



## Brighton TTC leading the way with Ping!

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Despite a lock-down summer, Brighton Table Tennis Club has been able to create a huge amount of activity particularly around the outdoor tables and for the benefit of those in isolation and in need.

Since play has been allowed again, BTTC has added to the large number of sessions they run and even more of the outdoor tables have been put to use this summer.

There are now 201 table tennis tables in operation across a vast range of venues where BTTC runs sessions. As well as 147 indoor tables in local schools, community centres and supported living centres for vulnerable people in Brighton and Hove, over recent years, the club has also established sessions on 24 tables in prisons and a detention centre outside of the city.

In Brighton and Hove, there are now 30 outdoor tables in 15 different locations and there has been a significant rise this summer in the number of people taking advantage of the coached sessions offered by BTTC who put their coaches and volunteers to immediate use at lock-down, creating a food hub and also providing free sessions for the community on these outdoor tables as soon as they could.

Places that have really taken off with ping power are at the popular Bandstand location, with the attractive backdrop by the sea; The Level where enthusiasm and play guidance there has provided lots of pro-active social activity and attracted many new players; and of course on the tables by the club in Kemptown.

As a result, Brighton and Hove is a great example nationally of how the outdoor Ping! tables have really put the sport on the map, in spite of the pandemic. Known to be one of the most accessible and exciting sports, helping both physical and mental agility for all ages, the fun and fitness available this summer through these sessions has been a happy antidote to sedentary social isolation for so many people.

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