

# DANCING IN THE RAIN

## HOLISTIC HEALTH AND WELL-BEING



### Issue 1 – November 2019

Welcome to the very first issue of Holistic Health and Well-being - the Dancing in the Rain - Wirral (DITR) newsletter. In here, you will find all the latest DITR news, including reviews of past activities, details of upcoming events and regular features on aspects of health and well-being.

I'd like to start this very first issue by saying a huge 'Thank You' to everyone who has supported me this year. It's been a year of growing and learning for me, but also a year in which I've made new friends and one where I feel I've really started to establish my business. I couldn't have got to this point without your help and I'm extremely grateful. ***Read more about my reflections of 2019 later in the newsletter.***

### Latest News

#### **We're on the move - new premises confirmed at Church Farm**

I'm thrilled to be able to confirm that from late November Dancing in the Rain will have a new, permanent home in Thurstaston. I've been thinking about the idea of getting premises for quite a while and I considered quite a few options. For me it was important that wherever I would be based felt right for me, and was in tune with the way I feel about my work. I also need to be more visible to potential clients. I was fortunate to discover recently that premises had become available at Church Farm, in a unit which used to be the Leaf and Seed shop (for those of you who know Church Farm).



After discussions with the farm owner, Steve, it became obvious to me that Church Farm would be the perfect location. There is lots going on at Church Farm, with a number of small enterprises such as mine operating from there, including a yoga studio, a cafe (which includes a vegan menu) and a gift shop. So, I've taken the plunge (how exciting!).

My new 'Cabin' will be where I do my holistic therapy treatments. Preparations are now underway to get the cabin ready for opening – it needs a bit of a clean and some TLC but I just know it is the right place for me. If you're passing why not pop in and say 'Hi' - as you drive in to the farm through the main gate my cabin is just on the right.

## Nordic walking update

I have recently agreed with Flissy's café to start and finish our walks there. I'd like to say a huge thanks to Flissy for offering us space at the cafe.

Monday 9.15am walk, Tuesday 9.15am walk and Thursday 9.am walk will all start at Flissy's. The two evening walks will continue to meet at the car park.

## Safety tips for winter walking

I plan to continue our Nordic fitness classes throughout the winter months, including evenings. At times it will inevitably be a lot more slippery and muddy underfoot than it has been in recent months, it will be dark (if you're an evening walker) and it may also be wet, windy and cold (or all three at the same time!). On that note I may have to cancel a class, sometimes at short notice, if I consider the weather / walking conditions to present a risk to safety. I will endeavour to let you know as early as I can if I do need to cancel a class. In the meantime, here are a few tips to make winter walking safe and enjoyable

- Footwear - waterproof shoes or lightweight walking boots, with good treads, are preferable. You may also want to consider wearing gators.
- Clothing - a waterproof, breathable jacket is advised as are warm trousers. Always make sure you have gloves, and I would advise you bring a hat too.
- Head torch - a good head torch is essential if you are joining one of our regular Monday / Wednesday evening walks. It helps you to see and be seen. If you don't have your own head torch, I do have spare ones.

## Timetable and Events

### Nordic Fitness Classes

Monday 9.15 – 10.30am

Monday 6 – 7.15pm

Tuesday 9.15 – 10.30am

Wednesday 6 -7.15pm

Thursdays 9.15 – 10.30am

### Christmas timetable

Christmas Eve 10am – 12 noon (including tea/coffee)

25<sup>th</sup> - 29<sup>th</sup> December – no walks

Monday 30<sup>th</sup> December 9.15 – 10.30am

Tuesday 31<sup>st</sup> December 9.15 – 10.30am

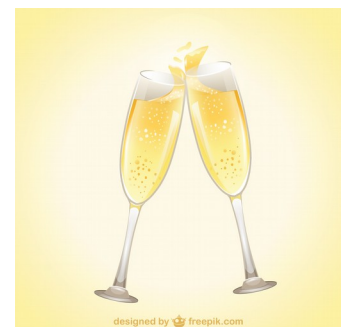
1<sup>st</sup> January – no walks

2<sup>nd</sup> January onwards, usual timetable resumes

## Private shopping experience at Gifts for Me and You

Gifts For Me and You is a lovely gift shop at Church Farm , it is more than just a shop though, they are passionate about giving local creatives an opportunity to sell their products in their shops. This means you can find some amazing gifts that are just that little bit different.

Gifts For Me and You are opening especially for us at **6.30pm on Thursday 28<sup>th</sup> November**. They will provide the prosecco , give us 10% off and 'wait on us hand and foot'. They will even wrap our



goodies while we browse and catch up with each other.

We know time is one thing we don't have a lot of, at this time of year, so this is a great opportunity to combine shopping and catching up into one.

If you would like to join us, please let Jan know so we can give them an idea of numbers.

### **Christmas get together**

We'll be holding our first ever Dancing in the Rain Christmas gathering in early December. It's a chance for me to say 'Thanks', and also an opportunity for you, my walkers, to meet new walkers! Flissy is making a lovely hot supper for us and a cup of tea/coffee is included.

**Where:** Flissy's Café, Thurstaston  
**When:** Friday 6th Dec, 6.30pm onwards.  
**Dress code:** Christmas jumper optional.  
**Cost:** £10 a head, payable by 29<sup>th</sup> Nov



### **Dancing in the Rain Open Day**

To mark the opening of the new Nordic Cabin I will be holding an open day on Sunday 15<sup>th</sup> December. The day will be an opportunity for me to explain and showcase some of the treatments I offer, and I'll be running demonstrations for visitors throughout the day. If you fancy being one of my 'models' let me know!

### **Free Christmas Eve walk**

A special, one-off, free walk. This is my Christmas gift to you. Walk includes tea/coffee and mince pies at Flissy's. There will be a prize for the best Christmas hat.....

**When:** Tuesday 24<sup>th</sup> Dec, 10am-12pm.

### **Looking ahead.....**

I plan to take part in the Wirral Walking festival again next year. The festival runs during the month of May and is a great opportunity to meet new people who would like to join our wonderful walkers.

In June 2020, there are plans to do a joint walk in South Staffordshire. This walk will be at the beautiful Chasewater Country Park, we will hopefully get to see the deer and for those of you who love trains as much as I do, there may be a chance to have a ride on a vintage steam train.

Look out for more details in the next issue.

## **Reflections of 2019 - a landmark year for Dancing in the Rain**

It only seems like yesterday since I did my first Nordic fitness class down at Thurstaston in January. At that stage, I had no idea whether there would be much interest in these sessions. As the months have gone by, the Nordic fitness classes have steadily grown in numbers, and diversity too. I have walkers from a whole range of backgrounds and with different interests. It makes for some interesting and informative conversation, everyone seems to get on so well. It must be the wonderful views and sea air!

Over recent months I've also spent lots of time building relationships and making new connections. Partnership working is so important to me and making the right connections can, quite literally, make a massive difference. The Wirral Borough Council team down at Thurstaston, particularly Jo, have been hugely supportive, encouraging me to get started and then really helping me to get the classes established. Here's to an enjoyable and successful 2020.