**STANDING SITTING TENNIS:**

**FOR FUN, ACTIVITY AND CHATTER**

**What is Standing Sitting Tennis?**

**Standing Sitting Tennis is a fun, interactive and sociable activity session for older people. It is loosely based on tennis. It uses short rackets, sponge balls, and small portable tennis nets and is played inside. The sessions are created and run by Fiona Murphy (Dementia Friend)**

**Who is it suitable for?**

**It is suitable for older players, maybe with/without dementia. It is appropriate for anyone who would like to give it a try. It can be played either standing or sitting, or a mix of both. It is suitable for wheelchair users. No previous experience of playing tennis is required**

**Where and when will it take place?**

**It will take place at the William Venton Centre, 8 Memory Lane, Plymstock, Plymouth PL9 9GH. Tuesday afternoons, starting at 3 pm the first session will be on the 11th September 2018. It will run initially for 6 weeks. Each session will be 45 mins of activity, and 15 mins for time to chat afterwards**

**What is the cost of the session?**

**The first 6 sessions will be FREE**

**How to join the session?**

**Booking is preferable but not essential. Please just wear suitable foot-ware, preferably NOT slip on shoes. Please reserve your place by phoning Age UK Plymouth on 405632**

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**Who will take the session?**

**Fiona Murphy will run the session. She is a level 2 qualified LTA (Lawn Tennis Association) tennis coach. She was a physiotherapist working in rehabilitation and elderly care, within the NHS. As a Level 2 coach, she is insured, first aid trained, and DBS checked**

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