



# *Supporting new players with Parkinson's*

February 2023



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

# Introduction

- Colin Eley – Partnerships Manager (TTE)
- Anna Castiaux – Physical Activity Project Manager (Parkinson's UK)

# Housekeeping

- Recording session – available afterwards, inc slides
- Sound (mute) and Video (on/off)

# Agenda

- Welcome & Introductions (5 mins)
- Why Parkinson's & Table Tennis? (5 mins)
- Sessions Considerations (10 mins)
- Panel Q & A (20-25 mins)
- Support Available inc funding (10 mins)  
*We'll cover parameters of the funding, criteria and timelines for applying.*

# About Parkinson's

- Parkinson's is the fastest growing neurological condition in the world, and currently there is no cure.
- Anyone can get Parkinson's, young or old. In the UK, around 145,000 people are already living with Parkinson's.
- Every hour, two more people are diagnosed. That's the same as 18,000 people every year. 1 in 37 people alive today will be diagnosed with Parkinson's in their lifetime.
- Most people are diagnosed in their 50's or later, although some people are diagnosed at a much earlier age

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# Why Table Tennis?

One of the best therapies for Parkinson's can be exercise there are particular benefits associated to participation in table tennis.

Belief that table tennis is not only aerobic, but requires fine motor skills and hand-eye coordination, balance and stimulates various parts of the brain.

Table Tennis England (TTE) has a commitment to grow and retain participation among those living with a disability and/or long-term health condition.

[www.tabletennisengland.co.uk/about-us/equality-and-diversity/](http://www.tabletennisengland.co.uk/about-us/equality-and-diversity/)

Working together with Parkinson's UK to promote and enable more opportunities for players to engage in the sport, and for those who wish to do so, remain in the sport and feel comfortable to progress at their own pace.



## People with Parkinson's Partnership Review

### Background

Parkinson's is a progressive neurological condition, typically associated with older people. Around 145,000 people in the UK live with Parkinson's. It's the fastest growing neurological condition in the world, around 5% of cases are known as young onset for those in their 40's and below. Currently there's no known cure for Parkinson's, nor a clear cause. There are lots of different treatments, therapies and support available to help manage the condition, which also differs significantly from person to person.

One of the best therapies for Parkinson's can be exercise, activity of any kind on a regular basis can help alleviate symptoms of Parkinson's, but there are particular benefits associated to participation in table tennis. Reasoning behind this extends to the belief that table tennis is not only aerobic, but requires fine motor skills and hand-eye coordination, balance and stimulates various parts of the brain.

In February 2020, researchers at Fukuoka University, Japan, found playing table tennis may help alleviate motor symptoms in Parkinson's.

"12 people with Parkinson's with an average age of 73 played a five-hour session of table tennis every week for a period of six months. The sessions were developed specifically for people with the condition by experienced table tennis players from the university's department of sports science. The participants were evaluated after three months and at the end of the study. At both evaluations, participants had reduced symptoms – showing improvement in speech, handwriting, walking and hand tremors."





# Session Considerations

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# Sessions Considerations

It is impossible to cover every scenario you might encounter when welcoming new audiences to participate in table tennis.

## Environment

- Avoid echoey rooms/spaces
- Enough tables to allow rotation of players, allowing adequate space around tables (complete risk assessment prior).
- Can you have dedicated meet and greet person that new players can be teamed up with for first visit
- Advise it's ok to ask for a break or a stop to take medication
- Give details of the usual sessions/activities- How long it will last and outline of what it will involve

## Communication

- Each session check in how that person is doing and plan accordingly
- Do not finish the person's sentences, or presume that you know what they mean before they have finished talking as speech can be affected by Parkinson's.
- Always check for understanding and use open ended questions
- Instructions- keep them short and simple
- Ask people for feedback

## Know your audience

- Find out about what people do (and don't!) like to do, acknowledge barriers to support planning.
- Ask people about how they normally spend their time – a typical day and focus on what is important/enjoyable
- Goals and motivations

# Sessions Considerations

## Planning Activity:

- Carefully plan and agree any new activity, to ensure it is realistic, motivates people, and provides a sense of achievement.
- Set achievable and meaningful goals, be realistic and acknowledge there may be steps back, as well as forwards. People's circumstances and mind-set can change over time.
- Challenge the brain - change how to score the game e.g. points are worth more or use days of the week.
- More and more physical activity isn't always healthiest – at times some people may have too much to do – a good balance is what is important.
- Remember to explore both physical and mental health in relation to people being active – **take breaks, make social**
- Celebrate ALL group achievements, small steps over time gradually become big leaps!

# Sessions Considerations – STEP Principles

## Space

- Allow space in venue for *Off the table* – various warm up/familiarisation bat and ball skills
- Ensure space for user to access courts
- *On the table* – can play width ways. Can play half table or funnel effect (one side whole table, one side half table)
- Standard court spacings to prevent overcrowding.

## Task

- Off the table familiarisation with movement patterns, force and table dimensions.
- *On the table* - Roll the ball, bounce and catch, building up to a rally.
- Building rallying skills, drop, hit catch moving to drop hit, hit, catch etc. Developing serve
- Regular breaks, opportunity for rest and social
- Gradual progression into match play

## Equipment

- Bigger balls, lighter bats (smaller handles), strapping to support the grip. Can take net off the table and replace with cones.
- Bucket of balls close to participant so not spending a lot of time picking up
- Wheelchair/disability friendly tables.

## People

- 2-4 per table, coach per table ratio
- Use of better players to support if possible
- With competition trying to match up players of similar ability
- Volunteers to help collect balls





# Panel Questions



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**Gary Lee** – Plays at Parkinson’s sessions at clubs in Colchester and Ipswich and competed at the inaugural PingPongParkinson National Championships in August 2021.



**Jan Fuller** - Competed in the PingPongParkinson UK National Championships in August 2021, then represented England at the ITTF Parkinson World Table Tennis Championships, also hosting sessions for people living with Parkinson’s



**George Chan** – Represented England at the ITTF Parkinson World Table Tennis Championships in Sept 2021, picking up gold in the men’s doubles, currently coaching a successful Parkinson’s session at Harrogate Racquets Club

# Grant

## Who is the Grant for? (not limited to)

- Premier Clubs, Leagues, Associate Clubs, Local or National Partners, Community Groups, Parkinson's UK groups
- Applications for between £250 - £500, assessed on merit and funding awarded based on panel approval.
- Open from the **9<sup>th</sup> February 2023, close on 1st March 2023.**
- Successful projects will look to utilise innovative ways to reach and engage the audience, have impact and purpose, demonstrate sustainability and must have started by **September 1, 2023.**
- We aim to notify successful applicants by Friday **10<sup>th</sup> March, 2023.**
- All funded projects will be required to return monitoring and evaluation, confirmed in SLA.



# Harrogate Racquets Club

Sessions launched Sept 2022, has stabilised at around 10 -12 players  
*(likely more demand but can't expand on that given our playing area)*

- Most of our players are linked to the **strong Harrogate Parkinson's group**. The group contact has been great at getting emails out and helping us to promote it.

*Also did a promotion session with the Parkinson's group and have spoken to the Hospital Parkinson's nurses about our session (one recent new member was referred from them).*

- Most are male- 3 regular females (2 are partners of PwP)
- The session has encouraged a new female volunteer – volunteers feed the ball, help organise, answer queries and generally chatting to everyone.
- We find keeping a group mainly on the same table works best as it limits instruction confusion and movement around the hall. Extra time is needed for organisation and acting on any coaching instruction.
- The session consists of a body warm up session, a coaching focus and some points/game play, followed by a cuppa and cake
- We run the hour session and 30 min refreshments, fortnightly, charging £5

# Table Tennis Area Managers

Table Tennis England will be introducing a network of Area Managers to support the development of Local Delivery Plans across England

Leading all aspects of table tennis development across their geographic area, and focusing efforts on priority locations, Area Managers will support participation for all, bringing schools and clubs together, strengthening clubs and leagues, coach and volunteer learning, competition planning and pathway development.

## Areas and Managers

**Table Tennis North West – Martin Ireland**  
[Martin.ireland@tabletennisengland.co.uk](mailto:Martin.ireland@tabletennisengland.co.uk)

**Table Tennis West – Chris Newton**  
[Chris.newton@tabletennisengland.co.uk](mailto:Chris.newton@tabletennisengland.co.uk)

**Table Tennis London – Johnathon Driscoll**  
[Johnathon.driscoll@tabletennisengland.co.uk](mailto:Johnathon.driscoll@tabletennisengland.co.uk)

**Table Tennis South West – vacant**



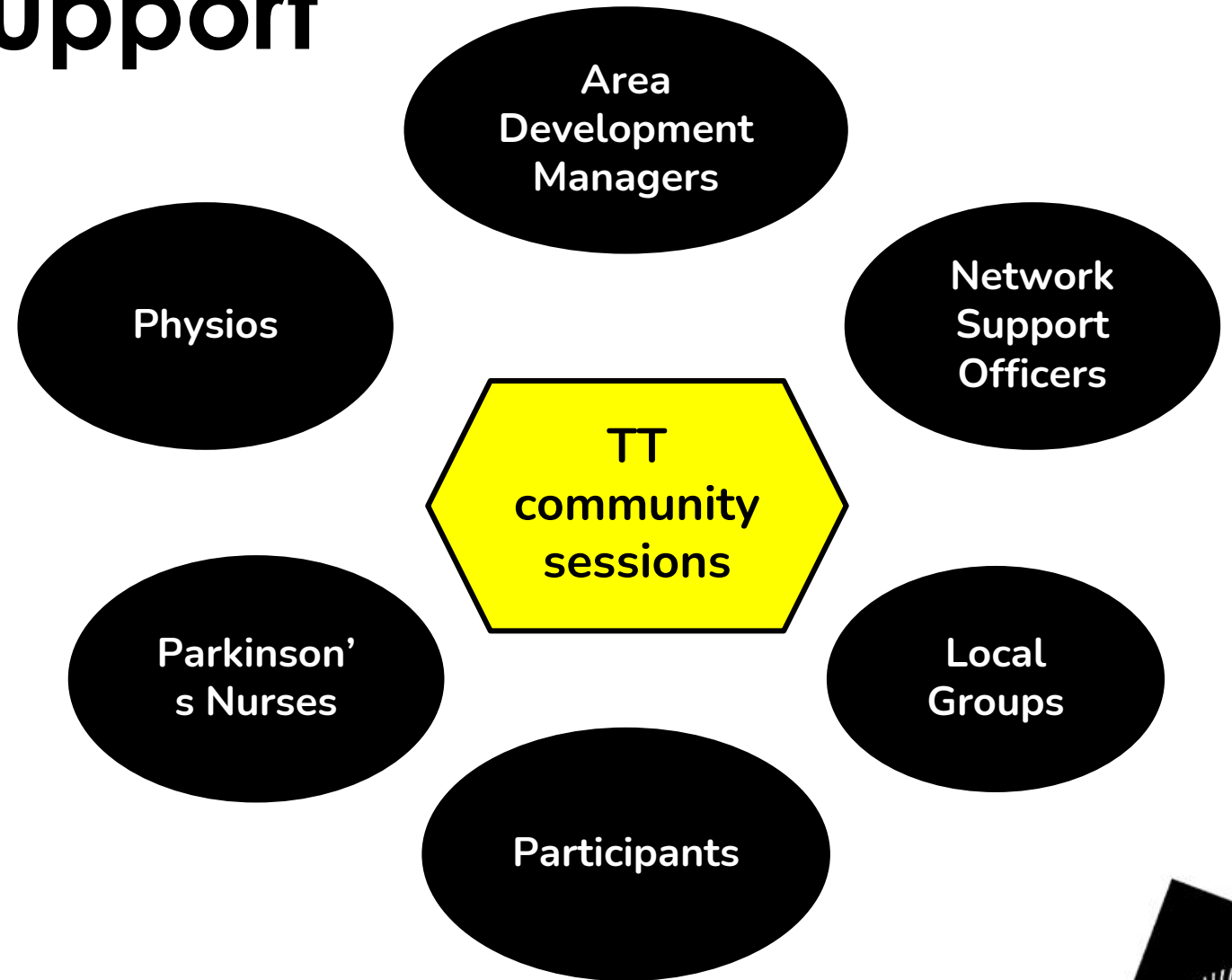
**Table Tennis North East – Lauren Evans**  
[Lauren.evans@tabletennisengland.co.uk](mailto:Lauren.evans@tabletennisengland.co.uk)

**Table Tennis East – Chris Turner**  
[Chris.turner@tabletennisengland.co.uk](mailto:Chris.turner@tabletennisengland.co.uk)

**Table Tennis South East – Alan Lane**  
[Alan.lane@tabletennisengland.co.uk](mailto:Alan.lane@tabletennisengland.co.uk)

# Parkinson's UK Support

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# Support, Resources & Questions

Being Inclusive page: <https://www.tabletennisengland.co.uk/about-us/equality-and-diversity>

<https://www.parkinsons.org.uk/information-and-support/exercise>

<http://www.parkinsons.org.uk/activity-exercise-course>

Funding Queries: [colin.eley@tabletennisengland.co.uk](mailto:colin.eley@tabletennisengland.co.uk) or 07746865571

Club Webinar page for recording and application form:

<https://www.tabletennisengland.co.uk/clubs/club-courses-and-resources/webinars/>