

## Loose Valley Care Home residents enjoy games of table tennis



**At any age, the low impact game of table tennis (or 'ping pong') is great fun to play and our residents at Loose Valley Care Home really enjoy it.**

It's a fun social activity which is so **good for wellbeing** as it can boost happiness and morale, plus it's **wheelchair friendly**. Our lovely **Trevor, Doug and Grace enjoyed playing together** last week and it brought out the competitive side in our gents!

We used our dining room table with a net across and a bright orange ball to play. It was fast moving and a good physical exercise session for those taking part, including our Activities team members!

