

## **T3 Foundation launch unique Table Tennis bat, specially designed for those living with Alzheimer's and dementia**

Following the amazing success T3 3-a-side Ping Pong has had with its T3one70 circular table in UK residential care homes, they soon realised that even though the table was perfect for seated play, the traditional table tennis bats were not. T3 set about finding a solution for their enthusiastic participants.



Two years on, and after improving and testing numerous prototypes, the T3 Foundation believes it has created the ultimate table tennis bat for those living with advanced stages of Alzheimer's and dementia.

Because the bat was carefully targeted and tested by players who usually had more than one mental and/or physical condition to deal with, its design takes into consideration such things as limited mobility and flexibility, as well as strength. By using the new T3 SuperLite bat, participants can play for longer, but better still, many of those who could not participate before can now join in.

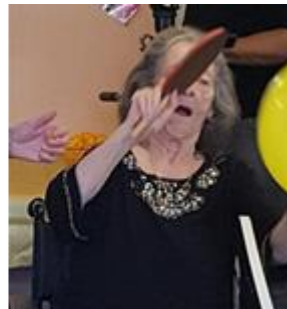
Digi Berry, T3 Founder and the passion behind the new bat said *'For me it's a vision come true! After all the tests and tweaks, it was amazing to finally see the new bat being handled with such ease at the St Anne's care home. No more drooping wrists or tired arms, just lots more laughter!'*



The new bat has many unique features including its distinctive shape and colour, all designed to help minimise visual distraction and reduce any physical hyper focus that can be experienced when using any type of hand extension equipment. The bat is also designed to assist those who are hard of hearing, thanks to its solid side.

*'...One of the more challenging things to get right was the new handle and blade shape while still achieving the optimum weight of around half that of a traditional table tennis bat, but we got there in the end!'* added Digi Berry.

(The T3 SuperLite bats will be available in the UK in time for the start of Dementia Awareness Week, 14-20 May and sold singly £7.75 each or in sets of 3 or 6).



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## Notes for Editors:

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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'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."*