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# SUNND

## JANUARY PROGRAMME

### EVENTS



Health & Fitness

Advice sessions & training

Over 60s

Family friendly

Arts, Music & Food

[WWW.GALSONTRUST.COM](http://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.

This year’s programme features a variety of health & fitness, arts and culture, and advice sessions, including salsa dancing, strength training, cookery demos, money tips for young people, and lots more. In this leaflet you will find a brief summary of what we have lined up for you for 2026 - you will find the full programme on our website, in Fios and in regular updates on our Facebook & 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 is the final month of the 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	6-week block starting from Tuesday 20th	£2R,£10NR <a href="https://bookwhen.com/stressmonkey">https://bookwhen.com/stressmonkey</a>
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 on January 14th, 10:30am - 11:30am	Free (Book via Bookwhen)
All in Football	Spòrsnis	7pm, every Wednesday	£2R,£5NR
Netball	Spòrsnis	7:30pm, every Thursday	£2R,£5NR
Adult Hoop Class	Spòrsnis	6-week block starting from Friday 9 <sup>th</sup> January, 7pm - 8pm	£12R, £60NR <a href="https://bookwhen.com/sunnd-activities">https://bookwhen.com/sunnd-activities</a>
Over 40's Football	Spòrsnis	8pm, every Friday	£2R,£5NR

# HEALTH & FITNESS

Activity	Venue	Date/Time	Details
Over 45's Fitness for women	Spòrsnis	6-week block starting from, Saturday 3 <sup>rd</sup> January	£12R, £30NR <a href="https://bookwhen.com/sunnd-activities">https://bookwhen.com/sunnd-activities</a>
Ness Runners	Spòrsnis	9am, every Saturday	Free
Long Term Conditions Hebrides taster session - LTCH Mindfulness Session	Online	11am - 1pm, Thursday 22 <sup>nd</sup> , 29 <sup>th</sup> January and 5 <sup>th</sup> February	Free (Book via bookwhen or email <a href="mailto:info@LTCH.org.uk">info@LTCH.org.uk</a> )
Personal Training Introduction	Spòrsnis	Contact Simon Amos at Spòrsnis to arrange	£15R,£20NR

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.

# HEALTH & FITNESS - CLASS DESCRIPTIONS

Activity	What does it involve?
<b>Gentle Yoga and Somatic Mobility</b>	<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.</p> <p>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>
<b>Westside Fitness Class</b>	<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>
<b>Alison's Circuits</b>	<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>
<b>Walk Wednesdays</b>	<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>
<b>All in football</b>	<p>An evening of football, come along for a game, whatever your age or ability.</p>
<b>Netball</b>	<p>A fun, energetic ball sport played indoors with 2 teams.</p>

Activity	What does it involve?
<b>Adult Hoop Class</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.
<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>LTCH Mindfulness Session</b>	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 22nd, 29th January and 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 <a href="mailto:info@LTCH.org.uk">info@LTCH.org.uk</a> to reserve a place to one or all of the sessions.
<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.

# ADVICE SESSIONS & TRAINING

Event	Venue	Date/Time	Details
<b>Cofaidh agus Cabadaich - air an rathad!</b>	January 14 <sup>th</sup> - Comunn Eachdraidh Nis January 21 <sup>st</sup> - Borve County Hotel January 28 <sup>th</sup> - UOG	Every Wednesday, 11am-12pm	Free (Refreshments available to buy at some locations)
<b>Citizens Advice drop in</b>	UOG Office	6 week block starting from January 12 <sup>th</sup> , every Monday and Wednesday	Drop in or arrange a home visit through Citizens Advice.
<b>Baby Massage</b>	CMCC	5 week block starting from January 16 <sup>th</sup> , every Friday, 1pm - 3pm	£12.50R, £25NR (Book via Bookwhen)

## 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' Ghàidhlig agad, tha fàilte oirbh uile.</p> <p>A chance to sit and chat in Gaelic! Come to our informal Gaelic conversation circle, all levels and fluency welcome.</p>
<b>Citizens Advice drop in</b>	Outreach worker, Michael Black, WICAS will be based at Galson Business Centre for a 6-week session, each Monday and Wednesday.



Event	What does it involve?
<b>Baby massage</b>	Join Bethany Webster for baby massage classes. This 5-week block 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

## CREATIVITY: ART, MUSIC & FOOD

Event	Venue	Date/Time	Details
<b>Hogmanay Ceilidh</b>	CMCC	Wednesday 31 <sup>st</sup> December, 9pm - 2am	Under 18 - £8 Over 18 - £10 Buy tickets via Clan MacQuarrie website
<b>Traditional music night</b>	Barvas Hall	Saturday 3 <sup>rd</sup> January, 7:30pm - 11:30pm	Free
<b>Ceilidh Dancing</b>	Borve House	Saturday 10 <sup>th</sup> January, 8pm - 11:30pm	Free
<b>Music night</b>	Wobbly Dog	Every Tuesday starting from January 13 <sup>th</sup> , 7:30pm - 9:30pm	Donation pot is put out to cover heating, lighting, tea and coffee.
<b>Beginner's Sewing workshop</b>	Callicvol Quilts Studio, 10 Port of Ness	Saturday 17 <sup>th</sup> January, 10am - 4pm	£25R, £50NR (Book via Bookwhen)



Event	Venue	Date/Time	Details
<b>Knit and Chatter</b>	Breakwater Café	Wednesday 21 <sup>st</sup> January, 2:30pm - 3:30pm	Free
<b>Learn to crochet</b>	Wobbly Dog	5-week session starting from Thursday 8 <sup>th</sup> January	£30R, £60NR (Book via email info@wobblydog.scot or call 07766 547148)
<b>Iain Costello and Riffraff</b>	Ness Social Club	Saturday 31 <sup>st</sup> January, 9pm - 12am	Pay at the door

## CREATIVITY - CLASS DESCRIPTIONS

Event	What does it involve?
<b>Hogmanay Ceilidh</b>	Hogmanay Ceilidh with Island Fling and Iona Mairead at Clan MacQuarrie Community Centre. Licenced bar, cash or card.
<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 Borge Country House Hotel.
<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>Beginner's Sewing workshop</b>	Dust down your old sewing machine and learn how to sew or just gain confidence. You will also learn some basic sewing techniques, including using paper patterns, cutting out and leave with a lined tote bag.

Event	What does it involve?
<b>Knit and Chatter</b>	Come along to the Breakwater with your knitting, all abilities welcome.
<b>Learn to Crochet</b>	Learn to crochet “Emma Bunny” TOFT kit crochet pattern, materials and tuition provided, along with tea, filter coffee and cake.
<b>Iain Costello and Riffraff</b>	Join Iain Costello and Riffraff for a ceilidh at Ness Social Club, a night of dancing and music.

# SOCIAL EVENTS

Event	Venue	Date/Time	Details
Ness Social Café	Ness Social Club	Every second Saturday starting from 10 <sup>th</sup> January, 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.galsontrostrust.com](http://www.galsontrostrust.com) and you will find fortnightly calendars in every issue of Fios. Follow us on Facebook & Instagram, @urrasog, for up-to-date news.

You can book events by visiting [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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