

Parlours Provide Local, Affordable Opportunities to be Active

Theme: increasing physical activity

Defining the Issue

The location and cost of physical activity opportunities can prevent people from taking part and being physically active. Ping Pong Parlours are based in central, high footfall locations and are free to use, meaning they are the perfect project for removing these two barriers to sport and physical activity participation.

Jialin is a 57 year old, Asian female, who lives in Salford and is a part time cleaner. Jialin saw a Ping Pong Parlour in her local shopping centre, the Lowry Outlet, and popped in for a game. Jialin is now a regular at the Parlour and also attends the weekly *Bat & Chat*, which has been running for 3 months.

Before starting table tennis at the Lowry Outlet Jialin was semi-active, completing around 60 minutes of physical activity each week swimming at her local pool. Jialin wanted to be more active, but the availability of local, affordable facilities prevented her doing so.

Due to the Parlour being so close to her home, the Parlour has provided the perfect opportunity for Jialin to take part in an accessible, affordable activity.

Jialin now completes over 2 hours of physical activity each week, and plays table tennis in the Ping Pong Parlour several times a week. Playing table tennis has brought Jialin much enjoyment, whilst giving her the opportunity to exercise for free and make new friends who also visit the Parlour and *Bat and Chat* sessions.

