



JAN - MAR
2022

SUNND

Sunnd: Scottish Gaelic

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

HEALTH & WELLBEING

EXERCISE & FITNESS

Line Dancing

Salsa

Fitness Plans

CREATIVITY & EDUCATION

Art Sessions

Photography Classes

Guided Relaxation

SUNND HEALTH & WELLBEING PROGRAMME 2022

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The 'Sunnd' Health & Wellbeing programme is an initiative led by Urras Oighreachd Ghabhsainn (UOG), which aims to facilitate opportunities for the community to support all to have a high quality of life, by remaining active, healthy, safe and included.

'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.

The events in the programme range from being partially funded to fully funded by both UOG and other partnerships such as The Hebridean Community Garden. Events are predominantly aimed at Galson Estate residents.



Booking

To book a session please visit:
www.bookwhen.com/sunnd

Urras Oighreachd Ghabhsainn (UOG) makes every effort to ensure that all the information in the booklet is correct at the time of printing. However, information may be liable to change without prior notice.

Sessions, classes and workshops will be advertised on social media and Fios with the latest information. Please contact the UOG office for further information or queries.

SUNND PROGRAMME

AIMS AND OBJECTIVES



ACTIVE LIVING

Living an active lifestyle doesn't have to mean running marathons (although that's great too!). Physical activity contributes to the ease of doing everyday activities and is extremely important for better movement, enhancing fitness, preventing injury, and promoting functional health.



HEALTHY EATING

Eating a healthy, balanced diet plays an essential role in overall good health. In order to feel good it's important to eat a wide variety of foods in the right proportions to achieve and maintain a healthy body.



SAFE AT HOME

Staying safe at home is key to remaining independent. Small measures can be taken to improve home safety and help prevent trips and falls as well as other serious accidents.

SELF CARING

It's important to take good care of yourself to try and reduce pains and discomfort. Self care can mean various things to different people, but can include things such as good foot care, and improved physical and mental health.



SAFE IN THE COMMUNITY

It is important to feel safe in your community and online. It is essential to be aware of potential online and doorstep crimes and the key prevention advice.



JANUARY 2022



MON

10

TUE

11

Line Dancing

WED

12

Guided
Relaxation

THU

13

Day Club - TIG

Photography

FRI

14

Health Walks

Gym Session

17

Health Walks

Full Day First Aid

18

Line Dancing

19

First Aid - 2
Evenings

20

First Aid - 2
Evenings

21

Health Walks

Gym Session

24

Health Walks

Food Demo

25

Line Dancing

26

Art Session

27

Day Club (DC)
Mental Health

Photography

28

Health Walks

Gym Session

31

Health Walks

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Line Dancing

What: A fun and informal session of choreographed dance with a repeated sequence of steps to help improve balance and co-ordination

Where: Borve - Clan MacQuarrie Community Centre

When: Tues 11th Jan – Tues 15th Feb @ 7.00pm (Six week block)

Cost: Resident - £2 or £10 block booking

Non-Resident - £4 or £12 block booking

Guided Relaxation

What: Reach a state of calm relaxation in minutes from the comfort of your home, using guided imagery to help you quickly and easily reduce the tension held in your body. Indulge yourself in a vivid daydream, taking you to a place of tranquillity. In this 30-minute zoom call you will simply need to listen to Caroline Envill's soothing voice as she guides you through this practice, tuning out all other distractions.

Where: Online, Zoom

When: Wed 12th Jan, Wed 9th Feb, Wed 9th March @ 3:00pm

Cost: Resident - £2 per session

Non-resident - £4 per session



Spòrsnis Gym Session - Fitness Planning

What: Join Spòrsnis gym for an open consultation with a fitness instructor to assist you in increasing fitness levels, ensure you're using the equipment properly, and create a fitness plan to suit your specific requirements and needs.

Where: Spòrsnis, Lionel

When: Fri 14th Jan - Fri 18th Feb @ 2:30-3.30pm

Cost: Resident - £7.50

Non-resident - £15

Health Walks

Weekly walks held at various locations across the Galson Estate

Please see pg 9 of this booklet for more information.



Comunn Eachdraidh Nis - Day Club

What: The Energy Measures Project with Tighean Innse Gall (TIG)

TIG will be offering useful tips on improving your home, reducing energy use, saving money, and becoming more energy efficient.

Where: Ness – Comunn Eachdraidh Nis, Day Club

When: Thurs 13th Jan @ 11.30am



What: Mental Health Session - Learn about the psychological benefits of being in a walking group. The session will explain the benefits are not just to do with exercise, and how there are many things we can do for psychological wellbeing.

Where: Ness – Comunn Eachdraidh Nis, Day Club

When: Thurs 27th Jan @ 11.30am

To join the Day Club, please contact CEN on 01851 810377

Introduction to Photography with Sradag Creative

What: Join Fiona Rennie on this short course that will allow you to get a basic understanding of using your cameras, learn to take better photographs and gain some experience and tips you can apply on your own later.

Where: UOG Business Centre, South Galson

When: 13th, 27th Jan, 10th, 24th Feb, 10th, 24th Mar @ 7:00pm

Price: Fully funded by The Hebridean Community Garden



First Aid Training

What: Learn lifesaving skills, such as CPR, defibrillator awareness and the recovery position to prepare for a lifesaving situation that can happen anywhere and to anyone. Delivered by Western Isles First Aid Training. Both of these are the same certified course - one course is a full day, and one is split between two evenings for flexibility.

Where: Spòrsnis, Lionel

When: 17th Jan @ 9.30am-4.30pm

Cost: Resident - £25 Non-resident - £35

Where: Clan MacQuarrie, Borve

When: 19th & 20th Jan @ 7-10pm



Cookery Demo

What: Join local chefs Allan Macritchie, Paul Moorby & Rhys Fitzpatrick to observe and taste some culinary delights using locally-sourced ingredients.

Where: Clan MacQuarrie Community Centre

When: 24th Jan, 21st Feb, & 21st Mar @ 7.00pm

Price: Fully funded by The Hebridean Community Garden



Art Session - Introduction to DIY Screenprinting

What: Learn basic approaches to screenprinting on both fabric and paper, with local artist Elaine Smith while being inspired by our wonderful local flora/fauna. From making drawings into stencils to printing your own unique tote bag and paper prints, you'll quickly gain insight into techniques you may wish to try again yourself at home!

Where: Borve - Clan MacQuarrie Community Centre & Spòrsnis

When: Wed 26th Jan, 23rd Feb & 2nd, 12th, 16th & 31st March @ 2:00pm

Price: Fully funded by The Hebridean Community Garden



FEBRUARY 2022



MON	TUE	WED	THU	FRI	SAT
	01 Line Dancing	02	03 (YAH) - Ability Net	04 Health Walks Gym Session	05 Immerse Hebrides
07 Health Walks	08 Line Dancing	09 Guided Relaxation	10 Day Club - Art Photography	11 Health Walks Gym Session	12 Immerse Hebrides
14 Health Walks	15 Line Dancing	16 Mental Health	17	18 Health Walks Gym Session	19 Immerse Hebrides
21 Health Walks Food Demo	22 Salsa	23 Art Session	24 Day Club Ability Net Photography	25 Health Walks Release Method	26 Immerse Hebrides
28 Health Walks	tachartasan sunnd is sláinte				

Line Dancing

What: See listing on page 3 for full details

When: Tues 11th Jan – Tues 15th Feb @ 7.00pm (Six week block)



Art Session - Introduction to DIY Screenprinting

What: See listing on page 4 for full details

When: Wed 23rd Feb @ 2:00pm



Young at Heart Club - Ability Net

What: An informative session introducing you to information technology and how you can get better connected and stay safe online.

Where: Clan MacQuarrie Community Centre

When: Thurs 3rd Feb @ 2.00pm

To join please contact the group - see details on page 10.



Spornis Gym Session - Fitness Planning

What: See listing on page 3 for full detail

When: Fri 14th Jan - Fri 18th Feb @ 2:30-3.30pm



Health Walks - Weekly walks held at various locations across the Galson Estate
Please see page 9 of this booklet for more information.

Immerse Hebrides Sea Swim

What: Gain confidence in the open water by undertaking 4 sea swimming sessions with Immerse Hebrides' open water coaches, introducing you safely to swimming in open water. More information on booking.

Where: Locations will either be at Port Stoth or Port of Ness harbour depending on the conditions. Equipment provided.

When: 5th, 12th, 19th & 26th Feb @ 2:00pm

Cost: Resident - £10 per session or £35 for the block

Non-resident - £20 per session or £75 for the block

(This has been partially funded by Urras Oighreachd Ghabhsainn)



Guided Relaxation (on Zoom)

What: See listing on page 3 for full details

When: Wed 12th Jan, Wed 9th Feb, Wed 9th March @ 3:00pm

Day Club (See page 2 for details to join the group)

What: Art Session - A chat with Creative practitioner Elaine Smith about her local hero's project with An Lanntair.

When: Wed 10th Feb @ 2pm

What: Ability Net - An informative session introducing you to information technology and how you can get better connected and stay safe online.

When: Feb 24th @ 11.30am

Where: Ness - Comunn Eachdraidh Nis, Day Club



Introduction to Photography with Sradag Creative

What: See listing on page 4 for full details

When: Thurs 10th & 24th Feb @ 7:00pm

Mental Health

What: Learn about the psychological benefits of being in a walking group. This session will explain why the benefits are not just to do with exercise and how there are many things we can do for psychological wellbeing.

Join us afterwards for a short walk to further highlight the benefits.

Where: UOG Business Centre

When: Wed 16th Feb @ 2:00pm



Cookery Demo

What: Observe and taste delicious food cooked by Chef Paul Moorby.

When: Mon 21st Feb @ 7.00pm

Salsa

What: Have some fun and dance away your cares, improve fitness, reduce stress and enjoy the Latin beats. Individuals/couples/all ages welcome

Where: Barvas Community Hall

When: Tues 22nd Feb - Tues 29th Mar @ 7.00pm (Six week block)

Price: Resident - £2 per session or £10 block booking

Non-resident - £4 per session or £12 block booking



Release Method

What: Powerful techniques which safely realign, stretch, strengthen and balance the body. Movements are gentle and are mostly mat-based incorporating trigger point therapy, myofascial release, and breathing techniques.

Where: Ness - Spòrsnis

When: Fri 25th Feb - Fri 1st April @ 2:30pm-3.30pm. (Six week block)

Price: Resident- £2 or £10 block booking, Non-resident- £4 or £12 block booking

MARCH 2022



MON	TUE	WED	THU	FRI	SAT
	01 Salsa	02 Art Session	03 (YAH) - TIG	04 Health Walks Release Method	05
07 Health Walks	08 Salsa	09 Guided Relaxation	10 DC - Podiatry Photography	11 Health Walks Release Method	12 Art Session
14 Health Walks	15 Salsa	16 Art Session	17 First Aid - Children	18 Health Walks Release Method	19
21 Health Walks Food Demo	22 Salsa	23 Heb Garden	24 Day Club OT Photography	25 Health Walks Release Method	26
28 Health Walks	29 Salsa	30 Heb Garden	31 Art Session	1 Health Walks Release Method	2

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Salsa

What: See listing on page 6 for full details

Where: Barvas Community Hall

When: Tues 22nd Feb - Tues 29th Mar @ 7.00pm (Six week block)



Young at Heart Club - TIG

TIG will be offering useful tips on improving your home, reducing energy use, saving money, and becoming more energy efficient.

Where: Clun MacQuarrie Community Centre

When: Thurs 3rd Mar @ 2.00pm

To join please contact the group, see page 10 for details.



Release Method

What: See listing on page 6 for full details

Where: Ness - Spòrsnis

When: Fri 25th Feb - Fri 1st April @ 2:30pm-3.30pm. (Six week block)



Health Walks - Weekly walks held at various locations across the Galson Estate

Please see page 9 of this booklet for all information, dates and locations.



Guided Relaxation (on Zoom)

What: See listing on page 3 for full details

When: Wed 9th March @ 3:00pm

CEN Day Club (see page 2 for details)

What: Podiatry - Delivered by NHS WI's Podiatry Department. - The session aims to help you look after your own feet, or that of others, to help improve comfort, mobility, confidence and independence.

When: Thurs 10th March @ 11.30am

What: Occupational Therapy (OT) - Delivered by NHS WI's OT Department

A practical workshop to increase the awareness of the positive impact of physical activity on health and wellbeing.

Where: Ness – Comunn Eachdraidh Nis, Day Club

When: Thurs 24th March @ 11.30am

To join the group please contact CEN on 01851 810377



Art Session - Introduction to DIY Screenprinting

What: See listing on page 4 for full details

When: 2nd March @ 2.00pm - Sporsnis, Ness

12th, 16th & 31st March @ 2:00pm-Clan MacQuarrie Community Hall

First Aid Training - Giving First Aid to Infants and Toddlers

What: Learn lifesaving skills, such as CPR, defibrillator awareness and the recovery position to prepare for a lifesaving situation that can happen anywhere and to anyone. Delivered by Western Isles First Aid Training

Where: Urras Oighreachd Ghabhsainn Business Centre

When: Thurs 17th March @ 7:00-9.30pm. **Price:** £6 resident, £8 non-resident



Cookery Demo

What: See listing on page 4 for full details

When: 21st Mar @ 7:00pm

The Hebridean Community Garden - Spring Growing

What: Spring is just around the corner and so why not visit us at the garden – to learn all about sowing, growing and transplanting early season vegetables and flowers, including lettuce, kale and violets. We will be working inside the polycrubs, but still – please dress warmly.

Where: Garden at Clan MacQuarrie Community Centre

When: 23rd Mar & 30th Mar @ 2:00pm

Price: Fully funded by The Hebridean Community Garden



Introduction to Photography with Sradag Creative

What: See listing on page 4 for full details

When: Thurs 10th & 24th Mar @ 7:00pm

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Health Walks

WALKS ON THE GALSON ESTATE

Health walks are gentle exercise in a social setting.
Each 50-60 minute walk caters for all abilities.
There is no need to book - just turn up with weather-appropriate clothing and comfortable footwear.

When: Every Monday from 1.30-2.30pm -
Buggy and Toddler Walk

Every Friday from 10 - 11am - Open to all

For walk meeting points please visit our social media
or contact the office on: (01851) 850 393 or
email office@uog ltd.com



The Hebridean Community Garden



ART, COOKERY & PHOTOGRAPHY SESSIONS

The Hebridean Community Garden is a new horticultural project jointly run and managed by Clan MacQuarrie Community Centre and Galson Estate Trust.

They provide a beautiful and sustainable green space for the North Lewis community. The garden includes two fully kitted-out polycrubs, raised beds, a tool shed, outdoor classroom and sensory garden - plenty of growing space for everyone interested in gardening and growing.

The garden are running healthy lifestyle workshops to help improve people's daily lives, including art and photography sessions and cookery demonstrations. Funding to enable these was received via the Healthy Islands Fund.

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CEN Day Club & Young At Heart

DEDICATED GROUPS - OPEN TO NEW MEMBERS

The Day Club at Comunn Eachdraidh Nis (CEN) runs every Thursday at 11.30am. Please contact CEN on 01851 810 377 or office@cenonline.org to join.

The Young at Heart are an over 60s group who meet the first Thursday of every month at Clan MacQuarrie Community Centre. Please contact Elenor for more details - 07927301022 or dawser02@outlook.com

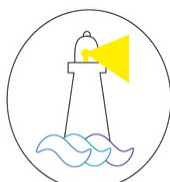
Both groups would love to have new members join them - please get in touch.



URRAS OIGHREACHD GHABHSAINN
GALSON ESTATE TRUST

Sunnd is run in partnership with the following organisations. We would like to thank them all for being part of this programme.

For any further information please contact us on 01851 850 393 or office@uoglted.com



Comunn Eachdraidh Nis



Helping Hand Life Coaching
Helping Hand tuition
HHLC & HHT



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