

sunnd - Scottish Gaelic

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

CONTACT US

Urras Oighreachd Ghabhsainn
c/o Comunn Eachdraidh Nis
Cross
Isle of Lewis
HS2 0SN

t: 01851 850 393
e: office:uog ltd.com

A company registered in Scotland
No: 273903

A registered Scottish Charity
No: SC036903



SUNND 2021

HEALTH AND WELLBEING

WINTER PROGRAMME JANUARY 2021 - MARCH 2021



Sunnd is our annual winter wellbeing programme, encouraging you to stay fit, safe and healthy during the winter months on the Galson Estate.

STAYING WELL

MENTAL & PHYSICAL
HEALTH RESOURCES

PHYSICAL ACTIVITY

Paths for All

www.pathsforall.org.uk/

Cycling Scotland

<https://www.cycling.scot>

Spòrsnis

01851 810 039. www.sportsnis.co.uk

Stress Monkey Solutions

www.stressmonkeyolutions.com/

SAMARATINS - 116 123

(FREE, 24 HOUR PHONE LINE)

BEFRIENDING LEWIS - 01851 702632

(TO FEEL CONNECTED TO OTHERS ON THE ISLAND)

NHS 24 - DIAL 111

(FOR OUT-OF-HOURS DENTAL AND GP SERVICES)

IN AN EMERGENCY, ALWAYS DIAL 999

MENTAL HEALTH SUPPORT

Scottish Mental Health First Aid Kit. A course developing your skills to help with someone experiencing a mental health crisis. – www.smhfa.com

Breathing Space Scotland. Free and confidential phone and web service for those experiencing low mood or anxiety. – breathingspace.scot or 0800

Childline - counselling service for children and young people up to the age of nineteen. – www.childline.org.uk or

Scottish Association for Mental Health. Offering a range of mental health services and support. – www.samh.org.uk

Penumbra - supporting Scotland's mental health. – www.penumbra.org.uk/service-locations/west-area-services/western-isles/western-isles-nova/

PREGNANCY AND CHILDLOSS

Simba

www.simbacharity.org.uk

Miscarriage Association

<https://www.miscarriageassociation.org.uk>

CANCER SUPPORT

Western Isles Cancer Care Initiative – wicci.org.uk

Macmillan – www.macmillan.org.uk/

AGEING, DEMENTIA & CARERS SUPPORT

Age UK

www.ageuk.org.uk

Alzheimer's Scotland

www.alzscot.org

Crossroads Lewis

www.crossroadslewis.co.uk

FREE EXERCISE CLASSES

SALS-ERCISE

Salsa-based exercise class that can be done individually or as a couple from one household. Two six-week blocks - see pages 4 and 5 for details.

GENTLE MOVEMENT

Gentle exercise class suitable for all levels.

HEALTH WALKS

Easy walks within all ability ranges, between Ness & Barvas.



FREE ACADEMIC TALKS

Join us every third Thursday of the month for a free academic talk on Zoom.

Please contact us on 01851 850 393 or email office@uogtld.com to register for the event and receive your log-in details.

THURSDAY 21ST JANUARY - 7PM

Join Professor Frank Rennie as he discusses x

THURSDAY 18TH FEBRUARY - 7PM

Join Professor Frank Rennie as he discusses x

THURSDAY 18TH MARCH - 7PM

Join Professor Frank Rennie as he discusses x

FREE CREATIVE EVENTS

Engaging Workshops:

The Whitworth - Manchester University

Online, sociable craft workshops for adults aged 50+ Fridays, 2.4pm – In 6 week blocks, term-time only
Free, booking essential see details below
www.whitworth.manchester.ac.uk/whats-on/events/agefriendly/

Befriending Arts

Join the Facebook group by searching for 'Befriending Arts' (Lewis & Harris)

Music

Comhairle nan Eilean Siar's live ceiliidhs on Facebook:
<https://www.facebook.com/comhairlaneanleansiar/>

Creative Activities:

Luminate Scotland

Join in with pre-recorded videos offering a wide range of creative activities.
<https://www.luminatescotland.org/>
luminatethehome

Open Culture

Sign up for free online courses from the world's top universities
<https://www.openculture.com/freeonlinecourses>



SUNND 2021

BLOCK ONE - 11TH JAN - 15TH FEB

SUNND 2021

BLOCK TWO - 19TH FEB - 26TH MARCH

DAY	EVENT AND TIME	PLACE
M	10AM - Health Walk 7PM - 8PM - Sals-ercise	Various locations around the Estate Barvas Community Centre
T	11AM & 1PM - Social Media Updates	See our Facebook Instagram and Twitter pages
W	Last Wed of every month - Online gardening Q&A with Christopher	Online - see our social media pages & website for more info
T	Third Thursday of every month - academic talk	On Zoom. See this booklet for more info.
F	10AM - Health Walk 11:30AM - Gentle Movement	Various locations around the Estate spo:snis, Ness

DAY	EVENT AND TIME	PLACE
M	10AM - Health Walk 7:30 - 8:30PM - Sals-ercise	Various locations around the Estate spo:snis, Ness
T	11AM & 1PM - Social Media Updates	See our Facebook, Instagram and Twitter pages
W	Last Wed of every month - Online gardening Q&A with Christopher	Online - see our social media pages & website for more info
T	Third Thursday of every month - academic talk	On Zoom. See this booklet for more info.
F	10AM - Health Walk 11:30AM - Gentle Movement	Various locations around the Estate Barvas Community Centre

Planting bulbs for next spring/

It is not too late if one of the best gardening jobs of autumn has passed you by - fill your window boxes, flower beds, pots and borders with an array of tulips, daffodils and irises - though avoid doing this during a hard frost.

Mulch/

There are many different kinds of mulch - wood chip, leaf litter, straw, compost, but they all do the same thing - release rich nutrients into the soil for next spring.

Tune into our social media pages every Tuesday between January and March to see Christopher's gardening tips. On the last Wednesday of these same months, Christopher will answer your gardening questions. If you have a question for him, contact us via social media or on office@uoglt.d.com



Winter containers/

This is a lovely way to bring some colour to a season not known for it. Find a frost-proof pot and fill it with hardy, winter flowering plants. Try cyclamens, heathers, hellebores and snowdrops.

Final weeding/

Not the most scintillating job, but a worthwhile one. Go around your beds and borders taking out any weeds - make sure not to remove perennials that have died back naturally.

WINTER GARDENING TIPS



THIS PAGE CONTAINS
 A FEW GARDENING TIPS
 FOR THE WINTER
 MONTHS, COURTESY OF
 CHRISTOPHER, OUR
 HEBRIDEAN COMMUNITY
 GARDEN PROJECT LEADER