



Sunnd
COMMUNITY
HEALTH & WELLBEING



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EVENTS



Health & Fitness

Advice sessions & training

Over 60s

Family friendly

Arts, Music & Food



SUNND
MARCH
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.

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

March is the final month of the subsidised fitness classes so if you've not taken up the chance to try out a new class, this is your chance! From badminton to football, and ebiking to circuits, we've got it all!

Activity	Venue	Date/Time	Details
Yoga	Barvas hall	7-8pm, Thursday 27 March	£2 Resident / £4 Non Resident.
Chairobics	Spòrsnis	11am, every Monday	£2
Weight management	Spòrsnis	10th, 27th March, 10-11am	£2 - Resident/ £4 - Non Resident. Booking required
Circuits	Spòrsnis	7pm, every Tuesday	£2
Fitness class	Barvas hall	6.30pm, every Tuesday	£2
Over 40s' football	Spòrsnis	8pm, every Thursday	£2
Ness Runners	Spòrsnis	9am, every Saturday	Free
5-a-side football	Spòrsnis	6pm, every Saturday	£2
Table tennis	Barvas hall	7-9pm, every Monday	£2
Badminton 16+	Spòrsnis	6-8pm, every Monday	£2
Badminton under 16	Spòrsnis	6-7pm, every Thursday	£2

HEALTH & FITNESS

Activity	Venue	Date/Time	Details
All in football	Spòrsnis	7-8.30pm, every Wednesday	Continues throughout Sunnd
eBike/ Mountain biking	Spòrsnis	Saturday 8th & 15th March, 2-4pm	£2 - Resident/ £5 - Non Resident
Long Term Conditions Hebrides taster session - Mindfulness, creativity and movement	UOG	Saturday 22nd March, 2-3pm	Free
1-1 fitness consultations	Spòrsnis	Contact Simon Amos at Spòrsnis to arrange	£10 Residents / £15 Non Residents
Gentle movement to music	Clan MacQuarrie	Wednesdays, 12pm	£2 Resident / £4 Non Resident. Booking preferred.

HEALTH & FITNESS - CLASS DESCRIPTIONS

Activity	What does it involve?
Chairbics	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. 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.
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.
Mindfulness, creativity & movement taster session	Long Term Condition Hebrides aims to make a positive difference to anybody and everybody! This includes carers - current and former, those living with stress, and any people with a medical condition - mental or physical. Join Dr Gail Cunningham, retired G.P, and Louise Davidson of Stress Monkey Solutions for a cuppa and chat. This is followed by a taster session of some of the activities the group have to offer including gentle movement, relaxation techniques and stress management.
Gentle Movement to 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!

Activity	What does it involve?
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.
Badminton	Play badminton 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 newly formed 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.
eBike / Mountain biking	Come and try an ebike or a mountain bike under the supervision of Simon Amos. Take a spin around Ness, leaving from Spòrsnis. Bikes and helmets will be provided.
Ballroom & Latin	Fun introduction to Ballroom and Latin for beginners, covering a little of the basics of American style to get you moving around the floor!
1-1 fitness consultation	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.
Yoga	Join Louise from Stress Monkey for a one-off yoga class! With almost 30 years of experience in physical rehabilitation and long-term conditions, Louise offers a supportive and accessible class for all. Yoga enhances strength, flexibility, and balance while easing pain and reducing stress. Adaptations are available, making this class ideal for beginners, those recovering from injury, or managing long-term conditions.

ADVICE SESSIONS & TRAINING

Event	Venue	Date/Time	Details
Cofaidh agus Cabadaich	CEN	Every Wednesday, 11am-12pm	Free. Refreshments available to buy in the café.
Recipe for Succ£ss	Clan MacQuarrie	10th March, 6pm	£5 residents / £10 non-residents
Coffee & CAB, with Citizens Advice	UOG Business Centre	19th March, 12-3pm	Free

ADVICE SESSIONS & TRAINING - CLASS DESCRIPTIONS

Event	What does it involve?
Cofaidh agus Cabadaich	Cothrom cabadiach Gàidhlig a'dheanamh sa cfaidh aig CEN. A chance to practice your Gaelic conversational skills with Alison.
Recipe for Succ£ss	Join Donald 'Ba' MacDonald, our local money matters expert, and Chef James Mackenzie (UHI, ex Digby Chick) for a relaxed, informative event to help young adults with their finances. Donald will advise young people (and their parents) to make plans for what they can do with their money, now and in the future. They'll consider their own attitudes and behaviours around money and learn how to manage their money effectively. James will do the cooking, focusing on making tasty and quick meals on a budget. Come along, take part, or just sit back and enjoy the fabulous food. Open to young people 15+
Coffee & CAB	Join Citizens Advice Bureau for a coffee and chat and learn about the large range of support and advice services.

CREATIVITY: ART, MUSIC & FOOD

Event	Venue	Date/Time	Details
Knit-in	CEN	10th & 24th March, 2-3pm	Free
Craft & Chatter	Clan MacQuarrie	Every Tuesday, 1-3pm	Free
Sewing Surgery	Spòrsnis	11th March, 7-9pm	£2 resident / £4 non-resident
Cookery Demo	Clan MacQuarrie	Wednesday 5th March	To be confirmed
Homegrown in Habost workshop 1	Clan MacQuarrie	7th March, 1-3pm	£2 resident / £4 non-resident
Homegrown in Habost workshop 2	Clan MacQuarrie	14th March, 10am-12pm	£2 resident / £4 non-resident
Homegrown in Habost workshop 3	Clan MacQuarrie	21st March, 1-3pm	£10 resident / £15 non-resident

CREATIVITY - CLASS DESCRIPTIONS

Event	What does it involve?
Knit-in	Come along to knit and sit with a cup of tea/coffee and cake.
Craft & Chatter	Participate in some crafts whilst enjoying a cup of tea! Tea, coffee and biscuits provided; just bring along any portable, non messy crafts to enjoy.
Sewing Surgery	Whether you need to insert a zip, hem your trousers, repair a hole or sew on a button, have a go at doing it yourself. Margaret Rowan of Adabrock Weavers will advise on the best way to tackle whatever repair job you bring along.
Cookery demo	Join The Niseach Chef for one of his popular cookery demos where he will talk you through some exciting new dishes and give you a taste of the delicious meals! More details coming soon.
Homegrown in Habost workshop 1 - Garden basics: getting started with seeds	This is for you if you are just starting out and need to learn the basics of growing food and flowers from seed. Debbie will take you through the process of selecting or indeed making your own compost. She can advise on seed selection, which varieties to grow, and how to get them started. Debbie will answer any gardening questions you have. You will take away a variety of seeds you have sown to grow on at home to get you started on your garden journey. Tea and coffee provided.

CREATIVITY - CLASS DESCRIPTIONS

Event	What does it involve?
Homegrown in Habost workshop 2 - Sowing and Growing in the great outdoors!	Don't have a crub, don't worry! Debbie will take you through the best route to success in our wonderful but challenging climate. Debbie has 20 years experience of growing food and flowers outdoors in Ness. Debbie will take you through the process of selecting and growing a hardy windbreak to protect your crops and you'll be able to take home a few cuttings to get you started. Debbie will look at soil health, what to grow and how to grow it. Tea and coffee provided.
Homegrown in Habost workshop 3 - Spring flower arranging	Join Debbie from Homegrown in Habost to learn how to create a beautiful Spring flower display using locally sourced flowers and foraged greenery. Debbie will talk you through the process of selecting, conditioning and presenting an arrangement. You will take home your finished creation. Tea and Coffee provided.

OVER 60S

Event	Venue	Date/Time	Details
Day Club	Comunn Eachdraidh Nis	27th March, 11.30am	Free

FAMILY FRIENDLY

Event	Venue	Date/Time	Details
Ness Social Cafe	Ness social club	Saturday 8th & 22nd March, 2-4pm	Free
Child & Family Event	Clan MacQuarrie	Tuesday 18th March, 10.30am	Drop-in, free of charge (no booking required)

Event	What does it involve?
Ness Social Cafe	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)
Child & Family Event	The Early Years Family Support Service provides a range of services which can help parents/carers with challenges in their home circumstances, health, or with developmental issues. Join them along with a number of other agencies for a family and child event where you can gain support and advice on a range of different topics, while your child is kept entertained with a selection of toys, creative play, Bookbug and singing.

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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