

Being Active and Having Fun at Ping Pong Parlours

Theme: learning disability

Defining the Issue

There are approximately 1.2 million people with a learning disability in England, with only 16.8% taking part in sport and physical activity once a week or more. Support provider County Care incorporated an opportunity for their group to be active and have fun at a nearby Ping Pong Parlour into their support programme.

County Care is a support provider for people with learning disabilities, autism and mental health issues. The group are committed to providing high quality, person centred services which promote the independence, choice and inclusion of the people they support.

During a planned travel training day from Horley to Redhill on local bus routes, Community Skills Project Manager Kelvin had secretly arranged to visit the Ping Pong Parlour in The Belfry shopping centre. After arriving at Redhill Kelvin surprised the group with the Ping Pong Parlour, which provided a good opportunity for the group to rest and have fun before their return trip to Horley.

The group played table tennis for around an hour, rotating between the tables and finishing with a championship style competition. Feedback from the group was extremely positive, with Kelvin saying they'll visit again and also look for other Parlour locations they can incorporate into future travel training days.

"The group had so much fun, they all got really engaged in the games which was great to see. It also made travel training that bit more fun and the group always want to know when we are going again" - Kelvin

"I will play table tennis again in the Parlour as it gives me something to do when others want to go shopping" - TG

"I liked playing table tennis, it was fun and I liked playing the fun games round the table" - RW

