



# SUNND 2026

## MARCH PROGRAMME

### EVENTS

HEALTH & FITNESS

ADVICE SESSIONS  
& TRAINING

FAMILY FRIENDLY

ARTS & MUSIC

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# 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](http://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
<b>Chair Aerobics</b>	Spòrsnis	11am, every Monday	Free
<b>Badminton</b>	Spòrsnis	6pm, every Monday	£2R,£5NR
<b>Gentle Yoga and Somatic Mobility</b>	CMCC	Tuesday 3 <sup>rd</sup> , 11am - 12pm	£2R,£10NR stressmonkey <a href="https://bookwhen.com/stressmonkey">https://bookwhen.com/stressmonkey</a>
<b>Westside Fitness Class</b>	Barvas Hall	6.30pm, every Tuesday	£2
<b>Alison's Circuits</b>	Spòrsnis	7pm, every Tuesday	£2R,£5NR
<b>Gentle Movement</b>	CMCC	Wednesdays, 1pm - 2pm	£2R,£5NR
<b>Walk Wednesdays</b>	Various locations across the Estate	Wednesday 11th (Port of Ness) and 25 <sup>th</sup> (Barvas), 10:30am - 11:30am	Free (Book via Bookwhen) <a href="http://galsontrust.com/events/sunnd">galsontrust.com/events/sunnd</a>
<b>All in Football</b>	Spòrsnis	7pm, every Wednesday	£2R,£5NR
<b>Netball</b>	Spòrsnis	7:15pm, every Thursday	£2R,£5NR
<b>Over 40's Football</b>	Spòrsnis	8pm, every Friday	£2R,£5NR

<b>Over 45's Fitness for women</b>	Spòrsnis	9-10am, Saturday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup>	£12R, £30NR for block booking <a href="https://bookwhen.com/sunnd-activities">https://bookwhen.com/sunnd-activities</a>
<b>Ness Runners</b>	Spòrsnis	9am, every Saturday	Free
<b>Personal Training Introduction</b>	Spòrsnis	Contact Simon Amos at Spòrsnis to arrange	£15R, £20NR
<b>Adult Aerial Hoop</b>	Spòrsnis	7-8pm, Friday 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	£12R, £50NR, for block booking <a href="https://bookwhen.com/sunnd-activities">https://bookwhen.com/sunnd-activities</a>

## HEALTH & FITNESS - CLASS DESCRIPTIONS

Activity	What does it involve?
<b>Chair Aerobics</b>	A gentle workout while seated, to help improve balance and fitness levels. All abilities welcome.
<b>Badminton</b>	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.

<p><b>Gentle Yoga and Somatic Mobility</b></p>	<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"> <li>- release tightness in the neck, back, hips and shoulders</li> <li>- hydrate and soften the fascia</li> <li>- improve balance, stability and confidence</li> <li>- breathe more fully and ease nervous-system tension</li> <li>- reconnect with their body in a supportive space</li> </ul> <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>
<p><b>Westside Fitness Class</b></p>	<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>
<p><b>Alison's Circuits</b></p>	<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>
<p><b>Walk Wednesdays</b></p>	<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>
<p><b>All in football</b></p>	<p>An evening of football, come along for a game, whatever your age or ability.</p>
<p><b>Netball</b></p>	<p>A fun, energetic ball sport played indoors with 2 teams.</p>

<b>Over 40's Football</b>	A fun, 5-a-side kickabout with a mixed group, open to all abilities. New players are always welcome.
<b>Over 45's Fitness for women</b>	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.
<b>Ness Runners</b>	Join the Ness Runners as they go for a run every Saturday morning. This is open to all abilities.
<b>Personal Training Introduction</b>	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.
<b>Adult Aerial Hoop</b>	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.

# ADVICE SESSIONS & TRAINING

Event	Venue	Date/Time	Details
<b>Cofaidh agus Cabadaich - air an rathad!</b>	4 <sup>th</sup> - Barvas & Brue Hall, 11 <sup>th</sup> - Breakwater, 18 <sup>th</sup> - Borve House	Every Wednesday, 11am-12pm	Free (Refreshments available to buy at some locations)

## ADVICE SESSIONS & TRAINING - CLASS DESCRIPTIONS

Event	What does it involve?
<b>Cofaidh agus Cabadaich - air an rathad!</b>	<p>Thigibh còmhla rinn a h-uile Diciadain airson Cofaidh &amp; 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.</p>

# CREATIVITY: ART & MUSIC

Event	Venue	Date/Time	Details
<b>Traditional music night</b>	Barvas & Brue Hall	The first Saturday of the month, 8:00pm - 11:30pm	Free
<b>Ceilidh Dancing</b>	Borve House	Saturday 14th March, 8pm - 11:30pm	Free
<b>Music night</b>	Wobbly Dog	Every Tuesday, 7:30pm - 9:30pm	Donation pot is put out to cover heating, lighting, tea and coffee.
<b>Craft &amp; Chatter</b>	CMCC	3rd, 10th, 17th, 24th Every Tuesday, 1-3PM	£2, No Booking Required
<b>Knit and Chatter</b>	Breakwater Café	Wednesday 4th & 18th, 2:30pm - 3:30pm	Free
<b>Spring Flower Arranging</b>	SpòrsNis	Friday 13th, 1-3pm	£10R, £20NR, Book via Bookwhen once confirmed
<b>Learn to Crochet</b>	Wobbly Dog	Thursday (5 sessions) 5,12,19,26, March, 2 April, 7-9pm	£30R, £60NR (Book via email info@wobblydog.scot or call 07766 547148)

# CREATIVITY - CLASS DESCRIPTIONS

Event	What does it involve?
<b>Traditional music night</b>	Bring along your instrument and enjoy a tune...or just come and enjoy the music
<b>Ceilidh Dancing</b>	Don your dancing shoes for some ceilidh dancing at Borve Country House Hotel.
<b>Knit &amp; Chatter</b>	Come along to the Breakwater with your knitting, all abilities welcome.
<b>Craft &amp; Chatter</b>	Craft and Chatter group meet for crafting and company.
<b>Music night</b>	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.
<b>Spring Flower Arranging</b>	Join Debbie from Homegrown in Habost to learn how to create a beautiful Spring flower display using locally sourced flowers and foraged greenery. Debbie will talk you through the process of selecting, conditioning and presenting an arrangement. You will take home your finished creation. Tea and Coffee provided.
<b>Learn to Crochet</b>	Learn to crochet Dave the Seagull TOFT kit crochet pattern, materials and tuition provided, along with tea, filter coffee and cake.

# SOCIAL EVENTS

Event	Venue	Date/Time	Details
Ness Social Café	Ness Social Club	Saturday 7th and 21st, 2pm - 4pm	Free
Community Ceilidh	Barvas and Brue Community Centre	Friday 6 <sup>th</sup> . Doors open 7:30pm	Free
Young at Heart	CMCC	Thursday 5th March, 2pm	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)
Community Ceilidh	Join Tosh, Graham MacIennan & Crisdean for a Community Ceilidh in Barvas and Brue Community Centre. There will also be a raffle held at this event.
Young at Heart	The Young at Heart Club meet the first Thursday of every month at 2pm at Clan Macquarrie Community Centre, Borve. All over 60's welcome.

# HOW TO BOOK



You can view the full Sunnd programme at [www.galsontrust.com](http://www.galsontrust.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](http://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](mailto: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.galsontrust.com](http://www.galsontrust.com)



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