



Media Release

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TEA DANCING GOOD FOR SOCIALISING AND FOR HEALTH

Tea dances at Jennyfields Styan Community Centre are not only great fun; they are also proving to be a good way of maintaining a healthy lifestyle.

Every second Wednesday in the month, the community centre is alive with the sound of tinkling from both music and china cups. And at just £2 a ticket, which includes a light buffet lunch, these events are extremely good value for money.

Staff at the centre have joined forces with Joan and Peter Gandy to organise regular tea dances at the community centre and they are proving very popular with residents.

Joan and Peter run dances across the district and believe they are a good way for people to meet, socialise and stay healthy. Peter, who also acts as Master of Ceremonies (MC), said: “In the words of a hit song currently in the charts by Ronan Keating - “if you get the chance to sit it out or dance”, we hope the people of Jennyfields will dance. This is a great way to meet and make friends and, of course, it is good gentle exercise. Loneliness can lead to ill-health. But with events like this right on the doorstep, there is no need for people to be on their own.

“Part of my MC role is to encourage dancers to get up and try simple sequence dancing, which has a flexible base of ballroom steps. But we include a variety of dances to suit everyone’s tastes. Dancers only have to tell us, we are just as happy with the quickstep or the foxtrot, as we are with barn dancing. But, as they say, it does take two to tango and a few more men would be welcome as partners for some of our unaccompanied ladies.”

The next two dances will be on Wednesday 10 November and 8 December, from 1.00-3.00pm. The £2 entry charge includes tea or coffee and a light buffet-style lunch prepared by Ray Kidd, a retired chef. Please come along and you can be sure of a warm welcome. Everyone can join in – if you can’t be persuaded to dance, come for a friendly chat and refreshments.

For more details, please contact Jennyfield Styan Community Centre on 01423 521667 and speak to Shelley or Gavin.