

SUBURB EVENTS

Anyone for... Salsa

JUDY MARCUS

Recent scientific studies tell us dancing helps us with both mental and physical health. An eight-year-long study published in 2018 (Scandinavian Journal of Medicine and Science in Sports) shows dance to be the most effective exercise in warding off physical decline compared with other forms of workouts in a group of adults aged between 50-80.

So, when I discovered Sweetlead's Salsa for Beginners, a four-lesson course held midweek evenings at Christ College School in Finchley, I decided to go along.

I arrived for the first session hoping to turbo-charge my exercise routine, while having fun. On entering the venue, I was a little disoriented – there were two classes held at the same time: beginners and advanced. But I soon found 'my people'. Everyone sat politely under the fluorescent lights on school chairs lined up along three sides of the room. The vibe was a mix of GP waiting rooms mixed with my memories of turning up nervously at school discos in the early 1980's.

But once the lesson began it became a lot more jolly. Our trainer was cheerful, competent,



and, most importantly, not intimidating. We performed one dance movement at a time and repeated it as we went around the room with each different partner. Finally, we practised the movements together as a sequence. There was a little bit of time between each rotation so we didn't feel rushed or panicked without forgetting what we had just been shown. In those breaks we had the opportunity to chat a little amongst ourselves, mostly about our reasons for coming along. Some said they had come out of curiosity, one man was about to attend his best friend's Salsa-themed wedding and felt he needed to prepare a bit. Others wanted to master a new skill.

The first lesson was straightforward and passed quickly. But the following week I found tough going. There was a lot more to remember and it was tiring. What I found hard was keeping my composure. Towards the end of the lesson class I started to tire and lose my poise, wobbling on the turns. I was having trouble with not taking the lead and started dragging my partners round in my own unique pattern.

Realising this wasn't ideal I gracefully bowed out and went to the room next door to have a look. This was the Advanced Group dance class. Frankly it looked terrifying. The music seemed to be on double time: all the dancers there were very 'nippy'.

Knowing I would be back in the safe beginners' group, I was keen to go back again the next week, refreshed. The group bonded well and it was nice to see us developing all together. Due to other obligations, I was unable to attend the final week.

The verdict: I did notice after a couple of lessons that my core muscles had been used. Also, my balance improved. Being able to balance and turn within a single beat was surely a cognitive benefit too.

If you are looking for a healthy and fun hobby I would definitely recommend Salsa – but perhaps try the beginners' class first!

For further details or to join Sweetlead's Salsa for Beginners: info@northlondonsalsaclub.com.

HGSU3A this summer

Topical Talks is a free series that takes place on the third Thursday of every month at the Free Church, North Square, NW11 7AG. Doors open at 2.30pm to allow for a cup of tea or coffee and all comers are welcome.

In March the speaker was Richard Cohen, talking about his uncle Jack Cohen, the founder of Tesco and on 18 May we welcomed Dr Brian Posner, a GP for 40 years, who was both entertaining and informative.

On 15 June Gloria Silver will be talking about her Polish born father Tony Chuwen, whose amazing story of survival during the Holocaust reflects his courage and tenacity.

20 July sees Edward Ben-Nathan share his thoughts on the Glorious Revolution of 1688 that permanently established Parliament as the ruling power of England.

If these subjects interest you please come along and join the audience.

HGSU3A, with a membership approaching 600 and with over 60 different groups and activities for people who are retired or semi-retired, is once more holding an OPEN DAY on Thursday 13 July at the Free Church from 10am to 12 noon. This is an opportunity for non-members to see what HGSU3A does and to consider joining us. Activities range from arts and crafts to physical exercises, politics to play reading, music to mindfulness, from Spanish to Shakespeare and much more. It is also a chance for existing members to talk to group leaders and explore what additional groups they might wish to explore.

Full details are available at hgsu3a.uk.

Judy John

Disco Fever

JOANNE GOULD
& SANAZ SAIFOLAH

The Infant and Junior PTA at the Garden Suburb Schools organised three discos to raise much needed funds amid the current school funding crisis.

The school halls were converted into vibrant discos during the last week of the Spring Term. Children enjoyed attending the discos in their best party clothes, accessorised with flashing glasses and neon glowsticks for extra sparkle.

Recent disruption due to the pandemic meant that for many children this was their first ever disco and there was a palpable atmosphere of excitement throughout the schools as the children looked forward to dancing with their friends and enjoying the music.

Parents, carers and staff helped make the discos a success by donating time and resources to dress the school halls, prepare and serve refreshments and provide photography.

The schools raised a massive combined total of £2,637.70!

Headteacher of the Junior School, Mrs Eileen Bhavsar said: "These fund-raising events are a result of the hard work and dedicated commitment of our school community."

Headteacher of the Infant School, Miss Sarah Sands said: "The children loved the lights and energy of the disco, as well as the opportunity to join in with the quiet room activities."



Daniel, Mia, Alex (Year 4) perform to within the limits of their equipment (Photo: Rayan Basma – The Sweetshot Photography)

COMPLETE BESPOKE FURNITURE SOLUTION

DESIGN
MANUFACTURE
FIT

HIGH QUALITY
MADE TO MEASURE
FURNITURE



020 8068 6664

info@enviro-furniture.co.uk

WWW.ENVIRO-FURNITURE.CO.UK

Office: London, N2
Manufacturing Facility:
Hitchin, Hertfordshire



**UK Top 20
Home Care
Group 5 years
in a row**



"It helps me a lot knowing I have someone to get my shopping for me each week."

★★★★★ -Jim

Regulated by
Care Quality Commission

We are a
Living Wage Employer

TOP 20 HOME CARE GROUP

- Wellbeing
- Personal care
- Dementia care
- Companionship
- Household tasks
- Outings & activities
- Medication support

Call us on 0208 064 0240

camden@radfieldhomecare.co.uk
www.radfieldhomecare.co.uk

