

UPDATE FOR ABDC MEMBERS MARCH 2021

Hello once again to everyone in ABDC! It seems barely credible that it is almost six months since my last turn to write an update to all members, and what a roller-coaster those months have been. Paula and I hope you and your family are all keeping well and, just as importantly, keeping safe and coping with all the ever changing restrictions. Over the past year there have been so many changes to what we could and couldn't do that you would really have required a permanent pocketbook or computer file to keep up with it all.

We have, as you know, experienced a second wave of Covid with the current additional threats of new, even more infectious strains or variants, but despite this, at the present time hospital admissions and the rate of new infections are falling. The number of Covid cases in Grampian are relatively low just now. We can only hope that, with the vaccination program in full swing, an end might be in sight.

It goes without saying that we must all be missing our dancing, particularly for the social aspects of meeting one another, and the longer the restrictions are in place, there is a real risk of forgetting just who everyone is when we eventually return to our normal format! The very slow and gradual easing of restrictions may well put our End of Season Dance in jeopardy and I think Dan may well provide us with further information on this in due course.

I want to also advise everyone of a charity appeal or indeed challenge that is being undertaken by brave Liz Norris. Normally around this time Liz does her cake bake event at the ABDC for the Brain Tumour Charity, but this cannot of course be held this year. Liz has decided to take up the alternative challenge of cycling 88 miles for the 88,000 people in the UK living with a brain tumour, walking 28 miles for the £2.8 million invested into the Tessa Jowell BRAIN MATRIX, and run 11.7 miles for the 11,700 people in the UK diagnosed with a brain tumour every year. Liz has organised a "Just Giving" page and each of us can choose independently whether to donate and how much. The details can be found on the following link - <https://conquerthechallenge2021.thebraintumourcharity.org/fundraising/lizs-brain-tumour-charity-fundraising-page>

Finally a funny story about the Covid vaccination!

"A friend had his 1st dose of the vaccine at the vaccination centre after which he began to have blurred vision on the way home. When he got home, he called the vaccination centre for advice and to ask if he should go see a doctor, or be hospitalised. He was asked to go back to the vaccination centre immediately as he had left his glasses behind."

In closing, Paula and I wish you all well and like yourselves look forward to the time that we can return to dancing and meeting with each other.

Regards to all,

Peter and Paula

