

Table Tennis and Walking Football for older people in Blackpool



Inspire & Include

As part of our Inspire & Include project we are pleased to offer an over 50's Table Tennis session.

Sessions are held at Moor Park Leisure Centre each Wednesday
2.00pm – 3.30pm.

The first session is free then it is £3.50 each session after that.

No previous experience or equipment is required, just come down and play.



Table Tennis Partnership

- Table Tennis England made the initial contact
- Unaware of any over 50's sessions
- Fun activity that everyone can participate in!
- Trained coach working in the local area



The process

- Initial meeting between Age UK Blackpool and Table Tennis England
 - How would the session look?
 - Who were the target audience?
 - Where would we hold the session?
 - What equipment would we use?
 - Who would deliver the session?
- Table Tennis England were able to advise us on the best way to proceed – they were the experts!



How Table Tennis England Helped us...

- Activator Training course
- New Equipment
- Coaching tips and tricks!
- Promotional Material
- Signposting to our session
- Regular contact & support



Our session now...

- Self sustaining
- Weekly 1.5 hour session
- Regular attendees
- 5 tables set up each session
- Varied activities
- New players
- Social element



Some of our players...



Walking Football

- Formed in 2013
- Partnership with BFC Trust and Sport Blackpool
- Local sports centre facility
- Self sustaining
- Increasingly popular
- Very competitive!
- BBC coverage



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How 'walking football' is helping men with mental health problems

19 May 2016 Last updated at 10:02 BST

More than three million people over the age of 60 have depression, and the charity Age UK says four out of five of them receive no help from the NHS.

A survey by the Mental Health Foundation suggests that relationships

Related video / audio



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'Privileged to be part of a revolution'
19 February 2016

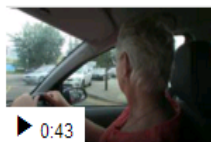


2:13
Male mental health suicide 'rise'
22 July 2015



2:25
Older men mental health action call
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0:43
Yellow box road rage caught on film
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1:04
Levi Roots: 'Why I gave up the hustle'
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0:47
Woman, dog, crocodile...
8 hours ago



1:40
Prince's big goodbye wave to Canada



3:59
Absolute end to free movement of people?



2:36
Type 2 diabetes in children on the rise

The Future...

- Maintain existing, self sustaining sessions
- Continue successful partnerships
- Listen to our clients for any new sport/activities
- Keep promoting
- Social element at each session

