

TAS Weekend, Dundee – 4th to 6th September 2026

Report for Sunday Morning - 6th September

AMAZING, INSPIRATIONAL, FUN!

This was the first time that we had attended a TAS event, and we had been looking forward to this special 20th Anniversary weekend. We had already enjoyed the dance on Friday night, and an extremely well-planned series of activities on Saturday, which included the AGM. So, we had great hopes for Sunday morning's programme, and were not disappointed.

Sebastian Wanless, RSCDS Chair-elect eloquently delivered a talk entitled, "RSCDS Health Strategy: A guide for Teachers". Now, those of us who delight in Scottish country dancing, have always known how much fun it is to take part in, but did we realise that it is truly a recipe for a better life style? Sebastian clearly explained that apart from the universal appeal of Scottish country dancing with all its physical benefits, research has shown that there are many other aspects that are "as good for the soul as it is for the body." This review is not the place to go into detail; sufficient to say that there is a great deal of scientific evidence to prove that in addition to the physical benefits of SCD, there are many studies that confirm the psychological and neurological benefits including warding off dementia! So SCD is good for our bodies, our brains and our social lives. The wonderful, distinctive music is an added bonus.

Now when the RSCDS Chair tells you to "throw your inhibitions out of the window", you know that you are in for some fun. Gary Coull's final class focussed on ceilidh dancing, and boy oh boy it was fun! Gary explained that he had started to run regular ceilidh dances in his area to attract families. Catching children early and enthusing them with the joy of dancing, will hopefully mean more youngsters taking up Scottish country dancing as they mature. Well, we can affirm, from the smiles, the laughter and general hilarity, that all participants were having a whale of a time. Woven into the fun, were many useful tips on providing a safe and reassuring environment to ensure that these events have great appeal. A truly memorable class, which will bear fruit in years to come – thank you Gary.

As we left the Invercarse Hotel and drove south, we reflected on what was a truly wonderful weekend. Many thanks to all who were involved with its organisation. We are very grateful for the warm welcome we were given at our first TAS event, and are greatly looking forward to the next!

Sue and Mike Maxwell – NW Craven Branch