

## **FREE Ping Pong Tables with ‘T3 Bounce Back’**

The T3 Foundation launches a “Free Table Register” as part of Dementia Awareness Week. They are inviting all care homes and special centres, in need, to register for a **FREE** T3ONE70 ping pong table, to be fulfilled by a local sponsor.

T3 Pong Pong is 3-a-side team table tennis that can be played seated, so is ideal for residential care homes and communities where many of the occupants use wheelchairs or require assistance with walking/standing. Unlike traditional table tennis tables, the circular T3ONE70 indoor table has individual static legs, making equal space for the six players. They can participate seated in ordinary lounge chairs or a wheelchair. However, if the group is mixed with some players preferring to stand, both seated and standing players can play as one team!

The T3 Foundation has also created a unique table tennis bat, the **T3SuperLite**, that is almost half the weight of a traditional bat and includes special features to assist those with less agility and strength. The bat is also the least visually distracting, so players can focus better on the ball at a distance. And with one side of the bat varnished wood, it creates a distinctive sound on impact with the ball, helping players again, focus on the ball.

The **T3 Bounce Back** scheme aims to connect local companies or individuals who would like to sponsor a table for a care home or special centre in their area. Thus helping those on their door step, living with dementia, Alzheimer’s or special needs, enjoy the benefits of T3 Ping Pong.

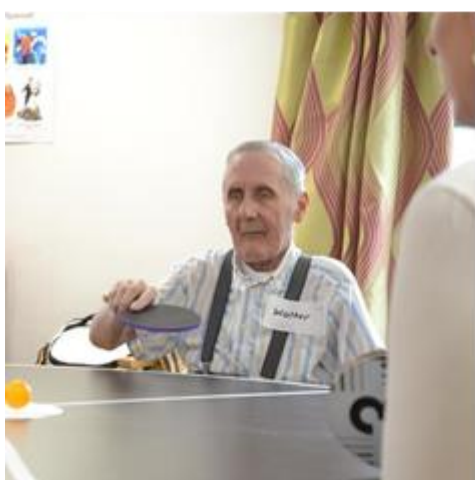


### **How to Sponsor:**

We have a database of applicants for tables from all over the country, so if you’d like to sponsor a table in your area or nominate a company to do so, **PLEASE GET IN TOUCH NOW** and we’ll let you know which request is nearest to you!

To sponsor a table (including special starter kit) costs **£650.00** (And if you would like to add a personal dedication/message to the table, or a company logo, this can be arranged by special order. Cost TBC on request.)

For more information please contact us at [enquiries@t3-foundation.org.uk](mailto:enquiries@t3-foundation.org.uk) or call +44 (0)203 637 6282 with your details and post code so we can identify the nearest table applicant to you! Thank you



Ends -

## Notes for Editors:

For more information or images please contact:

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## What is T3?

T3 Ping Pong is a game of TEAM table tennis with 3 or 6 players per team. It follows similar rules to the traditional game, but it is played on a circular table. The distinctive round design and specially constructed net are the foundations of a game which offers a greater range of shots increasing the scope for some spectacular rallies. T3 represents the biggest change in table tennis in over a hundred years and as such was awarded 'FINALIST' at the ISPO 2016/17 Brand New Awards in Munich.

In 2015 T3 started to explore the benefits of seated 3-a-side ping pong amongst those living with Alzheimer's and dementia. The benefits were way beyond anything they had expected and led to the need for a dedicated division in the shape of the T3 Foundation to further explore benefits.

## T3 Foundation



Established in early 2016, the T3 Foundation is a non-profit organisation set up to improve the health and well-being of our elderly, in particular those living with Alzheimer's and dementia. The results since our first care home visit have been astonishing. Our objective is now to get T3 tables into as many care homes and special needs centres around the UK as possible, so more people of any age and with any kind of disability can enjoy the benefits of seated 3-a-side ping pong.

*A few quotes from Care Home Managers and Health & Well Being Managers and Coordinators on implementing T3 Ping Pong at their care homes;*

*"It was a really great day! I underestimated our residents on how able they were to play the three a side game comfortably sitting on their chairs. The best moment I would say was when a lady decided to play after saying no and then saying afterward: "I had a terrific afternoon". Sometimes they just need a bit of time to realize they can do something free of pressure to perform well. Thank you T3 and Barclays for the lovely and funny afternoon"*

*. '...it's the best thing I've ever come across in Health and wellbeing, I don't know why there isn't one in every care home!'*

*"It's a miracle game for the elderly. I've never seen my mother so engaged since she came here 2 years ago...excuse me, watching her is making me cry, I'm so happy for her!"*

*"Residents were able to play from familiar seats and wheelchairs, which meant they could compete for longer periods"*

*"Everyone without exception enjoyed the event. I've never seen them so engaged with each other too - there's a lot of banter, and noise!"*

*"Straightforward, simple and easy to use, designed to cater for disability"*

*"It's important that in care homes people are kept stimulated, active and engaged with their peers. I'd like to see more activities rolling out across the entire of Islington's care homes, including ping pong."*