



JAN - MAR  
2023

# SUNND

Sunnd: Scottish Gaelic

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

## HEALTH & WELLBEING

### EXERCISE & FITNESS

*Yoga*  
*Step Dancing*  
*Fitness Plans*

### CREATIVITY & EDUCATION

*Art Sessions*  
*Cookery Classes*  
*Gardening Classes*

# SUNND HEALTH & WELLBEING PROGRAMME 2023

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.



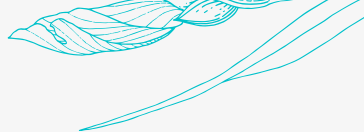
## Booking

To book a session please:

- visit [www.bookwhen.com/sunnd](http://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 2023



MON

TUE

WED

THU

FRI

SAT

09

10

11

12

13

14

Health Walk

Circuit Class

Knit-in

Art Class

Health Walk

Chair  
Aerobics

Over 40's  
football

Netball

Step  
Dancing

Gentle  
Movement

Yoga

16

17

18

19

20

21

Health Walk

Circuit Class

Netball

Day Club

Health Walk

Chair  
Aerobics

Over 40's  
football

Infant  
First Aid

Step  
Dancing

Yoga

23

24

25

26

27

28

First Aid  
Course

Circuit Class

Knit-in

Art Class

Health Walk

Ceilidh

Health Walk

Over 40's  
football

Netball

Step  
Dancing

Gentle  
Movement

Chair  
Aerobics

UHI Online  
Talk

Yoga

30

31

01

02

03

04

Health Walk

Circuit Class

Netball

Day Club

Health Walk

Chair  
Aerobics

Care Planning-  
Macmillan  
Nurses

Young at Heart

Step Dancing

Yoga

Over 40's  
football

# FEBRUARY 2023



MON	TUE	WED	THU	FRI	SAT
06	07	08	09	10	11
Health Walk	Circuit Class	Knit-in	Art Class	Health Walk	
Chair Aerobics	Argentine Tango	Netball	Step Dancing	Gentle Movement	
Yoga	Over 40's football			Cookery Class	
Police Scotland Talk					
13	14	15	16	17	18
Health Walk	Circuit Class	Netball	Day Club	Health Walk	
Chair Aerobics	Argentine Tango		Step Dancing	Cookery Demo	
Yoga	Over 40's football				
20	21	22	23	24	25
Health Walk	Circuit Class	Knit-in	Art Class	Health Walk	Ceilidh
Chair Aerobics	Salsa	Gardening Session	Ceilidh Dancing	Gentle Movement	
Yoga	Over 40's football	Netball			
Community Support Event					
27	28	01	02	03	04
Health Walk	Circuit Class	Netball	Day Club	Health Walk	
Chair Aerobics	Over 40's football		Young at Heart		
Yoga	Salsa		Ceilidh Dancing		



# MARCH 2023



MON	TUE	WED	THU	FRI	SAT
06	07	08	09	10	11
Health Walk	Circuit Class	Knit-in	Art Class	Health Walk	Immerse Hebrides
Chair Aerobics	Ballroom & Latin	Netball	Ceilidh Dancing	Gentle Movement	
Yoga	Over 40's football			Cookery Class	
13	14	15	16	17	18
Health Walk	Circuit Class	Mental Health Training	Day Club	Health Walk	
Chair Aerobics	Ballroom & Latin	Netball	Ceilidh Dancing		
Yoga	Over 40's football				
20	21	22	23	24	25
Health Walk	Circuit Class	Knit-in	Art Class	Health Walk	LTCH Tent
Yoga	Over 40's football	Netball	Ceilidh Dancing	Gentle Movement	Ceilidh
Chair Aerobics					
Cookery Demo					
27	28	29	30	31	01
Health Walk	Circuit Class	Gardening Session	Day Club	Health Walk	
Chair Aerobics	Over 40's football	Netball	Ceilidh Dancing	Cookery Class	
Yoga					

# EXERCISE/FITNESS

Spòrsnis run a number of classes on a weekly basis, most sessions don't require booking, other than the fitness consultation and netball. Spòrsnis received funding from UOG's Community Investment Fund to enable all senior residents to attend the gym for FREE in 2023.

Please contact Spòrsnis to book a session on 01851 810 039 or [info@sporsnis.co.uk](mailto:info@sporsnis.co.uk)



## Chair Aerobics

**What:** A gentle workout done seated, to help strengthen balance and fitness levels. All welcome.

**Where:** Spòrsnis, Ness

**When:** Every Monday @ 11am-12pm

**Cost:** Free of charge (funding received from UOG)

## Yoga

**What:** Join Emma from 67Yoga and Massage for some Hatha Yoga which uses physical techniques to try to preserve and channel the vital force or energy. Open to all levels and abilities.

**Where:** Spòrsnis, Ness

**When:** Every Monday @ 7-8pm

**Cost:** £2 (no booking required)



## Circuit Class

**What:** Tuesday Circuits with Alison is a great opportunity to enjoy an hour of high-tempo workout. Suitable for all levels, 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)

## Over 40's Football

**What:** A fun, 5-aside kickabout with a mixed group, open to all abilities. Always looking to welcome new players.

**Where:** Spòrsnis, Ness

**When:** Every Tuesday 8-9pm

**Cost:** £2 (no booking required)



## Netball

**What:** A fun, energetic ball sport played indoors with 2 teams. Contact Spòrsnis for more information (01851 810 039 or [info@sporsnis.co.uk](mailto:info@sporsnis.co.uk)).

**Where:** Spòrsnis, Ness

**When:** Every Wednesday 8-9pm

**Cost:** £2 (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 properly, and create a fitness plan.

**Where:** Spòrsnis, Ness

**When:** Contact Sporsnis to arrange a time.

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



## Health Walks

**What:** Health walks are gentle exercise in a social setting. Each 50–60-minute walk caters for all abilities. There is no need to book, just turn up with weather appropriate clothing and comfortable footwear.

**When:** Every Monday from 1-2pm - Buggy and Toddler Walk

Every Friday from 10 - 11am - Open to all

**Where:** For walk meeting points please visit our social media or contact the office on: (01851) 850393 or [office@uogltd.com](mailto:office@uogltd.com)



## Gentle Movement



**What:** A gentle exercise class for all abilities to get you feeling relaxed, focusing on breathing techniques and help improve your strength and balance, whether you are able to stand or sit.

**Where:** Clan MacQuarrie Community Centre, Borne

**When:** Fri 13th & 27th Jan, 10th & 24th Feb, 10th & 24th March @ 11.15am-12.15pm

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

## Winter Swimming Workshop

**What:** Are you cautious about swimming outdoors in winter? Do you lack confidence in your own judgement but want to continue receiving the health benefits of outdoor swimming safely? Join Immerse Hebrides for a winter swimming theory session followed by a practical learning coastal walk around the Galson coastline and finishing the morning with a local swim.

This 3-hour session includes:

- Personal hazards of winter swimming theory
- Practical understanding of the movement of water in winter
- 30 minute outdoor swim including all equipment (subject to conditions)
- Transport around the Galson area by minibus
- 2 open water coaches

**Where:** Meet at UOG Business Centre, Galson

**When:** Sat 11th March @ 10am-1pm.

**Price:** £10 resident, £20 non-resident (booking essential)



# CREATIVE SESSIONS



## Creative Art Sessions

**What:** A relaxed and informal group open to anyone wishing to develop their creative techniques and ideas in art forms such as drawing, painting and printmaking. No previous experience is necessary. Materials and support are provided by artist Elaine Smith. Members are also welcome to bring any ongoing work if they'd like some support.

**Where:** Clan MacQuarrie Community Centre, Borve

**When:** Thurs 12th & 26th Jan, 9th & 23rd Feb, 9th & 23rd March @ 2-4pm

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

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

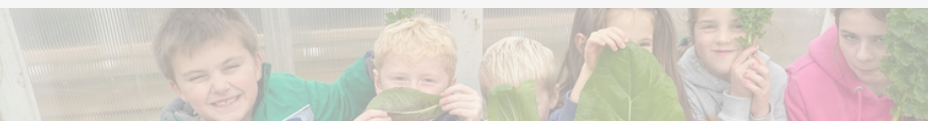
## Knit-in

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

**Where:** Taigh Dhonnchaidh, Ness

**When:** Wed 11th & 25th Jan, 8th & 22nd Feb & 8th & 22nd March @ 11am-12pm

**Cost:** Free of charge (no booking required)



## THE HEBRIDEAN COMMUNITY GARDEN

The Hebridean Community Garden is a horticultural project jointly run and managed by Clan MacQuarrie Community Centre and Galson Estate Trust.

They provide a beautiful and sustainable green space for the North Lewis community. The garden includes three fully kitted-out polycrubs, raised beds, a tool shed, outdoor classroom and sensory garden - plenty of growing space for everyone interested in gardening and growing.

**If you would like to learn more about the garden please contact**  
**[info@hebrideancommunitygarden.co.uk](mailto:info@hebrideancommunitygarden.co.uk) or 01851 850 397**



## Gardening - Planning the growing season ahead

**What:** Led by the Hebridean Community Garden, this session will provide practical demonstrations and theoretical knowledge on planning for your growing season including where/when and what to grow. It will cover growing both in a polycrub setting and outdoors in raised beds.

**Where:** Garden at Clan MacQuarrie Community Centre, Borve

**When:** Wed 22nd Feb @ 2-3pm

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

## Growing edible herbs and flowers

**What:** Learn about sowing herbs and flowers from seeds; how to take cuttings; which plants do better in polycrubs and which are fine to grow outside and the different uses of lavender, thyme, sweet peas and rosemary in the kitchen.

**Where:** Garden at Clan MacQuarrie Community Centre, Borve

**When:** Wed 29th March @ 11am - 12pm

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





## Cookery Class

**What:** Cook a family meal from your larder with chef, Paul Moorby.

**When:** Fri 10th Feb @ 7-8.30pm

**What:** Join chef Paul Moorby who will teach you how to make delicious food.

**When:** Fri 10th March @ 7-8.30pm

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

**When:** Fri 31st March @ 7-8.30pm

**Where:** Clan MacQuarrie Community Hall, Borge

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

No equipment or experience necessary.

## Cookery Demo

**What:** Observe and taste delicious food cooked by Chef Allan Macritchie, the Niseach Chef.

**Where:** Clan MacQuarrie Community Hall, Borge

**When:** Fri 17th Feb & Monday 20th March @ 7.00pm

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



# COMMUNITY CEILIDHS

**What:** Put on your dancing shoes and join us for a Ceilidh, the last Saturday of every month during the programme. Starting in the Ness Social Club in January, Clan MacQuarrie Hall in February and finishing in Barvas Hall in March.

**Cost:** Free of charge (no booking required)



**Where:** Ness Social Club, Ness

**When:** Saturday 28th Jan @ 8pm

**Who:** Iain 'Spanish' Mackay & Stephen Drummond

**Where:** Clan MacQuarrie Community Hall, Borge

**When:** Saturday 25th Feb @ 8pm

**Who:** Annette Maclean, Stuart Taylor & Friends



**Where:** Barvas & Brue Community Centre, Barvas

**When:** Saturday 25th March @ 8pm

**Who:** The Islands Ceilidh Band



# 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](mailto:sales@cenonline.org) for more information.

### Podiatry

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

**When:** Thurs 19th Jan @ 11.30am



### MacMillan Nurses

Gail Allan, Macmillan Lead Nurse will join the group to talk about the Macmillan Nursing service and provide updates on cancer and palliative care services.

**When:** Thurs 2nd Feb @ 11.30am

### Hand Therapy

Delivered by NHS Western Isles's Occupational Therapy (OT) Department - OT will give a practical workshop to increase awareness of Hand therapy, giving exercises and tips for looking after your joints.

**When:** Thurs 16th Feb @ 11:30am



### The Energy Measures Project

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 2nd March @ 11.30am

### Alzheimer Scotland

Karen Mackenzie, Alzheimer Scotland Dementia Consultant will join the group to talk about her role in supporting people with dementia across the Western Isles.

**When:** Thurs 16th March @ 11.30am



### Scams & Fraud

Fiona Macleod from Police Scotland will give advice on how best to deal with Scams & Frauds, online.

**When:** Thurs 30th March @11.30am

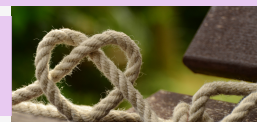
## Young at Heart Club

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

Please contact Elenor for more details on 07927301022 or [dawser02@outlook.com](mailto:dawser02@outlook.com)

**What:** Donnie Graham will visit the group to discuss his passion for ropework and demonstrate his skills.

**When:** Thurs 2nd Feb @ 2.00pm



**What:** 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 2nd Mar @ 2.00pm

# DANCE CLASSES

## 6-weeks of dancing

Dance away your cares, improve fitness and reduce stress with a 6-week block of different dance classes with Louise from Stress Monkey Solutions from the 7th of Feb - 14th of March, including 2 weeks of each dance type. All ages and abilities welcome, no previous experience or partner necessary. Dementia & Parkinson's friendly.

## Argentine Tango

Introduction to this beautiful dance form to create connection with yourself and others. Taught in the traditional Argentinian way where simplicity is key.

**When:** Tues 7th & 14th Feb @ 7-8pm



## Salsa Dancing

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

**When:** Tues 21st & 28th Feb @ 7-8pm



## Ballroom & Latin

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!

**When:** Tues 7th & 14th March @ 7-8pm



**Where:** Barvas and Brue Community Centre, Barvas

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

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



## Step Dancing

**What:** 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.

**Where:** Taigh Dhonnchaidh, Ness

**When:** Every Thurs 12th Jan - 16th Feb @ 7.30-8.30pm, 6-week block

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

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

## Ceilidh Dancing

**What:** Learn or improve your ceilidh dancing skills ready for the ceilidh at the end of the month or just to get out with others. All abilities, ages and individuals welcome.

**Where:** Clan MacQuarrie Community Centre, Borge

**When:** Every Thurs 23rd Feb - 30th March, @ 7-8pm, 6-week block

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

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



# TALKS / WORKSHOPS

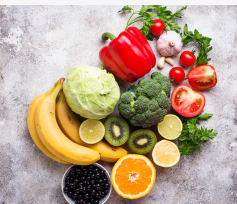
## Infant First Aid Course

**What:** Learn lifesaving skills, such as CPR, and the recovery position to prepare for a lifesaving situation specific to babies and toddlers, delivered by Western Isles First Aid Training.

**Where:** UOG Business Centre, Galson

**When:** 18th Jan @ 7pm - 9.30pm

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



## Nutrition for children

**What:** Join NHS Western Isles's Nutrition and Dietetics Department to learn more about nutrition in children, fussy eaters, and eating healthily on a budget.

**Where:** UOG Business Centre, Galson

**When:** Tues 17th January @ 2-3pm

**Cost:** Free of Charge (booking essential)

## First Aid Training

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

**Where:** Taigh Dhonnchaidh, Ness

**When:** Monday 23rd Jan @ 9.30am-4.30pm

**Cost:** Resident - £25 Non-resident - £35 (booking essential)



## Rural Mental Health and Wellbeing Research – Connections with Nature and Community

**What:** Sarah-Anne Munoz is a Professor of Rural Health at the University of the Highlands and Islands (UHI). In this online talk she will reflect on some research findings from the Highlands and Islands that look at how our connections with landscape, the natural environment and the communities in which we live can be related to wellbeing.

**Where:** Online, details will be given on booking.

**When:** Thursday 26th January @ 7.30pm (booking essential)

## Macmillan Nurses

**What:** Would you like to know more about Anticipatory Care Planning (ACP) and your part in making it happen? ACP is where you talk about what matters most when making plans for your care in the future. Making plans in advance means there's less to think about if you become unwell. It's never too soon to think about what you'd like to happen if you get ill, or your health condition gets worse. Gail Allan, Macmillan Lead Nurse and colleagues will discuss and provide insight into what anticipatory care planning involves.

**Where:** UOG, Business Centre

**When:** Tuesday 31st Jan @ 7.30pm (boooking essential)



## Police Scotland - Advice & Information

**What:** Get advice and information from Police Scotland about current issues within our community, including Substance Use and Scams & Frauds.

**Where:** UOG Business Centre, Galson

**When:** Mon 6th Feb @ 7.30-8.30pm

**Cost:** Free of Charge (booking essential)



## Community Support Event

**What:** Come and talk to a range of different organisations to get some support and advice on what is available that could help.

- Tighean Innse Gall (TIG)
- Home Energy Scotland
- Citizens Advice Bureau
- Social Security Scotland
- Advocacy Western Isles
- Financial Inclusion Service
- Western Isles Women's Aid
- Foster & Adoption
- SIMBA

**Where:** UOG Business Centre, Galson

**When:** Monday 20th February @ 7-9pm (no booking required)



## Supporting a person at risk of distress or crisis

**What:** Join CAMHS Community Mental Health Worker & NHS Western Isles Mental Health Department in a morning of training, learning how to support a person at risk of distress or crisis. From the training you will be able to identify distressing emotions and situations, understand the principles of Time, Space and Compassion, demonstrate non-judgemental approaches, identify local resources to support people and reflect on your own attitudes, skills and practice in relation to responding to people in distress, and more.

**Where:** UOG Business Centre, Galson

**When:** : Wednesday 15th March @ 9.30am – 12.30pm (booking essential)

## Long Term Conditions Hebrides (LTCH)

**What:** Long Term Conditions Hebrides aims to make a positive difference to those living with long term conditions. They will be meeting on Saturday 25th March and invite you to join them at 2pm - 3pm for tea & coffee and then a taster of what the group has to offer including Mindfulness, Meditation and Mindful Movement.

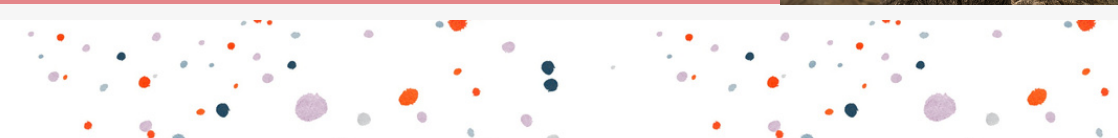
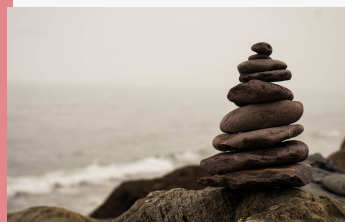
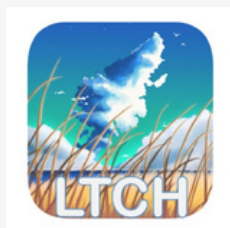
**Where:** UOG Business Centre, Galson

**When:** Saturday 25th March @ 2-3pm

**Cost:** Free of charge

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

If you would like to join, please get in touch with [ltch.org.uk](http://ltch.org.uk)



# Useful Resources



## AGEING, DEMENTIA AND CARERS SUPPORT

### Age UK

Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

Telephone: 0800 055 6112

You can make an enquiry through the website.

### Alzheimer's Scotland

Telephone: 0808 808 3000

Website: [www.alzscot.org](http://www.alzscot.org)

### Crossroads

Telephone: 01851 705 422

Email: [crossroads.lewis1@btinternet.com](mailto:crossroads.lewis1@btinternet.com)

Website: [www.crossroadslewis.co.uk](http://www.crossroadslewis.co.uk)



## CANCER SUPPORT

### Western Isles Cancer Care Initiative (WICCI)

Telephone: 01851 706 721

Email: [info@wicci.org.uk](mailto:info@wicci.org.uk)

Website: [www.wicci.org.uk](http://www.wicci.org.uk)

### Macmillan

Telephone: 0808 808 0000

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)



## PREGNANCY AND CHILD LOSS

### Simba Charity

Telephone: 0131 353 0055

Email: [enquiries@simbacharity.org.uk](mailto:enquiries@simbacharity.org.uk)

Website: [www.simbacharity.org.uk](http://www.simbacharity.org.uk)

### Miscarriage Association

Telephone: 01924 200 799

Website: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

Email: [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)



## PHYSICAL HEALTH

### Paths for all

Telephone: 01786641851

Email: [info@pathsforall.org.uk](mailto:info@pathsforall.org.uk)

Website: [www.pathsforall.org.uk](http://www.pathsforall.org.uk)

### Spors Nis

Telephone: 01851 810039

Email: [info@sporsnis.co.uk](mailto:info@sporsnis.co.uk)

Website: [www.sporsnis.co.uk](http://www.sporsnis.co.uk)

### Cycling Scotland

Email: [info@cycling.scot](mailto:info@cycling.scot)

Website: [www.cycling.scot](http://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/](http://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](mailto:phs.mhandsplearningresources@phs.scot)

Website: [www.smhfa.com](http://www.smhfa.com)

### Breathing Space

Telephone: 0800 838 587

[www.breathingspace.scot](http://www.breathingspace.scot)

### Childline

Website: [www.childline.org.uk](http://www.childline.org.uk)

Telephone: 0800 1111



### Scottish Association for Mental Health

Telephone: 0344 800 0550

Email: [info@samh.org.uk](mailto:info@samh.org.uk)

Website: [www.samh.org.uk](http://www.samh.org.uk)

### Penumbra

Website: [www.penumbra.org.uk](http://www.penumbra.org.uk)

You can make an enquiry through the website

### Samaritans

Telephone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

### Home Energy Scotland

Telephone: 0808 808 2282

Email: [donald.morrison@hi.homeenergyscotland.org](mailto:donald.morrison@hi.homeenergyscotland.org)

Website: [www.homeenergyscotland.org](http://www.homeenergyscotland.org)

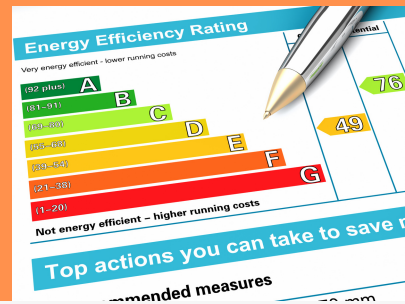
### Tighean Innse Gall (TIG)

Telephone: 01851 706 121

Email: [info@tighean.co.uk](mailto:info@tighean.co.uk)

Website: [www.tighean.co.uk](http://www.tighean.co.uk)

## ENERGY ADVICE



## FINANCE SUPPORT

### Advocacy Western Isles

#### Lewis and Harris

Telephone: 01858 701 755

Email: [office@advocacywi.co.uk](mailto:office@advocacywi.co.uk)

Website: [www.advocacywi.co.uk](http://www.advocacywi.co.uk)

### The Shed Project

Telephone: 01851 704 557

Email: [admin@theshedproject.org.uk](mailto:admin@theshedproject.org.uk)

Website: [www.theshedproject.org.uk](http://www.theshedproject.org.uk)

### Turn2Us

Telephone: 0808 802 2000

Website: [www.turn2us.org.uk](http://www.turn2us.org.uk)

### Scottish Welfare Fund

Telephone: 01851 822 642

Website: [www.cne-siar.gov.uk/benefits-and-grants/scottish-welfare-fund](http://www.cne-siar.gov.uk/benefits-and-grants/scottish-welfare-fund)

### Western Isles Woman's Aid

Telephone: 01851 704 750

Email: [office@wiwasty.org](mailto:office@wiwasty.org)

Website: [www.westernisleswomensaid.co.uk](http://www.westernisleswomensaid.co.uk)

### Shelter

Telephone: 0808 800 4444

Website: [www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk)

### Social Security Scotland

Telephone: 0800 182 2222

Website: [www.mygov.scot/benefits](http://www.mygov.scot/benefits)





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GALSON ESTATE TRUST

Sunnd is run 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](mailto:office@uogltd.com)



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