

Table tennis club helping people with dementia

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Some of those taking part in Games for the Brain at Bishop Auckland

Bishop Auckland Table Tennis Club, in collaboration with Alzheimer's Society, are taking part in a six-week *Games for the Brain* pilot scheme involving table tennis and other indoor sporting activities.

Games for the Brain sessions are an opportunity for people living with dementia to continue with activities they enjoy or to take up new hobbies. It will also offer the opportunity for carers to socialise with people who are in a similar situation.

Early intervention is key when dealing with neurological conditions such as Alzheimer's or dementia. Research shows that exercise and table tennis in particular can have a positive impact on well-being and can help people live better with dementia.

Matt Porter, Chairman of Bishop Auckland Table Tennis Club said: "We're really pleased to be working with Alzheimer's Society on this pilot, there's a lot of research going into the benefits of Table Tennis in relation to Alzheimer's and we're pleased to be able to offer local people with the condition the opportunity to get involved."

As men with the condition seem to find their experiences more challenging than women, increasing their feeling of isolation, the project is predominantly focused on supporting men and younger people living with dementia in County Durham.

Claire White, a Dementia Support Worker at based at the Alzheimer's Society Chester-le-Street office, said: "More than 6,800 people in County Durham have dementia and, with this figure set to rise, the Alzheimer's Society is exploring new ways to help people who are living with the condition.

"*Games for the Brain* will be a really enjoyable project in lots of ways enhancing the health and well-being of people living with dementia."

For more information about *Games for the Brain* contact 0191 389 0400 or email Claire.white@alzheimers.org.uk

For more information about Bishop Auckland Table Tennis Club, contact 07411 018856 or email mattporter1@live.com

Matt Porter

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