

# Bat and Chat success for Ramsbottom TT Academy

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A new Bat and Chat session that was started in October 2019 via Be TT funding support has proven to be a real success. The session is lead by Mandy Holt from Ramsbottom Table Tennis Academy and takes place every Tuesday afternoon from 1pm-2.30pm at the Castle Leisure Centre Bury. The weekly session is well attended with 16-20 players attending every week.



After having spoken with a number of attendees, it was great to receive such positive feedback about the session and why people attend, with comments such as,

" I love coming to the session, it's such a sociable and inclusive sport for all"

" I heard about the session on Facebook and so I decided to come down to see what it was like as I used to play in Youth Clubs when I was young."

" I feel so much better mentally and physically when I have played Table Tennis. It is such an addictive sport and great fun to play."

" I haven't done any exercise in 2 years so I decided to give it a go. I have really enjoyed playing and didn't realise how physically demanding it can be."



For any one wishing to attend the session it is open to everybody, so just go along on a Tuesday afternoon, and have fun!

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