

World Alzheimer's Day 21st September 2016

T3 3-a-side Ping Pong joins forces with Hill Homes Senior Care home for Phase 3 of their research into the benefits of ping pong on those suffering with Alzheimer's and dementia.



To celebrate World Alzheimer's Day T3 ping pong and Hill Homes, a residential care home in North London, are delighted to announce that they will partner for stage 3 of T3's research into the benefits of playing ping pong on those suffering from Alzheimer's and dementia.

Q: How is T3 ping pong different to traditional table tennis and why is it better for elderly players?

A: T3 ping pong is 3-6 a-side played on a round table. This means that more players can play at the same

time and they can surround the ball, so it is less likely to leave the table. They can also play seated!



No special chairs are required they either use a standard TV/lounge chair or a wheelchair. For this reason it has been possible to work with very elderly and advanced sufferers of the conditions which would be impossible with a traditional table.

Research results so far have established:

- The best exercises and games to play by physical and mental ability/condition.
- Which bats are more suitable for which players depending on their physical agility and mental ability. This has led to the development of a special

'Senior T3 bat' being designed from the research findings in Phase 2 of the study. It is being progressed with the help of Stag International (India's biggest table tennis and bat manufacturer and sponsor of more Para Olympic table tennis players than any other brand. The two brothers who own the company also used to play table tennis for India so know the sport inside out!)

- The best ball colour, weight, material and size depending on the player's physical agility and mental ability
- The best seats for seated play
- Optimum time per session and activity structure
- The remarkable benefits to the social and emotional wellbeing of the participants.

Phase 3 – what's next...

12 week Study starting this week into;

- The clinical benefits of playing and ideal frequency
- The psychological benefits of participation and their longer term effects
- The social benefits of the game and the residents and carers with in the care home
- The rates of improvement amongst participants over the research period

We are delighted to be partnering with T3 on the third stage of their research. And look forward to seeing the benefits of the game rub off on more of our residents! So far the response has been incredibly positive it has surprised us all. This could be our 'Awakenings'!

Jay Patel, Health & Wellbeing coordinator, Hill Homes

- Ends -

Notes to Editors:



T3 Ping Pong 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.

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.

Hill Homes was established in 1944 and is based in North London. It provides personalised, bespoke, 24/7 services to its tenants, allowing them the opportunity to live in a home for life, and affording them their independence. As well as the core care and support service, additional care hours are available to cater for a tenant's own particular needs. Social activities such as arts & crafts, , quizzes, exercise, trips, discussions, afternoon tea, communal meals, and more are organised weekly, with hairdresser, laundry and internet-connected computer terminals all on site.

As an extra-care supported housing scheme, all tenants must be over 65 and have a need for a basic level of care (at least seven hours per week) as well as some support in day-to-day living; tenants can thereafter be provided with as much or as little additional support and care as they personally require.

At Hill Homes, we exist in order to help give older people the opportunity to live in a home for life. We believe in the right to independence and so our care and services are not "one size fits all" but personalised and bespoke, dependant on the needs of each tenant; we aim to provide whatever is needed in order to enable our tenants to live their lives in the way they wish.

For more information, interviews, press calls or images please contact:

Jason Garcia

E: Jason@t3pingpong.com

T : +44 (0)203 637 6282