

DEDICATED TO...OUR NATIONAL LOTTERY FUNDED COMMUNITY HEROES

It has been a tough time for our sport but Table Tennis Wales has never been prouder of *the clubs, coaches and volunteers that work hard to share this great sport with everyone.*

The commitment and kindness of our community heroes is this week being recognised by the National Lottery's *Dedicated To...* campaign.

Cardiff City Community Table Tennis Club – *which received a grant from the National Lottery - closed its doors when lockdown was announced and a staff member was furloughed. But behind the scenes, there was a great deal of work taking place.*

Coach Nathan Thomas explains:

"It took a lot of time just keeping up with the guidance and the different grants available. We are a registered charity and we pay a hefty rent for our facility, so there were two of us who spent most of our time just trying to keep the club afloat. Rhian Pearce CEO (TTW) provided information and signposting during this time which was really appreciated"

Nathan may have been fighting for the club's survival but that did not stop the team from keeping its members fit and motivated. Online yoga sessions were organised while members were also given lists of things they could do to maintain fitness levels and to develop skills.

The Cardiff club – which works with schools across Cardiff and offers inclusive opportunities for people with disabilities – was then able to reopen mid-August, thanks to funds from the National Lottery to purchase essential PPE:

"We were inundated with requests from members. We were limited to one-to-one coaching sessions and we have had to reduce the number of tables from 16 to nine to allow for social distancing. We set up email booking and a one-way system through the facility."

The club received National Lottery funding from the Sport Wales Be Active Wales Fund which was ploughed into PPE and equipment, works and lighting.

The club is crucial to the delivery of table tennis in the capital. As well as supporting juniors and players aged over 50, it also provides coaching to Paralympic gold medallist Rob Davies, three-time Paralympian Paul Karabardak as well as Anna Hursey who, at 11 years of age, became the youngest person to compete for Wales at a Commonwealth Games. She won the hearts of the nation when she competed at Gold Coast 2018.

With the help of National Lottery funding, thousands of grassroots sports workers and volunteers from local clubs and organisations across the UK, have been able to continue to help the nation remain active, happy and motivated during the Covid-19 pandemic.



Thanks to National Lottery players, £30 million is raised every week for good causes, many of which are supporting the most vulnerable in our communities across the UK during the Coronavirus crisis.