



sunnd
COMMUNITY
HEALTH & WELLBEING



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EVENTS



Health & Fitness

Advice sessions & training

Over 60s

Family friendly

Arts, Music & Food



SUNND
FEBRUARY
PROGRAMME

WWW.GALSONTRUST.COM



URRAS OIGHREACHD
GHABHSAIN
GALSON ESTATE TRUST

ABOUT SUNND

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*Sunnd: Scottish Gaelic 1. joy, cheerfulness, hilarity
2. sprightliness 3. health, fitness*

‘S e iomairt a bhios a’ brosnachadh slàinte is fallaineachd a th’ ann an ‘Sunnd’ aig Urras Oighreachd Ghabhsainn, a bhios a’ toirt chothroman do dhaoine pàirt a ghabhail ann an tachartasan coimhearsnachd a bhios gam fàgail a’ faireachdainn fallain, slàn agus sàbhailte.

Our Sunnd Health & Wellbeing programme aims to provide opportunities for the community and to support all to have a high quality of life, by remaining active, healthy, safe and included. The initiative began in the spring of 2018 as a pilot scheme for individuals over the age of 60 in partnership with the local ‘Young at Heart’ club. It has since opened up to all members of the community.

This year’s programme features a variety of health & fitness, arts and culture, and advice sessions, including salsa dancing, strength training, cookery demos, money tips for young people, and lots more. In this leaflet you will find a brief summary of what we have lined up for you for 2025 - you will find the full programme on our website, in Fios and in regular updates on our Facebook & Instagram: @urrasog.

**To book a session please visit
www.bookwhen.com/sunnd or call us on
01851 850411**

**All adult fitness
classes are £2 for
residents and some
other activities on
the estate will be
subsidised by UOG
throughout Sunnd.**



HEALTH & FITNESS

Activity	Venue	Date/Time	Details
Chair Aerobics	Spòrsnis	11am, Mondays	£2 during Sunnd.
Weight management	Spòrsnis	10-11am, 17th, 24th Feb 10th, 27th March	£2 Resident / £4 Non Resident. Booking required
Circuits	Spòrsnis	7pm, Tuesdays	£2 during Sunnd.
Fitness class	Barvas hall	6.30pm, Tuesdays	£2.
Over 40s' football	Spòrsnis	8pm, Thursdays	£2 during Sunnd
Ness Runners	Spòrsnis	9am, Saturdays	Free.
5-a-side football	Spòrsnis	6pm, Saturdays	£2 during Sunnd.
1-1 fitness consultation	Spòrsnis	Contact Simon Amos at Spòrsnis to arrange	£10 Residents / £15 Non Residents

HEALTH & FITNESS

Activity	Venue	Date/Time	Details
Salsa dancing	Barvas hall	7-8pm, 6 & 13th February	£2 Resident / £4 Non Resident. Booking required
Badminton 16+	Spòrsnis	6-8pm, Mondays	£2 during Sunnd.
Badminton U16	Spòrsnis	6-7pm, Thursdays	£2 during Sunnd.
Table tennis	Barvas hall	7-9pm, Mondays	Continues throughout Sunnd
All in football	Spòrsnis	7-8.30pm, Wednesdays	£2 during Sunnd.
Ballroom & Latin	Barvas hall	20th, 27th February, 6th & 13th March, 7-8pm	£2 Resident / £4 Non Resident. Booking required
Step Dance	Taigh Dhonnchaid h	7-8pm 4th, 11th and 18th Feb	£2 Resident / £4 Non Resident. Booking required
Gentle Movement with music	Clan Macquarrie	Wednesdays from 5th February (except 19th & 26th), 12pm	£2 Resident / £4 Non Resident. Booking preferred.

HEALTH & FITNESS - CLASS DESCRIPTIONS

Activity	What does it involve?
Chair Aerobics	A gentle workout while sitting down, to help improve balance and fitness levels. All abilities welcome.
Circuits	Tuesday Circuits with Alison is a great opportunity to enjoy an hour of high-tempo workout. Suitable for all levels of ability. The exercises have adaptations designed to increase or reduce the effort levels, and everyone is encouraged to work at their own level.
Fitness class	A circuit class open to all abilities with Westside Runners and Fitness Club (WSRFC): 30 minutes of Cardio and 30 minutes of strength and core. The perfect session to help keep fit and active.
Over 40s' football	A fun, 5-a-side kickabout with a mixed group, open to all abilities. New players are always welcome.
Ness Runners	Join the Ness Runners as they go for a run every Saturday morning. This is open to all abilities.
5-a-side football	All welcome! Get in touch with Simon Amos at Spòrnis to be added to the WhatsApp group to keep informed of games.
New Year, new you - Weight Management	Join the NHS healthy weight support worker from the Nutrition & Dietetics department in a relaxed but informative weight management group. The session will focus on: healthier food choices; appropriate portion sizes; physical activity; reading food labels; setting realistic targets and goals to fit in with people's lifestyles. This will involve a block of 6 sessions running every 2nd week.
1-1 fitness instruction with Simon	Achieve your fitness goals in 2025 with the help of a personalised fitness programme. 1 hour consultation with Simon Amos to assess and discuss your fitness and create a personalised training programme, including instruction in the use of gym equipment.

Activity	What does it involve?
Badminton	3 badminton courts are open in Spòrsnis Hall on our weekly night to anyone who fancies a game of Badminton. Whether that's a game of singles or doubles with a partner, Spòrsnis welcomes anyone by themselves or coming along with their friends. With a wide range of skill levels, you'll find whatever you're looking for; fun and competitive games are common as are relaxed friendly games.
Table tennis	Join the table tennis club every Monday in Barvas open to adults and juniors (age 13+). All abilities welcome, no equipment required.
All in football	Whether you're 7 or 70, this football session allows all ages and abilities to come together for a game.
Salsa	Dance away your cares, improve fitness and reduce stress with a 3-week block of salsa classes with Louise from Stress Monkey Solutions. Enjoy the Latin beats and try out some Merengue, Batchata, Regaeton, Cuban & New York style Salsa for size and find your favourite moves.
Ballroom & Latin	Dance away your cares, improve fitness and reduce stress with a 4-week block of Ballroom & Latin classes with Louise from Stress Monkey Solutions. Fun introduction to Ballroom and Latin for beginners from a U.S finalist, covering a little of the basics of American style to get you moving around the floor and wanting more!
Step Dance	Join Jayne Macleod at TD on a Tuesday night for Step dancing. Step dancing is an energetic, traditional and percussive style of dance made up of Strathspeys, Jigs and Reels. The classes will focus on learning basic footwork in a relaxed, informal and uncompetitive context. Hard soled shoes are recommended.
Gentle movement with music	Join Catriona Hill for an hour of gentle movement and exercise. Stretch those achy muscles, improve your balance, increase strength and achieve greater flexibility in a relaxed and friendly class. Combining simple moves with music; good for body and mind!

ADVICE SESSIONS & TRAINING



Activity	Venue	Date/Time	Details
Cofaidh agus Cabadaich	CEN	Every Wednesday, 11am-12pm	Free. Refreshments available to buy in the café.
Community Café & Health and Well-being drop-in.	Clan MacQuarrie	Wednesday 19th February, 11am - 2.30pm	Soup, tea & coffee available. No booking required.
The Science of Laughing & Listening	Clan MacQuarrie	Wednesday 19th February, 7-9pm	Free, booking preferred.

CLASS DESCRIPTIONS

Activity	What does it involve?
Cofaidh & Cabadaich	Cothrom cabadaich Gàidhlig a'dheanamh sa cafaich aig CEN. A chance to practice your Gaelic conversational skills with Alison.
Community Café & Health and Well-being drop-in.	We have invited a variety of organisations to come along and provide information and support to keep you in tip top physical and mental health, including Warmworks home energy advisors to Citizens Advice Bureau and Penumbra Mental Health and Long Term Conditions Hebrides & more. Homemade soup and soda bread, as well as teas, coffees and traybakes for a small donation will be available.
The Science of Laughing & Listening	Laughing. Listening. Making up. What if we thought of these as skills? What if we even thought of them as the three most essential skills for raising children? Come and hear developmental psychologist Dr Suzanne Zeedyk explain how they work and why they matter so much. She has become well known throughout Scotland for her engaging, thought-provoking presentations on the science of relationships. She believes that all of us can get better at these skills, and she aims to boost our motivation for paying attention to them. This promises to be an evening you'll remember for a long time to come. Tea and coffee will be provided.

CREATIVITY: ART, MUSIC & FOOD

Activity	Venue	Date/Time	Details
Knit-in	CEN	10th & 24th Feb, 2-3pm	Free. no booking required.
Art session	Clan MacQuarrie	Monday 3rd Feb, 10am	£2 Resident / £12 non resident. Booking required
Sewing surgery	Spòrsnis	11th Feb, 7-9pm	£2 Resident / £4 Non Resident. Booking required
Craft & Chatter	Clan MacQuarrie	Every Tuesday, 1- 3pm	Free. No booking required.
Seinn sing song	Taigh Dhonnchaidh	Mondays until 24th Feb, 7-8pm	£2 Non resident / £4 Non resident.
FilmG Club	Seminar room, Spòrsnis	Thursday 13, 20 Feb, 7-9pm	Free. No booking required

CLASS DESCRIPTIONS

Activity	What does it involve?
Knit-in	Come along to knit and sit with a cup of tea/coffee and cake.
Sewing surgery	Margaret Rowan of Adabrock Weavers will help take away the mystery surrounding the different stitch options on your sewing machine and have your sewing machine purring as it sews. Learn what all these different stitches on the machine are used for and practice sewing a variety of seams with different purposes.
Craft & chatter	Participate in some crafts whilst enjoying a cup of tea! Tea, coffee and biscuits provided; bring along any portable, non messy crafts!
Seinn Sing Song!	Exercise those vocal cords and sing your cares away. Seinn along to a range of genres and styles to suit your tastes. Share your favourites or just hum along with some good songs.
Art session	Join Danielle Macleod for a creative workshop where you'll explore the artistry of plant fibres. In this hands-on session, you'll learn various techniques for using locally foraged grass to craft a beautiful coiled basket.
Film Club	<p>Film club is an informal community based activity where anyone with any interest in films, video, and TV of all sorts, can meet, chat, look at interesting stuff and develop some video making skills of their own should they wish - even a mobile phone can be used to get good footage these days.</p> <p>For those interested in using a camera, tips to making a good quality and entertaining video will be explained from start to finish in a friendly and welcoming environment, no experience or knowledge of anything necessary. Coaching and help and a decent camera will also be available for anyone who would like to do a small project of their own at some point - whether a short film idea, Youtube or social media stuff, or simply making a small personal video piece (maybe you've always wanted to film a chat with an elderly relative for posterity, or film a day out, but weren't sure what to do). The basic building blocks of making a video will be explained and there's no harm in trying something out - it's just a bit of fun, and filming things might lead to an enjoyable hobby.</p> <p>So, whether simply you want to watch interesting things, chat with with like-minded folk, or maybe do something creative with a camera - film club will make you welcome.</p>

OVER 60S

Activity	Venue	Date/Time	Details
Young at Heart	Clan MacQuarrie	6th February, 2-3pm	Lynne Woolley explains and demonstrates Auricular Acupuncture.
Day Club	CEN	27th February, 11.30am	A session with Scott Davidson Photography.

FAMILY FRIENDLY

Activity	Venue	Date/Time	Details
Ness Social Cafe	Ness social club	8th February, 2pm	Free. Cafe is cash only.

What does it involve?

The Social Cafe is a volunteer run Cafe located in the Green Lounge in the Social Club. It is held every second Saturday of the month and has an array of sweet and savoury baking, tea, coffee and soup on offer. The objective of the cafe is to allow people to come and sit and have a chat, with their friends or family or on their own- to meet new people!
(Please note, the cafe is cash only)

**Events which require
advance booking,
can be booked via
[www.bookwhen.com](http://www.bookwhen.com/sunnd)
[/sunnd](http://www.bookwhen.com/sunnd)**

COMING IN MARCH...

As well as the wide range of health & fitness classes which will run throughout the whole three month programme, in March there will also be:

- ebike & mountain biking
- Fitness classes
- Child & Family event
- Craft & Chatter
- Knit-ins
- Film Club
- Gentle Movement
- Long term conditions Hebrides taster session

and lots more! Stay tuned for March's programme coming soon!



And remember,
fitness classes and
some adult
activities during
Sunnd will be
subsidised for
estate residents by
UOG!

HOW TO BOOK



You can view the full Sunnd programme at www.galsontrust.com and you will find fortnightly calendars in every issue of Fios. Follow us on Facebook & Instagram, @urrasog, for up-to-date news.

You can book events by visiting www.bookwhen.com/sunnd

If you have any problems with booking online, please phone **01851 850411** and a member of the UOG team will be happy to help. You can also email office@uogtld.com with any queries.

Sunnd runs in partnership with a variety of organisations and we'd like to thank them all for helping to make this year's Sunnd such a varied and interesting programme.





@urrasog



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