Cheltenham Table Tennis Club is about to launch its new disabled people programme for the physically impaired on a Monday afternoon at the YMCA Sports Centre in Cheltenham.

The new education programme is funded by para table tennis and aims to foster inclusivity and provide equal opportunities for athletes with disabilities to excel in this dynamic sport. The programme is designed to cater to varying levels of ability, offering tailored training sessions, adaptive equipment, and expert coaching to help participants develop their skills and confidence. It also integrates a comprehensive curriculum that covers physical fitness, mental resilience, and strategic gameplay, ensuring that athletes receive holistic development. By creating a supportive and empowering environment, the programme not only promotes physical health and competitive spirit but also emphasizes the importance of teamwork, perseverance, and self-belief.

This initiative strives to break down barriers and will inspire a new generation of para table tennis players to pursue their passion and achieve their full potential.

If you are interested we would love to hear from you.

Anyone interested in the new sessions in Cheltenham are asked to contact Nick Davidson on Tel : 07798 558545 or email at [ndttcoaching@outlook.com](mailto:ndttcoaching@outlook.com)