



The Benefits of Table Tennis in Care homes

Health Benefits

The constant decision making and concentration required to play increases blood flow to the brain and enhances motor skills. Vision is stimulated and table tennis is a great low-impact aerobic exercise. Combined these benefits promote a healthy body and mind.



Social Impact

Also clear from the research is that the social aspect of the game helps lift ones mood and reduces negative emotions. People of all ages and abilities enjoy table tennis (most tables are wheelchair friendly).

Helping Alzheimer suffers

Studies have shown that the increased blood flow to the brain that occur while playing table tennis is helping Alzheimer suffers. This picture shows a SPECT scan (Used to measure blood flow to the brain) of a 62 year old male before and after table tennis therapy.

A SPECT scan is used to measure blood flow in the brain.

SPECT of a 62-year old male

Before



After Table Tennis Therapy



Good quality tables' start from just a few hundred pounds (one-off cost with no ongoing expenses). They are very easy to fold up and manoeuvre for storage.

Table tennis offers the activities / wellbeing staff another excellent pass time for your residents.

Please Get in Touch for Friendly, Expert Advice!

E-mail: sales@tttables.co.uk

Telephone: 01371 875000 Fax: 01371 875099



Cornilleau Sport 250 Indoor Table



The Sport 250 has a very good playing surface, a net with tension adjustment (which can be folded away when the table is put in its storage position). It also has a neat, tidy storage position with ball storage. The 250 has Cornilleau's patented DSI system, the industry's quickest and safest folding system. The Sport 250 has a three-year warranty. The frame and legs are strong and it boasts decent wheels (with brakes). This model also now benefits from having adjustable feet

- Suitable for indoor use only
- 19mm chipboard playing surface
- Ball storage
- Playback facility
- Leg levellers
- Fixed - Retractable net and post set
- DSI safety folding system
- Legs: Resin / steel insert, 90mm x 25mm
- Undercarriage: Steel & Thermoplastic Polymer
- Frame: Corrosion / scratch-resistant steel 30mm
- Wheels: 30mm x 150mm Double wheel with 2 brakes

Cornilleau Sport 250 Crossover Outdoor Table



The Sport 250S Crossover offers a Soft Mat-Top finish giving three times less glare. It has good weatherproofing and a fixed net and post set with tension adjustment which can be folded away for compact storage. It has a neat, tidy storage position and benefits from the industry's quickest and safest folding system. The 250S Benefits from a 10 year table warranty. The frame and legs are strong and it has good quality wheels (two of which have brakes). The benefits of the next model up (the Sport 300S) are that it has a slightly stronger frame and thicker legs.

- Suitable for indoor and outdoor use
- 5mm resin laminate Soft Mat-Top playing surface
- Bat and ball storage
- Leg levellers
- Playback facility
- Fixed net and post set
- DSI safety folding system
- Legs: Resin / steel insert, 115mm x 28mm
- Undercarriage: Steel & Thermoplastic Polymer
- Frame: Corrosion / scratch-resistant steel 40mm

Cornilleau 510 Pro Static Outdoor Table



The Cornilleau 510 Pro Static is by far the most popular outdoor static table. It is competitively priced, completely weatherproof and boasts an impressive 10 year table guarantee. It has a strong galvanised steel frame and a very robust steel net. This model is extremely popular with schools, colleges and holiday parks.

- Suitable for indoor and outdoor use
- 7mm resin laminate MATTOP playing surface
- Bat storage
- Fixed steel net
- Ball dispenser under table
- Legs: Strong steel bends with feet fixings
- Undercarriage: Galvanised steel
- Frame: Corrosion / scratch-resistant steel 60mm

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