



AFFILIATED TO THE
rscds

NANTWICH & DISTRICT SCOTTISH SOCIETY

Founded September 1958
Summer 2021



Back to dancing...!

We are all looking forward – we're sure you are too - to getting back to some sort of normality and being able to socialise with friends and take part in our favourite activities.

We have prepared a programme of events for the 2021 – 2022 Season. Eileen has been working with the Wistaston Memorial Hall Management Committee, making sure that we are aware of their requirements for re-opening the Hall. Our Dance Instructor, Liz, is putting together a teaching programme that will ease us back into dancing after a very long break.

We hope you will renew your membership and that we will see you in September.



Your Committee

13 August 2021

Liz writes....

I dare say we will all be a bit nervous about mixing again and at the same time quite excited about meeting up and taking part in a hobby we love.

We have not danced for more than a year and it is inevitable that our fitness level will be reduced. This puts us at risk of injury – muscle strains or even falls. So be careful!

- Classes will be **shorter** when we return – 7.30 to 9.30 p.m.
- Each class will start with a gentle **warm-up** and there will be a **cool-down** at the end. Please try to arrive in time for the warm-up. It's important!
- If you prefer to **walk** briskly, rather than perform the steps, please feel free to do so.
- There will be opportunities to **rest** between dances. You won't be pressurised to dance if you are tired.
- We will start with straightforward, well-known dances and avoid strenuous movements and 'memory tests'
- We have decided not to break for tea. Please bring your own drink/refreshments.

Feeling unfit?

There are some precautions you could take in advance of the 6th of September if you have done no dancing for a while. Some common sense suggestions are listed below.

- ✓ Go for a brisk walk on a daily basis. This will increase your heart rate and improve your lung capacity.
- ✓ Play some music and march on the spot for a few minutes at a time.
- ✓ Circle your ankles in both directions while sitting watching TV or reading the paper.
- ✓ While standing roll your feet so that your weight is on the balls of your feet - one foot at a time.
- ✓ If you want some inspiration, take a look at the RSCDS website – www.rscds.org. There are many recorded classes available which you could have a go at. If you Google 'RSCDS online classes', you will find many recordings of the weekly Zoom sessions.

And now a note about Coronavirus Safety – based on guidance received from Wistaston Memorial Hall, who are in turn advised by Cheshire East Council and ACRE

Although most of us are by now fully vaccinated and infection levels appear to be reducing, there is still some risk of asymptomatic transmission of the virus. There's a number of things we can all do to minimise the risk to ourselves and others.

1. If you have symptoms, or if you have been in contact with someone who has symptoms, **DON'T COME TO CLASS**. (Even if you suspect it's 'only a cold'.)
2. Please tick the **Class Register** on arrival and make sure we have your contact details. **This is mandatory**. If you have a Smartphone, please *also* check in using the QR code displayed in the Hall.
3. Use hand sanitiser. This will be supplied by the Memorial Hall but bring your own if you wish. Please sanitise your hands *on arrival* and *between dances*.
4. We will open the windows in the Memorial Hall to ensure good ventilation.
5. The Memorial Hall has a one-way system – please enter via the Main Entrance and leave via the Holmes Room corridor (to your **left** if you are facing the stage).
6. If you wish to wear a mask or visor, this is your choice.
7. We won't insist on it, but it is a good idea to do a **Lateral Flow Test** a couple of times a week (ideally on the day of a class). At present these are available free of charge from pharmacies and some supermarkets or you can order them on line [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk) or by calling 119. The test kits being supplied at present are very easy to use – they do not require you to swab your throat, only nostrils, and you get a result in 15 minutes.

Christine

A Zoom Social to get us ready for the new Season

Mon 23rd August from 7.30 p.m. – Zoom Social to get us in the mood for dancing. There will be music, dances, a mystery quiz by Liz and a Q&A session, where you can find out more about our plans for a safe and enjoyable return to our favourite pastime. Meeting ID: **831 0264 4341** - Passcode: **276110**

Dates for your Diary – Peter Marshall's Dances

Sat 11th Sept 2021 – Charity Dance with Iain McPhail at Alderley Festival Hall

Sat 16th Oct 2021 – “Golden Wedding + 1” Dance with Nicol McLaren at Alderley Festival Hall – all members are invited. Please contact Peter for a free ticket.