



Table Tennis Day harnesses power of Mind

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Table Tennis England is joining forces with Mind, the mental health charity, for National Table Tennis Day.

The partnership will focus on celebrating the sport, raising awareness of mental health and boosting fundraising for the charity around the Table Tennis Day festivities on July 12.

Announcing the partnership, Table Tennis England Head of Commercial, Mark Taffler, said:

Given the increasing amount of scientific evidence that playing table tennis contributes to positive mental health, this is an authentic partnership between two organisations with much in common.

We're delighted to join with such a respected national charity and to do our bit to support its amazing work, while also promoting the benefits of an active lifestyle in general and playing table tennis in particular.

Lack of physical activity is linked to depression, while people with severe mental health problems are more likely to be inactive.

Conversely, regular physical activity can reduce the risk of depression, reduce stress and anxiety and improve self-esteem. The Mental Health Foundation has reported that research has found low-intensity aerobic exercise such as table tennis is best at increasing positive moods.

Kathleen Miles, Director of Fundraising at Mind, said:

We are hugely grateful to Table Tennis England for choosing to partner with Mind and for helping to ensure that we can support the one in four people who experience a mental health problem in any given year.

We know that the many benefits of physical activity on both mental and physical health means sports like table

tennis can play a fantastic role in boosting people's overall wellbeing.

Money raised over the course of this partnership will allow us to continue to be there for people who need it, when they need it the most and to fight to make sure that everyone with a mental health problem gets the support and respect they deserve.

National Table Tennis Day this year seeks to get one million people playing the sport on the day, in clubs, schools, workplaces and other organisations.

The main event will be at MediaCity in Manchester, but there will be hundreds of smaller events all over the country.

Anyone visiting MediaCity on the day will have the opportunity to donate to Mind. In addition, the toolkit which we will be sending out to clubs, workplaces and schools, will include a Mind money box to collect donations.

If you would like to request a toolkit, please contact marketing@tabletennisengland.co.uk

The partnership with Mind initially covers National Table Tennis Day, with a longer relationship between the two organisations under discussion.

Mind, the mental health charity, provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Mind has a confidential information and support line, Mind Infoline, available on 0300 123 3393 (lines open 9am – 6pm, Monday – Friday). For more about Mind's sports work see mind.org.uk/sport

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