Fighting the 'cloud' of Alzheimer's with table tennis

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Posted On: August 27, 2019

The power of table tennis to transform lives is seldom more poignantly demonstrated than in our latest #PowerofPing film, which tells the story of Keith and how the sport is helping to lift the cloud of Alzheimer's.

Keith plays at Abbeyfields Care Home in Ilkley, West Yorkshire, where his sessions on the table prove that the sport can turn back the clock and allow innate sporting ability to come through, despite the ravages of dementia.

Keith's wife Pauline said of it: "For people like Keith it's brilliant because it's something physical that he's enjoyed and he's obviously good at – and I had forgotten just how good he was. I thoroughly enjoy watching him because he enjoys it so much.

"When I think what Keith has done in the past, this Alzheimer's is terrible, isn't it?"

The session is part of the Ping in the Community initiative and Ping! activator Peter Thompson, who plays against Keith, said: "It's marvellous to see him able to still enjoy life. When's he's not playing, Alzheimer's is a huge factor and that must create quite a cloud for the family, whereas this lifts that cloud and he's in full flow and he's smiling and beaming."

Power of Ping – Keith's Story from Table Tennis England on Vimeo.

* 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:

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