

Table Tennis Report by Ruth Lapworth

Our very friendly group meets once a week. Numbers vary depending on players' other commitments. It is now the start of the holiday season for those of us lucky enough to be able to go away and not have to rely on school holidays. This means that some weeks numbers might be low but as long as there are 2 of us we can have a game! Mostly we play doubles but the occasional singles match is also played, often with the tally of previous wins or defeats in mind to seek revenge.

Why play table tennis? It is a great game, can be played at various levels depending on agility and technique and is FUN. Table tennis is included in an increasing list of activities that can be beneficial to your health. Recently it has been proposed that table tennis may help in delaying the onset of dementia. This is because of the complex neuronal connections required to ensure coordination for appropriate movement, judging where to place the ball, hitting it to land on the other side of the net (hopefully in the designated place) and then moving out of the way for your partner to return the next shot if yours wasn't a winner!

If you would like to learn the game, improve your skills or just have a bit of fun, please contact Peter Singer (pandjsinger@btinternet.com) **07508 663998**. All are welcome, whether you play regularly, have not played for some time or have never played before.