



## 'Bat and Chat' launches at Leeds Active Ageing Expo

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The official launch of the new city wide 'Bat and Chat' project took place today at the Leeds Active Ageing Expo event at the West Yorkshire Playhouse. Over sixty delegates attended the event where advice on how physical activity can help defy the ageing process was given. Table Tennis was one of a select few activities on offer and the workshop staged the 'Never too Old for Gold' movie whilst giving a taster session on how Table Tennis is beneficial to both physical and mental well-being.

Development Officer for the North, Sally Shutt commented "Our relationship with the Leeds City Council Public Health Department has been really useful to use Table Tennis as a means of showing how our sport is a fantastic way to improve co-ordination, balance and strength to support the city's plan to be the 'Best place to grow old in'. This is the launch of our new project that will see Table Tennis take place in sixteen new community settings across the city to engage older people in our great sport."



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