

T3 Ping Pong carries out study with sufferers of stage 3+ Alzheimer's
in support of World Alzheimer's Month, September 2016

T3 is the evolution of ping pong/table tennis into a **team sport**. There are **three** or **six** players per team and it follows similar rules to the traditional game, but it is played on a circular table. The game can be played either standing or seated and has been a great success within multiple sectors.

T3 toured a range of Inner London Care & Residential homes, following a growing number of studies that have clinically proven ping pong helps delay the advancement of Alzheimer's and dementia. We knew we had a table suitable for seated play, but how suitable would it be for those with physical or mental disabilities or those already at stage 3+ of the disease. The only way to find out was to carry out our own study.



After an initially cautious response from a number of onsite physiotherapists, we were advised that 30-45 minutes of play would be plenty. We discovered that it wasn't just about the physical and mental health benefits of ping pong that were experienced, but with T3 came something extra; an overwhelmingly positive emotional reaction to the game.

After an average time of 1 hour 20 minutes per session, time and time again the implementation team witnessed the fun and joy experienced by the participants, with many first time players of advanced Alzheimer's and dementia getting to grips with returning the ball after 30 minutes. Feedback included that they 'enjoyed participating', 'would like to play again' and 'had fun', so much so that 50% of the table were happy to stay on and play, with others wanting to return after lunch.

The T3 Academy is a charitable organisation that has been set up to help senior citizens, those with special needs and para players enjoy social and physical activity through participating in T3 Ping Pong. All of the funds that we raise go directly towards running free or subsidised sessions, classes and events primarily in the London and Greater London area. However, the charity does support and facilitate some events outside of London.

Digi Berry, Founder said *"...don't write them off just yet. Even at 97 with Alzheimer's, they'll surprise you every time. The activities managers, daily carers and relatives even got it wrong when it came to the fun of T3"*

T3 Ping Pong, it seems, is one of the best activities to choose from, in the fight against dementia. The results so far have been fantastic and we hope to continue spreading this success throughout care homes in London.

Remember 'World Alzheimer's Day', September 21st 2016.

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Notes to Editors:

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