



# Urras Oighreachd Ghabhsainn *Autumn Newsletter 2019*



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£300,000 IN THE  
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**SUNND PROGRAMME**

# NOTE FROM THE CHAIR

## Facal bhon Chathraiche



Agnes Rennie

Fàilte oirbh chun chuairt litir seo a tha mi 'n dòchas a bheir dhuibh blas de cuid de na h-ìomadh rud anns a bheil an Urras an sàs rè na bliadhna. Tha an obair ìomadh-fhillte agus thar ghinealaich. Chì sibh an fharsaingeachd seo ann an obair an Urrais fhein agus pròiseactan tha dol air adhart an co-bhonn ri Urrasan eile agus buidhnean sa choimhearsnachd.

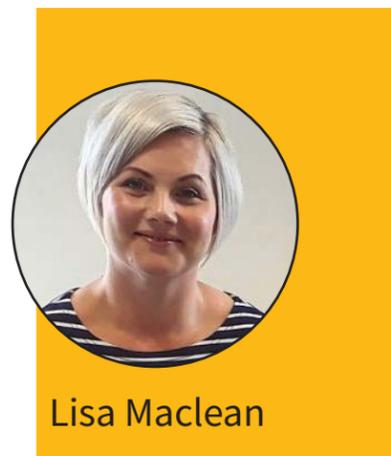
Welcome to this latest newsletter from the Urras. I hope you enjoy reading about some of the many projects that staff are involved in. Those of you already involved will know that projects as diverse as energy efficiency and Sunnd, Dùthchas and Plòigh reach out to all ages and sections of the community and our aim is to encourage many more to take advantage of these opportunities. The Community Investment Fund continues to provide much needed support to organisations ranging from the Comunn Eachdraidh to the Social Club, local schools and grazing committees and you can read about many of them here.

## AN UPDATE FROM LISA

Since our last newsletter we have made significant progress with the designs for the rebuild of the UOG business centre in Galson. We remain on schedule to commence works in the first half of 2020 and this is encouraging for us all, as it will be very positive to see activity on the site which currently seems very barren. As ever, the UOG team have been busy with all the day to day business of the estate, but also an enhanced and developed programme aimed at young people and a wellbeing programme to support improved health and wellbeing.

The Community Investment Fund reached a 5 year milestone in the Autumn this year; being launched

in October 2014 (with a small £1,000 grant scheme) and since grown to include larger funding streams and as a result has distributed in excess of £340,000 back into community projects. This is excellent news and clearly demonstrates the activity within the community, often from very dedicated volunteers! We must always be thankful for our weather as the wind is a key element in ensuring the community owned wind turbines at Ballantrushal continue to rotate and provide an income stream that is without question transformational to the estate. I always try to remind myself of this fact on the wet, windy days of winter; no day is a bad day of weather really!



Lisa Maclean

# Dùthchas

## Galson Estate Heritage Week

'Dùthchas', which took place in the first week of September, celebrated our community's vibrant local heritage. UOG partnered with various organisations, charities and businesses in the community to host this event. This year, it grew to include twenty-three events, based around the theme of local heritage events and included history, music, dance, traditional skills, habitat management, crofting and food and drink.

Dùthchas kicked off with habitat management at the Galson

Estate's bird hide at Loch Stiapabhat. Forty-three pupils and staff from Lionel School and Sgoil an Taobh Siar helped RSPB to cut back and clear grass from the area in front of the hide. Younger children also got to experience Dùthchas with intergenerational Gaelic story sessions alongside our local Young At Heart group.

Other events included weaving demonstrations, a community BBQ, a couple of ceilidhs, a pub quiz, car treasure hunt, a family history workshop, knot-tying

demonstrations and a tea party with the Lord Lieutenant of the Isles.

Approximately 450 people attended Dùthchas this year.

If you'd like to get involved in next year's Dùthchas, or have an idea of an event you'd like to see, please get in touch with the UOG office or visit the Dùthchas website: [www.Duthchas.com](http://www.Duthchas.com)

We are delighted to have been shortlisted for 'Event of the Year' at the Daily Record & Bòrd na Gàidhlig Gaelic Awards!





## COMMUNITY LAND WEEK 2019

In August, the Galson Estate celebrated *Community Land Week* – a nationwide annual celebration of community land ownership – with a guided walk of the estate’s entire coast from Barvas to Tolsta. Community Land Week is coordinated by Community Land Scotland where communities across Scotland take part in organised events.

There was a true Hebridean mix of weather throughout the walk from cases of sunburn on day one to torrential rain and everything in between over the next two days. The weather extremes added to the fun. High spirits remained throughout, thanks to a motivated group of participants, spectacular scenery, dramatic skies and good quality waterproofs.

There was a well-deserved BBQ and pint at the Ness social club to celebrate the end of the walk.



## UOG INVESTS OVER £300,000 IN THE LOCAL COMMUNITY

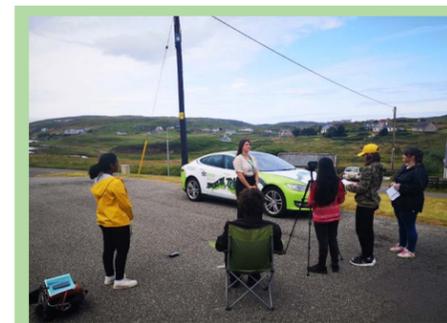
UOG has reached a significant landmark having invested over £300,000 in various initiatives within the estate area through its community investment fund. In total, over 90 individual projects have now been supported. They encompass a wide range of activities and groups, including training equipment for the local first responders, support for an Alzheimer’s dementia café, support towards installation of toilet facilities at the Eorpie Dunes playpark, Ness 5k/10k race, Spòrsnis fitness out-reach projects, scrap clear-up projects, cemetery improvements, and various local heritage initiatives, to name just a few.

A recent £10,000 award to a new group took the Trust over the £300k mark. “Còmhla” has been set up by a group of local parents/carers with caring

responsibilities for children with additional support needs. The group have received funding and have already established group training activities and have a series of guest speakers attending their fortnightly meetings. In recent months the Urras also provided, through its growth fund initiative, assistance of £80,000 towards the redevelopment of Comunn Eachdraidh Nis, the local

historical society. The total building project was in excess of £1 million, involving several funding partners, with the Urras also providing crucial back-up support in terms of project management.

The refurbished facilities at the former Cross Primary School site now boasts a new frontage, extended café, additional exhibition space and archive.



## AN-DRÀSTA!

As part of our Community LED by Energy Champions project, UOG worked with a group of students from the Nicolson Institute who volunteered their time over the summer holidays to make a bilingual film about the impact of climate change in the Western Isles. Training was provided in interviewing, audio and camera skills to the young people who went on to help record, edit and produce the film. This involved interviewing people across the islands who are involved in work on climate change. Screenings of An-Dràsta! are being shown at venues across the islands and the film is freely available for local organisations to use to help start conversations about climate change. Please get in touch with [louise@uog ltd.com](mailto:louise@uog ltd.com) if you’d like to use the film or hold a screening for your group.

# WHAT'S ON ON THE GALSON ESTATE

NOTICE IS HEREBY GIVEN THAT THE  
ANNUAL GENERAL MEETING  
OF URRAS OIGHREACHD GHABHSAINN  
WILL BE HELD AT

CLAN MACQUARRIE COMMUNITY CENTRE ON  
THURSDAY 7th NOVEMBER 2019 AT 7.30pm  
GUEST SPEAKER  
CATRIONA HILL - CH ARCHITECTURE

In February 2019 UOG lost their iconic office building in a devastating fire. In the months since the fire much work has been undertaken towards replacing the building on the site in Galson.

We have invited our appointed architect to join us as our guest speaker at the AGM, to share the designs for the rebuild. Please join us to hear more about the rebuild, the work that has been undertaken over the last year and some plans for the future.

THE AGM COMMENCES AT 7.30PM (UOG MEMBERS ONLY)

THE PUBLIC MEETING OPENS AT 8.00PM (ALL WELCOME)

REFRESHMENTS WILL BE SERVED AT THE OPENING OF

THE PUBLIC MEETING WHEN WE WILL HEAR FROM OUR GUEST SPEAKER.

## HEALTH WALKS FRIDAYS 10AM

Winter Programme

- 11th October - Airidhantuim School
- 18th October - Clan MacQuarrie Hall
- 25th October - Melbost Borve Rd End
- 1st November - Airidhantuim School
- 8th November - Clan MacQuarrie Hall
- 15th November - Melbost Borve Rd End
- 22nd November - Airidhantuim School
- 29th November - Clan MacQuarrie Hall
- 6th December - Melbost Borve Rd End
- 13th December - Airidhantuim School

2020 UOG CALENDAR  
NOW AVAILABLE TO BUY!  
ONLY £7.00 EACH!



# SUNND WINTER PROGRAMME 2019



'Sunnd' is a five-month health and wellbeing programme of activities and events funded by Urras Oighreachd Ghabhsainn which runs on the estate throughout the winter months. The aim of the initiative is to provide opportunities for community members to attend interactive sessions which promote active living, healthy eating, safety in the home, self-caring and feeling safe in the community. Please check out our November events below and book your place through our office on 01851 850 393 or email office@uogltd.com. Booklets with the entire 5-month programme are available in various outlets across the estate. Forthcoming events will also be advertised in Fios and social media.

## Programme of Activity - November

**Empower Session** - NHS WI Empower team will be holding practical workshops introducing you to information technology and how you can get connected; including sending an email, online shopping or making a video call. You will have the opportunity to talk to your community navigator about what else might be available locally to support your wellbeing.



**Mon 4 Nov @ 2.30pm - Clan MacQuarrie, Borve**  
**Mon 18 Nov @ 2.30pm - Sporsnis, Ness**

**Voices Scotland** - A taster session looking at 'the structure of the NHS' and 'benefits and barriers to public engagement'. This will be an interactive session where discussion and input from participants will be encouraged.



**Mon 11 Nov @ 2.30pm - Clan MacQuarrie, Borve**  
**Mon 25 Nov @ 2.30pm - Sporsnis, Ness**

**Line Dancing** - A fun and informal session of choreographed dance with a repeated sequence of steps to help improve balance and coordination.

**Tue 5 Nov - Tue 10 Dec @ 7pm (six-week block) - Clan MacQuarrie, Borve**



### Gentle Movement

- A gentle and supported introduction to physical activity aimed at those recovering from injury, little mobility or living with/recovering from a long-term illness such as cancer. This can be standing or seated.

**Fri 8 Nov - Fri 20 Dec @ 2.30pm (six-week block) - Sporsnis, Ness**



A PROGRAMME OF ACTIVITIES WILL RUN FROM NOVEMBER TO MARCH. LOOK OUT FOR OUR MONTHLY PROGRAMME IN FIOS AND SOCIAL MEDIA. BOOKLETS ARE IN SHOPS ACROSS THE ESTATE

Community LED by Energy Champions

**REBECCA HAS JUST RECEIVED HER FREE LED BULBS & HOME ENERGY REPORT!**

**GET IN TOUCH NOW**

**TO BOOK YOUR HOME VISIT!**

## WALK LEADER TRAINING

Get in touch if you'd be interested in this training.

For more information contact the UOG office

# A SUCCESSFUL YEAR OF PLÒIGH!

It has been a busy year for the youngsters of the Galson Estate. UOG have teamed up with Spòrsnis, RSPB, GAIN, Taigh Dhonnchaidh, CnaG and CnES to provide a programme of fun activities throughout the school holidays. The programme is called 'Plòigh' and activities have included cycling, sports, music, woodland play, mini rangers and more.

This October, we have introduced 'Plòigh Mhòr' for our older kids. They have participated in mountain biking, clay pigeon shooting, a photography workshop, surviving in the forest and cake decorating. Over 30 youngsters engaged with the 'Plòigh Mhòr' programme throughout the week.

Plòigh and Plòigh Mhòr will be returning during the Easter Holidays 2020!



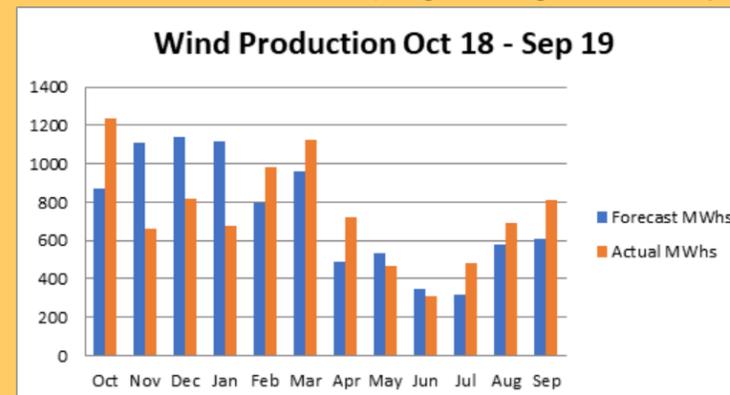
## NEW BUSINESS CENTRE

Following the devastating fire in February, UOG has been busy conducting negotiations with the insurance loss adjuster and creating plans for a replacement building. The former business centre was well insured and the loss adjuster was able to confirm the monies available for reconstruction within a matter of weeks. This enabled UOG to set out its requirements for new premises and press on with appointing the necessary construction professionals over the summer. Following a highly competitive tendering process, CH Architecture was appointed as the architect to design and oversee construction of the new business centre. CH Architecture and its team of professionals have speedily produced initial designs, specifications and costs for discussion with UOG and good progress has been made in setting out the type of property required.

The next key stage is to submit a planning application which should be achieved by the end of October. The latest proposals for the building are to be revealed at UOG's AGM on 7th November at the Clan MacQuarrie Community Centre. UOG hopes that construction works could be underway during spring or summer 2020 and that it will be in a position to relocate to its new premises by the end of next year, but recognises that there is a significant amount of work required to achieve that timeframe. Availability of contractors and favourable construction prices will be significant factors in determining the timing of construction.

## TURBINE PERFORMANCE

Overall performance for the year to the end of September was very slightly above forecast at 8,984 MegaWatt Hours. Winter winds appear to be less than in the past, the period was book-ended with two very windy months in October and March, however, the conditions in between were fairly calm. As can be seen from the graph below, both these months topped 1,000 MegaWatt Hours and February was close behind. November, December and January have traditionally been the windiest months but failed to exceed the forecasts during this winter period. Another emerging trend is for summer months to be windier than in the past and this helps to bring up the annual total. April and July were considerably windier than expected and the period closed with a very productive month in September. During the year, disruptions caused by maintenance work to the electricity grid were fairly low with only 15 days of planned outages arising. Some unplanned outages did occur in addition, however, due to a landslide near Invergarry last November and a number of moor fires in the spring, totalling 14 further days.



## AWARD FOR COMUNN EACHDRAIDH NIS

Congratulations are due to Comunn Eachdraidh Nis after being granted the Queen's Award For Voluntary Service. It benefits from the support of some 30 volunteers of all ages who get involved in a wide range of activities focused around the Comunn Eachdraidh Nis collection. The formal presentation by the Lord Lieutenant Donald Martin took place at the former Sgoil Chrois on 5th September. This was a fitting tribute to the organisation after 42 years of voluntary effort and came at the close of the major renovation works to the premises that will transform its operations.

# FACAL BHON OIFIGEAR GÀIDHLIG



Shona Macmillan

Tha mi an sàs ann am Fèill Ghàidhlig, 'Luach', còmhla ri iomadach buidheann eile, a thachras sa Ghiblean. Bidh seiseanan Bookbug againn gach mìos. Tha soidhnichean dà-chànanach air an dèanamh (no san amharc) aig Spòrsnis, Taigh Dhonnchaidh agus Stòr Chrois – cuiribh fios ma tha ùidh agaibh ann!

I am involved in a Gaelic Festival, 'Luach', alongside other community groups, which will take place next April. We run bilingual Bookbug sessions every month. Spòrsnis, Taigh Dhonnchaidh and Cross Stores have signed up to the Gaelic project for bilingual signage – please get in touch if this is something that would interest you!



## Gàidhlig is Gnothachas Gaelic in Business

**A bheil gnothachas agaibh air òighreachd Ghabhsainn?  
A bheil sibh airson barrachd Gàidhlig a chleachdadh?  
Bheir sinn taic shònraichte dhuibh le soidhnichean,  
meadhanan sòisealta, bileagan fiosrachaidh agus eile.  
Tha buannachdan eaconamach an cois na Gàidhlig a  
bharrachd air buannachdan shòisealta.**

Do you run a business on the Galson Estate?  
Would you like to include more Gaelic in your daily operation?  
We can provide bespoke assistance with signage,  
social media content, information booklets/leaflets and more.  
Gaelic input has proven socio-economic benefits and can add a  
unique and attractive element to your business.

Tuilleadh fiosrachaidh | More information  
shona@uogtld.com / 01851 850 393



# NEW GRADUATE TO WORK WITH UOG AND SPÒRSNIS FROM NOVEMBER

We have employed a graduate to join our team for a year. Her name is Jasmine Montgomery Wilkie and she is from Dollar. Jasmine has strong connections to the Hebrides - her dad co-founded the West Highland Free Press and her mum was born in Holm, Lewis. Jasmine has been employed as a Community Media Coordinator and she will work closely in partnership between UOG, Fios, schools and community organisations. We look forward to Jasmine joining the UOG team as well as the estate community.



## WINTER OPENING HOURS

### Habost Household Waste and Recycling Centre

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

**PLEASE NOTE THE WINTER TIMETABLE WILL TAKE EFFECT FROM  
MONDAY 28<sup>th</sup> OCTOBER 2019**

**Winter Timetable: 28 October 2019 – 28 March 2020**

	Open from	Open to	Open from	Open to
Monday	10am	12 noon	2pm	4pm
Tuesday	Closed	Closed	Closed	Closed
Wednesday	10am	12 noon	2pm	4pm
Thursday	10am	12 noon	2pm	4pm
Friday	10am	12 noon	2pm	4pm
Saturday	9am	12 noon	1pm	4pm
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



URRAS OIGHREACHD GHABHSAINN  
GALSON ESTATE TRUST

Urras Oighreachd Ghabhsainn  
Business Centre  
Graham Park  
South Dell  
Isle of Lewis  
HS2 0ST

Tel: 01851 850393  
[www.galsontrust.com](http://www.galsontrust.com)

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