



SAINTS TABLE TENNIS CLUB



The club aimed to support people with Parkinson's disease through the running of table tennis sessions dubbed "ping pong parkinsons"



Research has shown that sport can often be beneficial to those with the disease

8 men and 4 women attended relaxed sessions where there was no pressure on play



CLUB SUCCESSES

- The initiative has a large group playing consistently and over the course of the sessions there have been significant improvement in the group members' overall fitness. At the beginning, some were only managing 15 to 20 minutes before needing rest.
- As the sessions have progressed, many are playing for the full session with the coach noticing significant improvements in their symptoms in their downtime as well.

**SPORT FOR CHANGE INCLUSION THEME - INACTIVE TO ACTIVE
PARTNER - PERTH PARKINSONS SUPPORT GROUP**