



## Get ready for Bat and Chat Live!

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**Posted On:** June 19, 2020

Bat and Chat Live is here and is a great way for clubs and other organisations to help keep people active – and provide a social opportunity through table tennis.

With Sport England figures showing that those in the 55+ age group have been the least active during lockdown, we have released a guidance document and resources which can help.

The guidance has been put together for those who actively are engaging with older age groups who may be isolated or become less active due to not being able to play table tennis.

It includes a mix of resources that can be sent to suitable participants, as well as tips to help a coach or organiser to lead an online session and keep participants engaged. There are also links to good examples of similar sessions.

Click below to download the guidance document and a selection of promotional posters.

**Downloaded From:**

<https://newsarchive.tabletennisengland.co.uk/news/archived/bat-and-chat/>