

# Dancing to health and *happiness*

*Members of a long-running Weston club have found a great way to indulge their hobby while clocking up numerous health and social benefits.*

People who are looking for a new hobby which can help them make friends and keep fit could find exactly what they're looking for in a place they probably don't expect.

Weston's Hutton Moor Leisure Centre hosts plenty of sports and events, but few probably realise it is also home to a group of avid dancers who meet every week to keep fit and show off their fancy footwork on the dance floor.

The Candlelight Dance Club attracts people aged 40-plus and members also enjoy an active social life.

Marjorie Robertson has been running the club with her partner Reg Woodberry for 13 years.

The keen dancer used to run a solo club, but when the craze died out she decided to turn her hand to a new venture.

She said: "We've been doing it for 13 years. The average age of our

members is from 40 up to 97. They are all stalwarts and they come very week.

"I've got between 50 and 60 members. It's a good community with lovely social dancing. We do ballroom, Latin, line and sequence dancing – a mixture. We have different music every week.

"We used to run the solo club at the Grand Atlantic Hotel but people stopped going to solo clubs so we set up this on our own and it's going really well."

Dancing is a fantastic way to keep fit, keep your mind active and a great way to boost your mood.

Whether you're into swing, jive, ballroom or salsa dancing, the pastime comes with a wide range of physical and mental health benefits.

It increases muscular strength, balance and co-ordination, improves the condition of your heart and lungs, helps with weight management, builds stronger bones and reduces the

risk of osteoporosis, to name a few.

Joining a dance club can also help you widen your social circle and boost your self-esteem.

Marjorie added: "Dancing helps to keep people fit and it keeps their mind going. It's also a great way to interact with people.

"My favourite is ballroom dancing, but I'm starting to like sequence now too as it's gentle.

"The dancers don't only come to me, there are several clubs in Weston that do tea dances in this area.

"We are a social and informal club and welcome all ability dancers, in a friendly atmosphere."

Dances are held every Sunday from 7.30-10.30pm at Hutton Moor Leisure Centre.

The dances are open to people of all ages and abilities and entry is £5. The price includes tea, coffee and biscuits. ■

To find out more, visit [www.westonsocialdancing.co.uk](http://www.westonsocialdancing.co.uk)



NAME: Candlelight Social Dance Club.  
FORMED: 2004  
BASE: Hutton Moor Leisure Centre,  
in Hutton Moor Road, Weston.  
MEMBERSHIP: 50-60  
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