



URRAS OIGHREACHD  
GHABHSAINN  
GALSON ESTATE TRUST



# SUNND

Sunnd: Scottish Gaelic

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

# HEALTH & WELLBEING

**WINTER PROGRAMME 2019/20**

# SUNND HEALTH & WELLBEING WINTER PROGRAMME 2019/20



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.

The initiative is currently funded by UOG predominantly for Galson Estate residents.

## SUNND PROGRAMME AIMS AND OBJECTIVES

### ACTIVE LIVING

Living an active lifestyle doesn't have to mean running marathons (although that's great too!). Physical activity contributes to the ease of doing everyday activities and is extremely important for better movement, enhances fitness, injury prevention and promotes functional health.

### HEALTHY EATING

Eating a healthy, balanced diet plays an essential role in overall good health. In order to feel good it's important to eat a wide variety of foods in the right proportions to achieve and maintain a healthy body.

### SAFE AT HOME

Staying safe at home is key to remaining independent. Small measures can be taken to improve home safety and help prevent trips and falls as well as other serious accidents, including house fires.

### SELF CARING

It's important to take good care of yourself to try and reduce pains and discomfort. Self-care can mean various things to different people, but can include things such as good footcare, and improved physical and mental health.

### SAFE IN THE COMMUNITY

It is important to feel safe in your community and online. It is essential to have the knowledge of potential online and doorstep crimes and be aware of the key prevention advice .

## Health Walks

**What:** gentle exercise in a social setting. Each 50-60 minute walk caters for all abilities with the chance for a cup of tea and a chat at the end. No need to book, just turn up with weather appropriate clothing and comfortable footwear

**When:** Every Friday from 10am - 11am

- 1st Nov - Airidhantuim School
- 8th Nov - Clan MacQuarrie Hall
- 15th Nov - Melbost Borve road end
- 22nd Nov- Airidhantuim School
- 29th Nov - Clan MacQuarrie Hall
- 6th Dec - Melbost Borve road end
- 13th Dec - Airidhantuim School

For ongoing locations please visit our social media or call the office on (01851) 850 393



# November 2019

Mon	Tues	Wed	Thurs	Fri
4 Empower Session Borve	5 Line Dancing Borve	6	7	8 HealthWalk Gentle Movement
11 Voices Scotland Borve	12 Line Dancing Borve	13	14	15 HealthWalk Gentle Movement
18 Empower Session Ness	19 Line Dancing Borve	20	21	22 HealthWalk Gentle Movement
25 Voices Scotland Ness	26 Line Dancing Borve	27	28	29 HealthWalk Gentle Movement



## Empower Session

**What:** Empowering you to live well – NHS WI Empower team will be holding practical workshops introducing you to Information Technology and how you can get connected; including sending an email, online shopping or making a video call. You will have the opportunity to talk to your Community Navigator about what else might be available locally to support your wellbeing.

**Where:** Borve - Clan MacQuarrie Hall

Ness - Spòrsnis

**When:** Mon 4th Nov @ 2:30pm

Mon 18th Nov @ 2:30pm

## Line Dancing

**What:** A fun and informal session of choreographed dance with a repeated sequence of steps to help improve balance and coordination

**Where:** Borve - Clan MacQuarrie Hall

**When:** Tues 5th Nov - Tues 10th Dec @ 7pm (Six week block)



## Gentle Movement

**What:** A free gentle and supported introduction to physical activity aimed at those recovering from injury, little mobility or living with / recovering from a long-term illness such as Cancer. This can be standing or seated.

**Where:** Ness - Spòrsnis

**When:** Fri 8th Nov - Fri 20th Dec @ 2:30pm (Six week block)

## Voices Scotland

**What:** A taster session looking at 'the structure of the NHS in Scotland' and 'Benefits and Barriers to public engagement'. This will be an interactive session where discussion and input from participants will be encouraged.

**Where:** Borve - Clan MacQuarrie Hall

Ness - Spòrsnis

**When:** Mon 11th Nov @ 2:30pm

Mon 25th Nov @ 2:30pm

scottish  
health  
council

making sure  
your voice counts

# December 2019

Mon	Tues	Wed	Thurs	Fri
2 (ES) - Borve Art Session Ness	3 Line Dancing Borve	4	5	6 HealthWalk
9 Art Session Borve	10 Line Dancing Borve	11	12	13 HealthWalk Gentle Movement
16 Empower Session Ness	17	18	19	20 Gentle Movement
23	24	25	26	27
30	31			



## Art Session

**What:** A fun and informal session of arts and crafts with artist Elaine Murray. Coming up to Christmas it's time to create some festive decorations.

**Where:** Ness - Spòrsnis                      Borve - Clan MacQuarrie Hall

**When:** Mon 2nd Dec @ 2:30pm              Mon 9th Dec @ 2:30pm

## Line Dancing (LD)

**Where:** Borve - Clan MacQuarrie Hall

**When:** Tues 5th Nov - Tues 10th Dec @ 7pm (Six week block)



## Gentle Movement

**What:** A free gentle and supported introduction to physical activity aimed at those recovering from injury, little mobility or living with / recovering from a long-term illness such as Cancer. This can be standing or seated.

**Where:** Ness - Spòrsnis

**When:** Fri 8th Nov - Fri 20th Dec @ 2:30pm (Six week block)

**MACMILLAN  
CANCER SUPPORT**

## Empower Session (ES)

**What:** An opportunity to meet with your community navigator to discuss and support your well-being.

**Where:** Borve - Clan MacQuarrie Hall

**When:** Mon 2nd Dec @ 2:30pm

Ness - Spòrsnis

Mon 16th Dec @ 2:30pm

**Power**  
Healthy & Connected Communities

# January 2020

Mon	Tues	Wed	Thurs	Fri
		1	2	3
6 Podiatrist Borve	7 Ballet Barre Borve	8	9	10 HealthWalk Release Method
13 (ES) - Borve Podiatrist Ness	14 Ballet Barre Borve	15	16	17 HealthWalk Release Method
20 Occupational Therapy Ness	21 Ballet Barre Borve	22	23	24 HealthWalk Release Method
27 (ES) - Ness OT Borve	28 Ballet Barre Borve	29	30	31 HealthWalk Release Method



## Podiatrist

Delivered by NHS WI's Podiatry Department.

**What:** The session aims to help you look after your own feet, or that of others to help improve comfort, mobility, confidence and independence.

**Where:** Borve - Clan MacQuarrie Hall      Ness - Spòrsnis

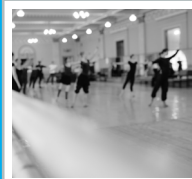
**When:** Mon 6th Jan @ 2:30pm      Mon 13th Jan @ 2:30pm

## Ballet Barre

**What:** This workout consists of ballet-inspired exercises; Pilates, Gyrotonic, body resistance/strength training and yoga stretching to sculpt and tone the body. No knowledge of ballet required. A full body workout that can be adapted to any level.

**Where:** Borve - Clan MacQuarrie Hall

**When:** Tues 7th Jan - Tues 11th Feb @ 7pm (Six week block)



## Release Method

**What:** A multi-layered approach focusing on correction of existing conditions as well as creating better movement, enhanced fitness and injury prevention. Suitable for all.

**Where:** Ness - Spòrsnis

**When:** Fri 10th Jan - Fri 14th Feb @ 2:30pm (Six week block)

## Occupational Therapy (OT)

Delivered by NHS WI's OT Department

**What:** A practical workshop to increase the awareness of the positive impact of physical activity on health and well-being.

**Where:** Ness - Spòrsnis

Borve - Clan MacQuarrie Hall

**When:** Mon 20th Jan @ 2:30pm

Mon 27th Jan @ 2:30pm



## Empower Session (ES)

**What:** An opportunity to meet with your community navigator to discuss and support your well-being.

**Where:** Borve - Clan MacQuarrie Hall

Ness - Spòrsnis

**When:** Mon 13th Jan @ 2:30pm

Mon 27th Jan @ 2:30pm

# February 2020

Mon	Tues	Wed	Thurs	Fri
3 Police Borve	4 Ballet Barre Borve	5	6 Community Led Support Borve	7 HealthWalk Release Method
10 Police Ness	11 Ballet Barre Borve	12	13 Community Led Support Ness	14 HealthWalk Release Method
17 Mental Health Ness	18	19	20	21 HealthWalk Spòrsnis Gym
24 Mental Health Borve	25 Release Method Borve	26	27	28 HealthWalk Spòrsnis Gym



## Police

Delivered by *Police Scotland*

**What:** An important information session highlighting current issues and how to deal with them within the community.

**Where:** Borve - Clan MacQuarrie Hall

Ness - Spòrsnis

**When:** Mon 3rd Feb @ 7pm

Mon 10th Feb @ 7pm

## Ballet Barre

**Where:** Borve - Clan MacQuarrie Hall

**When:** Tues 7th Jan - Tues 11th Feb @ 7pm (Six week block)



## Community Led Support

**What:** An informative session to introduce 'Community Led Support' which runs in partnership with health and social care.

**Where:** Borve - Clan MacQuarrie Hall

Ness - Spòrsnis

**When:** Thurs 6th Feb @ 2:30pm

Thurs 13th Feb @ 2:30pm

## Mental Health

Delivered by *NHS Wl's Mental Health & Learning Disabilities Services*

**What:** A session to inform and increase awareness of current mental health issues affecting people within our community.

**Where:** Ness - Spòrsnis

Borve - Clan MacQuarrie Hall

**When:** Mon 17th Feb @ 7pm

Mon 24th Feb @ 7pm



## Release Method

**Where:** **Block 1** - Ness - Spòrsnis      **Block 2** - Borve - Clan MacQuarrie Hall

**When:** **Block 1** - Fri 10th Jan - Fri 14th Feb @ 2:30pm (Six week block)

**Block 2** - Tues 25th Feb - Tues 31st Mar @ 7pm (Six week block)

## Spòrsnis Gym

**What:** Join Spòrsnis gym for an open consultation with a fitness instructor to help increase fitness levels, ensure you're using the equipment properly, and create a fitness plan to suit your specific needs.

**Where:** Ness - Spòrsnis

**When:** Fri 21st Feb - Fri 27th Mar @ 2:30pm



# March 2020

Mon	Tues	Wed	Thurs	Fri
2	3 Release Method Borve	4	5	6 HealthWalk Spòrsnis Gym
9 (ES) - Ness Fire Service Borve	10 Release Method Borve	11	12	13 HealthWalk Spòrsnis Gym
16 Fire Service Ness	17 Release Method Borve	18	19	20 HealthWalk Spòrsnis Gym
23 (ES) - Borve CPR & AED Ness	24 Release Method Borve	25	26	27 HealthWalk Spòrsnis Gym
30 CPR & AED Borve	31 Release Method Borve			



**SCOTTISH**  
FIRE AND RESCUE SERVICE  
Working together for a safer Scotland

## Fire Service

Delivered by the *Scottish Fire & Rescue Service*  
**What:** A useful information session about fire prevention at home. This will cover ways of identifying fire risk, how to reduce it, a fire action plan, fire detection and what to do if there's a fire in the home.

**Where:** Borve - Clan MacQuarrie Hall

Ness - Spòrsnis

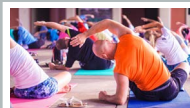
**When:** Mon 9th Mar @ 7pm

Mon 16th Mar @ 7pm

## Release Method

**Where:** Borve - Clan MacQuarrie Hall

**When:** Block 2 - Tues 25th Feb - Tues 31st Mar @ 2:30pm



## Spòrsnis Gym

**Where:** Ness - Spòrsnis

**When:** Fri 21st Feb - Fri 27th Mar @ 2:30pm

## CPR & AED

Delivered by the *Ness & Shader First Responders*  
**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.

**Where:** Ness - Spòrsnis

Borve - Clan MacQuarrie Hall

**When:** Mon 23rd Mar @ 7pm

Mon 30th Mar @ 7pm



## Empower Session (ES)

**Where:** Ness - Spòrsnis

**When:** Mon 9th Mar @ 2:30pm

Borve - Clan MacQuarrie Hall

Mon 23rd Mar @ 2:30pm

# Booking:

If you would like to attend a class, talk or workshop, please contact Urras Oighreachd Ghabhsainn to book your place:

Tel: 01851 850 393      Email: [office@uog ltd.com](mailto:office@uog ltd.com)

Web: [www.galsontrust.com](http://www.galsontrust.com)

## DISCLAIMER:

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 liable to change without prior notice. Sessions, classes and workshops will be advertised on social media with the latest information. Please contact the UOG office for further information or queries.

## Partnership Organisations

