

WELLBEING CEILIDH™ STARTER PACK

*A community-centred approach to wellbeing through
music, movement, accessibility and belonging.*



Founding Community Member Edition

Version 1.0

WELLBEING CEILIDH™ STARTER PACK

A community-centered approach to wellbeing through music, movement, accessibility and belonging.

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WELLBEING CEILIDH™

A community-centred approach to wellbeing
through music, movement, accessibility and belonging.

OUR PURPOSE

- Connection
- Participation
- Music & Movement
- Inclusion
- Community Belonging

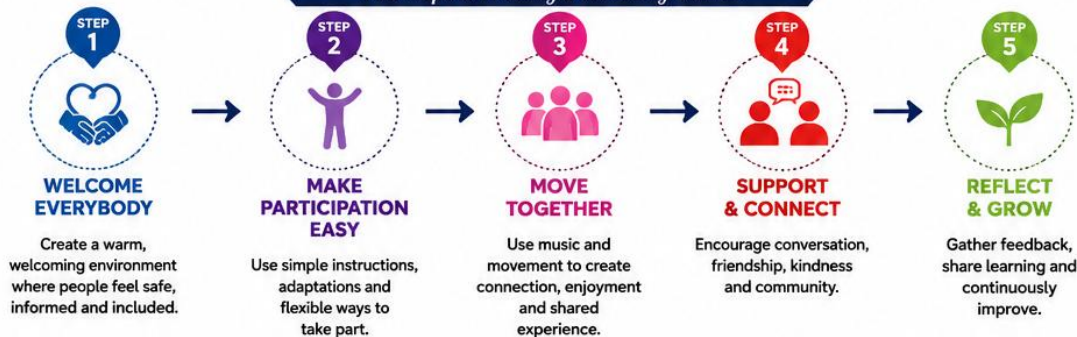
THE WELLBEING CEILIDH FRAMEWORK™

Our Six Principles



THE CEILIDH METHOD™

Five Steps to Creating a Wellbeing Ceilidh



ACCESSIBILITY BY DESIGN

Everything we do considers:

- Physical Accessibility**
Easy access, space to move, seating, mobility needs.
- Sensory Accessibility**
Lighting, sound, quiet spaces, sensory considerations.
- Cognitive Accessibility**
Clear instructions, visual supports, time to process and participate.
- Cultural & Social Accessibility**
Inclusive language, cultural respect, flexible participation.
- Mental Health & Wellbeing**
Rest areas, opt-out choices, wellbeing support.

THE WELLBEING TEAM

Visible volunteers who help create a welcoming atmosphere through:

- Welcome
- Encouragement
- Inclusion
- Signposting
- Community Connection

OUR COMMITMENT

A Wellbeing Ceilidh™ is:

- ☒ Inclusive
- ☒ Accessible
- ☒ Kindness-Led
- ☒ Non-Clinical
- ☒ Community-Centred
- ☒ Participation Focused

THE WELLBEING CEILIDH™ MODEL



Founders note

The Wellbeing Ceilidh™ began with a simple question:

How can we create more opportunities for people to connect, belong, participate and support one another?

Thank you for helping shape the next stage of this journey.

Dr Joanna Byers

Founder, Vital Adaptation Ltd

Welcome to Wellbeing Ceilidh™

Thank you for purchasing the Wellbeing Ceilidh™ Starter Pack.

This pack introduces a simple but powerful idea: that wellbeing can be strengthened through music, movement, accessibility, connection and shared experience.

The Wellbeing Ceilidh™ is more than a dance event. It is an emerging community wellbeing approach built on the belief that everyone should have opportunities to participate, belong and contribute.

Whether you are attending a ceilidh, organising a community activity, supporting wellbeing within an organisation, or simply exploring new ways to bring people together, this pack will help you understand the principles behind the approach.

Inside you will discover:

- The Wellbeing Ceilidh Framework™
- The Ceilidh Method™
- Accessibility guidance and adaptations
- An invitation to join a growing community of practice

We believe the Wellbeing Ceilidh™ has the potential to become a recognised and accessible wellbeing intervention.

By joining us now, you become part of the community helping to shape its future.

Welcome.

Our Pledge

At the heart of the Wellbeing Ceilidh™ is a simple belief:

People thrive when they feel connected, included, valued and able to participate.

We create safe, inclusive social ceilidhs that promote everybody's wellbeing.

These are non-clinical, compassionate gatherings where people connect, rest, share, laugh, move and celebrate together.

We do not diagnose.

We do not treat.

We do not label.

Instead, we bring people together through music, movement, kindness and community.

We believe wellbeing is strengthened when people have opportunities to belong, contribute and enjoy shared experiences with others.

Our aim is to create welcoming spaces where everyone feels able to participate in ways that work for them.

Some people may dance enthusiastically.

Some may participate from a chair.

Some may simply enjoy the music and company.

All forms of participation are valued.

The Wellbeing Ceilidh™ is built on kindness, respect, accessibility, consent and community care.

Everyone is welcome.

Everyone belongs.

Together we can create communities where people feel connected, supported and able to flourish.

What is a Wellbeing Ceilidh™?

A ceilidh (pronounced "kay-lee") is a traditional Scottish and Irish social gathering centred around music, dancing and storytelling.

For generations, ceilidhs have brought people together across ages, backgrounds and abilities. They are places where people meet as equals, participate together and build relationships through shared enjoyment.

The Wellbeing Ceilidh™ builds on this rich tradition.

Rooted in values of kindness, accessibility, participation and belonging, it explores how the qualities that make ceilidhs so powerful can be used intentionally to support community wellbeing.

Unlike traditional arts or cultural events alone, the Wellbeing Ceilidh™ is designed as a community wellbeing resource. It creates welcoming opportunities for people to connect, move, participate and feel part of something larger than themselves.

These are non-clinical events. There is no treatment, diagnosis or therapy offered. Instead, Wellbeing Ceilidhs provide safe, inclusive and supportive spaces where people can build confidence, reduce loneliness, strengthen social connections and experience the wellbeing benefits of shared music, movement and community.

The approach is particularly relevant for community groups, social prescribing initiatives, health and wellbeing programmes, youth services, long-term condition support groups and organisations seeking practical ways to foster connection and belonging.

At its heart, the Wellbeing Ceilidh™ is built on a simple belief:

Health happens socially, not just clinically.

Why Wellbeing Ceilidh™ Matters

Across our communities, many people experience loneliness, isolation, disconnection and barriers to participation.

Opportunities to come together socially are increasingly important, yet many activities can unintentionally exclude people because of confidence, age, disability, health conditions, life circumstances, culture or previous experience.

People often tell us they are looking for opportunities to:

- Meet new people
- Feel part of a community
- Enjoy shared experiences
- Build confidence
- Stay active
- Have fun
- Feel accepted and valued

The Wellbeing Ceilidh™ was developed in response to these needs.

It combines music, movement, accessibility and community connection in a way that encourages participation rather than performance.

The focus is not on getting the steps right.

The focus is on creating an environment where people can take part, connect with others and experience a sense of belonging.

A Wellbeing Ceilidh™ is not therapy, treatment or a clinical intervention.

It is a community-centred wellbeing approach that recognises the value of shared experiences, human connection and joyful participation.

By bringing people together in welcoming and accessible environments, we hope to strengthen community connections, reduce loneliness, encourage inclusion and create opportunities for people to support one another.

We believe wellbeing grows when people come together.

The Wellbeing Ceilidh™ is one way of making that happen.

What a Wellbeing Ceilidh™ Is and Is Not

What It Is

A Wellbeing Ceilidh™ is:

- A community-centred wellbeing experience
- A kindness-led social event
- An inclusive and accessible activity
- A celebration of music, movement and connection
- An opportunity to reduce loneliness and strengthen community relationships

- A welcoming environment where participation is encouraged but never required
- A space where people can contribute, connect and belong
- A non-clinical approach to supporting wellbeing through shared experience

The Wellbeing Ceilidh™ is designed to be adaptable and responsive to the needs of different communities, organisations and participants.

Accessibility, participation and community care sit at the heart of everything we do.

What It Is Not

A Wellbeing Ceilidh™ is not:

- Therapy
- Counselling
- Treatment
- Diagnosis
- A clinical intervention
- A mental health service
- A replacement for professional support
- A performance-focused dance event

The Wellbeing Ceilidh™ does not provide clinical advice, assessment, treatment or therapy.

Where people require additional support, appropriate professional services should always be sought.

Participation, Consent and Choice

Participation should always feel safe, comfortable and voluntary.

People may choose to:

- Dance
- Sit and observe
- Take breaks
- Participate in adapted ways
- Join conversations
- Engage at their own pace

There should never be pressure to participate beyond what feels right for the individual. Consent, choice, dignity and respect are fundamental to the Wellbeing Ceilidh™ approach. Every participant should feel able to take part in ways that work for them.

The Wellbeing Team

Some Wellbeing Ceilidhs™ may include a Wellbeing Team.

The Wellbeing Team helps create a welcoming and supportive atmosphere by:

- Greeting participants
- Encouraging inclusion
- Offering brief support and conversation
- Helping people access information and resources
- Signposting to additional support where appropriate

Members of the Wellbeing Team are not acting in a clinical capacity.

Their role is to promote connection, participation, kindness and community wellbeing.

Our Commitment

Every Wellbeing Ceilidh™ seeks to create an environment where people feel:

- Welcome
- Safe
- Included
- Respected
- Connected
- Valued

The goal is not perfection.

The goal is participation, belonging and shared experience.

That is what makes a Wellbeing Ceilidh™ different.

Part 1 – The Wellbeing Ceilidh Framework™

What is the Wellbeing Ceilidh Framework™?

The Wellbeing Ceilidh Framework™ explains the principles that sit behind every Wellbeing Ceilidh™.

It answers the question:

What makes a Wellbeing Ceilidh™ a Wellbeing Ceilidh™?

The Framework guides planning, delivery, accessibility, participation, community learning and future development.

It is the foundation of the approach.

Our Vision

We believe wellbeing grows through connection, participation, belonging and shared experience.

The Wellbeing Ceilidh™ is an inclusive community dance experience that brings people together through music, movement, kindness and accessibility.

Our aim is to establish the Wellbeing Ceilidh™ as a recognised and accessible wellbeing approach that can be adapted across communities, organisations and settings.

The Six Principles



1. Everyone Belongs

Everyone should feel welcomed and valued.

Participation should never depend on dancing ability, confidence, age, disability, diagnosis, culture or previous experience.

A Wellbeing Ceilidh™ creates opportunities for people to belong exactly as they are.



2. Participation Over Performance

Success is measured by participation, not perfection.

The emphasis is on joining in, having a go and enjoying the experience rather than getting the steps right.

Every contribution is valued.

Watching, resting, adapting and joining in slowly are all valid forms of participation.



3. Accessibility by Design

Accessibility is considered from the very beginning.

Physical, sensory, cognitive, emotional, social and cultural accessibility are built into planning and delivery so that as many people as possible can participate meaningfully.

Accessibility is not an add-on.

It is a core principle.



4. Community Care

Wellbeing grows when people support one another.

A Wellbeing Ceilidh™ encourages kindness, encouragement, shared responsibility and respect.

Participants, volunteers, organisers and callers all contribute to creating a supportive environment.

Community care is not clinical care.

It is people looking out for one another in ordinary, human ways.



5. Music, Movement and Joy

Music and movement provide opportunities for connection, expression, enjoyment and participation.

The focus is not on performance but on creating positive shared experiences that bring people together.

Joy matters.

Laughter matters.

Shared experience matters.



6. Learn and Evolve

Every Wellbeing Ceilidh™ creates opportunities to learn.

Feedback, reflection, adaptation and community learning help strengthen the approach over time.

The Wellbeing Ceilidh™ is an evolving framework shaped by the experiences of the people who use it.

What Makes a Wellbeing Ceilidh™ Different?

A traditional ceilidh focuses primarily on dancing.

A Wellbeing Ceilidh™ focuses on:

- Participation
- Accessibility
- Inclusion
- Wellbeing
- Community connection
- Shared experience

The dance remains important, but it becomes part of something bigger.

The Wellbeing Ceilidh™ Model

Our Purpose

Connection, participation and wellbeing



The Framework

The Six Principles



The Method

The Five-Step Approach



Accessibility by Design

How we include people



Community Learning
How we improve



Stronger Connections and Wellbeing
The difference we hope to make

A Growing Movement

The Wellbeing Ceilidh™ is still developing.

Through community learning, accessibility innovation, shared practice and ongoing reflection, we hope to establish an approach that is accessible, enjoyable and meaningful for as many people as possible.

By joining now, you become part of that journey.

Part 2 – The Ceilidh Method™

From Principles to Practice

The Wellbeing Ceilidh Framework™ provides the principles that guide the approach.

The Ceilidh Method™ provides a simple way of putting those principles into practice.

It is not a rigid formula.

It is a flexible approach that can be adapted to different communities, venues, participants and settings while remaining true to the core principles of the Wellbeing Ceilidh™.

The Ceilidh Method™ consists of five simple steps.

Step 1 – Welcome Everybody

The experience begins before the music starts.

Create an environment where people feel welcomed, informed and comfortable.

This may include:

- Friendly greetings
- Clear signage
- Accessible information
- Introductions
- Explaining that participation is optional and flexible
- Making sure people know where to rest, ask questions or get support

The aim is simple:

Help people feel that they belong.

Questions to consider:

- Does everyone know what to expect?
- Is the venue welcoming and accessible?
- Have barriers to participation been reduced?
- Is the tone warm, kind and inclusive?

Step 2 – Make Participation Easy

People should be able to join in without feeling overwhelmed.

This may include:

- Simple instructions
- Demonstrations
- Accessible adaptations
- Opportunities to observe before participating
- Flexible ways of taking part
- Seated, standing, walking or non-contact options where appropriate

The focus is on confidence rather than perfection.

The aim is:

Make it easy for people to have a go.

Questions to consider:

- Can people participate at their own pace?
- Are there options for different abilities and needs?
- Is participation encouraged without pressure?
- Are instructions clear and repeated where needed?

Step 3 – Move Together

Shared movement creates shared experience.

This is where music, dance, rhythm and interaction come together.

The emphasis is on:

- Inclusion
- Enjoyment
- Participation
- Social connection
- Shared energy

The aim is not technical excellence.

The aim is:

Create moments of connection through movement and music.

Questions to consider:

- Are people enjoying themselves?
- Are participants connecting with each other?
- Is the atmosphere supportive and inclusive?
- Is the pace suitable for the group?

Step 4 – Support and Connect

Wellbeing grows through relationships.

A Wellbeing Ceilidh™ creates opportunities for people to:

- Meet others
- Talk
- Share experiences
- Offer encouragement
- Feel part of a community

This may include:

- Visible volunteers or wellbeing team members
- Refreshment breaks
- Informal conversations
- Quiet spaces
- Opportunities for support and signposting

The aim is:

Create a sense of community and belonging.

Questions to consider:

- Do people feel supported?
- Are opportunities for connection available?
- Is kindness visible throughout the event?
- Are quieter participants also included?

Step 5 – Reflect and Grow

Every Wellbeing Ceilidh™ creates learning.

Participants, organisers, callers, volunteers and communities all have valuable insights to contribute.

This may include:

- Feedback forms
- Conversations
- Shared learning within the Ceilidh Club
- Accessibility improvements

- New ideas and adaptations
- Notes on what worked well and what could be improved

The aim is:

Help the Wellbeing Ceilidh™ continue to evolve and improve.

Questions to consider:

- What worked well?
- What could be improved?
- What have we learned?
- What should we share with the wider community?

Part 3 – Accessibility by Design

Accessibility is a Core Principle

Accessibility is one of the six principles of the Wellbeing Ceilidh Framework™.

We believe accessibility should be considered from the very beginning rather than added later.

A Wellbeing Ceilidh™ seeks to create opportunities for participation by recognising and responding to different physical, sensory, cognitive, emotional, social and cultural needs.

The goal is not perfection.

The goal is to remove barriers wherever possible and create an environment where people can participate in ways that work for them.

What Do We Mean by Accessibility?

Accessibility means creating conditions that allow people to:

- Feel welcome
- Understand what is happening
- Participate at their own pace
- Make choices about their involvement
- Experience connection and belonging

Accessibility benefits everyone.

Many adjustments that support one group of participants often improve the experience for others as well.

Physical Accessibility

Consider how people enter, move around and participate within the venue.

Examples include:

- Step-free access
- Accessible toilets
- Clear signage
- Unobstructed routes
- Seating options
- Space for mobility aids and wheelchairs

- Rest areas
- Safe flooring

Questions to consider:

- Can people access all parts of the event?
- Are rest areas available?
- Is movement optional and adaptable?
- Is there enough space for different ways of moving?

Sensory Accessibility

People experience environments differently.

Consider:

- Lighting levels
- Sound volume
- Microphone use
- Visual information
- Quiet spaces
- Advance information about what to expect

Possible adjustments:

- Visual prompts and demonstrations
- Reduced sensory stimulation areas
- Ear defenders or headphones
- Clear announcements
- Moderate tempo and volume

Questions to consider:

- Are there opportunities to reduce sensory overload?
- Are instructions available in more than one format?
- Can people step away and return?

Cognitive Accessibility

Information should be clear and easy to understand.

Consider:

- Simple language
- Demonstrations

- Repetition
- Visual supports
- Predictable event structure
- Clear transitions

Possible adjustments:

- Breaking instructions into smaller steps
- Providing written or visual guides
- Allowing extra processing time
- Repeating key points slowly
- Using consistent language

Questions to consider:

- Is information clear and accessible?
- Can participants follow activities at their own pace?
- Are people given enough time to understand what is happening?

Cultural and Social Accessibility

People bring different backgrounds, experiences, identities and expectations.

A Wellbeing Ceilidh™ aims to create a welcoming environment for all.

Consider:

- Inclusive language
- Respect for cultural differences
- Flexible participation
- Awareness of personal boundaries
- Gender-neutral calling where appropriate
- Sensitivity around touch, movement and group participation

Questions to consider:

- Does everyone feel respected?
- Are assumptions being avoided?
- Are people able to participate without embarrassment or pressure?

Mental Health and Wellbeing

Wellbeing is central to the Wellbeing Ceilidh™.

Participants should feel able to:

- Take breaks
- Observe rather than participate
- Leave and return
- Access support if needed
- Join in gradually
- Say no without explanation

Possible adjustments:

- Quiet spaces
- Wellbeing volunteers
- Clear communication
- Optional participation
- Water and rest areas
- Calm reassurance

Questions to consider:

- Are people able to participate without pressure?
- Are support options visible?
- Is the atmosphere kind and non-judgemental?

Inclusive Dance Practice

Every dance can be adapted.

The purpose of a Wellbeing Ceilidh™ is not to achieve technical perfection.

The purpose is to create opportunities for participation, enjoyment and connection.

Adaptations may include:

- Slower tempos
- Smaller movements
- Seated participation
- Walking versions
- Non-contact options
- Alternative partner interactions
- Visual demonstrations
- Additional time for transitions
- Scarves, ribbons or gestures instead of hand-holding
- Simplified movements
- Rest breaks

The key question is always:

How can we help more people participate?

Participation and Consent

Participation should always be optional.

People should be able to choose whether they:

- Join in fully
- Watch first
- Adapt movements
- Dance seated
- Take breaks
- Avoid touch
- Join for part of the event only

A Wellbeing Ceilidh™ should never rely on pressure, embarrassment or correction.

It should create invitation, not obligation.

Accessibility as a Continuous Journey

Accessibility is not a checklist that is completed once.

It is an ongoing process of learning, listening, adapting and improving.

Each Wellbeing Ceilidh™ provides opportunities to learn from participants, organisers, callers, volunteers and communities.

Those lessons help strengthen the Framework and improve future practice.

A Simple Reminder

Accessibility by Design means:

- Planning ahead
- Removing barriers
- Offering choices
- Encouraging participation
- Learning continuously

Accessibility is not separate from the Wellbeing Ceilidh™.

It is part of what makes it a Wellbeing Ceilidh™.

Part 4 – Join the Community

You Are Part of Something Bigger

Thank you for joining the Wellbeing Ceilidh™ community.

By purchasing this Starter Pack, you are becoming part of a growing movement exploring how music, movement, accessibility, connection and shared experience can support wellbeing.

The Wellbeing Ceilidh™ is still evolving.

Every participant, organiser, caller, volunteer and supporter contributes to its development through shared learning and lived experience.

We invite you to be part of that journey.

The Ceilidh Club – coming soon!

The Ceilidh Club is our community membership programme.

It brings together people who share an interest in creating more accessible, inclusive and wellbeing-focused ceilidh experiences.

Membership helps support the ongoing development of the Wellbeing Ceilidh™ Framework and provides opportunities to learn from others.

What Members Receive

Ongoing Access to the Private Facebook Community

A place to:

- Ask questions
- Share experiences
- Learn from others
- Discuss accessibility
- Explore adaptations and ideas

The community is built on kindness, respect, curiosity and shared learning.

Shared Resources

Members can access and contribute to:

- Community examples
- Accessibility ideas
- Adaptations
- Practical tips
- Event reflections
- Emerging good practice

Together we are creating a growing library of knowledge and experience.

Updated Materials

As the Wellbeing Ceilidh™ develops, members may receive:

- Updated Framework guidance
- New accessibility resources
- Additional case studies
- Practical tools and templates

Accessibility and inclusion are evolving practices, and we are committed to continuous improvement.

Annual Wellbeing Ceilidh™

Members are invited to participate in our annual Wellbeing Ceilidh™ gathering.

This event celebrates:

- Community
- Learning
- Participation
- Shared experience

Members are encouraged to bring a friend and help introduce others to the approach.

Founding Community Members

As an early supporter, you are one of our Founding Community Members.

Your experiences, ideas and feedback will help shape the future development of the Wellbeing Ceilidh™.

We believe this approach has the potential to become a recognised and accessible community wellbeing intervention.

The people who join now will play an important role in helping that vision become reality.

Contributing to Shared Learning

We encourage members to share:

What you tried

A dance, activity, adaptation or idea.

What worked well

What helped participation, inclusion or enjoyment.

What you learned

Insights, reflections and observations.

What you would change

Ideas for improvement or future development.

There is no expectation of expertise.

We are learning together.

Our Community Values

The Wellbeing Ceilidh™ community is built on:

- Inclusion
- Accessibility
- Kindness
- Respect
- Curiosity
- Collaboration

We value different perspectives and experiences.

We believe everyone has something to contribute.

Stay Connected

We hope you will continue your journey with us.

Together we can help create Wellbeing Ceilidhs™ that are welcoming, accessible, enjoyable and meaningful for as many people as possible.

Thank you for being part of the community.

Part 5 – Terms & Conditions

Welcome

Thank you for supporting the Wellbeing Ceilidh™.

These Terms & Conditions explain how the Starter Pack and associated materials may be used.

By purchasing, downloading, accessing or using these materials, you agree to these Terms & Conditions.

What Your Purchase Includes

Your purchase of the Wellbeing Ceilidh™ Starter Pack includes access to:

- The Wellbeing Ceilidh Framework™
- The Ceilidh Method™
- Accessibility by Design guidance
- Community information and resources

Your purchase grants a limited right to use these materials for personal and internal purposes.

Ownership of the intellectual property remains with Vital Adaptation Ltd.

Permitted Use

You may:

- Read and use the materials for your own learning and wellbeing
- Use the materials within your own organisation, community group or setting for non-commercial purposes
- Discuss and share your experiences within the Wellbeing Ceilidh™ community
- Contribute ideas, feedback and learning through community channels

Restrictions

You may not:

- Sell, resell or redistribute the materials
- Upload the materials to public websites, online platforms or file-sharing systems
- Copy, reproduce or rebrand the Framework™, Method™ or associated materials as your own

- Deliver paid Wellbeing Ceilidh™ events or training programmes without written permission
- Create commercial products based on the Framework™, Method™ or associated materials
- Sub-license or transfer your rights to another individual or organisation
- Incorporate these materials into commercial training, consultancy, products or programmes without written permission from Vital Adaptation Ltd

Intellectual Property

The following are the intellectual property of Vital Adaptation Ltd:

- Wellbeing Ceilidh™
- Wellbeing Ceilidh Framework™
- Ceilidh Method™
- Associated logos, branding, content and materials

Copyright in the structure, content, framework, guidance and supporting materials remains with Vital Adaptation Ltd.

Wellbeing Ceilidh™

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Community Contributions

We welcome ideas, examples, feedback, reflections, adaptations and shared learning from community members.

By voluntarily contributing content to the Wellbeing Ceilidh™ community, you grant Vital Adaptation Ltd permission to:

- Learn from shared experiences
- Use anonymised examples
- Incorporate learning into future versions of the Framework™, Method™ and supporting resources

Where practical, contributions will be acknowledged and respected.

Future Development

The Wellbeing Ceilidh™ is an evolving framework.

Future opportunities may include:

- Membership programmes
- Facilitator pathways
- Accreditation
- Licensing
- Organisational partnerships

Separate terms may apply to these activities.

Purchasing this Starter Pack does not grant facilitator, trainer, accreditation or licensing rights.

No Guarantee of Outcomes

The Wellbeing Ceilidh™ is intended to support wellbeing, participation and community connection.

Individual experiences and outcomes will vary.

The materials are provided for educational and community wellbeing purposes and are not intended to replace professional medical, psychological, therapeutic or legal advice.

Changes to These Terms

Vital Adaptation Ltd reserves the right to update these Terms & Conditions from time to time.

The most recent version will apply to future purchases and downloads.

Contact

For permissions, licensing enquiries, partnership opportunities or questions about the Wellbeing Ceilidh™, please contact:

vitaladaptation@gmail.com

Vital Adaptation Ltd

About Vital Adaptation Ltd

Vital Adaptation Ltd helps people participate, connect and thrive.

We remove barriers to everyday life and support individuals, carers, communities and organisations to navigate health, build skills and create meaningful change.

Our work is grounded in participation, accessibility, inclusion and compassionate, practical support.

Through initiatives such as the Wellbeing Ceilidh™, we aim to promote connection, community, resilience and meaningful participation.

About the Founder

The Wellbeing Ceilidh™ was developed by Dr Joanna Byers, founder of Vital Adaptation Ltd.

Joanna brings together experience in healthcare, occupational therapy, wellbeing, community participation and inclusive practice.

The Wellbeing Ceilidh™ reflects her belief that health happens socially as well as clinically, and that shared movement, music and community can create powerful opportunities for connection and belonging.

Contact Information

Website: <https://www.vitaladaptation.com/wellbeing-ceilidh>

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Facebook Group: <https://www.facebook.com/groups/2240524813393944>

Ceilidh Club: coming soon

Thank You

Thank you for supporting the Wellbeing Ceilidh™.

Together, we can create more welcoming, accessible and connected communities.

Wellbeing Ceilidh™

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