



SUNND 2026 FEBRUARY PROGRAMME

EVENTS

HEALTH & FITNESS

**ADVICE SESSIONS
& TRAINING**

FAMILY FRIENDLY

ARTS & MUSIC

WWW.GALSONTRUST.COM

ABOUT SUNND

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*Sunnd: Scottish Gaelic 1. joy, cheerfulness, hilarity
2. sprightliness 3. health, fitness*

‘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.

Our Sunnd Health & Wellbeing programme aims to provide opportunities for the community and to support all to have a high quality of life, by remaining active, healthy, safe and included. The initiative began in the spring of 2018 as a pilot scheme for individuals over the age of 60 in partnership with the local ‘Young at Heart’ club. It has since opened up to all members of the community.

The 2026 programme offers a broad mix of activities designed to support health, wellbeing and connection across the community. Throughout the programme you’ll find regular health and fitness sessions, advice and training opportunities, creative and cultural events and family-friendly activities.

This leaflet provides a snapshot of what’s happening during February 2026. Full programme details, updates and future activities will be shared throughout the year on our website, in Fios, and through regular updates on Facebook and Instagram: @urrasog.

All adult fitness classes are £2 for residents and some other activities on the estate will be subsidised by UOG throughout Sunnd.

To book a session please visit www.bookwhen.com/sunnd or call us on 01851 850411



HEALTH & FITNESS

R = Residents

NR= Non Residents

March will be the final month of subsidised fitness classes so if you've not taken up the chance to try out a new class, this is your chance! From badminton to football, and hoop class to circuits, we've got it all!

Activity	Venue	Date/Time	Details
Chair Aerobics	Spòrsnis	11am, every Monday	Free
Badminton	Spòrsnis	6pm, every Monday	£2R,£5NR
Gentle Yoga and Somatic Mobility	CMCC	3 rd , 17 th , 24 th February, 3 rd March, 11am - 12pm	£2R,£10NR stressmonkey https://bookwhen.com/stressmonkey
Westside Fitness Class	Barvas Hall	6.30pm, every Tuesday	£2
Alison's Circuits	Spòrsnis	7pm, every Tuesday	£2R,£5NR
Gentle Movement	CMCC	Wednesdays, 1pm - 2pm	£2R,£5NR
Walk Wednesdays	Various locations across the Estate	Every second Wednesday, starting 11th February, 10:30am - 11:30am	Free (Book via Bookwhen)
All in Football	Spòrsnis	7pm, every Wednesday	£2R,£5NR
Netball	Spòrsnis	7:15pm, every Thursday	£2R,£5NR
Adult Hoop Class	Spòrsnis	Friday 6 th & 13 th February, 7 - 8pm	£12R, £60NR https://bookwhen.com/sunnd-activities
Over 40's Football	Spòrsnis	8pm, every Friday	£2R,£5NR

Over 45's Fitness for women	Spòrsnis	9-10am, Saturday 7 th February	£12R, £30NR https://bookwhen.com/sunnd-activities
Ness Runners	Spòrsnis	9am, every Saturday	Free
LTCH Mindfulness Session	Online	11am - 1pm, Thurs 5 th February	Free (Book via bookwhen or email info@LTCH.org.uk)
LTCH Taster Session	UOG Buisness Centre	2-3PM, Saturday 7 th February	Free (Book via bookwhen or email info@LTCH.org.uk)
Personal Training Introduction	Spòrsnis	Contact Simon Amos at Spòrsnis to arrange	£15R,£20NR

HEALTH & FITNESS - CLASS DESCRIPTIONS

Activity	What does it involve?
Chair Aerobics	A gentle workout while seated, to help improve balance and fitness levels. All abilities welcome.
Badminton	A racquet sport that develops agility, co-ordination and strategy. 3 badminton courts are open in Spòrsnis Hall on Monday to anyone who fancies a game of Badminton. Whether that's a game of singles or doubles with a partner, Spòrsnis welcomes anyone by themselves or coming along with their friends. With a wide range of skill levels, you'll find whatever you're looking for; fun and competitive games are common as are relaxed friendly games.

Activity	What does it involve?
Gentle Yoga and Somatic Mobility	<p>A soft, accessible yoga series designed especially for those who want to move more easily, breathe more deeply, and feel more at home in their bodies. This class blends gentle chair-based yoga, floor options, fascia-friendly mobility, and slow somatic unwinding. It is ideal for anyone living with stiffness, fatigue, tension, pain, or simply needing a calmer approach to movement. Each week builds gradually, helping people:</p> <ul style="list-style-type: none"> • release tightness in the neck, back, hips and shoulders • hydrate and soften the fascia • improve balance, stability and confidence • breathe more fully and ease nervous-system tension • reconnect with their body in a supportive space <p>Movements are adaptable for all levels, with the freedom to stay on the chair or explore gentle floorwork if comfortable. No experience is needed. Come as you are – this is yoga for real bodies, real seasons, and real life.</p>
Westside Fitness Class	<p>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.</p>
Alison's Circuits	<p>Tuesday Circuits with Alison is a great opportunity to enjoy an hour of high-tempo workout. The exercises have adaptations designed to increase or reduce the effort levels, and everyone is encouraged to work at their own level.</p>
Walk Wednesdays	<p>Join Leah Mackay, HITRANS, every 2nd Wednesday for a walk around different locations on and around the Galson Estate. The walk will take approx. an hour. Locations and routes will be published closer to the time. After the walk we will visit a local venue for a cuppa and cake.</p>
All in football	<p>An evening of football, come along for a game, whatever your age or ability.</p>
Netball	<p>A fun, energetic ball sport played indoors with 2 teams.</p>

Adult Hoop Class	Join Ellie to try this fun and creative gymnastics activity. Suspended off the ground, aerial gymnasts use the hoop to balance and position their bodies gracefully. By learning specific techniques to move on the hoop you will gain strength and improve motor function. The learning curve is steep and progress is usually very fast making it a satisfying activity. As a minimum you will need to be able to hold your own weight on your arms.
Over 40's Football	A fun, 5-a-side kickabout with a mixed group, open to all abilities. New players are always welcome.
Over 45's Fitness for women	Led by Mary Macleod, this class will focus on easy and low-intensity exercises designed to build bone strength, agility and coordination as well as improve flexibility. The exercises will have variations to increase or decrease the level of challenge depending on each participant's individual needs. Bone density is important as we start to age and resistance exercise is the best way to ensure that we maintain a resilient body.
Ness Runners	Join the Ness Runners as they go for a run every Saturday morning. This is open to all abilities.
LTCH Mindfulness Session	Feeling stressed, anxious or overwhelmed? Dr Gail Cunningham (retired general practitioner) will teach you techniques and help you develop skills to feel calmer and more in control. Three weekly, free sessions will run from 11-1pm on Thursday 5th February on-line. Join on Zoom from the comfort of your own home (or even from your bed). Book with Urras booking or email info@LTCH.org.uk to reserve a place to one or all of the sessions.
LTCH Taster Session	Long Term Conditions Hebrides (LTCH) What: Long Term Conditions Hebrides aims to make a positive difference to those living with difficulties - whether you are a carer, have a health condition or have chronic pain, stress or loneliness. 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 difficulties live better lives. Where: UOG Business Centre, Galson When: Saturday 7th February @ 2-3pm Cost: Free of charge (booking required) LTCH also offer free online group sessions, led by qualified facilitators. All sessions are held via zoom. Please visit our Facebook or website www.ltch.org.uk for more information about these valuable sessions and how to join

Personal Training Introduction	<p>Achieve your fitness goals in 2026 with the help of a personalised fitness programme. Book a one hour consultation with Simon Amos, who has recently qualified as a personal trainer, to assess and discuss your fitness and create a personalised training programme tailored to you and your fitness targets. This includes instruction in the use of gym equipment. Follow-on sessions can be organised to track progression and move forward. The cost will include a month's gym membership.</p>
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ADVICE SESSIONS & TRAINING

Event	Venue	Date/Time	Details
Cofaidh agus Cabadaich - air an rathad!	4.2.26 - Barvas & Brue Hall, 11.2.26 - Breakwater, 18.2.26 - Borve House, 25.02.26 - UOG	Every Wednesday, 11am-12pm	Free (Refreshments available to buy at some locations)
Citizens Advice drop in	UOG Office	Every Monday and Wednesday, Finishing 18 th February	Drop in or arrange a home visit through Citizens Advice.
Baby Massage	CMCC	Every Friday, 1pm - 3pm, Finishing February 13 th	£12.50R, £25NR (Book via Bookwhen)
Infant CPR	CMCC	Friday 6 th February, 2-3PM	Free (Book via Bookwhen)

ADVICE SESSIONS & TRAINING - CLASS DESCRIPTIONS

Event	What does it involve?
Cofaidh agus Cabadaich - air an rathad!	Thigibh còmhla rinn a h-uile Diciadain airson Cofaidh & Cabadaich. Chan eil e gu diofar dè an ìre aig a bheil a' Ghàidhlig agad, tha fàilte oirbh uile. A chance to sit and chat in Gaelic! Come to our informal Gaelic conversation circle, all levels and fluency welcome.
Citizens Advice drop in	Outreach worker, Michael Black, WICAS will be based at Galson Business Centre for a 6-week session from January, each Monday and Wednesday.
Baby massage	Join Bethany Webster for baby massage classes. This is aimed at parents/carers and babies under the age of one. Baby massage is a lovely way to relax, bond and spend quality time together. Massage benefits your baby by producing oxytocin, the love hormone, that helps build a loving relationship between you both. Baby massage also helps support baby's sleep, relaxation, digestion and relieves pain and constipation. Each 2-hour session comprises an introductory chat on the benefits of massage and massage techniques, followed by a 20 minute massage session, after which we will all be ready for a cuppa and biscuit to end the session. Please bring a towel. Massage oil will be provided
Infant CPR	Join local paramedics Lorna Thomson and Fiona Finlayson for a paediatric CPR demonstration designed to equip parents with the essential skills to respond confidently in a child-related emergency. Participants will learn how to recognise when a child needs CPR, perform effective chest compressions and rescue breaths, use an AED safely, and remain calm while waiting for medical assistance. This demonstration empowers parents with life-saving knowledge that could make a critical difference in an emergency.

CREATIVITY: ART & MUSIC

Event	Venue	Date/Time	Details
Over 60's Annual Dinner BBCC	Barvas & Brue Hall	Saturday 7 th at 5pm	Get in Touch with Louis (07870362449) or Peggy (07748643988) to book a seat
Traditional music night	Barvas & Brue Hall	The first Saturday of the month, 8:00pm - 11:30pm	Free
Ceilidh Dancing	Borve House	Saturday 14th February, 8pm - 11:30pm	Free
Music night	Wobbly Dog	Every Tuesday, 7:30pm - 9:30pm	Donation pot is put out to cover heating, lighting, tea and coffee.
RagRug Workshop	Callicvol Quilts Studio, 10 Port of Ness	Saturday 21 st February, 10-4PM	£25R, £50NR Book Via Bookwhen, All materials and soup lunch provided. please bring any old woollen jumpers clothes or blankets to cut up, if you have any.

Event	Venue	Date/Time	Details
Knit and Chatter	Breakwater Café	Wednesday 4th & 18th February, 2:30pm - 3:30pm	Free
Learn to crochet	Wobbly Dog	Thursday 5 th February (End of 5 Week Block)	£30R, £60NR (Book via email info@wobblydog.scot or call 07766 547148)
Spinning & Song	Taigh Dhonnchaidh	Tuesday 3 rd Feburary	Donation at the door, Book: https://www.galsontrust.com/events/sunnd

CREATIVITY - CLASS DESCRIPTIONS

Event	What does it involve?
Over 60's Dinner	All persons over 60 in the Barvas and Brue area are invited to this annual Dinner, which will be held in the community centre on the 7th February. If you require transport please let us know, visit Barvas & Brue Community Centre Page for further information.
Traditional music night	Bring along your instrument and enjoy a tune...or just come and enjoy the music
Ceilidh Dancing	Don your dancing shoes for some ceilidh dancing at Borve Country House Hotel.
Knit and Chatter	Come along to the Breakwater with your knitting, all abilities welcome.

Learn to Crochet	Learn to crochet “Emma Bunny” TOFT kit crochet pattern, materials and tuition provided, along with tea, filter coffee and cake.
Spinning & Song	Join Elizabeth MacKenzie and Mary Smith for a unique event of song and spinning. Mary will give a demonstration of the process and technique used in spinning wool the traditional way, using a spinning wheel made here on the island. There will be an opportunity to have a go at plying and spinning, or you can just sit back and enjoy the evening. Elizabeth will keep us entertained with traditional songs sung by the spinners at their work. Sit by the fire at Taigh Dhonchaidh and enjoy this relaxed evenings entertainment.
Music night	Music night at the Wobbly Dog, alternating between traditional music one week and any music the next week. Anybody welcome as long as they bring a talent of some sort, voice, instrument or whatever but it is a participation evening.
Creative Connections: Starling Spirit	A workshop inspired by the wisdom of the starling – for anyone over the age of 60 living in the Western Isles who feels isolated. Join artist Annabell Pattulo online for a hands-on exploration through textile art, journaling, sketching and time in nature, as we draw inspiration from the starling’s way of being—playful, intuitive, connected, and resilient. You’ll design a mobile or small installation that reflects your own spirit and personal story. Techniques will include mono-printing; mark making with handmade brushes; creating a textile object and stitching.
RagRug Workshop	Learn how to make a Hooked Rug. A great creative way to use felted jumpers, blankets and old woollen clothes. Recycling them in to beautiful rugs, chair seat pads and other decorative art work. All materials and equipment provided, including refreshments and a soup lunch.

SOCIAL EVENTS

Event	Venue	Date/Time	Details
Ness Social Café	Ness Social Club	Every second Saturday starting from 7 th February , 2pm - 4pm	Free

Event	What does it involve?
Ness Social Café	The Social Café is a volunteer run café located in the Green Lounge in the Social Club. It is held every second Saturday of the month and has an array of sweet and savoury baking, tea, coffee and soup on offer. The objective of the café is to allow people to come and sit and have a chat, with their friends or family or on their own- to meet new people! (Please note, the café is cash only)



HOW TO BOOK

You can view the full Sunnd programme at www.galontrust.com and you will find fortnightly calendars in every issue of Fios. Follow us on Facebook & Instagram, @urrasog, for up-to-date news.

If an event requires booking visit www.bookwhen.com/sunnd. If you have any problems with booking online, please phone **01851 850411** and a member of the UOG team will be happy to help. You can also email office@uogltd.com with any queries.

Sunnd runs in partnership with a variety of organisations and we'd like to thank them all for helping to make this year's Sunnd such a varied and interesting programme.





@urrasog



www.galontrust.com



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