

## Pamela Affleck



I first came across Circle Dance when I attended a conference at a Quaker study centre in Birmingham. There was a Circle Dance weekend going on at the same time and chatting to some of the dancers I became curious. This was a type of dancing that I hadn't heard of, never mind tried. When I got home I searched on the internet, watched quite a few videos and found the CSCD web-site. There were groups all across Central Scotland but unfortunately I couldn't find any groups

near me in Stonehaven. For some reason though I kept coming back to CSCD until I discovered that I could get to Cupar by train, direct from Stonehaven, arriving just 8 minutes (all being well) before the class started. So I emailed Rose Cross the teacher to express an interest. She was so welcoming that off I went to Cupar Circle Dancing where, to my relief, I found the other dancers friendly and welcoming too. And the dancing? Well it just hit the spot that no other dancing had reached!

As a child/teenager dancing was part of my life: ballet, tap, modern and Scottish Country all featured for varying lengths of time. But as an adult although I had tried various dance/exercise classes none of them really clicked. Sharing the dancing with others, usually in a circle, brings me not only a sense of well-being but also the same joy and pleasure that I experienced as a youngster.

However living in Stonehaven my nearest Circle Dance groups are in Findhorn to the north and Cupar to the south. I regularly travel to Cupar but it means a lot of travelling to dance! So when I found out that Rose was to be running a Teacher Training Course in Cupar, earlier this year, I signed up. From February to June, six of us met up monthly, for a day of training. We learned, we laughed, we almost cried and we taught dances. Three of us now teach dances regularly at Rose's St Andrews and Cupar groups. So with this grounding and experience I'm setting up a Circle Dance class in Stonehaven. I've lived here with my husband Grant for 28 years and our 2 children were brought up here so I'm looking forward to having a group of local folk to share in the dancing and the fun!