence

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The therapeutic use of table tennis: an evidence based guide.

An activity analysis involves determining the typical demands of an activity, the range of skills involved in its performance, and the meanings that might be associated with it.

The activity analysis below of playing table tennis is provided as a starting point to prompt reasoning and thinking. It is not therefore exhaustive in terms of the many forms and environments in which participation in table tennis could potentially be enabled. The activity analysis has been informed by both the International Classification of Functioning, Disability and Health (4) and the Occupational Therapy Practice Framework (5).

Cognitive

- Conscious and orientated, with the energy and drive to participate and react.
- Concentration on game and related activities (for example, chatting to opponent or teammate).
- Engages in purposeful rallies.
- Retains information about rules of the game and scores.
- Emotional response to winning or losing, potential sense of achievement.
- Success and development of self-esteem.

Sensory

- Form, size, shape and colour of ball determined through sensory information.
- Vestibular functions and balance to enable positioning, manipulation and striking of ball.
- Sensory demands of the game and playing environment will need to be considered and adapted carefully to enable meaningful participation. For example, a large sports hall may provide too much sensory stimulation for some players.

Speech

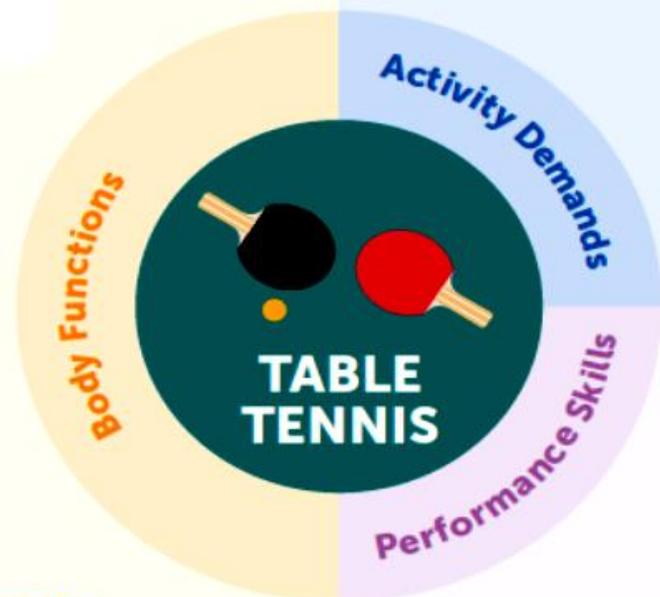
- No specific voice and speech demands, though playing the game provides opportunities for verbal interaction with opponent or teammate in relation to rules, turn-taking and scoring.
- Player may wish to ask for assistance at times (for example, picking up the table tennis ball), but can adapt communication to gesturing and/or writing if required.

Neuro-musculoskeletal

- Conventionally a standing game requiring postural control or support, though can be adapted to seated.
- Joint, muscle and movement functions to enable grip of bat, swing of arm and forward/back/side-step movements.
- Development of hand-eye coordination and reaction time through ball tracking and participation.
- Bi-lateral integration and crossing of the mid-line when reaching across the table, striking the ball and through general play.

Cardiovascular

- Sufficient blood pressure to enable movement and postural control.
- Respiration functions to enable participation, though may require modification in specific incidences (for example pacing of play for a player with a respiratory condition).
- Consideration will need to be given to physical endurance, aerobic capacity, stamina and fatigability, with play being adapted accordingly.



Relevance & Meaning

Playing table tennis or Polybat offers the opportunity to participate in an individual or team sport (doubles) and therefore a form of physical activity, to maintain or enhance health, well-being and/or independence.

Equipment & Resources

- Table tennis table (or table top)
- Net
- Table tennis balls
- Table tennis bats
- Cones, bottles, cups – having a range of equipment will enable different ways of participating
- Chair (if playing seated)
- Side panels and clips if adapting to Polybat
- Polybat paddles
- Polybat air flow ball

Space

- A clear, well-lit open space is needed to ensure enough space around the table tennis table.
- Table tennis can also be played outdoors and there are many tables situated in public parks and spaces.

Social

Playing table tennis as a sport involves rules in relation to turn-taking and scoring. It is acknowledged that these might initially be areas of development for which the activity is used (for example, to develop social skills in relation to an awareness of others through turn-taking especially when playing doubles).

Sequencing

Playing table tennis involves various steps, again depending on stage of participation: taking a standing position at the table (or seated if adapted to Polybat), serving if it's your turn, receiving the ball, returning the ball, scoring, collecting the ball, returning to your position. Turn-taking if playing doubles.

Process:

- Initiates steps associated with playing table tennis and completes in a logical manner.
- Adjusts performance to try different methods of positioning and/or returning the ball in order to participate.
- Process skills can be developed as participation in table tennis progresses, for example through taking on a leadership role in terms of turn-taking and/or scoring.

Social Interaction:

- Approaches or initiates interaction with opponent / team-mate, may involve speech and/ or gestures.
- Places self at appropriate distance from other teammate during a doubles game.
- Takes their turn and gives teammate the freedom and space to take theirs.
- Social interaction skills can be developed through playing table tennis, for example the regulation of emotion through winning or losing.

Motor:

- Positions self in ambulant position at the table.
- Grips the table tennis bat in hand and coordinates to strike the ball either with forehand or backhand.
- Ambulant movement to reach for ball and perform defensive and offensive reaction shots.
- Plays coordinated strokes with controlled pace and direction.
- Fine and gross motor skills can be developed by handling bat and practicing striking the ball at targets or against a wall, e.g. grip strength, balance and endurance.
- May be adapted to Polybat by adding side panels to adapt width of table and taking a seated position.

Active Environments

Creating and protecting the places and spaces that make it easier for people to be active

Working with partners (City Councils, Local Authorities and County Sport Partnerships) to equip and enable them to provide more opportunities for people to take part in table tennis

- Outdoor public tables, public events, Ping in the Community, Ping Pong Parlours
- Activation projects e.g. Bat and Chat
- Incorporating other local objectives
- Engaging a 'mass market' and making the sport widely accessible





Summary & Reflections

Immediate thoughts?

What will you take away from today's session?

What might be needed to make things happen?

 tabletennisengland.co.uk


**Table
Tennis**
England

Information & Contacts

<https://www.gov.uk/government/publications/sporting-future-a-new-strategy-for-an-active-nation>

<https://www.sportengland.org/why-were-here/uniting-the-movement>

https://www.sportengland.org/campaigns-and-our-work/children-and-young-people?section=satellite_clubs

<http://www.pingpong4u.co.uk/>

<https://www.sported.org.uk/>

<https://www.caretoplay.co.uk/>

<https://www.pingengland.co.uk/>

<http://www.tabletennisengland-impact.co.uk/>

<https://www.sportforconfidence.com>

<https://www.givetolocal.com/>