



# Table Tennis England:

How we can help you achieve your goals, meet demand and change lives.

Read more about our work in our Mission 2025 strategy →

Read the #LevelTheTable diversity and inclusion strategy →

We are the governing body of table tennis in England, responsible for representing, coordinating, administering, marketing and developing the sport. We exist to create and support opportunities for everyone to enjoy and achieve in table tennis.

## 10 reasons to play

**1 It's good for your health**  
As the UK's National Federation of Table Tennis, we're the only organisation of its kind, focused on gender equality.

**2 It's easy on the body**  
Table tennis is a low-impact sport that's suitable for those of all ages and abilities. You can play with your own racket and ball, or hire one from a club.

**3 Everyone can play**  
Our programmes are designed to be inclusive, with a focus on accessibility and equality. We offer a range of options to ensure everyone can enjoy the game.

**4 The Generation Game**  
There are no age limits to play ping pong, and you can play with your own racket and ball, or hire one from a club.

**5 You can play anywhere**  
You can play table tennis in your own home, at a school, in a community centre, or at a club. We offer a range of options to ensure everyone can enjoy the game.

**6 You can play anytime**  
You can play table tennis at any time of day, and you can play with your own racket and ball, or hire one from a club.

**7 It's good for your brain**  
Table tennis is a fast-paced sport that's great for your brain. It helps to improve your reaction time, hand-eye coordination, and concentration.

**8 It's affordable**  
You can play table tennis for as little as £10 a year. We offer a range of options to ensure everyone can enjoy the game.

**9 It's sociable**  
Table tennis is a social sport that's great for meeting new people. It's a fun and friendly way to spend your spare time.

**10 It's fun!**  
Table tennis is a fun and exciting sport that's great for everyone. It's a great way to stay active and healthy.

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

## Our work

### Ping in the Community

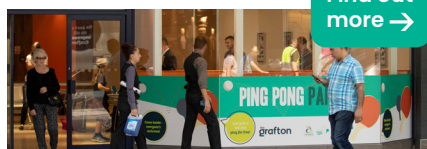
Table tennis packages for community organisations.



Find out more →

### Ping Pong Parlours

Transforming empty retail space into free ping pong venues.



Find out more →

### TT Kidz

Inclusive and accessible table tennis for children aged 7-11 years.



Find out more →

### Ping at Work

Table tennis packages for workplaces.



Find out more →

### Participation Programmes

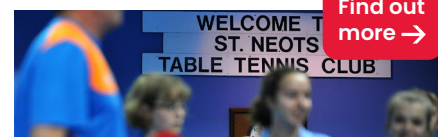
Bat & Chat, Back to TT and other programmes for clubs.



Find out more →

### Clubs and Leagues

Find support and resources for clubs and leagues.



Find out more →

### Schools

Encourage participation and development through schools.



Find out more →

### Coaching

Explore the coaching journey, with courses and support.



Find out more →

### Places to Play

Find local tables, clubs, leagues and coaches with our finder tool.



Visit the map →

### Women and Girls

Get involved in our quest to achieve gender parity.



Find out how →

### Inclusivity

Learn about our commitment to inclusivity.



How we help →

### Insight and Impact

See how table tennis and our work is impacting people's lives.



Find out more →

Get in touch

If you would like more information on any of our projects or programmes, please contact [help@tabletennisengland.co.uk](mailto:help@tabletennisengland.co.uk) visit [tabletennisengland.co.uk](http://tabletennisengland.co.uk)