



Sunnd
COMMUNITY
HEALTH & WELLBEING



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EVENTS



Health & Fitness

Advice sessions & training

Over 60s

Family friendly

Arts, Music & Food



SUNND
JANUARY
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, flower arranging, 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.

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

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



HEALTH & FITNESS

Activity	Venue	Date/Time	Price
Chairobics	Spòrsnis	11am, Mondays	£2. Continues throughout Sunnd
New Year, new you - weight management	Spòrsnis	13th, 27th Jan, 10th, 24th Feb 10th, 27th March, 10-11am	£2 Resident / £4 Non Resident. Booking required
Circuits	Spòrsnis	7pm, Tuesdays	£2. Continues throughout Sunnd
Fitness class	Barvas hall	6.30pm, Tuesdays	Continues throughout Sunnd
Over 40s' football	Spòrsnis	8pm, Fridays	£2. Continues throughout Sunnd
Ness Runners	Spòrsnis	9am, Saturdays	Free. Continues throughout Sunnd
5-a-side football	Spòrsnis	6pm, Saturdays	Continues throughout Sunnd
Saltbox Sauna	Port of Ness	18th January, 10am-4pm	£15 pp. Booking required
Salsa dancing	Barvas hall	Thursday 30th Jan, 6th & 13th February, 7-8pm	£2 Resident / £4 Non Resident. Booking required
Badminton	Spòrsnis	6-8pm, Mondays	Continues throughout Sunnd
Table tennis	Barvas hall	7-9pm, Mondays	£2. Continues throughout Sunnd
All in football	Spòrsnis	7-8.30pm, Wednesdays	Continues throughout Sunnd
Step dancing	Taigh Dhonnchaidh	7-8pm, Tuesdays, 14th January - 18th February	£2 Resident / £4 Non Resident. Booking required
1-1 fitness consultation	Spòrsnis	Contact Simon Amos at Spòrsnis to arrange	£10 Residents / £15 Non Residents

HEALTH & FITNESS - CLASS DESCRIPTIONS

Activity	What does it involve?
Chairobics	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
Saltbox Sauna	Saltbox Sauna is the first mobile sauna in the Outer Hebrides. Take a dip in the sea for some cold water therapy and warm up in the sauna with heat therapy with a view. Water safety cover provided. 55 minutes sessions.
Table tennis	Join the newly formed table tennis club every Monday in Barvas, open to adults and juniors (age 13+). All abilities welcome, no equipment required.

Activity	What does it involve?
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
Badminton	A racquet sport that develops agility, co-ordination and strategy. 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.
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.
Step dancing	Join Jayne Macleod for six weeks of step dancing at Taigh Dhonnchaidh!
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.

ADVICE SESSIONS & TRAINING

Activity	Venue	Date/Time	Price
Cofaidh agus Cabadaich	CEN	Every Wednesday from 22nd, 11am-12pm	Free. Refreshments available to buy in the café.
CPR Demo	UOG Business Centre	Thursday 9th January 7pm - 8:30pm	Free

CREATIVITY: ART, MUSIC & FOOD

Activity	Venue	Date/Time	Price
Ceilidh	Clan MacQuarrie Community Centre	1st January, 8.30pm - 12.30am	Tickets, £5, available on the door on the night
Knit-in	Comunn Eachdraidh Nis	20th, 27th January, 2-3pm	Free
Sewing Surgery	Spòrsnis	14th January, 7-9pm	£2 Resident / £4 Non Resident. Booking required
Art session	Clan MacQuarrie Community Centre	13th & 20th January, 9.30am - 12.30pm	£2 Resident / £12 Non Resident. Booking required
Seinn sing song	Taigh Dhonnchaidh	Mondays from 20th January - 24th February	£2 Non resident / £5 Non resident.
Melodeon taster	Taigh Dhonnchaidh	Friday 17th January, 7-8pm	£2 Non resident / £4 Non resident.

ADVICE SESSIONS & TRAINING - CLASS DESCRIPTIONS

Activity	What does it involve?
Cofaidh agus Cabadaich	Cothrom cabadaich Gàidhlig a'dheanamh sa chafaidh aig CEN. A chance to practice your Gaelic conversational skills with Alison Campbell Clark.
CPR Demo	Join Lorna Thomson and Fiona Finlayson to learn about CPR techniques. They will demonstrate performing CPR on adults, children and babies, also using a defibrillator.

CREATIVITY - CLASS DESCRIPTIONS

Activity	What does it involve?
New Year's Day Ceilidh	Join some local musicians for a ceilidh at Clan Macquarie Community Centre to start 2025!
Knit-in	Come along to knit and sit with a cup of tea/coffee and cake. We'll be knitting items to raise funds for Seafarers Mission.
Sewing surgery	Make friends with your sewing machine! Fallen out with your sewing machine? Feeling the tension rise when you thread it wrongly...again? Show your sewing machine some TLC, dust it off, and take it along to the Sewing Machine Surgery in the Craft room at Spòrsnis. Margaret Rowan of Adabrock Weavers will take you through the steps of threading your machine, understanding what needles to use, and why tension is important. Practice sewing straight lines, corners and curves using different weight fabrics. Or, maybe you just want to try out a sewing machine, come and use one of Margaret's.
Art session - 13th January	Join artist Danielle Macleod for a hands-on paper-making workshop using straw and other plant fibres. This beginner-friendly session will guide you step-by-step through the process of transforming plant materials into unique handmade paper. By the end of the workshop, you'll have your own one-of-a-kind sheets of paper to take home to use in your own craft projects.

Activity	What does it involve?
Melodeon taster for adults	Fancy having a go at playing the melodeon? Join Mary Duff for a tutorial in melodeon playing.
Art session - 20th January	Join artist Danielle Macleod for a creative workshop where you'll explore the artistry of plant fibers. In this hands-on session, you'll learn various techniques for using locally foraged grass to craft a beautiful coiled basket. By the end of the workshop, you'll have your very own handmade basket to take home. Perfect for beginners or anyone looking to connect with nature through art!
Seinn sing song!	There is nothing like blasting out a good tune to lift your spirits! Come along to Taigh Dhonnchaidh on a Monday night, 7pm-8pm, and get your week off to a good start, 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 tunes.

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



OVER 60S



Activity	Venue	Date/Time	Details
Day Club	Comunn Eachdraidh Nis	30th January, 11.30-12noon	Your chance to hear the beautiful voice of local songbird Elizabeth Mackenzie. Elizabeth will sing some Gaelic and English songs and there may even be an opportunity to singalong to a few favourites!

FAMILY FRIENDLY

Activity	Venue	Date/Time	Details
Ness Social Cafe	Ness Social Club	Saturday 18th January, 2-4pm	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 usually 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)
Opening times are posted on Facebook Ness Notice Board.

COMING IN FEBRUARY...

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

- More Sewing surgeries with Margaret Rowan of Adabrock Weaving Company
- Drop-in with Alzheimer Scotland, Citizens Advice Bureau & other local organisations at Clan Macquarrie Community Centre
- Ballroom and Latin classes at Barvas hall
- Another Ness Social Cafe at the Social Club
- Young at Heart
- Practice your Gaelic conversational skills at Comunn Eachdraidh Nis with Alison Campbell-Clark

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



And remember, all fitness classes and some other adult events during Sunnd are 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@uogltd.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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