



'There's no them and us' – inclusive table tennis

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For proof that table tennis is a truly inclusive sport, look no further than St Vincent's Support Centre in Leeds.

The centre helps people with a range of health conditions and provides table tennis as a weekly session, with adapted ping pong equipment allowing everyone to get involved, regardless of their conditions or disabilities.

The activity helps the participants to socialise, grow in confidence and learn different skills; and they really look forward to playing ping pong each week, as you can tell from watching the video below – the latest in our #PowerofPing series of inspirational films.

As the session leaders say: "There's no them and us . . . everyone comes in and all of a sudden there's a game on. Because of the way it's adapted, there's no boundaries, so I don't think anybody feels they can't join in.

"It's fun and it's there for everybody no matter what your skill, they all get something out of it."

* 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! table[/button]

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