



## Tuck by Truck play Table Tennis

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Tuck by Truck, in Herne Bay, have taken up break time table tennis as part of Table Tennis England's Priority Zone work in East Kent.

Tuck by Truck provides self-service snack trays for the workplace. It is an enterprise run by the charity [MCCH](#) which supports people with a learning disability, autism or mental health need to access work opportunities.

Two Instant Ping! Pong Packs have been supplied to the company, which are set up in the large storage area in the facility. The packs are used daily in break times at 11am and 1pm to encourage individuals to participate in a physical activity. This workplace activity helps to contribute towards their ambition of achieving the [Kent Healthy Business Awards](#).

Karen Smeed, Team Leader at Tuck by Truck said "Everyone is enjoying the opportunity to participate no matter what level of ability they are. Coordination and dexterity skills are improving along with increasing confidence and an interest to try something new, whilst encouraging physical activity."

Table Tennis England is seeking other similar opportunities to develop table tennis in the districts of Medway, Canterbury and Thanet in Kent. For more information, please contact Kieron Pelling, Development Officer, Table Tennis England by phone on 07972 222096 or email at [kieron.pelling@tabletennisengland.co.uk](mailto:kieron.pelling@tabletennisengland.co.uk)

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