

FENLAND DISTRICT COUNCIL

PRESS RELEASE

March 11, 2024

Sign up today for the next free Fenland tea dance

Dance novices came together with long-time and still-learning dancers to enjoy the first in a series of free tea dances in Fenland designed to encourage healthy activity.

Thirty people took part in the Chatteris event and anyone with an interest in 'following their lead' can go along to the next event in Wisbech on Friday (March 15).

The tea dances are offered by Fenland District Council's Active Fenland, which secures grant funding to provide opportunities for people to live more active lives. They're part of a range of sessions for people who might face additional barriers to accessing exercise, funded by Cambridgeshire & Peterborough Integrated Care System (ICS).

The events include free entry, tuition and light refreshments.

Cllr Alex Miscandlon, Fenland District Council portfolio holder for leisure, said: "These tea dances are wonderfully popular events. Some people have very little dancing experience, others more. Some come alone, others with a partner and everyone is made to feel welcome.

"We'd encourage anyone with an interest in coming along to join in and sign up for any of the upcoming dates across Fenland throughout the year."

All tea dance events are 1.30pm to 2pm (free dance tuition), 2pm to 4pm main event. They are:

- Friday, March 15, at Wisbech Queen Mary Centre, Queens Road, Wisbech, PE13 2PE
- Friday, April 26, at the Eastrea Centre, 2 Roman Gardens, Eastrea, Whittlesey, PE7 2DF
- Friday, May 24, at Christchurch Community Centre, Upwell Rd, Christchurch, PE14 9LL
- Friday, May 31, at March Braza Club, Elm Road, March PE15 8NZ
- Wednesday, June 19, at Parson Drove Hall, Wisbech, PE13 4LA
- Friday, June 28, at Chatteris King Edward Centre
- Friday, July 26, at Wisbech Queen Mary Centre
- Friday, August 2, at March Braza Club
- Friday, August 16, at The Eastrea Centre, 2 Roman Gardens, Eastrea, Peterborough PE7 2DF

At the Chatteris event, accountant Kirsty Pointer, of March, aged 34, went along to support Active Fenland as a volunteer, helping as a dance partner for anyone who needed one and with refreshment provision.

She took a day out of work and made the most of her firm's employee volunteering scheme. Many firms offer this benefit to support the community.

She said: "It was a great opportunity to give back to the community."

Nicky Ward, Director of Strategy & Development at NHS Cambridgeshire & Peterborough, part of Cambridgeshire & Peterborough Integrated Care System, said: "We're delighted to continue to fund local exercise classes like these tea dances being held across Fenland, so members of our communities can attend them for free.

"As an Integrated Care System, it's important to us that we help people stay well for longer and preventing any future illnesses. That's why we actively encourage people to attend because dancing improves physical health and wellbeing, as it's an excellent example of a fun and sociable exercising experience."

ENDS

Photos:

Wisbech couple Dee and Paul Waring at Chatteris tea dance.

Some of the 30 people who went along to Chatteris tea dance group. Front, Dee and Paul Waring.

Whittlesey couple Tracey and Steve Davies at Chatteris tea dance.

The Active Fenland team at Chatteris tea dance, from left, Heidi Smith, Dawn Goodley, Heidi Lemmon, volunteer Kirsty Pointer.

In action: People enjoying the Chatteris tea dance.