

Otley 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

The Otley Tap Dance class is celebrating a year of fun dancing, meeting new people and socialising in the heart of this rural community. Jill Streatfeild, the activity instructor has shared with us a year's success of Otley Tap Dance Class supported by Fit Villages:

"In early 2016 when I was starting a beginners' tap class in Woodbridge, I was contacted by a lady who could not attend on Thursdays, but wondered if I would consider starting another class on Wednesdays at her local village hall in Otley.

I knew a little about the Fit Villages scheme, but thought it was mainly for sports activities. However, I was pleased to learn that they would be prepared to offer support for a new tap dance class and, after a successful taster session in April 2016, the first series of eight funded lessons began last May.

As we got to know each other better, we looked around for an after-class venue. Luckily, one member of the class runs the local pub, the White Hart, and agreed to open up early on Wednesdays so we could all enjoy coffee and a chat – now an important part of the morning's event!

One year on, the class is still thriving and, although there has been some inevitable coming and going, ten of the original group continue to attend regularly. We celebrated our anniversary with a delicious lunch at – where else – the White Hart. It has been enormously rewarding to watch them progress: gaining confidence, learning new steps and new skills. Many had never danced before, but all can now perform quite complicated series of steps.

The group took part in a fund-raising event in Woodbridge for Doctors Without Borders in January 2017, when over £600 was raised for the charity. Friends and family came along to support the Otley group and I was proud to see them demonstrate their new skills with confidence and style.

Now, the journey begins again with a new evening class at Ufford Church Hall on Thursday evenings at 6pm. I look forward to getting to know the new group better and to watching them learn, improve, get fitter – and make new friends."