



*Urras Oighreachd Ghabhsainn*

# LIVING ON THE GALSON ESTATE

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Your guide to the Galson Estate

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Urras Oighreachd Ghabhsainn is a company registered in Scotland  
No: 273903 and a registered Scottish charity: SC036903  
Photo credit: Fiona Rennie





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# WELCOME TO THE COMMUNITY / FÀILTE DON CHOIMHEARSNACHD

You've made a great decision to move to Galson Estate, as the way of life here is envied by many. In order to help you to feel at home as soon as possible, we have created this short welcome pack, which we hope will help you find your way around community life more easily. We warmly welcome you, hope you settle into your new home, and that this little pack means you are a 'local' in no time at all!

If you are interested in finding out more about community land ownership, you can read about the many successes across Scotland by visiting: [www.communitylandscotland.org.uk](http://www.communitylandscotland.org.uk)

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## **We would like to take this opportunity to welcome you and to introduce you to the work of Urras Oighreachd Ghabhsainn (UOG).**

UOG was established in 2007 to manage the 56,000-acre Galson Estate for, and on behalf of, the community.

It is a company limited by guarantee and a registered Scottish Charity. UOG has a volunteer board of directors, democratically elected from the membership, and a staff team are employed to oversee the day-to-day running of the Estate. If you have moved to the Estate, you are invited to become a member of UOG. Please visit our website to find out how to become a member. You can read more about our work on the website: [www.galsontrust.com](http://www.galsontrust.com)

Galson Estate runs from Upper Barvas to Port of Ness and covers much of the north west of Lewis. It is a crofting estate and the crofting way of life is very much part of the community of Galson Estate. Crofting is a system of landholding which is unique to Scotland and can bring many benefits. If you have recently become a tenant of a croft and would like to find out more about crofting, please get in touch with UOG. Croft rents are collected annually and notices are issued by UOG in the autumn of each year. If you have any grazings queries, you can speak to your village Grazings Clerk, or you are welcome to get in touch with UOG and we will advise who is best to speak to.

*"Coimhearsnachd a tha soirbheachail le deagh cheanglaichean anns a bheil sàr sheirbheisean agus ghoireasan ionadail, a' cleachdadh a stòrasan nàdarra gus cultar agus àrainn a tha sònraichte a dhèanamh seasmhach."*

## **UOG Vision Statement**

*"A thriving and well-connected community with excellent local services and amenities, harnessing its natural assets to sustain a unique cultural and social environment."*



## Get in touch

# Contact Us / Cuir Fios

Address / Seòladh  
Write to us or visit us at:

Urras Oighreachd Ghabhsainn,  
Business Centre,  
Tom na Bà,  
South Galson,  
Isle of Lewis  
HS2 OSH

PHONE / Fòn  
01851 850 411

EMAIL / Post-D  
office@uogltld.com

Our office is open 9am–5pm

Our staff team are happy to assist  
with any questions, queries and  
suggestions so feel free to pop in.

## Stay Up to Date

Social media and website / *Meadhanan Sòisealta agus Làraichean-Lìn*

We regularly post updates and information about our work to our social media platforms  
and our website:

Galson Estate Trust / *Urras Oighreachd Ghabhsainn*

To see information about the work, services and people of the Galson Estate Trust, go to:  
[www.galsontrust.com](http://www.galsontrust.com)

Find us on Facebook & Instagram @UrrasOG

Visit North Lewis / *Tadhail air Ceann a Tuath Leòdhais*

To see our dedicated tourism website, promoting the amenities, local businesses and  
beauty spots of the Galson Estate, go to:

[www.visitnorthlewis.com](http://www.visitnorthlewis.com)

Find us on Facebook, Instagram & TikTok @VisitNorthLewis  
Hashtag: #VisitNorthLewis

Our charity and company numbers / Àireamhan Carthannais agus an Companaidh  
Urras Oighreachd Ghabhsainn is a registered Scottish Charity – No: SC036903  
Urras Oighreachd Ghabhsainn is a company registered in Scotland – No: 273903





# LIFE ON GALSON ESTATE / BEATHA AIR OIGHREACHD GHABHSAINN

## Schools / Sgoiltean

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On the Estate, nursery education through the medium of Gaelic is offered at both Sgoil Àraich Lionail, in the village of Lionel, and at Sgoil an Taobh Siar, in the village of Barvas.

Our two primary schools – Sgoil an Taobh Siar and Bun Sgoil Lionail (Lionel Primary School) – both offer education through either the medium of Gaelic or English.

Sgoil an Taobh Siar  
Barvas  
Isle of Lewis  
HS2 ORA  
Tel: 01851 701602

Lionel School  
Port of Ness  
Isle of Lewis  
HS2 OXB  
Tel: 01851 810 208

Secondary education is offered at The Nicolson Institute (Sgoil MhicNeacail).

The Nicolson Institute,  
Sandwick Road,  
Stornoway, HS1 2PN  
Tel: 01851 707000

## Community Shops / Bùitean

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We are well-served on the Galson Estate by a number of community shops.

Shopping in local shops has considerable benefits to the area. By keeping money in the local economy, it helps preserve and create jobs. Shops are very often the heart of the community – a place to meet neighbours and a friendly face to welcome you in. It also helps to reduce your carbon footprint by reducing air pollution and traffic. See below for shop listings, or go to [www.visitnorthlewis.com/shop-local](http://www.visitnorthlewis.com/shop-local)

Cross Stores, on Cross Skigersta Road (HS2 OTD), is a licensed grocer, freezer centre and butcher, with a good range of plumbing, gifts, toys and stationery.

Swainbost shop, in the village of Swainbost (HS2 OTA), sells a wide range of tinned and fresh goods as well as petrol, diesel and gas.

Borve Mini Market, in the village of Borve (HS2 ORU), sells grocery items, newspapers and local goods.

‘Fios’ is our community newspaper for the north end of Lewis. The newspaper is based in the Spòrsnis building in the village of Lionel and prints fortnightly.

Aside from local news and updates, the paper also offers free listings for items and services. Urras Oighreachd Ghabhsainn often contributes updates and provides information to the community via this channel.

‘Fios’ can be purchased in outlets on the Estate, or in several outlets in Stornoway.

## Community Newspaper / Paipear–Naidheachd Ionadail

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Spòrsnis,  
Lionel, HS2 OXB  
Tel: 01851 810 039

You can also subscribe to ‘Fios’ via email. Call 01851 810 039 or email [fios@sporsnis.co.uk](mailto:fios@sporsnis.co.uk) for more information.

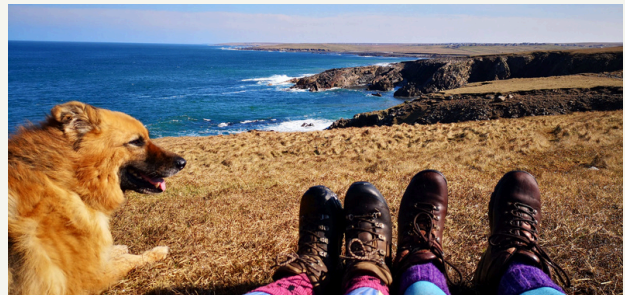
# LIFE ON GALSON ESTATE / BEATHA AIR OIGHREACHD GHABHSAINN

## Weather / Aimsir

The summers on the Galson Estate can be idyllic. In the height of the summer, the island receives in excess of 18 hours of daylight. In the winter, the dark is very profound, but this makes for excellent stargazing and aurora spotting opportunities. It is common to spot the Northern Lights here in the winter.

In spells of high winds, be sure to secure loose external items.

Midges (biting flying insects) are usually at their worst during the months of August and September.



## Finding properties on the estate / phonebook / Lorg taighean san oighreachd/leabhar-fòn

House numbers in villages on the Estate don't usually follow in chronological order, owing to historic croft sub-division. This can sometimes make them tricky to locate.

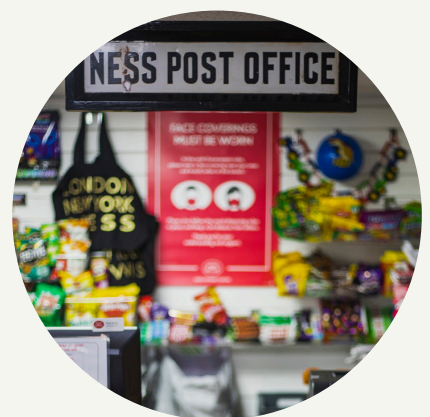
Comunn Eachdraidh Nis (Ness Historical Society) sell a very useful phonebook, 'Leabhar na Fòn – Nis gu Baile an Truiseil – 2018', which has maps of villages showing house numbers. This can be very handy when trying to locate a house on the Estate. Copies of the phonebook can be bought from Comunn Eachdraidh Nis in the village of North Dell (HS2 OSN).

## Post offices / Oifis a' Phuist

The following villages have post offices:

Port of Ness Post Office: Port of Ness, HS2 OXA, 01851 810218

Skigersta Post Office: 119 Cross Skigersta Rd, Isle of Lewis, HS2 OTH,  
01851 810427



## Villages / Bailtean

There is a lot of very useful and interesting information about the villages of the Galson Estate on our website. To see both modern day and historical facts about our villages, go to <https://www.galsontrust.com/the-villages>







## Renovations/workmen/ Luchd-obrach

Listings for local tradespeople can be found at the back of the Comunn Eachdraidh Nis phonebook (see heading 'Phonebook' in this pack), as well as on Facebook. The Facebook group 'Ness Isle of Lewis' is also very active and helpful for this kind of information.

## Cafés / Cafaidhean

At the time of writing, these are the cafés operating on the Estate:

Breakwater Café  
Port of Ness  
Tel: 01851 827 197

Cross Inn Bar and  
Restaurant  
Cross  
Tel: 01851 810 152

Wobbly Dog Café  
Lionel.  
Tel: 01851 810 838

Borve Country  
House Hotel  
Fivepenny Borve  
Tel: 01851 850223

Cross Stores (Takeaway deli food only)  
Cross Skigersta Road (HS2 OTD)  
Tel: 01851 810241

Comunn Eachdraidh Nis  
Sgoil Chrois, Cross. Café.  
Tel: 01851 810377

## Petrol stations / Stèiseanan-Peatrail

Fuel is sold at:  
Swainbost shop, Swainbost, HS2 OTA  
Welcome Inn, Barvas, HS2 ORA

## Habost household waste and recycling centre / Ionad Ath-chuairteachaidh

The Habost Household Waste and Recycling Centre (Amenity Site) is managed by UOG on behalf of the local authority, Comhairle nan Eilean Siar (CnES), and provides a valuable skip and recycling service in the community. The site is licensed by SEPA for the collection of household waste only.

Commercial waste is not allowed, and neither are cars or similar objects. There is also a closed container for the collection of refrigerators, toasters, etc, which will be collected and taken straight to a recycling centre in Perth.

The Recycling Centre is found by turning off at no 55 Cross Skigersta Road, HS2 OTQ.

The Centre operates on both a summer and winter timetable. These timetables can be found on our website: [www.galsontrust.com/habost-amenities-site](http://www.galsontrust.com/habost-amenities-site). You cannot dispose of items outside of the hours stated, as this will be treated as fly-tipping.





# WORKING LIFE / DÒIGH-BEATHA

## Crofting / Croitearachd

Crofting is an integral part of life on the Galson Estate, with 90% of our land in crofting tenure.

Crofting is a system of landholding which is unique to Scotland.

As the landowner, Urras Oighreachd Ghabhsainn is on hand to support croft tenants with all aspects of crofting administration from payment of croft rents, croft registrations, decrofting etc. Our policies and factsheets are available to view on our website at:

[www.galsontrust.com/estate-business](http://www.galsontrust.com/estate-business)

If you are new to crofting the following resources may be useful:

Crofting Commission [www.crofting.scotland.gov.uk](http://www.crofting.scotland.gov.uk)

SAC Consulting [www.sruc.ac.uk/business-services/sac-consulting/crofting](http://www.sruc.ac.uk/business-services/sac-consulting/crofting)





# Business services / Seirbhis Ghniomhachasan

There is a wide and varied range of businesses within the Galson Estate, some of which can be found listed at the back of the local phonebook (see the heading 'phonebook' in this pack). Many of these businesses can also be found on social media. By joining one of the local Facebook groups you will always be pointed to your required service by other members.



Photo Credit Hugh MacInnes

# Jobs and employment / Obraichean agus Fastachd

There are always good self-employment opportunities to operate within the Galson Estate. For those seeking employment, some sources which advertise jobs are listed below:

[www.welovestornoway.com](http://www.welovestornoway.com)

[www.cne-siar.gov.uk/jobs-training-and-volunteering/current-vacancies/](http://www.cne-siar.gov.uk/jobs-training-and-volunteering/current-vacancies/)

<https://jobs.scot.nhs.uk/>

[hijobs.net/jobs/western-isles](http://hijobs.net/jobs/western-isles)

Local newspapers: Fios and Stornoway Gazette  
Local social media

# Broadband and mobile coverage / Bann-leathan agus Siognail fòn

Superfast broadband has excellent connectivity to almost all homes and businesses within the Galson Estate area and beyond. There is also very good 4G mobile coverage within the area from most of the providers. You can check providers, availability and speeds for broadband and mobile at:

[www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/advice/ofcom-checker](http://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/advice/ofcom-checker)



# Transport and travel / Còmhdhail agus Siubhal

The Galson Estate lies at the north end of the Isle of Lewis and is approximately 13 miles north of Stornoway, extending to 28 miles at the most northerly areas of the Estate. There are very good and regular transport connections from the Galson Estate to the main town of Stornoway, and indeed for onward travel to mainland Scotland. Travel time between the villages of the Estate and Stornoway takes approximately 15 minutes from the Barvas area, extending to 30-40 minutes if travelling from the Ness area. Links for transport timetables are below:

Bus: [www.cne-siar.gov.uk/roads-travel-and-parking/public-transport/bus-services/lewis-bus-timetables/](http://www.cne-siar.gov.uk/roads-travel-and-parking/public-transport/bus-services/lewis-bus-timetables/)

Ferry: [www.calmac.co.uk/summer-timetables/](http://www.calmac.co.uk/summer-timetables/)  
[www.calmac.co.uk/calmac-winter-timetables](http://www.calmac.co.uk/calmac-winter-timetables)

Plane: [www.loganair.co.uk](http://www.loganair.co.uk)



# HERITAGE, EVENTS AND CULTURE / DUALCHAS, TACHARTASAN AGUS CULTAR

## Gaelic language / Gàidhlig

We are a part of a community that has the highest percentage of Gaelic speakers per number of population in Scotland, according to the 2011 census. We are very proud of this and Gaelic, to this day, plays a very important part in many people's lives on the Estate, forming an integral part of our identity in North Lewis. If you would like to learn some of our language, we recommend the following resources:

<https://www.visitnorthlewis.com/gaelic>

<https://learngaelic.scot/littlebylittle/>

[www.duolingo.com](http://www.duolingo.com)

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

Gàidhlig

Gaelic medium education is also found in primary and secondary schools throughout the island – see our section on schools on page 5.

## Events/Festivals / Tachartasan/Fèisean

Urras Oighreachd Ghabhsainn host several community events throughout the year. These include:

Fèis na Fairge – Festival of the Sea – celebrating the maritime heritage of the Galson Estate community. Runs annually, late March.

Dùthchas – Heritage week – celebrates the heritage of the Galson Estate community.

Runs annually in the first week of September. For more information:

[www.duthchas.com](http://www.duthchas.com)

Plòigh and Plòigh Mhòr – Children's activity programmes. Runs in Easter, Summer and October school holidays.

For more information see:

[www.ploigh.co.uk](http://www.ploigh.co.uk)

For further information on our local events, please see:

[www.visitnorthlewis.com](http://www.visitnorthlewis.com)

We also have a series of events that run annually within the community. These are:

Taigh Dhonnchaidh Fèis – Gaelic music week for young people. Runs annually in the first week of April. See [www.taighdhonnchaidh.com](http://www.taighdhonnchaidh.com) for more information.

Ness Tractor Run runs annually. For more information see:

[www.facebook.com/NessTractorRun/](https://www.facebook.com/NessTractorRun/)

North Lewis 10k, 5k and Fun Run – runs annually in the first week December. For more information see: [www.facebook.com/nessrunners](https://www.facebook.com/nessrunners)

Guth Airson Iarrtasan Nis (GAIN – Eorpie Play Park) Duck Race – runs annually in September. Proceeds are split between Taigh Dhonnchaidh and GAIN.



# Churches / Eaglaisean

We have a long-standing spiritual history on the Isle of Lewis that is still very tangible today.

Churches on the Estate are as follows:

Cross Church of  
Scotland  
Cross.

Manse Tel: 01851  
810375

Cross Free Church  
(Continuing)  
North Dell.

Manse Tel: 01851  
810037

Cross Free  
Church of  
Scotland, Cross.

Manse Tel: 01851  
811193

St Moluag's, Eoropie

Ness Free  
Presbyterian Church  
of Scotland, Lionel.

Borve Free Church,  
under jurisdiction of  
Barvas Free Church of  
Scotland, Barvas.  
Manse Tel: 01851  
840284



For historic churches and spiritual locations, see also the book:  
'The Chapels and Healing Wells of The Western Isles', Finlay  
MacLeod, Acair Publishers

## Way of life / Dòigh beatha

Our traditional way of life is very tangible on the Galson Estate. You will see evidence of crofting in the lazy beds, or runrigs, and peat banks that still provide fuel for our fires. For more information on our way of life, why not have a look at our tourism website:

[www.visitnorthlewis.com/our-story](http://www.visitnorthlewis.com/our-story)

## Makers/craftspeople/ galleries / Luchd- ceàirde/Gailearaidhean

We have many craftspeople, artists and makers resident in the Estate, including weavers, graphic designers and potters.

To see the most up-to-date listings of craftspeople on the Estate, go to  
[www.visitnorthlewis.com/shop-local](http://www.visitnorthlewis.com/shop-local)

## Museum – Comunn Eachdraidh Nis / Taigh-tasgaidh

Comunn Eachdraidh Nis have created a video tour of North Lewis give it a watch here:  
[www.nesshistorical.co.uk/a-tour-of-north-lewis/](http://www.nesshistorical.co.uk/a-tour-of-north-lewis/)

Comunn Eachdraidh Nis (CEN) was established in 1977 when the need for a facility to collect and preserve local history was realised. The museum, housed in the former school in Cross, was recently renovated and is a great place to find out about the history of the community, with both permanent and temporary exhibitions on offer. There is also opportunity to access genealogical and family records in the archive. There is a café, toilet facilities and a gift shop on site.

Tel: 01851 810 377, Email: [office@cenonline.org](mailto:office@cenonline.org),  
Website: [cenonline.org/](http://cenonline.org/)

Call or see website for opening times.



# LIVE A HEALTHY LIFESTYLE / DÒIGH BEATHA FALLAIN

## Sports centre / Ionad-Spòrs

Spòrsnis is our local sports centre and community hub, next door to Lionel Primary School. Spòrsnis has a recently-renovated cardio gym and weight lifting gym, as well as a programme of events running throughout the week. There is also an indoor bowling alley.

To get in touch, please call 01851 810 039.

Spòrsnis,  
Lionel,  
Port of Ness

HS2 OXB

Tel: 01851 810 039

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

A swimming pool is available to use at Lionel School which is operated by the council. The current timetable is available to view: [cne-siar.gov.uk/leisure-sport-and-culture/sport-and-health/sports-centres/timetables/lionel-swimming-pool/](http://cne-siar.gov.uk/leisure-sport-and-culture/sport-and-health/sports-centres/timetables/lionel-swimming-pool/)

## Personal services (hairdressers and beauty services) / Seirbhisean eile (gruagairean)

Lower Barvas: The Cutting Room and Allure Beauty Therapy  
Tel: 01851 840 717

## Walking / Coiseachd / Cuairtean

There are several scenic coastal routes on the Estate where you can go for walks to see the beauty of our island.



## Chemists/ Surgeries / Lèigh-lann Dotair

Habost Surgery  
Habost  
Tel: 01851 810689

Westside Medical Practice  
Fivepenny Borge  
Tel: 01851 850282







## Sunnd

'Sunnd' is UOG's annual winter wellbeing programme, helping Galson Estate residents to feel safe and well during the winter months. Events are normally part-funded by UOG for Galson Estate residents. Past programmes have included physical activity such as line dancing, online talks on a wide range of local subjects, arts and crafts sessions promoting good mental health, and personal wellbeing sessions, offering podiatry, technological support and home safety workshops. For further information, please see [www.galsontrust.com](http://www.galsontrust.com)



## The Hebridean Community Garden / Gàrradh Coimhearsnachd Innse- Gall

The Hebridean Community Garden is a horticultural project based at Clan Macquarrie Community Centre in Borve. Established in 2020, the project has secured funding for polycrubs and a sensory garden, offering opportunities for the community to engage in gardening activities. For further information, please visit: [www.hebrideancommunitygarden.co.uk/](http://www.hebrideancommunitygarden.co.uk/)



# ENVIRONMENT / ÀRAINNEACHD

## Outdoor Access / Còd A-Muigh

When visiting the outdoors, you must behave responsibly. The Scottish Outdoor Access Code explains what this means. The main responsibilities can be summarised as:

- Take responsibility for your own actions – e.g. care for your own safety, keep alert for hazards, take special care with children
- Respect people's privacy and peace of mind – e.g. do not act in ways that might annoy or alarm people, especially at night
- Help land managers and others to work safely and effectively – e.g. keep clear of land management operations like harvesting or tree-felling, avoid damaging crops, leave gates as you find them
- Care for your environment – e.g. don't disturb wildlife, take your litter away with you
- Keep your dog under proper control – dogs are popular companions, but take special care if near livestock, or during the bird breeding season, and always pick up after your dog
- Take extra care if you are organising an event or running a business – e.g. talk to the managers of any land which you may plan to use intensively or regularly.

For further information, visit: [www.outdooraccess-scotland.scot/act-and-access-code](http://www.outdooraccess-scotland.scot/act-and-access-code)



## Beaches / Tràighean

Galson Estate has an abundance of stunning beaches. Whether you like beaches to be pebbled and rough or sandy and smooth, here we are blessed to have both! Many of our beaches are highlighted at:

[www.visitnorthlewis.com/inspire-me](http://www.visitnorthlewis.com/inspire-me)

## Moors / Mòinteach

Galson Estate land is predominately moorland. Although it can be boggy underfoot, the moor is a fantastic place to walk and explore. It is home to large numbers of birds, deer, hare and much more. The moor really comes to life in August when the heather blooms bright purple. The midges can be plentiful in late summer but on a breezy day, it is the ideal place for an adventure

## Deer Management / Fèidh

Red Deer live on the Estate's moorland. The deer occasionally venture into villages and whilst they are wonderfully majestic to watch, and relatively unfazed by people, they can cause problems by eating crops and flowers. Please do not feed the deer as this encourages them to come into villages causing a public safety issue.

UOG manages the sporting rights on Galson Estate, working closely with sporting leaseholders to support management of the deer population. Advice and guidance on deer management is sought on an ongoing basis from NatureScot. Any queries on deer management can be made by contacting the UOG office – see the chapter 'Contact Us' on page 4.





# USEFUL RESOURCES \ CÙM A 'DOL

## AGEING, DEMENTIA AND CARERS SUPPORT

### Age UK

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

Telephone: 0800 678 1602

You can make an enquiry through the website.

### 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)

### Alzheimer's Scotland

Telephone: 01851 307 467

Email: [Lewis@alzscot.org](mailto:Lewis@alzscot.org)

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

## 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 Cancer Support

Telephone: 0808 808 0000

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

## PREGNANCY AND CHILD LOSS

### 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)

### Sands

Telephone: 0808 164 3332

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

Email: [helpline@sands.org.uk](mailto:helpline@sands.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)

### Spòrsnis

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

Telephone: 0141 229 5350

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:

[cset.firescotland.gov.uk/Public/HFSV/RequestVisit](http://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: [p hs.mhandsplearningresources@p hs.scot](mailto:p hs.mhandsplearningresources@p hs.scot)

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

## Breathing Space

Telephone: 0800 838 587

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

## Childline

Telephone: 0800 1111

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

## 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

Telephone: 01851 706

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

## Samaritans

Telephone: 116 123

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

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

# ENERGY ADVICE

## 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)

## 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)

# FINANCE/OTHER 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)

## Social Security Scotland

Telephone: 0800 182 2222

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

## 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 Women'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)

## Citizens Advice Bureau

Telephone: 01851 705 727

Website: [www.wicas.uk](http://www.wicas.uk)

## Turn2Us

Telephone: 0808 802 2000

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

# HOUSING

## Hebridean Housing Partnership

Telephone: 0300 123 0773

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

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





# JOIN US – MEMBERSHIP / THIG CÒMHLA RINN – BALLRACHD

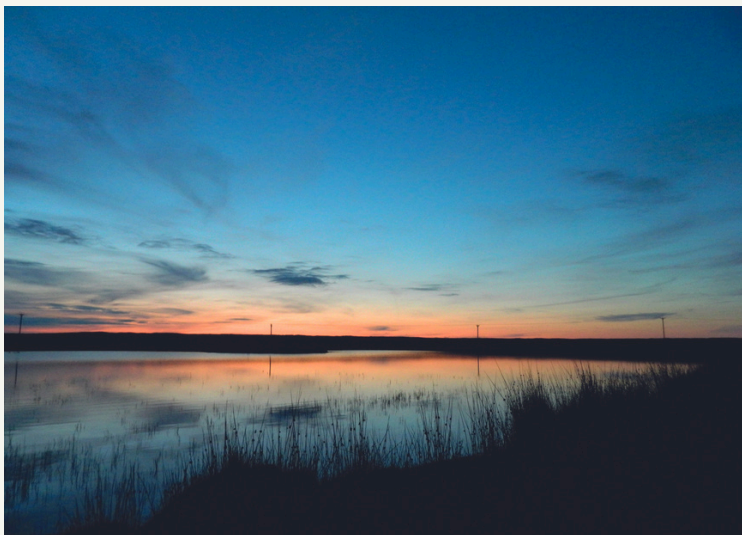
If you are:

- Resident within the Galson Estate for more than 9 months of the year,
- Resident within the Isle of Lewis and registered with the Crofters Commission as the tenant of a croft within the Galson Estate area, or
- You are resident elsewhere and are registered with the Crofters Commission as the tenant of a croft within the Galson Estate area, and are actively working that croft,

you can apply for membership to Urras  
Oighreachd Ghabhsainn

Membership to Urras Oighreachd Ghabhsainn costs £1 for life. Becoming a member of Urras Oighreachd Ghabhsainn gives you the chance to vote at our AGM, as well as giving opportunities for feedback and the chance to have your say, amongst other benefits.

You can apply for membership by filling out the form overleaf along with your £1 and returning it to the address stated, or you can apply for membership online by going to: [www.galsontrust.com/members-1](http://www.galsontrust.com/members-1)





URRAS OIGHREACHD  
GHABHSAINN  
GALSON ESTATE TRUST

NAME:.....

CROFT NO (if applicable):.....

ADDRESS: .....

POSTCODE:.....

TEL NO:.....

EMAIL:.....

You will automatically be added to our mailing list, to opt out please tick here ☐

Are you aged 16 or over (please circle): **Yes /No**

**Please tick** one of the following categories:

1. I am resident within the Galson Estate Trust ☐
2. I am resident within the Isle of Lewis & registered with the Crofters Commission as the tenant of a croft within the Galson area. ☐
3. I am resident elsewhere and registered with the Crofters Commission as the tenant of a croft within the Galson area and I am actively working that croft. ☐

I wish to apply for membership of the Urras and I agree to abide to the conditions of membership. I enclose my entry fee of £1.

Signed .....Date .....

Please return this form to:  
UOG Ltd, Business Centre, Tom na Bà, SOUTH GALSON, Isle of Lewis, HS2 0SH





# URRAS OIGHREACHD GHABHSAINN

GALSON ESTATE TRUST



We hope you found this pack useful.

If you have any suggestions, comments or queries about this document, please don't hesitate to contact us

Photo Credit: Mairi Morrison

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Tom na Bà  
SOUTH GALSON  
Isle of Lewis  
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