



## Make January a RED letter month!

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Table Tennis England is supporting RED January, which challenges everyone to be active every day in January and raise funds for Mind in the process.

Whether it is playing the sport you love or any other activity, RED January seeks to demonstrate the power of sport to help promote good mental health.

RED January started in 2016 when founder Hannah Beecham saw the transformative effect that regular exercise had on her mother as she recovered from a period of severe depression.

A host of organisations are supporting the initiative, including The Daily Mile, Badminton England, London Sport, Women in Sport and StreetGym.

Once you register, you can look through calendars put together by the organisations to find some inspiration for activities.

Table Tennis England's calendar includes something on every day in January, from Ping Pong Parlours to Bat & Chat and sessions in leisure centres.

Whatever you choose to do, you can decide to raise funds for Mind, the mental health charity, through a dedicated Just Giving page.

You can join RED January at [redjanuaryformind.co.uk](https://redjanuaryformind.co.uk)

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