



## How table tennis is helping men shed their isolation

**Author:** Paul Stimpson

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A project which aims to combat social isolation and loneliness in older men is using table tennis as a key component.

The Men in Sheds initiative is run by Age UK in Barnsley and introduced table tennis through the support of the local council, who run the Ping! table tennis project across the area.

Table tennis opens up conversations that many men find difficult to have, whilst providing laughter, enjoyment and a bit of healthy competition.

The film – the latest in our #PowerofPing series, shows how Ping! has the power to break down barriers and encourage people to talk about any struggles they may be having.

As one of the participants said:

I've been coming about six months and it's the best thing I've ever done. It's really competitive and we enjoy it. If I was at home now, I'd be . . . I don't know, it's hard to say. That's why we love coming here.

\* The #PowerofPing campaign, launched to coincide with the 10th anniversary of Ping!, consists of a series of short films telling the stories of some of the inspirational projects and people involved in the programme. [Click here to watch the other films released so far.](#)

If you have been inspired to play, Ping! provides FREE family fun in thousands of public places around England – find out where you can play by clicking this button:

[button link="https://www.pingengland.co.uk/#placestoplay"]Click here to find your nearest Ping!  
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