

Rose Cross - Cupar & St Andrews groups

July 2023



After 12 happy years of teaching Circle dance at Cupar and St Andrews, I am so thankful to all the many dancers who have danced with me during this time.

We have shared so many happy mornings at the Old Parish Centre Hall at Cupar, and also at The Boys Brigade Hall in St Andrews.

I have lovely memories of you all, which I will never forget, as they always make me smile.

Love to you all, Rose xx

10 November 2018

I am delighted that my weekly classes continue to be very well attended and the same has been true for our two fund raising events in the past year: **Children in Need** in November, and the **Hearing Dogs Charity event** in August.

On the latter event, I was pleased to share teaching with my newly trained teachers (Dee, Pamela, Jenny, & Marie), and also with Lynne, who teaches at Kinross, and Kate & Katie who teach in Edinburgh. I have been delighted to see dancers from both groups attending shared dance events at Cupar and also attending **CSCD** dance days further afield.

Teacher Training Club (Feb – June 2018)

This was a very successful venture I ran which consisted of 5 monthly training sessions, one of which was taught by my guest tutor Keryn Evely. My trainees were all enthusiastic and very keen to learn, and each embraced the challenge of teaching our helpful practice group, who very kindly gave their time to attend the monthly sessions. I am thrilled that the course has resulted in four new teachers who have now joined our CSCD network.

Since completing their training, I have been delighted to offer weekly teaching slots to Dee, Pamela, Jenny and Marie at both my groups, and they have all done tremendously well with their teaching. I feel wholly confident with their teaching abilities when they run classes in my absence.

Pamela is starting a new group at Stonehaven in January 2019, which I am sure she will run very successfully. More recently, Dee, Pamela and Jenny took part, as teachers, at the **CSCD Autumn Share Day** at Alva on 3 Nov 2018, where their teaching and newly choreographed dances were greatly enjoyed by everyone who attended.

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11 November 2017

I shall start my update with quoting from my final sentence written in 2015, which was

“My biggest wish now is that I might be able to teach someone else to start another Circle Dance group, so that the small seed I planted of wanting to share Circle Dancing will grow even bigger and spread even further.”

Well, I am delighted to say my biggest wish came true. Very soon after writing that last sentence in 2015, I started to work with Lynne Barlow helping her along the path to becoming a teacher.

Together we started a new group in Kinross, and after a year of co-teaching, I was delighted to be able to hand over the reins completely to Lynne. I have been rewarded so many times since, to see how she has fully blossomed and embraced her new role. My tiny seed has indeed grown and not only spread further but has brought much joy, laughter and happiness to even more people than I could ever have imagined.

Dancing in Cupar

My lovely group of loyal dancers in Cupar continue to support me wonderfully well and bring me so much pleasure in allowing me to share my passion for dancing with them. They are very caring of me and tolerate my ever-increasing amount of ‘senior moments’ and I hope, with their support, we shall have a few more dancing years together.

If you're interested in figures, our average weekly attendance is 25.5 (not sure who the half person is), with our highest attendance being 38. We've had 13 new dancers join our group in the past year.

One of our highlights has been The Children in Need dance morning, when we raised a fantastic £450. The other highlight was our Summer Dance Party, when I shared teaching with Lynne. We had 40 dancers in our circle and had a most wonderful time.

Dancing in St Andrews

My new St Andrews' group started in May 2017. This followed on from my teaching sessions at Haydays, (a social club in St Andrews), when I stood in for a couple of terms for their dance teacher who was ill. Again, it was a great pleasure to introduce Circle Dancing to a completely new group of people and after my two sessions finished at Haydays, I was asked by the members if I would start a new Circle Dance group in St Andrews.

Our delightful new group has now been dancing together in St Andrews for 6 months and our numbers have been growing steadily each week. We now have 36 members on the register and our average weekly attendance is 15, with a peak of 22 in September.

And finally

To conclude my update, circle dancing continues to be my passion, and brings me a great deal of joy to see so many happy smiling faces across my circles, and to hear people tell me how it uplifts and enriches their lives as well. Long may it continue!!

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February 2015

I discovered Circle Dance rather late in life, in 2001, when I was 56. It was just after my Mum died, following a short illness which we journeyed together. I was looking for something to fill a void in my life. I saw a poster whilst out for a walk one afternoon in a nearby village where I lived in Oxfordshire. It said, "Come and try Circle Dancing. No partner or experience needed". So that same evening, I took myself along to the Youth Hall in Benson where Lilly Sell was teaching a Circle Dance class.

As so many people have said before me, "from that moment, I knew I had discovered something I loved, and it would become a big part of my life". I also knew that it was something I wanted to share with others although at the time, I hadn't a clue how I would set about doing this.

After attending Lilly's classes for a couple of years, I picked up Judy King's leaflet one evening, which offered a Circle Dance Training Course. I thought, "this is it, wonderful" and even more wonderful was the fact that it was to be held just a 20min drive from Chalgrove, the village where I lived. Suddenly, I'd found the way forward on how to share this Circle Dancing – I would become a teacher. Well, the year-long course ticked all the boxes for me and I emerged, somewhat hesitantly, into the world of teaching Circle Dancing, instead of just doing it.

I started a group in Watlington, a small town near where I lived. Gradually over a 5-year period the group grew, and I was pleased, and I think the group were pleased too. Then one day, my daughter announced that she and her husband and our two grand-daughters were moving to Scotland. Well, this was quite a blow for us and as we only have the one daughter, we considered our options: spend the rest of our retirement travelling 480 miles between Oxford and Scotland to see our family or move ourselves to Scotland. Well, having lived for 46 years in the same Oxfordshire village, this was a massive upheaval for us, but we survived. Having arrived and settled in Cupar, Fife and finding that my nearest Circle Dance group was an hour's journey away, I decided to start all over again, and form a new group in the town.

So, this is my journey, and this is where I currently am in 2015. I have a wonderful group now of about 43 dancers (they don't all come every week) but we average a healthy 20-25 each week. We dance, we sing (with the music sometimes), we laugh, we chat, most of all we enjoy each other's company. I receive some lovely comments and thanks from my dancers. My biggest wish now is that I might be able to teach someone else to start another Circle Dance group, so that the small seed I planted of wanting to share Circle Dancing will grow even bigger and spread even further.
