



SUNND 2021

HEALTH AND WELLBEING

WINTER PROGRAMME

JANUARY 2021 - MARCH 2021

sunnd - Scottish Gaelic

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



CONTACT US

Urras Oighreachd Ghabhainn
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Cross

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A company registered in Scotland
No: 273903

A registered Scottish Charity
No: SC036903

SUNND 2021

BLOCK TWO - 19TH FEB - 26TH MARCH

SUNND 2021

BLOCK ONE - 11TH JAN - 15TH FEB

DAY	EVENT AND TIME	PLACE
M	10AM - Health Walk	Various locations around the Estate
T	11AM & 1PM - Sunnd Social Media Updates	See our Facebook, Instagram and Twitter pages
W	Last Wed of every month - Online gardening Q&A with Christopher	Online - see our social media pages & website for more info
T	Third Thursday of every month - academic talk @ 7:30PM	On Zoom. See this booklet for more info.
F	10AM - Health Walk 11:30AM - Gentle Movement 7:30PM - 8:30PM - Sals-ercise	Various locations around the Estate Barvas Community Centre Spòrsnis, Ness

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CALENDAR OF ACTIVITIES ON THE GALSON ESTATE
ALL ACTIVITIES ARE FREE TO BOOK - PLEASE VISIT
WWW.BOOKWHEN.COM/SUNND



Sunnd is our annual winter wellbeing programme, encouraging you to stay fit, safe and healthy during the winter months on the Galson Estate.

STAYING WELL MENTAL & PHYSICAL HEALTH RESOURCES

PHYSICAL ACTIVITY

Paths for All
www.pathsforall.org.uk
Cycling Scotland
<https://www.cycling.scot>
Sportsnis
 01851 810 039, www.sportsnis.co.uk
Stress Monkey Solutions
www.stressmonkey.com

SAMARATINS - 116 123
 (FREE, 24 HOUR PHONE LINE)
BEFRIENDING LEWIS - 01851 702632
 (TO FEEL CONNECTED TO OTHERS ON THE ISLAND)
NHS 24 - DIAL 111
 (FOR OUT-OF-HOURS DENTAL AND GP SERVICES)

MENTAL HEALTH SUPPORT

Scottish Mental Health First Aid Kit. A course developing your skills to help with someone experiencing a mental health crisis. – www.smhfa.com
Breathing Space Scotland. Free and confidential phone and web service for those experiencing low mood or anxiety. – www.breathingspace.scot or 0800 838587
Childline - counselling service for children and young people up to the age of nineteen. – www.childline.org.uk or 0800 1111
Scottish Association for Mental Health. Offering a range of mental health services and support. – www.samh.org.uk
Penumbra - supporting Scotland's mental health. – www.penumbra.org.uk
PREGNANCY AND CHILDLOSS AGEING, DEMENTIA & CARERS SUPPORT
Simba
www.simbacharity.org.uk
Miscarriage Association
<https://www.miscarriageassociation.org.uk>
CANCER SUPPORT
Western Isles Cancer Care Initiative – www.wicci.org.uk
Macmillan – www.macmillan.org.uk

FUNDED EXERCISE CLASSES

SALS-ERCISE

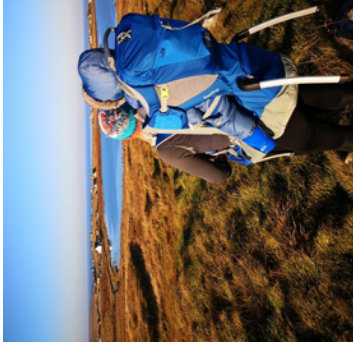
Salsa-based exercise class that can be done individually or as a couple from one household. Turn over for times and locations.

GENTLE MOVEMENT

Gentle exercise class suitable for all levels, particularly beginners. A great way to get back into exercise after injury.

HEALTH WALKS

Easy walks for all abilities and ages groups. Walks take place throughout the Galson Estate on Monday and Friday mornings.



FREE ACADEMIC TALKS

Join us every third Thursday of the month for a free academic talk on Zoom. More dates may be confirmed in the New Year so keep an eye on our social media platforms. To register for the event go to www.bookwhhen.com/sunnd

THURSDAY 21ST JANUARY - 7:30PM

Join Dr Emily Gal, UHI archaeologist at LCC based in Uist. Emily specialises in digital archaeological scanning. She will talk about her research, show us some visuals and there will be an opportunity to ask some questions.

THURSDAY 18TH FEBRUARY - 7:30PM

Join Anna Wendy Stevenson, musician and programme leader on the UHI Music course in Uist, as she leads a discussion on traditions in Hebridean music.

THURSDAY 18TH MARCH - 7:30PM

Join Professor Frank Rennie as he discusses the process of researching and writing his new book, 'Changing Outer Hebrides: Galson and the meaning of place'. Have the opportunity to ask questions about the book and about his researching and writing process.

FREE CREATIVE EVENTS

Engaging Workshops:

Befriending Arts

Join the Facebook group by searching for 'Befriending Arts' (Lewis & Harris)

Music

Comhairle nan Eilean Siar's live ceilidhs on Facebook: <https://www.facebook.com/comhairlenanleainsiar>

The Whitworth - Manchester University

Online, sociable craft workshops for adults aged 50+, Fridays, 2-4 pm (6-week blocks, term-time only)
 Free, however booking is essential. See details below
www.whitworth.manchester.ac.uk/whats-on/events/agefriendly

Creative Activities:

Luminate Scotland

Join in with pre-recorded videos offering a wide range of creative activities.
<https://www.luminatescotland.org/luminateathome>

Open Culture

Sign up for free online courses from the world's top universities
<https://www.openculture.com/freeonlinecourses>

GARDENING ADVICE

Tune into our social media pages every Tuesday between January and March to see Christopher's gardening tips. On the last Wednesday of these same months, Christopher will answer your gardening questions. If you have a question for him, contact UOG via social media or on office@uogtld.com