

CHILDREN LIVING IN POVERTY & INACTIVITY

How can table tennis help?



THE FACTS - CHILD POVERTY

30% of children in the UK are living in poverty



67% of these have at least one parent who works



LONDON

has the highest rates of child poverty



on average of children in the least affluent families do fewer than 30 minutes of activity a day

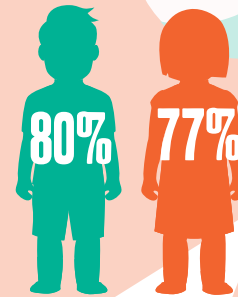
39%

CHILD INACTIVITY



Nationally **82.5%** of children are active for less than 60 minutes per day

20% OF CHILDREN IN YEAR 6 AND 10% IN RECEPTION ARE CLASSED AS OBESE



of boys and girls are not meeting national recommended levels of activity

75% of mental illnesses start before the age of 18



WHY TABLE TENNIS?

93% OF ALL CHILDREN SAID THEY LIKED BEING ACTIVE



IT'S AFFORDABLE

- You don't have to spend a fortune playing table tennis
- There are loads of FREE places to play - check out the PING! map

WWW.PINGENGLAND.CO.UK

PLAY HOW YOU WANT

- You don't need special clothing
- You can play anywhere - indoors and out
- You don't need to know the rules or have coaching to be able to enjoy the game



IT'S ADAPTABLE

- Suitable for everybody
- No barriers to play

IT'S GREAT FOR KIDS

- Good exercise
- Develops social skills
- Builds confidence and self-esteem
- Really good fun!



IT'S FLEXIBLE

- Easy to deliver in short bouts
- Fits easily into everyday life
- Space efficient



References: www.endchildpoverty.org.uk
www.sportengland.org
www.sportandrecreation.org.uk #RightToBeActive

To find out how you can bring all the benefits of table tennis to your community visit: www.pinginthecommunity.co.uk