**Tell us your story …**

At Table Tennis England, we want everyone to **enjoy and** **achieve** **in table tennis**.

By sharing stories, such as your own, we can demonstrate the positive impact that table tennis has on people’s lives.

The story you choose to share might fall under at least one of the following themes:

* **Physical wellbeing**: how table tennis has encouraged you to get active, supported you to prevent or manage ill health, improved quality of sleep, or helped you to achieve your physical goals.
* **Mental wellbeing**: how table tennis has contributed to reducing anxiety or depression symptoms, increased life satisfaction, increased feelings of enjoyment or happiness, or given you a sense of purpose.
* **Individual development**: how table tennis has supported employment opportunities, improved educational attainment, reduced anti-social behaviour, or helped you develop new skills such as independence.
* **Social and community development**: how table tennis has promoted social trust, reduced isolation, or brought you together with individuals from different backgrounds.

**Tips for completing the following template**

* Please complete each section in as much detail as possible.
* Submit separate templates if you have more than one story.
* To help bring your story to life, please include names, quotes and imagery of yourself playing table tennis where appropriate.
* If including names or images, it is important that permissions are gained from those involved.
* A consent form has been provided to help manage this process.

Please complete and submit the consent form and template, with any images, to [insight@tabletennisengland.co.uk](mailto:insight@tabletennisengland.co.uk)

**Consent form**

Table Tennis England would like to share your story to demonstrate the positive impact that table tennis has on people’s lives.

Your story will be used in marketing activities across Table Tennis England’s website, social media platforms and physical materials.

**About you**

|  |  |
| --- | --- |
| Name | Click here to enter text. |
| Email  This needs to be a parent/guardian email if under the age of 18. | Click here to enter text. |

**Permissions**

Please tick where appropriate.

I consent to Table Tennis England:

Using my real name in the published story

Using the quotes I have provided in the published story

Using the imagery I have provided in the published story

Contacting me for further information in relation to this story

**Signature**

Please provide a signature or printed name to show you consent to Table Tennis England using your story in their marketing activities.

|  |  |
| --- | --- |
| Signature  This needs to be a parent/guardian signature if under the age of 18. | Click here to enter text. |
| Date | Click here to enter text. |

Your personal data is protected in accordance with the [Table Tennis England Privacy Policy](https://tabletennisengland.co.uk/home/website-privacy-policy/).

**Story template**

**About you**

|  |  |
| --- | --- |
| **What is your age?**  Click here to enter text. | **What is your gender?**  Male  Female  Prefer not to say  Prefer to self-describe: Click here to enter text. |
| **Which one of the following best describes your ethnic group or background? Please select one option.**  White  Mixed  Asian or Asian British  Black or Black British  Other Ethnic Group | **Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more?**  Yes  No  Prefer not to say  **Please use this space if you have selected ‘Yes’ and wish to provide more detail:** Click here to enter text. |
| **What is your home postcode?** Click here to enter text. | |

**Theme**

|  |
| --- |
| **Which of the following themes do you think your story falls under? Please select all that apply.**  **Descriptions of each theme can be found on the front page.** |
| Physical wellbeing  Mental wellbeing  Individual development  Social and community development |

**Programme**

|  |
| --- |
| **Does your story relate to any of the following programmes?**  **Please skip this question if you do not know.** |
| Ping Pong Parlour  Ping!  Loop At Work  Ping In The Community  Other: Click here to enter text. |

**Background**

|  |
| --- |
| **Tell us a bit more about yourself, and your introduction into table tennis.**  e.g. What do you enjoy doing outside of table tennis?  Do you take part in other sports or physical activities?  Where do you play table tennis?  When did you start playing table tennis?  How did you find out about table tennis? |
| Click here to enter text. |

**Objectives**

|  |
| --- |
| **Tell us about your goals.**  e.g. What did you want to achieve through table tennis?  Did you set any goals?  Why did you set yourself these goals?  How did you plan on achieving your goals? |
| Click here to enter text. |

**Successes**

|  |
| --- |
| **Tell us about your achievements.**  e.g. How did you achieve your table tennis goals?  Did you have to make any changes to your lifestyle to achieve your goals?  Did you receive support to achieve your goals?  Did you experience any challenges? How did you overcome these challenges?  What do you enjoy about table tennis?  How has table tennis impacted your life?  How often do you play table tennis?  What advice would you give to someone wanting to get involved in table tennis?  What’s next for you on your table tennis journey? |
| Click here to enter text. |

**Quote(s)**

|  |
| --- |
| **Please provide a quote(s) about how table tennis has impacted you, or/and you can use a quotation from someone involved in the story to give a different perspective.** |
| Click here to enter text. |

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