



Play at Home boost for isolated families

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Table Tennis England is once again taking the game to some of the most isolated and inactive members of society during the lockdown.

We are working with local partners around the country to distribute 'play at home' packs directly to families and others who have been negatively affected by the pandemic.

Research commissioned by Sport England in 2020 showed that older people, people living alone, those with long-term health conditions or disabilities and people in lower socio-economic groups have been less active during covid-19, and the gap between their activity levels and the rest of the populations is continuing to grow.

Having previously provided play-at-home packs during lockdown 1.0, this time around, we are working alongside community partners in Birmingham, Blackpool, Leicester, Nottingham, Manchester and Worthing to distribute more than 150 packs.

The packs include table tennis equipment alongside information on how to play and gain access to a wide range of online [Play at Home](#) content, including virtual and TT Kidz Live sessions and 'Ping Pong Pointers' produced specifically while we all stay at home.

As we emerge from Lockdown, there are plans to try to increase the number of outdoor tables available to the public and to provide them in more localised communities to support access for marginalised groups.

Table Tennis England's Partnerships Manager, Colin Eley, said: "As we find ourselves in another lockdown, it is important continue to provide opportunities for people to be active through table tennis, and to support health and well-being among those perhaps more negatively affected by the pandemic.

"Table tennis and the range of [Play at Home](#) resources created as result the pandemic, makes for a little light relief while people remain at home, whilst providing an opportunity to keep active."

During the first lockdown, Table Tennis England worked with partners to [distribute almost 1,500 play at home](#)

[packs](#) in areas of deprivation.

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