

## Wheelchair Dancing and COVID-19

Pippa Roberts

Wheelchair dancing has been affected by the COVID-19 virus, as the athletes are in the high-risk category and also due to the fact that it is a contact sport. Steve, who is the main dancer in this sport, is practicing at home improving on his ability with the wheelchair and working on his own individual training, including body work.

The bi-annual Malta Open Dance Spectacular which was due to be held at the end of November 2019 has been postponed until it is safe to welcome all dancers to Malta. So, the MWDA have been busy looking for ways to stay active and keep contact with other dancers who normally attend the event via Facebook and Zoom.

Staying positive is the way to beat the virus and we look forward to welcoming people to this fantastic sport in the future. It is a sport/hobby which is very important for socialising. Young people who end in a wheelchair after an illness, married people who may end up with mobility problems due to an accident, or even older couples who might need walking aides, can still enjoy a social hobby together. At the last Malta Open Dance Spectacular, we also included blind dancers, and this shows that dancing is for all. It has been proven that dancing is something you can do “forever”, keeping you healthy as well as keeping spirits uplifted. Ask



Steve, he is living proof. Even though this year all competitions got cancelled we hope that we can start again next year.

For more information, you can contact  
the MWDA Secretary Steve Fenech at:

[maltawda@yahoo.co.uk](mailto:maltawda@yahoo.co.uk)

or on the facebook page

<https://www.facebook.com/maltawda>



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