

Jane — Ufford Tap Dance Group



What is Fit Villages?

Fit Villages is a well-established and popular project that makes a real difference to local communities by bringing people together to socialise, have fun and become more active.

The project, which is run by Active Suffolk and is supported by the National Lottery Community Fund, helps villages in rural locations to set up physical activity sessions by using village facilities such as community centres, village halls, libraries and playing fields.

The project has already helped many villages across Suffolk to set up activities such as Pilates, Yoga, Table Tennis, Nordic Walking, Zumba, Badminton, Keep Fit, Walking Football and many more!

If you would like to see an exciting new activity come to your village, please get in touch— we are always looking for new villages to get involved! Visit our website to fill in an enquiry form: www.activesuffolk.org/fitvillages

Ufford Church Hall is a small but perfectly formed hall used for our recent tap class. Jane joined the class in May 2017 and it has had a fantastic benefit on her health and wellbeing:

"I have never been the type to go to the 'gym' or join an 'exercise class' in fact the thought of that makes me shudder. I'd always thought my two Labradors, large garden and small grandchildren were enough activity for me.

In spring 2017 that all changed when I joined Ufford Tap Class. I love music and dancing so thought I would be brave and give it a go, partly for fitness and partly for the social interaction. I live on my own so having an activity that you enjoy pushes you out of the house, particularly during the winter months when the nights are dark and cold and it's altogether easier to curl up in front of the fire.

Dance and music is joyful in itself and sharing it with a group of like-minded people in a class with an excellent teacher who is also kind and patient is an added joy. I do travel to get to the class but it's worth every minute, I absolutely love it. It ticks all of the exercise boxes – cardio, mental agility and well-being.

I have made new friends and found an exercise that I love and the refreshing drink after where we can talk about the class and get to know one another is an added bonus for those who can spare the time. I would encourage anyone sat on their sofa thinking 'it's not for them' to just give it a go . It's the highlight of my week now."