

**Table Tennis Group**  
**Report by Celia Chapple**

March 2020

We have recently agreed to raise our subs to £2 per session so we can have two tables, which enable us to play singles and doubles games while others can practise serves and shot techniques.

Some people express doubt that they have the necessary hand-eye co-ordination to play a game of table tennis. Hand-eye co-ordination is like any muscle – if you don't use it you lose it. Playing table tennis is exactly what you need to improve your hand-eye co-ordination, and it will also strengthen and improve your suppleness. We start losing muscle mass in our 30s, so you have a lot to gain by staying active now, and table tennis is a gentle way to do it.

There is much laughter and occasional despair during our games, with moments of utter amazement at some of our shots - good and otherwise!

New members are welcome. We play every Friday at 3.00pm at the Teesdale Leisure Centre, Barnard Castle. Players bring their own bats but you can use the Centre's bats too. If you are not sure about joining the group for a game, come and sit on the bench and watch for a while.

Please call or email me before you come. Contact Celia Chapple 07783 419067 or email: [tabletennis@teesdaleu3a.org.uk](mailto:tabletennis@teesdaleu3a.org.uk)