



JAN - MAR
2024

SUNND

Sunnd: Scottish Gaelic

1. joy, cheerfulness, hilarity 2. sprightliness 3.
health, fitness

HEALTH & WELLBEING

EXERCISE & FITNESS

Running
Ceilidh Dancing
Fitness Plans

CREATIVITY & EDUCATION

Art Sessions
Cookery Classes
Knitting

SUNND HEALTH & WELLBEING PROGRAMME 2024

bi fallain

The 'Sunnd' Health & Wellbeing programme is an initiative led by Urras Oighreachd Ghabhsainn (UOG), which aims to facilitate opportunities for the community to support all to have a high quality of life, by remaining active, healthy, safe and included.

'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.

Subsidised Activities

In recognition of the financial difficulties that families are facing, all fitness classes and adult activities on the estate will be subsidised by UOG throughout the Sunnd Programme that runs from January - March.



Booking

To book a session please:

- visit www.bookwhen.com/sunnd,
- call us on 01851 850393 or,
- contact the partners running the sessions

Urras Oighreachd Ghabhsainn (UOG) makes every effort to ensure that all the information in the booklet is correct at the time of printing. However, information may be liable to change without prior notice. Sessions, classes and workshops will be advertised on social media and Fios with the latest information. Please contact the UOG office for further information or queries.

JANUARY 2024



MON	TUE	WED	THU	FRI	SAT
08	09	10	11	12	13
Chair Aerobics	Creative Writing	Move More		Strength Training	Ness Runners
Book Club	Circuit Classes				Guitar Lessons
Table Tennis	Over 40's football				
15	16	17	18	19	20
Weight Management	Knit-in	Move More	Day Club	Strength Training	Ness Runners
Chair Aerobics	Circuit Classes	Alzheimer Scot Drop-in	Art Class		Guitar Lessons
Table Tennis	Over 40's football				Saltbox Sauna
22	23	24	25	26	27
Chair Aerobics	Child & Family Event	Move More	First Aid Course	Walking Group	Ness Runners (Plogging)
Book Club	Creative Writing		Art Class	Strength Training	Guitar Lessons
Infant First Aid	Circuit Classes				
Table Tennis	Over 40's football				
FEBRUARY					

29	30	31	01	02	03
Weight Management	Knit-in	Move More	Day Club	Strength Training	Ness Runners
Chair Aerobics	Circuit Classes		Young at Heart		Guitar Lessons
Table Tennis	Over 40's football		Art Class		Ceilidh
			Salsa		

FEBRUARY 2024



MON	TUE	WED	THU	FRI	SAT
05	06	07	08	09	10
Chair Aerobics	Creative Writing	Mental Health course	Art Class	Strength Training	Ness Runners
Book Club	Circuit Classes	Move More	Salsa		Guitar Lessons
Table Tennis	Over 40's football				
12	13	14	15	16	17
Weight Management	Knit-in	Move More	Day Club	Strength Training	Ness Runners
Chair Aerobics	Circuit Classes		Art Class		Guitar Lessons
Table Tennis	Over 40's football		Salsa		
19	20	21	22	23	24
Chair Aerobics	Creative Writing	Move More	Art Class	Walking Group	Ness Runners (Plogging)
Book Club	Circuit Classes		Alzheimer Scot Drop-in	Strength Training	Guitar Lessons
Cookery Class	Over 40's football				Ceilidh
Table Tennis					
MARCH					
26	27	28	29	01	02
Weight Management	Knit-in	Move More	Day Club	Strength Training	Ness Runners
Chair Aerobics	Circuit Classes		Ballroom and Latin		Guitar Lessons
Table Tennis	Over 40's football				

MARCH 2024



MON	TUE	WED	THU	FRI	SAT
04	05	06	07	08	09
Chair Aerobics	Creative Writing	Move More	Young at Heart	Strength Training	Ness Runners
Book Club	Circuit Classes		Ballroom and Latin	Cookery Demo	Guitar Lessons
Table Tennis	Over 40's football				Craft & Produce Market
11	12	13	14	15	16
Weight Management	Knit-in	Move More	Day Club	Strength Training	Ness Runners
Chair Aerobics	Circuit Classes		Ballroom and Latin		Guitar Lessons
Finance support	Over 40's football				
Table Tennis					
18	19	20	21	22	23
Chair Aerobics	Creative Writing	Child & Family Event	Alzheimer Scot Drop-in	Strength Training	Ness Runners
Book Club	Circuit Classes	Move More	Ballroom and Latin		Guitar Lessons
Table Tennis	Over 40's football				LTCH Tent
25	26	27	28	29	30
Weight Management	Knit-in	Move More	Day Club	Walking Group	Ness Runners (Plogging)
Chair Aerobics	Circuit Classes		Easter Flower arranging	Strength Training	Guitar Lessons
Table Tennis	Over 40's football			Cookery Demo	Ceillidh

EXERCISE/FITNESS

Spòrsnis run a number of classes on a weekly basis. Most sessions don't require booking, other than the fitness consultation.

Please contact Spòrsnis to book a session on 01851 810 039 or email simon@sporsnis.co.uk



Chair Aerobics

What: A gentle workout while sitting down, to help improve balance and fitness levels. All abilities welcome.

Where: Spòrsnis, Ness

When: Every Monday @ 11am-12pm

Cost: Free of charge (funding received from UOG)

Progressive overload strength training with Simon

What: Using a variety of weights and techniques this class will build your muscle strength and joint stability. Focusing on getting the perfect technique using methods such as eccentric exercise and pyramid training to fire up your muscles and make you stronger.

Where: Spòrsnis, Ness

When: Every Friday @ 6-7pm

Cost: £2 (no booking required)



Ness Circuit Class

What: 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.

Where: Spòrsnis, Ness

When: Every Tuesday @ 7-8pm

Cost: £2 (no booking required)

Barvas Circuit Class

What: 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.

Where: Barvas and Brue Community Centre, Barvas

When: Every Tuesday @ 6.30 - 7.30pm

Cost: £2 (no booking required)



Over 40's Football

What: A fun, 5-a-side kickabout with a mixed group, open to all abilities. New players are always welcome.

Where: Spòrsnis, Ness

When: Every Tuesday 8-9pm

Cost: £2 (no booking required)

Fitness consultation

What: Do you want to get fit? Not sure what to do in the gym or how to use the equipment? Spòrsnis can put together a fitness programme to suit your needs. Work with a fitness instructor for a 1-hour session, to help increase fitness levels, ensure you're using the equipment safely, and create a fitness plan.

Where: Spòrsnis, Ness

When: Contact Spòrsnis to arrange a time

Cost: Resident £10, Non-Resident £20 (booking required)



Sunnd Walking Group

What: Join us on a monthly walk to explore our estate and enjoy our beautiful landscape. Our walks will be around 90 minutes. The terrain will be rough in parts, so you will need sturdy footwear. Please make sure you are dressed for the weather.

When: Fri 26th Jan

When: Fri 23rd Feb

When: Fri 29th Mar

@10 - 11.30am

Cost: Free of charge (booking required)

Where: Meet at Clan MacQuarrie Community Centre

Where: Meet at Breakwater Café, Port of Ness

Where: Meet at Airidhantium School, Shader



Ness Runners

What: Join the Ness Runners as they go for a run every Saturday morning. This is open to all abilities. The last Saturday of every month will be a morning run with a difference, as they do some plogging. Plogging is a combination of jogging and picking up litter which is a new sustainable initiative invented in Sweden. Clean the villages in Ness while getting some much needed exercise.

Where: Meet at Spòrsnis, Ness

When: Every Saturday from the 13th of Jan @ 9am

Plogging - Last Saturday of the month @ 9am

Cost: Free of charge (no booking required)



Move More - Gentle Movement

What: Move More is a Macmillan Cancer Research gentle movement programme. It was set up to enable people with long term conditions, including cancer, to benefit from a range of appropriate physical activities in a safe, social and fun environment. It can be done seated or standing, and is open to all abilities.

Where: Clan MacQuarrie Community Centre, Borge

When: Every Wednesday starting 10th Jan - 27th Mar @ 12-1pm

Cost: Free of Charge (booking required)



Community Table Tennis

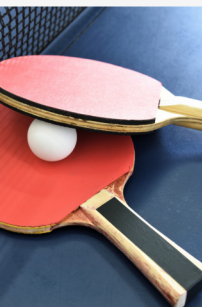
What: Join the newly formed table tennis club every Monday in Barvas open to adults and juniors (age 13+). All abilities welcome, no equipment required.

Where: Barvas and Brue Community Centre, Barvas

When: Every Monday @ 7-9pm

Cost: Adults - £2 resident, £5 non-resident; Age 13-19 - £1 resident, £3 non-resident (drop-in, no booking required)

For more information please contact Ken Macleod on 07798753336 or ken@tabletenniscoach.co.uk



Swim & Sauna - Saltbox

What: Join Immerse Hebrides with 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/lifeguard cover provided.

Where: Port of Ness, Ness

When: Sat 20th January @ 10am - 2pm (55 minute slots)

Cost: £8 resident, £25 non-resident (booking required)



CREATIVE SESSIONS



Creative Art Sessions

What: Join arts worker Danielle Macleod in a fun 6-week course of printmaking and book binding. Over the weeks, participants will learn various printing techniques on fabric and paper, such as cyanotype and eco printing. Using their printed papers, participants will learn various book binding methods to create their own sketchbooks. This course is suitable for all.

Where: Clan MacQuarrie Community Centre, Borne

When: Every Thursday from 18th January - 22nd February @ 2-4pm

Cost: Resident - £2 per class, £10 block-booking

Non-Resident - £4 per class, £20 block-booking (booking required)

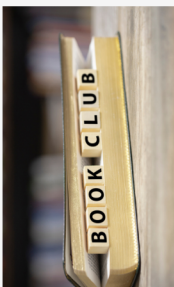
Knit-in

What: Come along to knit and sit with a cup of tea/coffee and cake.

Where: Comunn Eachdraidh Nis (CEN), Ness

When: Every 2nd Tuesday starting from the 16th of January @ 2-3pm

Cost: Free of charge (no booking required)



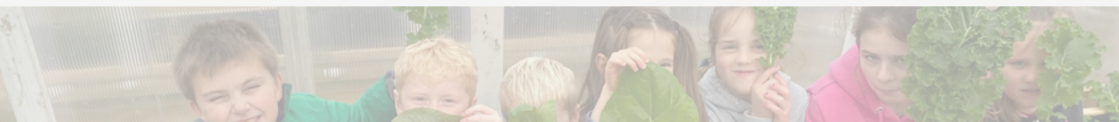
Book Club

What: Do you love books? Are you often looking for people to discuss enthralling characters and fascinating plot twists? Come and join a local book club, be part of a group that selects the books to be read, and bring along your passion for reading. An informal, relaxed and fun club where a variety of books will be discussed across a wide range of genres.

Where: Taigh Dhonnchaidh (upstairs), Ness

When: Every 2nd Mon starting from 8th Jan @ 6.30 - 7.30pm

Cost: Free of charge



Easter Flower Arranging

What: Learn the art of flower arranging from the talented gardeners at Maybury Gardens and create a beautiful Easter flower basket.

Where: Clan MacQuarrie Community Centre, Borne

When: Thurs 28th Mar @ 11am - 12.30pm

Cost: Resident - £2, Non-Resident - £4 (booking essential)

Craft and Produce Market

What: Visit Clan MacQuarrie Community Centre, the first Saturday of every month, to purchase an array of homegrown produce from crofts and gardens across the estate. Buy some handmade arts and crafts created by local artists and also enjoy a cup of tea and cake in the café.

If you would like to book a stall please contact Rachel on raeventsbooking@mail.com

Where: Clan MacQuarrie Community Centre, Borne

When: The first Sat of every month from Mar-Dec @ 10.30am - 3.30pm

Cost: Drop-in, free of charge (no booking required)





Cookery Demonstrations

What: James MacKenzie of UHI (previously of Digby Chick) will be giving you some helpful cooking tips, plus a chance to taste his delicious cooking.

When: Fri 8th March @ 7-8.30pm

Where: Clan MacQuarrie Community Centre, Borge

Cost: Resident £2, Non-Resident £4 (booking required)

What: Learn from the Niseach Chef, Allan Macritchie how to cook show-stopper dishes at a reasonable price.

When: Fri 29th March @ 7-8.30pm

Where: Clan MacQuarrie Community Centre, Borge

Cost: Resident £2, Non-Resident £4 (booking required)

No equipment or experience necessary.

Cookery Class for beginners

What: Join Chef Allan Macritchie to learn the basics of cooking and how to start cooking healthier, cost effective meals.

Where: Clan MacQuarrie Community Centre, Borge

When: Mon 19th Feb @ 7 - 8.30pm

Cost: Resident £2, Non-Resident £4 (booking required)

No equipment or experience necessary.



COMMUNITY CEILIDHS

What: Put on your dancing shoes and join us for some Ceilidh's across the Galson Estate during the Sunnd programme. See details below for dates, locations and times.

Cost: Free of charge (no booking required)



Where: Ness Social Club, Ness

When: Saturday 3rd Feb @ 8pm

Who: The Islands Ceilidh Band

Where: Barvas & Brue Community Centre, Barvas

When: Saturday 24th Feb @ 8pm

Who: Iain 'Spanish' Mackay & Stephen Drummond



Where: Clan MacQuarrie Community Centre, Borge

When: Saturday 30th March @ 8pm

Who: Stuart Taylor & Friends

OVER 60'S GROUPS

Comunn Eachdraidh Nis (CEN) - Day Club

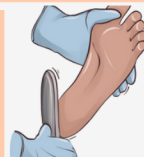
The Comunn Eachdraidh Day Club meet every Thursday at 11.30am, usually starting off with a short talk/workshop and finishing off with a delicious lunch in the café. All senior citizens are welcome.

Please contact CEN on 01851 810 377 or sales@cenonline.org for more information.

Podiatry

Delivered by NHS Wl's Podiatry Department - An awareness session on personal foot care to help you look after your own feet, or those of others to help improve comfort, mobility, confidence and independence.

When: Thurs 18th Jan @ 11.30am



Tighean Innse Gall (TIG)

Tighean Innse Gall (TIG) will be offering useful tips on improving your home, reducing energy use, saving money, and becoming more energy efficient.

When: Thurs 1st Feb @ 11.30am

Creative Art Workshop

Join arts worker Danielle Macleod in a fun and creative art session where participants will be mark making with natural materials from the local environment.

When: Thurs 15th Feb @ 11:30am



Citizens Advice Bureau (CAB)

CAB offer a large range of support and advice services. Find out more about what is available to you.

When: Thurs 29th Feb @11.30am

Nutrition & Dietetics

Delivered by NHS Wl's Nutrition and Dietetics Department, learn how to eat a well-balanced, nutritional diet.

When: Thurs 14th March @ 11.30am



Urras Oighreachd Ghabhsainn (UOG)

Join UOG to hear about the work of the Urras and projects that are in the pipeline.

When: Thurs 28th March @ 11:30am

Young at Heart Club

The Young at Heart Club meet the first Thursday of every month, starting from February, at 2pm at Clan Macquarrie Community Centre, Borve. All over 60's welcome.

Please contact Elenor for more details on 07927301022 or dawser02@outlook.com

Tighean Innse Gall (TIG)

Tighean Innse Gall (TIG) will be offering useful tips on improving your home, reducing energy use, saving money, and becoming more energy efficient.

When: Thurs 1st Feb @ 2.00pm



Citizens Advice Bureau (CAB)

CAB offer a large range of support and advice services. Find out more about what is available to you.

When: Thurs 7th March @ 2.00pm

DANCE/MUSIC CLASSES

7-weeks of dancing

Dance away your cares, improve fitness and reduce stress with a 3-week block of salsa classes, and a 4-week block of ballroom & latin classes. These classes are provided by Louise from Stress Monkey Solutions. All ages and abilities are welcome, with no previous experience or partner necessary. All classes are dementia & Parkinson's friendly.

Salsa Dancing

Enjoy the Latin beats and try out some Merengue, bachata, Reggaeton, Cuban & New York style salsa, and find your favourite moves.

When: Thurs 1st, 8th & 15th Feb @ 7-8pm

Ballroom & Latin

A fun introduction to Ballroom and Latin for beginners from a U.S finalist, covering a little of the basics of American styles to get you moving around the floor and wanting more!

Where: Barvas and Brue Community Centre, Barvas

When: Thurs 29th Feb - 21st Mar @ 7-8pm

Cost: Resident - £2 per class

Non-Resident - £4 per class (booking required)



Guitar Lessons

What: Join talented musician Noel Eadie to learn how to play guitar or improve skills you already have. These lessons are open to any level of ability.

Where: Taigh Dhonnchaidh, Ness

When: Every Saturday from 13th January - 30th March @ 11am-12pm

Cost: Resident - £2 per class, £20 block-booking

Non-Resident - £4 per class, £40 block-booking (booking required)

Ceilidh Dancing

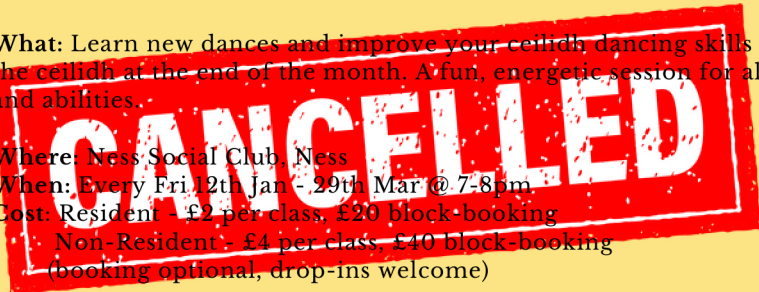
What: Learn new dances and improve your ceilidh dancing skills ready for the ceilidh at the end of the month. A fun, energetic session for all ages and abilities.

Where: Ness Social Club, Ness

When: Every Fri 12th Jan - 29th Mar @ 7-8pm

Cost: Resident - £2 per class, £20 block-booking

Non-Resident - £4 per class, £40 block-booking (booking optional, drop-ins welcome)



TALKS / WORKSHOPS

Creative Writing Sessions

What: Try your hand at poetry, prose, fiction and more in this creative writing club. Elevate your writing to new heights and embark on your creative journey with confidence.

Where: Spòrsnis, Ness

When: Every 2nd Tues starting from 9th Jan @ 6.30 - 7.30pm

Cost: Resident - £2 per class, £10 block-booking

Non-Resident - £4 per class, £20 block-booking (booking required)



Weight Management Group

What: 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, to be followed by 3 sessions (each 3 months apart) to provide ongoing support/change maintenance.

Where: Spòrsnis, Ness

When: Every 2nd Mon from 15th Jan @ 10-11am

Cost: Free of charge (booking required)

Infant First Aid Course

What: Learn lifesaving skills, such as CPR and the recovery position, to prepare for a lifesaving situation specific to babies and toddlers. This course is delivered by Western Isles First Aid Training. (Children are permitted to attend this event).

Where: UOG Business Centre, Galson

When: Mon 22nd Jan @ 7pm - 9.30pm

Price: Resident - £5 Non-resident - £10 (booking required)



Child & Family Event

What: 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.

Where: Spòrsnis, Ness

When: Tues 23rd Jan @ 10.30am - 1.30pm

Where: Clan MacQuarrie Community Centre, Borge

When: Wed 20th Mar @ 10.30am - 1.30pm

Cost: Drop-in, free of charge (no booking required)



First Aid Training

What: Learn lifesaving skills, such as CPR, defibrillator awareness and the recovery position to prepare for an emergency situation that can happen anywhere and to anyone. A full-day certified course delivered by Western Isles First Aid Training.

Where: UOG Business Centre, Galson

When: Thurs 25th Jan @ 9.30am-4.30pm

Cost: Resident - £25 Non-resident - £65 (booking required)



Mental Health Training - The Decider Skills

What: Spend a morning with CAMHS Community Health Worker & NHS Western Isles's Mental Health and Learning Disabilities Department to gain support and advice about Mental Health. The Decider Skills use Cognitive Behavioural Therapy to teach children, young people and adults skills to recognise their own thoughts, feelings and behaviours. This allows them to monitor and manage their own emotions and mental health. The Skills were designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and to live a more skillful, less impulsive life.

Where: UOG Business Centre, Galson

When: : Wednesday 7th Feb @ 9.30am – 1.30pm

Cost: Free of Charge (booking required)



Long Term Conditions Hebrides (LTCH)

What: Long Term Conditions Hebrides aims to make a positive difference to those living with long term conditions. Join Dr Gail Cunningham and her team for tea, coffee and a chat followed by a taster of what the group has to offer. This includes Mindfulness, Meditation and Mindful Movement, activities that can help people living with Long Term Conditions, and their carers, live better lives.

Where: UOG Business Centre, Galson

When: Saturday 23rd March @ 2-3pm

Cost: Free of charge (booking required)

LTCH also offer free online group sessions, led by qualified facilitator, Dr Gail Cunningham. All sessions are held via zoom.

Please visit www.ltch.org.uk for more information about these valuable sessions and how to join.



Alzheimer Scotland Western Isles Drop In

What: If you are a person living with dementia, supporting someone living with dementia or would like to find out more about the condition, drop in for a chat and a drink, for one-to-one information, advice, support and activities.

Where: Comunn Eachdraidh Nis, Ness

When: : Wed 17th Jan @ 11am - 1pm

Where: UOG Business Centre, Galson

When: : Thurs 22nd Feb @ 11am - 1pm

Where: Clan MacQuarrie Community Centre, Borge

When: : Thurs 21st Mar @ 11am - 1pm

Cost: Drop-in, free of charge (no booking required)



Money tips for Age 16+

What: Join Donald 'Ba' MacDonald for a fun, informative session with pizza that aims to support young people as they transition to financial independence. This session will teach 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.



During the session, they will make a virtual investment and be given monthly updates on their investment. The winning investor will receive a prize from UOG!

Where: UOG Business Centre, Galson

When: : Monday 11th March @ 7-8pm

Cost: Free of Charge (booking required)

Citizens Advice - Outreach Income Maximisation Officer

The Western Isles Citizens Advice Bureau (CAB) are launching a programme in January where an outreach worker is available to provide advice via a range of means: home visit, outreach location, telephone or email, depending on the clients preference. This would be for income maximisation, providing advice, support and information to enable clients to make informed decisions, and in turn to improve their health and wellbeing. CAB would also sign-post clients to any other relevant organisation as applicable. The project caters for people of all ages and helps to ensure that the elderly, those with disabilities, lone parents and families are receiving all the income available to them. The advice provided is free, confidential and impartial. Keep an eye out for more information about the project.

For more information about CAB please visit the website or to book a chat/home visit please contact CAB directly:

Tel: 01851 705727

Email: bureau@lewiscab.casonline.org.uk

Website: www.wicas.uk/





Free – Heated Throws available for all over 75's



**Last year we distributed 200 free
heated blankets!**

As part of Sunnd 2023/24, our Health and Wellbeing programme, we are distributing free heated throws for all over 75's on the Galson Estate.

Mar phàirt den phrògram slàinte againn, Sunnd 2023/24, tha sinn a' toirt plaide a bhios ga bhlàthachadh fhèin dhan a h-uile duine air Oighreachd Ghabhsainn a tha 75 bliadhna a dh'aois agus nas sine.

Please contact the Business Centre for more information on 01851 850 393 or email office@uogltd.com



Urras Oighreachd Ghabhsainn is a company registered in Scotland No: 273903 and a registered Scottish Charity No: SC036903

Do you require transport?

Comunn Eachraidh Nis (CEN) now offers an accessible vehicle designed to provide a transport service to anyone that has accessibility issues with transport for social, medical or personal appointments. This is being provided through the generous support of Motability Foundation's Community Transport Grant Programme.

Please contact CEN to book if you require transport for a Sunnd event.

For more information, please contact:

Duncan MacKinnon

Tel: 01851 810 377

Email: museum@cenonline.org



ELK Emergency Lifting Cushions

To launch this year's Sunnd Programme, Urras Oighreachd Ghabhsainn has donated two ELK Emergency Lifting Cushions to the Westside Community Nurses. Both Habost Clinic and Borge Surgery were presented with these on Thursday 23rd November.

The ELK is a portable and compact lifting cushion that helps to safely raise individuals back to their feet. With the touch of a button, it inflates under the patient one section at a time whilst someone supports the individual from behind to bring them to a raised seated position, ready to stand.

The donation was made after a conversation between UOG and the nurses. They identified that increasing the availability of these cushions would reduce their dependency on the ambulance service when they needed assistance lifting patients after falls.





Useful Resources



AGEING, DEMENTIA AND CARERS SUPPORT

Age UK

Website: www.ageuk.org.uk

Telephone: 0800 678 1602

You can make an enquiry through the website.

Alzheimer's Scotland

Telephone: 01851 307 467

Email: Lewis@alzscot.org

Website: www.alzscot.org

Crossroads

Telephone: 01851 705 422

Email: crossroads.lewis1@btinternet.com

Website: www.crossroadslewis.co.uk



CANCER SUPPORT

Western Isles Cancer Care Initiative (WICCI)

Telephone: 01851 706 721

Email: info@wicci.org.uk

Website: www.wicci.org.uk

Macmillan Cancer Support

Telephone: 0808 808 0000

Website: www.macmillan.org.uk



PREGNANCY AND CHILD LOSS

Sands

Telephone: 0808 164 3332

Website: www.sands.org.uk

Email: helpline@sands.org.uk

Miscarriage Association

Telephone: 01924 200 799

Website: www.miscarriageassociation.org.uk

Email: info@miscarriageassociation.org.uk



PHYSICAL HEALTH

Paths for all

Telephone: 01786641851

Email: info@pathsforall.org.uk

Website: www.pathsforall.org.uk

Spòrsnis

Telephone: 01851 810039

Email: info@sporsnis.co.uk

Website: www.sporsnis.co.uk

Cycling Scotland

Telephone: 0141 229 5350

Email: info@cycling.scot

Website: www.cycling.scot



FIRE SAFETY HOME VISITS

You can request a visit to make sure your home is safe in the event of a fire.

Request a visit:

<https://cset.firescotland.gov.uk/Public/HFSV/RequestVisit>

Fire Service

Telephone: 0800 0731 999

Text: "FIRE" to 80800

Website: www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit/

MENTAL HEALTH

Scotland's Mental Health First Aid

Email: phs.mhandsplearningresources@phs.scot

Website: www.smhfa.com

Breathing Space

Telephone: 0800 838 587

www.breathingspace.scot

Childline

Website: www.childline.org.uk

Telephone: 0800 1111



Scottish Association for Mental Health

Telephone: 0344 800 0550

Email: info@samh.org.uk

Website: www.samh.org.uk

Penumbra

Telephone: 01851 706

Website: www.penumbra.org.uk

You can make an enquiry through the website

Samaritans

Telephone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

Home Energy Scotland

Telephone: 0808 808 2282

Email: donald.morrison@hi.homeenergyscotland.org

Website: www.homeenergyscotland.org

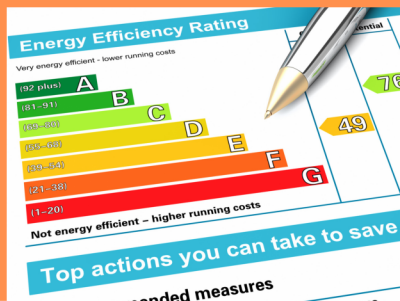
Tighean Innse Gall (TIG)

Telephone: 01851 706 121

Email: info@tighean.co.uk

Website: www.tighean.co.uk

ENERGY ADVICE



FINANCE/OTHER SUPPORT

Advocacy Western Isles

Lewis and Harris

Telephone: 01858 701 755

Email: office@advocacywi.co.uk

Website: www.advocacywi.co.uk

The Shed Project

Telephone: 01851 704 557

Email: admin@theshedproject.org.uk

Website: www.theshedproject.org.uk

Turn2Us

Telephone: 0808 802 2000

Website: www.turn2us.org.uk

Scottish Welfare Fund

Telephone: 01851 822 642

Website: www.cne-siar.gov.uk/benefits-and-grants/scottish-welfare-fund

Western Isles Women's Aid

Telephone: 01851 704 750

Email: office@wiwasty.org

Website: www.westernisleswomensaid.co.uk

Shelter

Telephone: 0808 800 4444

Website: www.scotland.shelter.org.uk

Social Security Scotland

Telephone: 0800 182 2222

Website: www.mygov.scot/benefits

Citizens Advice Bureau

Telephone: 01851 705 727

Email/Chat via website

Website: www.wicas.uk

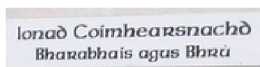




URRAS OIGHREACHD GHABHSAINN
GALSON ESTATE TRUST

Sunnd runs in partnership with the following organisations. We would like to thank them all for being part of this programme.

For any further information please contact us on
01851 850 393 or office@uogltd.com



Helping Hand Life Coaching
Helping Hand tuition
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