

Spring Newsletter

April 2018

Urras Oighreachd Ghabhsainn

Fàilte!

Welcome to our Spring 2018 Newsletter.
Updating you on what's been happening over
the winter months and information on our
upcoming events.

New Baby



Congrats to UOG team member Mairi and her husband Scott Graham on the birth of their son Donnie Graham, born on the 10th of April weighing 7lb 15oz.

Welcome to Courtney



Courtney Morrison joined us on a Scotgrad placement in February for a period of 12 months. She will be working on marketing and promoting events for Year of Young People.



Sunnd Programme

We launched our new Sunnd programme last month. It is a pilot initiative to provide opportunities for those over 60 to maintain a high quality of life by remaining active, healthy, safe, and included. It is led by UOG in partnership with the local Young at Heart group, as well as NHS WI, Police Scotland, and the Scottish Fire & Rescue Service. It is free of charge to anyone over 60. For further information on the activities please see the programme on page 6.

Year of Young People

As part of Year of Young People we are running a series of events just for the young people on the estate.

The first was another successful series of Outdoor Sessions during the Easter break for younger children.

To follow is an Outdoor Adventure kayaking session for ages 11-18 in April, afterwards there will be a chance to chat with us about what they'd like to see on the estate.

Finally we are running a Drystone Walling course in May and are offering two funded places to those aged 16-25.

For more information please see the posters on the back page.



year of young people
bliadhna na h-òigridh
2018

Laxdale School Session

Laxdale Primary School had a session with us back in February.

The day started with a treasure hunt at Eorpie Beach and a beach clean, learning about how to keep our beaches clean of plastic.

Afterwards we made a fire and roasted some marshmallows, the day ended with a tug of war game! A great time was had by everyone.



Learning about keeping our beaches clean



Toasting some marshmallows



Tug of war!

Calendar of Events Booklet

Over the coming weeks we are hoping to develop an events booklet for the upcoming events that will be taking place on the estate.

They will initially be released three times a year. The first is going to cover May - August and is planned to be released at the end of April.

The booklet will be the same size as the newsletter and available in all of the usual locations, as well as on our website to view.

Monthly Walks

We had a cold monthly walk in January around Eoropie.

Georgia's Gift's charity walk took place on Saturday the 7th of April, going from Tolsta to Ness.

The walk was in memory of Georgia Gilham, who tragically died in a car crash aged 16.

After the walk a memorial bench was placed at Eoropie playpark where Georgia enjoyed visiting during the summer. A raffle followed at Sporsnis. Overall a fantastic £2400 was raised!

The next upcoming UOG Monthly walks are on the 5th of May, 2nd of June and 7th of July.

Further information to follow.



Eoropie Walk



*Georgia's Gift's Walk,
at the finish line!*

Outdoor Sessions

We held another series of successful outdoor sessions again this

Easter break. All were very popular and spaces filled up quickly.

Thank you to everyone who came along and made them so much fun!

Keep an eye out for more sessions over the Summer.

Family Walk



*Having some fun climbing
More marshmallow toasting*

Minibeast Hunt



*Looking for some minibeasts
despite the cold weather.
Some of the 'Minibeast Hotels'*

Bushcraft



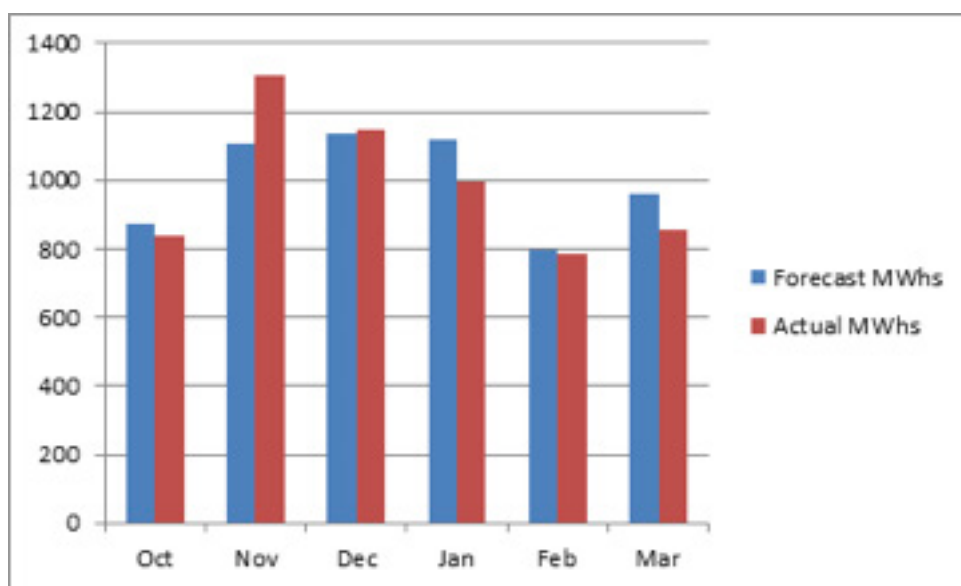
*Having fun in the sun
Learning how to safely make
a fire*

Turbines on Track

As we draw to the close of the winter, the graph shows that production over the 6 months since October was almost exactly in line with the forecast for that period.

Against the annual target, there was 67% of production achieved over these 6 months as expected.

Interestingly, we were in the same position a year ago and spring 2017 proved to be exceptionally windy which boosted the annual total significantly – will there be a repeat performance in 2018?



Shareholder AGM

Urras Energy Society held its third AGM at the UOG Business Centre in mid-March with 19 members and guests in attendance.

The shareholders in the Ballantrushal wind turbines heard that the project had enjoyed another successful year with increased electricity production over the 2016/17 financial year due mainly to strong spring and summer winds.

After the formal business had been concluded, an uplifting talk was provided by Anne Macleod from Comunn Eachdraidh Nis, demonstrating how the investment of wind energy profits in community projects had underpinned a major redevelopment just starting at their facilities in Sgoil Chrois.

The evening closed with an excellent buffet provided by Heatherview B&B.



Managing Projects

UOG ran a second managing projects workshop in March with 5 participants from within the Estate and beyond.

Following feedback from last year, the course was lengthened to allow more discussion and included a lunch, all of which seemed to be appreciated by the participants.

Feedback was very positive again and UOG intends to continue running the workshop at least annually and more regularly if there is demand.



2020 Cross Vision

UOG directors and staff were delighted to see redevelopment work kicking off at Sgoil Chrois in March. This was a welcome milestone after nearly a year of highly challenging fund-raising and design work undertaken by Comunn Eachdraidh Nis to achieve its ambition of high quality facilities to serve its community and the many visitors it welcomes. UOG provided its largest grant of £80,000 to date as part of the £1m funding package assembled for the works and also supplied much needed project co-ordination support to boost the expertise and resources that CEN was able to bring to proceedings. We look forward to seeing progress over the months ahead as contractor Neil Mackay & Co gets to grips with the transformation of the former school complex into a state-of-the-art community heritage hub. Comunn Eachdraidh Nis intends to keep the catering and retail outlets functioning over the spring and summer periods at least and to be fully operational in its redeveloped facilities by Easter 2019.



Amenity Site - Summer Hours

As of the 5th of April we have switched to our Summer times for the amenity site.

OPENING HOURS

Habost Household Waste and Recycling Centre

Bulky Household Waste Disposal and Recycling Point for the disposal of Household Waste Only

Summer Timetable: 5th April 2018 - 27th October 2018

	Open from	Open to	Open from	Open to
Monday	11am	1pm	4pm	6pm
Tuesday	Closed	Closed	Closed	Closed
Wednesday	11am	1pm	4pm	6pm
Thursday	11am	1pm	4pm	6pm
Friday	11am	1pm	4pm	6pm
Saturday	10am	1pm	2pm	5pm
Sunday	Closed	Closed	Closed	Closed

Operatives will be onsite during the opening times to assist you with your disposal. Please refrain from disposing of items outwith these times as this will be treated as fly tipping.

Contact Urras Oighreachd Ghabhsainn - 01851 850393

OUT OF HOURS

Zero Waste Western Isles (CNES): 01851 709900

SEPA: 01851 706477

SEPA 24 hour pollution report line: 0800 80 70 60

UOG: 01851 810544 / 01851 810661

Site Licence Number: WML / N / 0220269

Upcoming Events

See below for events that are part of our Sunnd Programme.

APRIL



HEALTH WALKS offer the chance for you to undertake 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.

Where: Meet at Clan MacQuarrie Community Centre

When: Every Friday at 10am starting 30th March, 1-hour sessions running for 10 weeks



FIRE SAFETY AT HOME is a useful information session about fire prevention at home, delivered by the Scottish Fire & Rescue Service. This will cover ways of identifying fire risk, how to reduce it, a fire action plan, fire detection and what to do if there is a fire in the home.

Where: Clan MacQuarrie Community Centre

When: Wednesday 25th April 2018 at 2pm - one off 1 hour session

MAY/JUNE



PERSONAL FOOTCARE delivered by NHS WI's Podiatry Department to highlight the importance of good footcare. The session aims to help you look after your own feet, or that of a relative or a friend to help improve comfort, mobility, confidence, independence and have an impact on your overall quality of life. **Booking required for this session as limited places are available.**

Where: Clan MacQuarrie Community Centre

When: Wednesday 9th May 2018 at 2pm - one off 1 hour session



HEALTHY EATING offers a talk from NHS WI's Dietetics Department on the importance of eating healthily, along with a short cooking demonstration showcasing healthy food options and how to cook them.

Where: Clan MacQuarrie Community Centre

When: Wednesday 23rd May 2018 at 2pm - one off 1- 2 hour session



LINE DANCING offers a fun and informal session of choreographed dance with a repeated sequence of steps to help improve balance and coordination. **Booking required for this session.**

Where: Clan MacQuarrie Community Centre

When: Wednesday 6th June 2018 at 2pm, 1 hour sessions running for 6 weeks



CYCLING offers the chance for you to take a short cycle on various routes. Each session will cater for all abilities with the chance for a cup of tea and a chat afterwards. No need to book, just turn up with your bike and weather appropriate clothing.

Where: Meet at Clan MacQuarrie Community Centre

When: Friday 8th June 2018 at 10am, 1 hour sessions running for 4/6 weeks

Please contact UOG on **01851 850393** or **office@uogltd.com** for more information or if a session requires advance booking.

Upcoming Events

**CALLING ALL 12-18 YEAR OLDS
FROM THE GALSON ESTATE!**



OUTDOOR ADVENTURE SESSION

Led by UOG & LHYCA Scaladale

Sat 21st April 2018

Come along for a kayaking session
and to let us know what you want
from the estate.

Fully funded
by Urras Oighreachd
Ghabhsainn

**Booking Essential
Limited Spaces!**

Refreshments provided

Contact 01851 850393 or
office@uoglttd.com to
book or for more information.

Suitable clothing
and footwear
required

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Supporting
year of young people
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2018

LEWIS & HATFIELD YOUTH CENTRE ASSOCIATION
Scaladale
Scottish Charity number SC 036903, and Lewis, Isle of Lewis, 1993
Licensed Provider of Adventure Activities by the AAIA

URRAS OIGHREACHD
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Intro to Drystone Walling and Drystone Skills

Fri 11th May - Sat 12th May 2018
Eoropie Playpark, Eoropie, Isle of Lewis

A hands on practical course in
stonewalling for the beginner.



Cost: £80.00
2 Funded places
available for
ages 16-25

This 2 day course at Eoropie Playpark provides the
practical skills and confidence necessary
to repair and build stone dykes.

It will allow you to develop your dyking skills for use in
your own garden, croft, or as the basis for
carrying out dyking in a work environment.

Wellies and waterproofs are essential!

For further information or to book a place contact:
01851 850393 | office@uoglttd.com

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Spaces are still available for both of these events!

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