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On Tuesday 19 January we enjoyed some games of seated table tennis here at Woodstock Residential Care Home.

This is a new activity which we brought in for one of our residents **Alan**, as he's a former table tennis coach whose achievements include going to **China** to play in the **National Team** with his daughter Rachel!

Alan loved playing table tennis again and so did some of our other residents, which was fantastic to see.

We all know who to ask if we need any tips!