



## Make friends and keep fit when you Return to the Table!

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When you get back to playing table tennis, you can do so with confidence and motivation, no matter what your age or experience!

This week, our Return to the Table campaign focuses on opportunities for older people to get involved in table tennis.

Clubs across the country offer a huge range of opportunities for players at all levels, from beginners seeking a more active lifestyle to those who would like the chance to play competitively.

Table Tennis England provides programmes which clubs can tap into to recruit new participants and volunteers.

Programmes like Bat & Chat, which is an organised social session for individuals who are 50 and above and provides participants with the opportunity to enjoy table tennis in a friendly and relaxed environment.

These sessions are a perfect way to return to table tennis following the pandemic, and can help tackle social isolation and physical inactivity.

[Clubs can sign up to Bat & Chat by clicking here](#)

We also have Back to TT – a social session which aims to help clubs and/or leagues encourage new or existing players to return to table tennis in a friendly and welcoming environment, providing a great overall experience back into the game.

This type of session is particularly relevant following the recent pandemic and can enable players to gradually return following a long and enforced break.

[Click here to sign your club up to Back to TT](#)

Volunteers are really important to our sport. There are lots of different reasons why people volunteer in table tennis but they all say the same thing: it's one of the most rewarding experiences you can have! [Click here to start your volunteering journey.](#)

Remember, there's still time to join the list of clubs, leagues and other organisations around the country which are planning a special event during our celebration fortnight starting on Bank Holiday Monday!

Remember, all events will be entered into a prize draw and the organisers could **win a £500 grant or a visit from a top England player** to their venue!

And we're offering further spot prizes – event organisers who post footage or photos from their event on their social media platforms, or send us the footage to post on our channels, will be entered into a draw to win one of two £50 equipment vouchers and one TT Kidz awards starter pack.

[If you are interested in hosting an event, click here to let us know](#)

We have also produced a digital toolkit, including posters and other promotional material, to help you re-engage with your members and promote your activities.

[Click here to request a digital toolkit](#)

Here's where events have already been organised – from as far afield as Falmouth and Darlington!

The Return to the Table campaign runs until September 27th – to find out more about it, including our celebration fortnight from August 30 to September 13, [click here.](#)

Remember, over the course of the campaign we are offering **FREE access to the online TT Activator Award**, which would usually cost £35, to valid members of Table Tennis England.

The online TT Activator workshop has been designed to provide all TT Activators with the tools to run fun and engaging activities in various playing environments. The workshop will provide you with the opportunity to learn the rules of table tennis, the basic technique and some fun and engaging game ideas. It will also give you some tips to ensure inclusivity, allowing everyone to participate regardless of their age, gender, health or ability.

[Click here to book a place](#)

We recently held a 'running a celebration event' webinar – watch the webinar below.

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