



"I don't think about my difficulties for a start."

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A truly remarkable story that sees #PowerofPing series fully encapsulating the essence and power of table tennis in transforming attitudes through its adaptability and inclusiveness.

Hilary is registered blind. However, it doesn't stop her from enjoying a quick game of table tennis through adjusted measures to allow her to enjoy all the benefits of playing as she says: "I don't think about my difficulties for a start."

Through modifying the game, including multi-coloured balls and narrowing the playing surface Hilary can compete against individuals despite, as some may think at a disadvantage due to her loss of sight.

As Hilary's daughter explains, it is so crucial that we continue to offer the elderly opportunities like this because "Whether they're playing or not playing, they're interacting with each other, and they're not fast asleep in the afternoon". Elderly are often left behind and not encouraged to participate in sports because of the lack of suitability to their abilities, but that is not the case for Hilary and table tennis!

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 are inspired by Hilary's story, remember you can still purchase a discounted community package through the Ping! Website, to encourage social, inclusive, and active environments for people of all abilities.

[button link="<https://www.pingengland.co.uk/community/>"]Click here for Ping! in the community packages!
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