



Teamwork makes the dream work at Worthing TTC

Themes: volunteers



Since launching in 2021, Worthing Table Tennis Club in West Sussex has seen a fantastic growth in membership, hosts a successful tournament circuit each year, and has a strong local outreach programme to get as many people as possible involved in the grassroots level of the sport. Key to the club's success are the committed group of volunteers who dedicate their time to ensuring the club is as successful and welcoming as possible.

Background

Worthing Table Tennis Club (TTC) has always been a community led group, with the club now being a Community Integrated Company everything they do is re-invested back into the club. After joining the club in 2021 Sally Hughes, who has played the sport since the age of 8, was keen to support the new club and help bring table tennis back to life after the pandemic. Sally went on to take over the leadership of the club as Operations Director at the start of 2024 and has led the way for opportunities for women and girls in the sport, hosting the first girls-only tournament circuit in 2022 which has since been rolled out at 12 other clubs across the country.

With a strong inclusion value and a mission to get as many people playing the sport as possible, the club is proud to be able to offer a range of sessions and opportunities, ensuring anyone has the ability to participate in a way that suits their needs. A major part of achieving this is having a team who work well together to deliver the mission and values of the club – which is where their volunteers shine.

Volunteer Programme

When the club formed volunteer roles were not defined and separated, instead everyone pulled together to complete tasks and build the club within the community. A more structured volunteer programme was launched in 2023, which was created to help recognise and celebrate the input that volunteers have at the club.

In addition, the volunteers come together for a social event once a quarter, which helps to build the sense of belonging and teamwork.



The programme allows volunteers to log their hours and receive rewards after meeting various milestones;

10 hours	Certificate
25 hours	Staff T-shirt
40 hours	Hoodie
75 hours	Free Annual Membership
100 hours	Sponsor a Qualification Course

The programme helps create sustainable volunteering and builds commitment to the club, rewarding volunteers throughout the process. The inclusion of sponsoring a qualification course, which could be coaching, umpiring or technical official, has helped to highlight the different ways people can participate in the sport;

“Although table tennis is primarily a sport that people get into through playing, there are so many other opportunities for people to get involved. Officiating is a big one that’s really beneficial to the club due to our tournament circuit”.

Sally Hughes



The Impact

The club has a group of 12 volunteers who volunteer every week, supporting with leading sessions, coaching, bookkeeping, marketing and social media.

Volunteering at the club has allowed individuals to develop several skills, including communication, collaboration, teamwork, resilience, and having a level of responsibility. In addition, a sense of community and belonging is felt not only by the volunteers who support the club, but by the members who are welcomed through the doors and nurtured to achieve whatever goals they set.

“Volunteers are completely and utterly invaluable, there’s not enough thanks to be able to give to them for what they do. It’s a great way to build skills and socialise with others and build a sense of broader community spirit and being part of something – which can be so beneficial for mental health too”.

Sally and the club plan to continue to grow and welcome people to their sessions, allowing them to achieve their mission of getting people playing and enjoying the sport – with volunteers at the heart of the operation.

“We are a community club; it’s teamwork that makes the dream work. It’s about keeping the growth of the club and being able to offer as much as possible to our members. By doing it together, we can do so much more”.