

THIRD SECTOR in UIST

the Newsletter December 2018

Issue No2



Benbecula Thrift Shop

Volunteers load Thrift Shop donations into the Blythwood lorry

Have you thought of what happens to the clothes that don't sell in our Thrift Shop? Every day the volunteers in our shop put aside donations ranging from clothing, soft furnishings, toys and bric a brac to forward on to another charity on the mainland - Blythwood in Inverness.

We are very happy to support Blythwood as it is a charity that provides practical help for those in need. They help with relief and development aid for the young and old and bring hope to thousands in Europe, Africa and Asia. They have been committed to long-term care projects in Romania, enabling disadvantaged children and young people fulfil their potential.

Benbecula Thrift Shop relies on a strong dedicated team of volunteers to make it possible to keep the shop open. It provides a vital service to the community in Uist. We are very grateful to those who help and support our shop. This year we donated 4 tonnes in weight of donations to Blythwood.



Thrift shop volunteers Michael, Stacey, Erin and Lemuel Straderick, Isobel and Rachel Paterson and Archie Campbell loading the Blythwood lorry.

SCOTTISH PARLIAMENT OUTREACH MEETINGS IN BENBECULA

Kate Smith, Outreach Services Officer at the Scottish Parliament held 2 meetings in UCVO Boardroom, Balivanich, Benbecula on Friday 26th October. These were of interest to local Third Sector organisations and others.

The first meeting was a Parliamentary awareness session and following that a chance to feedback on local issues in the Third Sector. The role of the Community Outreach Team is to build networks with the Third Sector across Scotland and to have an awareness of local issues and inform people about ways to bring these issues to the attention of Parliamentary Committees.

The second meeting was to inform organisations that the Local Government and Communities Committee at the Scottish Parliament are currently scrutinising the Fuel Poverty (Scotland) Bill and as part of this scrutiny are planning a focus group to the Western Isles in order to meet with people who have direct experience of fuel poverty. This meeting will be to discuss how we can engage local people in order to input their feedback. It will be invaluable for the Members to hear real lived experience on this issue.

There is more information and an open call for views here: <http://www.scottish.parliament.uk/parliamentarybusiness/CurrentCommittees/109630.aspx>

Welcome to the Newsletter No 2

I hope you enjoy the second newsletter of the Third Sector in Uist. There is a huge amount of good work happening in our community and **the Newsletter** provides a snapshot of the considerable achievements of the Third Sector. If you would like your work highlighted please let us know and we will publicise it next time.

UCVO is an inclusive organisation and is working towards including every organisation with charitable aims within its membership and activities. For further information please contact us on 01870 602117 or at development@ucvo.org.uk

Sheena Stewart

Manager UCVO

A new service from UCVO

Organisations that are members of UCVO will now have access to our new service - Grantadvisor

Grantadvisor provides information on thousands of funding schemes including grants, loans and awards from local, regional and national UK government, European funding, charitable trusts and corporate sponsors.

- The content ranges from modest community funds at one end of the spectrum to major, multi-million-pound European initiatives at the other
- It is an authoritative reference library of articles on topical funding issues.
- Information is presented jargon-free and in plain English at two levels of detail: a thumbnail overview of potential schemes; and a detailed report on each funding programme, providing you with everything you need to prepare your bid.
- Extensive information is available – complete fund details, including background, funding levels, eligibility criteria, previous successful projects, who to contact and links to application forms.
- A large Research team with many decades of funding experience are dedicated to searching for new funding opportunities all day and every day.
- The content on the site is updated in real time – as soon as Grantadvisor know about a funding opportunity, so will you!

Member organisations who would like an appointment to try out the search facility please contact Sheena Stewart or Donald John MacDonald on 01870 602117.

UCVO MEMBERSHIP BENEFITS

1. You will receive advice and support regarding governance and charity law.
2. You will receive updates about e.g. Changes in Legislation, Funding, OSCR, GDPR and other Statutory Duties.
3. You will be able to keep in touch with the activities of, and influence the outcomes of the Outer Hebrides Community Planning Partnership.
4. You will belong to a wider community of Volunteer Involving Organisations.
5. You will receive priority access on training that UCVO organises
6. You will be able to attend and contribute to Third Sector Forum meetings.
7. You will be able to articulate more effectively the extent to which your organisation is having a positive and sustained impact on the lives of the people it works with.
8. You will be able to network with others to identify real need and carry out improvements that will make a difference in people's lives.
9. You will have access to Grantadvisor

HOW TO JOIN UCVO – please see back page

Cuimhne, Uist & Barra Sports Hub and the Volunteer Centre team up for new Armchair Athletics project.

The Cuimhne project, the Uist & Barra Sports Hub and the Volunteer Centre have come together to start a new Armchair Athletics group in the Uists.

The aim is to introduce fun games to the residents Uist care homes, that are set up and delivered by primary school children (with the help of school/care home staff). The games we have included so far include a range of throwing, catching and rolling activities (e.g. Ring toss, target throw, bounce skills and ten pin bowling, etc.).

Pupils from Sgoil Dhalabroig, Sgoil Bhaile a' Mhanaich and Sgoil Uibhist a Tuath have gone into the Sacred Heart and Trianaid care homes once a week since the beginning of term and sessions have been great success.

One care home resident said "We love it when the children come, they are so much fun... when are they coming back again to see us?" And one Daliburgh pupil added "We go to the old folks home every Thursday. We play tin-can alley and skittles... we go there to keep the old people happy exercising" One teacher also added "I have seen a huge impact on the pupils in class. They come back happy and excited and can't wait to go again! It is a great opportunity for pupils to build bridges with the older members of the community and we hope it will continue."

The group was generously given both ward and Benbecula Community Council funding in order to help with transport cost for the pupils from Balivanich and North Uist, but more funding will need to be sourced in order for the group to continue in the medium to long term. Volunteer Centre Development Worker Adam Keltie said "The group has been really well supported so far and the impact that it has had on both the primary pupils and the care home residents has been fantastic. The residents have been very vocal in their support of the project, as have the teachers and pupils, with one teacher commenting that they are seeing improvements in the pupils concentration and engagement after taking part. The pupils also receive the boost of getting Callanish Award certificates for their efforts so it really is a win - win for all concerned! Hopefully we can attract some longer-term funding to allow the project to continue beyond this year."



The Volunteer Centre is always there to support volunteer involving organisations and to help people find suitable volunteering. They can be contacted at 41, Airport Road, Balivanich. Tel 01870 602604

Email:

uist@volunteeringwesternisles.co.uk

**or
check out the web site at
volunteercentrewi.org**

Daliburgh School pupils receiving Callanish Awards from Adam Keltie of the Volunteer Centre Western Isles

New heritage centre at Carinish

Comann Eachdraidh Uibhist a Tuath continues to progress its plans to develop the old Carinish School into a new heritage centre.

Early in October CEUT heard that it had been awarded nearly £26,000 for a design team, led by Fraser Architects, to develop the plans. £13,000 came from Architectural Heritage Fund of Scotland, with additional support from Highlands and Islands Enterprise and Comhairle nan Eilean Siar.

CEUT is in the process of purchasing the old school and schoolhouse in Carinish. The school will be used to store CEUT's extensive collection of items relating to North Uist, and will also provide facilities for research into local history and the collections. CEUT has so far welcomed the community to two events: *Siobaltachd* in March and more recently the launch of Ewen Nicholson's *Letters from the Front*.

Since 1987, when CEUT was established, local people and their families have donated thousands of objects, photographs, sound recordings and other items to CEUT. Many have been exhibited during CEUT's annual and temporary exhibitions at its accredited museum at Taigh Chearsabhagh. However, due to the size of the collection, for many years the artefacts have been stored on Benbecula, in a CnES store which is not accessible to the general public. When Carinish School and the adjacent schoolhouse became available for community ownership in 2016, it presented the ideal opportunity for CEUT to move its collections back to North Uist.

CEUT will continue to hold exhibitions at Taigh Chearsabhagh, whereas the heritage centre and learning hub at Carinish will provide open access for the artefact and document collections. It will include facilities for genealogical and collections research alongside display space to explore and share the heritage of the island, Gaelic language and natural environment.

CEUT's chair Uisdean Robertson stated that, "The grant of £100,000 from Scottish Land Fund has enabled us to purchase the school and schoolhouse, and to employ an officer to move the project forward. The additional grants will allow us to work alongside a skilled design team to plan the most effective way to use the buildings."

Project officer Sue Wilson added, "We have a team of skilled volunteers who generously donate hundreds of hours to CEUT and North Uist's heritage each year. They know how important it is for local people to see the items donated to the Comann Eachdraidh in the past. We want to share the objects, from carts to Tilley lamps, from photographs of Royal visits to peat cutters. CEUT's aim is to gather stories from the community about the items, creating a real sense of North Uist within our centre. We hope this will give visitors inspiration to go out and explore the surrounding landscape."



North Uist's luadh group performing at the Siobaltachd event in March

Anyone who is interested in finding out more about CEUT's work on the heritage of North Uist, or in helping with the Carinish project, can contact Sue on 01876 580770 or by email at ceutproiseact@gmail.com.



EVAL still going strong after 20 years

Earlier this month Alison MacDonald (NHS Health Promotion) and Mary M. Buchanan (MacMillan Nurse) visited the Eaval Cancer Support group in the Trianaid Taigh Ceilidh, North Uist. The Eaval group meet on the first Monday of every month from 2 pm - 4 pm. They have been running for over 20 years after a recommendation from the late Dr John MacLeod of North Uist Medical Practice who saw the need for a cancer support group. Over the next few months Alison and Mary will be working with the Eaval Cancer Support Group to help them be more visible in the community. They wish to invite anyone, from anywhere in Uist, who is affected by cancer or their family and friends to come along; the group want people to know they are not alone and that it is a safe environment where they can get support from others or if they don't feel like chatting to just enjoy a cup of tea.

COTHROM EQUALS OPPORTUNITY FOR CHRISTINE

A few years ago, Christine MacPhee from Kilphedar had to give up her work as a home-carer due to painful back problems. As she could find no other suitable employment and having always been active, she quickly became bored.

When someone suggested to her that she might benefit from doing a computing course at Cothrom little did she realise this would set her off on a satisfying learning journey. So far Christine has completed courses in computing, upcycling and gardening. She has used her existing knowledge of sewing to make curtains, learned upholstery techniques and is acquiring furniture painting skills.

Christine says that the tutors supporting her have allowed her to proceed at her own pace. While her experiences have been interesting and practical she has also been able to take part in the social opportunities provided and work within a friendly environment.

To learn more about the volunteering and learning opportunities provided at Cothrom please contact enquiries@cothrom.net



Christine using her upholstery and painting skills to bring furniture to life

Uist Coastal Rowing Club

In summer 2018 members of the Uist Coastal Rowing Club started fundraising to build a new community skiff. We needed to raise £5,000.

Along with funding applications, a coffee morning was held in Carinish hall at the end of September. This was very well attended and raised over £1,000 with the sale of teas, baking stall and raffle. The ladies of the local RNLI also attended with their stand and donated a generous prize for the raffle and managed to collect £70 for the club. Local business were very generous with their prizes for the raffle. The community spirit and support are amazing!

The club been very fortunate to have support from neighbouring clubs. In early October club members managed to get out for a row with Berneray Coastal Rowing Club. Along with friends from the Isle of Lewis they headed out using 'Florence' and 'Bàta Brèagha' rowing amongst the islands near Berneray on a lovely day.

The next fundraising event later in October saw club members in action. A virtual row was accomplished that was called 'Over the sea to Skye'. The crew followed the sea crossing which Bonnie Prince Charlie took when he fled from Rosinish, Benbecula to the north of Skye. Taking turns to row a kilometre, the team rowed the distance. The crew feel sure the Prince wasn't rowing as he was in disguise, posing as Flora MacDonald's maid.

This was a great team-building exercise that helped us raise over £400.

Now into the Winter we have enough funds to order the first stage of the skiff kit. Our Club members have volunteered their time to fundraise and can now proceed to building our Skiff. A team has been selected and delegated to commence works on the build. Exciting times lie ahead during the winter months.

The Uist Coastal Rowing Club appreciate all the help, support and advice received to date. It has been a very busy few months, during which the club members have rallied together to keep the club going. Time and effort comes from all members working as a team is fundamental to the club's success. Again, the club is grateful for all the support received.



Uist Coastal Rowing Club members at work in their workshop

Stoneybridge Community Centre hosts the Bornish Community Council Senior Citizens Christmas Lunch

Like many Community Associations at this time of year, the Bornish Community Council Senior Citizens Christmas lunch took place on 1st December in Stoneybridge Community Centre. Fine weather, fantastic food and talented entertainers ensured that everyone had a safe journey and good time. Santa Claus also made an appearance to hand out presents.



Bornish Community Council would like to thank all those who contributed freely to a successful day including **Stoneybridge Community Centre Committee, DA Travel, MacInnes Brothers Ltd, Councillors Iain MacNeil Paul Steele, Calum MacMillan, Donald Manford, Morrisons Inverness, Co-op Daliburgh, John Love, Tommy, Alex and all the entertainers (you know who you are! And of course, Santa Claus!).**

Stoneybridge Community Centre is a first-class venue for holding community events. For enquiries and bookings please contact Murdo MacRury on 01870 620321.

Encouraging Sport and Fitness in the lochdar Community Council Area



Working in partnership with Sgoil an lochdair and their Parent Council, lochdar Community Council wanted to see the introduction of free-to-use bikes, kept securely at the school, with the aim of increasing the variety of opportunities on offer in the area. A bid to the annual Comhairle nan Eilean Siar Challenge Fund for £2000 match funding was successful and has allowed the purchase of bikes and helmets.

It is hoped that Active Schools will help to create a programme, open to all, that will further develop the skills currently in focus in the Bikeability Level 1 and 2 Programme.

Ultimately the school, parent council and lochdar Community Council want to see 100% of the children in the area take part in an extra-curricular club and receive the benefits of being physically and socially active outwith the school day.

Activity and sport are great catalysts to bring the community together and promote physical and mental well-being. This initiative sits well with the on-going lochdar Community Council project to work with partners to create safer routes for walkers and cyclists in the area - a project that is has recently been awarded £13,000 Sustrans funding for a feasibility study and Community Consultation.

Caraidean Uibhist

Be the positive change in our community



As a local charity, originally developed to combat loneliness, we aim to bring our community together with complete confidentiality. We are currently offering volunteer opportunities around the islands for people of all ages to contribute to our excellent progress.

We are expanding our scope to include:

- Young people befriending,
- Those living with Dementia,
- Escorting people to health appointments off island
- Substance misuse

We greatly appreciate the work and commitment of our volunteers and staff and would like to take this opportunity to thank everybody, past and present, for their own unique contribution in lifting the community spirit we all enjoy whilst living on these beautiful islands.

Project Lead	Gemma Steele
Administrator	Julie Lewis
Substance Misuse	Angela MacVicar
Volunteer Recruitment	Matt Campbell

If you feel you can help us please do not hesitate to contact our office on 01870 603233 or email our volunteer coordinator directly at matt@caraideanuibhist.org

Urachadh Uibhist – Claddach Kirkibost Centre activities

Following on from a busy summer season, the Centre has played host to a number of well attended events. These have included the Young Leaders Uibhist group through the Social Enterprise Academy, an information session with Dementia Scotland, Tea & Reminiscence with the Cuimhne group, a weekly gentle exercise class, our under 5's Halloween Disco and we were one of the venues for the recent Hecla & Sian Islands Tour.

We are delighted to be the next recipients of the Western Isles Lifestyle Lottery and the sum received will go towards the first phase of our exciting new soft play plans in the new year. In addition, we have received £1,000 ward funding from our local councillors towards this project and we are truly grateful to those who supported our under 5's disco and to the Crowe family who started this fundraising with their kind donation.

We are very much at initial stages for our permanent installation which will be Phase II but we have listened to those who took part in our community consultation through 'SurveyMonkey' with regards to what equipment would be best. The biggest thing is that we offer something that can be as inclusive as possible.

We also anticipate that the soft play will add value to the Claddach Kirkibost Centre as parents/guardians will be able to socialise within the café area and feel able to contribute to and be part of future plans. We are grateful to the community for all their support.



Sian and Hecla performing at Claddach Kirkibost Centre

New Health Walks in Uist

Two new weekly Health Walks have been introduced in Uist. One walk leaves from Balivanich Hall every Tuesday at 12 noon and the other from Borrodale Hotel, Daliburgh every Friday at 11.30 am. Both walks have alternative indoor activities if the weather is unsuitable for walking. As a bonus there is time for tea and a chat afterwards.

A Health Walk is a short, local, low level led walk that can be adapted to suit the needs of the walkers. Health Walks are free and can be anything from 10 – 60 minutes. Health Walks are open to everyone. Our walk leaders are trained to support those attending who have mobility issues or are affected by cancer, people living with cancer or their friends, family and carers. Walking is a simple way to increase your physical activity and it is good for all round health, it can help to improve your mood and it's free.

In the next few months, we hope to begin Health Walks in North Uist. We are interested to hear from anyone that would like to see a Health Walk in their community and people who would like to learn how they can become Walk Leaders. We provide all the training and resources to make this possible. We would love to welcome new walkers along so if you or anyone you know would be interested please come along or get in touch.

If you would like more information, please contact Marion Matheson, Health Improvement Practitioner on 01870 602588 or Email: marion.matheson1@nhs.net



Marion with two newly trained walk leaders, Lynnsay Stewart and Chrissie MacGillivray.

ceòlas

Fèis Chullaig

Experience the best of traditional Hebridean Hogmanay in the Isle of South Uist, complete with hotel music sessions, village-hall dances and an old-style cèilidh in Grogarry Lodge, a 19th century hunting residence. From the unique survival of the Hogmanay boys reciting their centuries-old poem to lively Gaelic piping, the Fèis is the perfect lift during the dark winter months.

Fèis Chullaig takes place between Christmas and New Year's Eve in South Uist, consisting of a series of community-centred events for all ages.

Friday 28/12 DihAoine	Saturday 29/12 DiSathairne	Sunday 30/12 DiDòmhnaich	Monday 31/12 Oidhche Chullaig
Family Fun Day Coffee Morning Talla Èirisgeidh 11am-1pm			
Song Session Am Politician 3pm-5pm	Piping Recital Borrodale Hotel 2pm-4pm	Music Session Poll a' Charra 1pm-3pm	Family Cèilidh Lochboisdale Hotel 3pm-5pm
Dance Talla Staoinebrig Kilphedar Sounds 7:30pm-10:30pm; £5	Cèilidh Dance Talla an Ìochdair TRAIL WEST 10pm-1am 18+ ONLY; £12	Cèilidh Chullaig Cockles, Crab & Cocktails; traditional music; £20 w/ bus; Grogarry Lodge 7pm-10pm	Music Session Lochboisdale Hotel 5:30pm-8pm

Taigh Gleus
Dalabrog
HS8 5SS
01878700154



CREATIVE LAND



HIE
Highlands and Islands Enterprise
Iomairt na Gàidhealtachd 'n nan Eilean



BÒRD NA GÀIDHLIG

ceolas.co.uk
SC031179
SC216090
Dealbh le E Axelsson

UIST COMMUNITY RIDING CLUB – A POTTED HISTORY

In 1975 a couple of Army recruits rescued two Eriskay ponies from a field near the airport, added another 2 highland ponies from North Uist and organised 3 disused railway carriages to be delivered from the Clyde to a small patch of land at the end of Airport road. That was the formation of The Royal Artillery Saddle Club.

Various ponies and horses were added to this motley crew and the club grew in size and popularity offering lessons and rides to army families and local people.

All this activity was coordinated from 2 Nissen sheds - one still stands on the airport road.

Fast forward to 1990 and with the help of a grant from National Lottery, the old swimming pool and surrounding buildings were refurbished to produce the Uist Community Riding Club that we have now. Currently we have 22 horses and ponies catering for all ages and abilities. We organise over 20 different events each year. We operate all year round and we are fully open to the tourist trade. We employ 3 part time staff and have a host of volunteers to help keep the yard running smoothly. We are Trekking and Riding Society for Scotland approved, members of the UK Pony Club and of course a registered charity.

Funding is an ongoing worry. The basic running costs include the purchase of hay, shoeing the horses and having appropriate insurance. However, we are able to sustain what we have at present and are ambitious in continuing to develop the site and our facilities.

During the winter months half our horses are stabled and the work load is heavy. Saturdays is always our busiest day - hosting Saturday club for beginners and delivering lessons and rides throughout the day.

At this time of year we are all busy rehearsing for our yearly mounted Christmas Musical.

Spring and summer give way to less yard work and more hands-on with summer visitor shows and competitions.

We offer a wide range of training and qualifications for the staff and riders many of which are recognised in the horse industry. These give our members and students an advantage in terms of finding work if they move away. These include NC, HNC, HND, in Equine studies, UKCC coaching qualification 1&2, SVQ in Horse care and management, Horse Owners Certificate, Pony Club UK (over 40 badges and progressive awards) and many in house qualifications.



UIST COMMUNITY RIDING CLUB – TEAM RIDE TO RUEVAL SUMMIT

Merry Christmas and best wishes for a peaceful 2019 from all at Tagsa Uibhist.

To round up the year, here is a taster of some of the things we have been up to at Tagsa throughout the year and the services that we are looking to strengthen and grow in 2019 in support of our aim to provide care and support in the community.

Our Care at Home team has expanded to 28 carers allowing us to provide respite support and cover from Berneray to Eriskay for those wanting to live independently and supporting carers looking after people living with long term conditions. Working both with our Comhairle colleagues and "self-referrals", we are providing around 1000 hours of care per month. A highlight of the year for us was when we marked Carers Week with a Community Ceilidh, to celebrate and thank every carer. With the help of local donations and the Western Isles Community Care Forum we provide a gift for every carer. 100 clients and carers were entertained by school children, dancers and the Accordion and Fiddle club. A really good time and a much-enjoyed opportunity to dance was had by all.

The culmination of an eventful year saw over 35 Uist folk sit down for the Cuimhne Christmas dinner which was held at stepping stones on sat 8 Dec. This was the largest lunch club gathering that Cuimhne has held and was a testimony to the community and the project. Those attending enjoyed a tasty 3 course meal with a variety of options to suit all. The afternoon went by far too quickly with chatter and laughter and memories being rekindled. It was heartwarming to witness attendees recognising folk they hadn't seen for years and sharing their stories and life events.

Cuimhne wouldn't be flourishing without the support of our volunteers to whom we are all most grateful and whose company we enjoyed at the lunch as well.

Throughout the year Tagsa Uibhist Community Transport provided a wide range of community transport services throughout the Southern Isles. 7 vehicles are operated, 5 of which are wheelchair accessible, and between them these vehicles cover around 120,000 miles per annum. The vehicles cover a range of sizes, the smallest being a dedicated wheelchair accessible transporter.

A total of 95 registered service users travel on any one of 7 different weekly shopping buses. These shopping buses operate in different areas of Uist, some of which have no public transport access.

For several different reasons, all these service users are unable to access conventional public transport. They may have disabilities or frailties which mean they need the extra help of Tagsa's passenger assistant.

Tagsa's 'demand responsive' Dial A Bus service operated, and on average 400 to 500 return journeys each month, taking clients to medical appointments, day care, nursery and a whole range of other venues. Both accessible and non-accessible vehicles are used on Dial A Bus, but most service users have some degree of mobility issue and our fully trained staff are expert at making the whole travel experience as smooth and stress-free as possible.

Our Gardening team and volunteers are working hard to prepare the allotment beds for the spring, revamp the poly tunnel site and refurbish the sensory garden. The school clubs and community Polycrubs are very popular, providing therapeutic benefit and producing great tasting local food.

If you wish to work with, volunteer or have access to any of our services please call Tagsa Uibhist on 01870 602111



Cuimhne Christmas lunch at Stepping Stone Restaurant

ACTIVE SCHOOLS and COMMUNITY SPORTS HUB

SPORTS LEADER TRAINING

Children 1st – **Safeguarding in Sport Workshop**

Thursday 17th January 2019 at 5.30-8.30pm, Lionacleit

February 2019 – **Gymnastics Level 1 Course**

Dates/Times/Venue tbc

Saturday 16th February – **Cycle Ride Leader Training**

Venue/Time tbc

For more information contact Christine MacQuarrie, c.macquarrie@cne-siar.gov.uk (01870) 603591
or Kevin Morrison, kevin.morrison@cne-siar.gov.uk (01870) 603599

HOW TO JOIN UCVO



Group Membership

Membership is open to locally based voluntary organisations

Membership Fee is **£12.00** per annum

LATEST: The Uist & Barra Sports Council is pleased to become a member of UCVO allowing all its affiliated clubs to access UCVO benefits.

For further information about UCVO membership:
Contact: Donald John MacDonald on 01870 60 2117
Email: development@ucvo.org.uk

the Newsletter December 2018