



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 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 |

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| 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? |
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| 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> |

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| 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 |

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| 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 - Borge 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? |
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| 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' 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. You can borrow a sewing machine if you do not have your own. |

| 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 February | Donation at the door, book where? |
| Creative Connections: Starling Spirit | Online via Zoom | 5 th & 12 th February | Free, Book: https://lanntair.com/events/event/creative-connections-starling-spirit/ |

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 Borge Country House Hotel. |
| Knit and Chatter | Come along to the Breakwater with your knitting, all abilities welcome. |

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| 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 Dhonnchaidh 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.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. 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.galsontrust.com



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