

Christmas Special



**We are taking
a break!
Classes resume
Fri Jan 3**

Confidence with balance

By Anita

We are delighted to be commissioned to provide three more **Steady on Your Feet** courses starting in January. These will be held in Ilfracombe, Central Barnstaple and EX39 (venue to be confirmed).

Data collected from our last courses demonstrated a statistically significant reduction in falls-risk for participants completing the programme. (Please contact us if you would like a copy of the full report.)

This evidence-based, fully funded, 24-week exercise programme is suitable for people who lack confidence in their balance and who may have previously experienced falls.

Participants must commit to the **full** course, although we appreciate that time off for appointments and perhaps

a holiday may be needed. Participants will also be prepared to undertake exercise at home in between sessions.

A cuppa and chat will be provided after every exercise session and we will endeavour to help with transport for people unable to make their own way to the venue.

More details and referral criteria are available on our website, or please contact us on 07900 04125 or info@vistawellbeing.org.uk. Spaces are limited.



A well crafted event

By Sue

One of Vista's highlights this year was our Craft and Creativity Fair which took place on the 3rd November.

The Vista Volunteers and crafting Tribe members were absolutely fantastic in making this day such an incredible success.

Everyone shared their skills generously, spending many weeks preparing for the day.

Doors opened at 1.30 with nervous trepidation

Q) "would anyone turn up?"
(See next pages), A) **It was an amazing success!**

Thank you to EVERYONE, not forgetting North Devon Council for their support in helping to make this year's event possible.

Get in touch with us by calling 07900 041 258, email: info@vistawellbeing.org.uk or message us via our Facebook page: <https://www.facebook.com/vistawellbeing>

Website: www.vistawellbeing.org.uk

Many volunteer craftspeople came together to share their skills, knowledge and talents with an enthusiastic public.
Any money received from sales went to Vista Wellbeing to support the work carried out at the centres

CARD DESIGN AND MAKING

SALES COUNTER

ORIGAMI

RAFFLE

KNITTING & CROCHET

FLORAL ARRANGING

GRAPHIC ART

WOODCRAFT

LAVENDER BAGS

TUNISIAN CROCHET

COMMUNITY ART PROJECT



Sue is now a fellow

Sue, one of the Vista Directors, has recently been awarded Chartered Fellow Status by CIMSPA:

Here is what Sue had to say when being interviewed after receiving her Award:

"I have been active in the fitness and leisure sector for over 30 years, starting out as a L2 fitness instructor (in the heady days of leg warmers and leotards).

Over the years my career and interests have diversified to include university lecturing, NGB governance work, commercial training, sports club management and various quality assurance roles.

It can be easy to lose sight of the journey we take as our careers take twists and turns and opportunities come our way. As someone who has definitely had this sort of journey, it was fantastic to take a moment during the Chartered process to truly reflect on the work I have done. It's sometimes easy to dismiss work as being "just what I do - nothing special", but with the help of my assessor I was able to identify multiple areas where I could truly say "yes I made a difference."

I am still a practitioner - and a CIC Director - and an educator - and a governance lead.

My passion for this sector remains - and even grows as I take on new challenges. I am really thankful that I was able to go through the Chartered Process to help me recognise that I can and do make a difference when I share my passion with others."



CONGRATULATIONS MICK!

Mick, one of our highly valued class assistants has achieved his Level 2 qualification in Gym Instructing and is now planning his next steps with Vista.

We hope he'll continue his educational journey and gain his Level 3 Exercise Referral qualification via the Vista Intern pathway.

Mick makes such a difference at sessions, always arriving with a beaming smile (and lots of snacks!).



Like to volunteer?

Especially at our satellite hubs in Westward Ho!, Braunton, South Molton and Barnstaple offering Steady On Your Feet classes. Could you spare a few hours once a week to help with setting up for class, making teas and coffees and supporting our team of instructors?

Anyone interested in joining our Board of Directors, attending on average 3-4 meetings per year, should please get in touch.