

THIRD SECTOR UIST the Newsletter DECEMBER 2019



Issue No4

EFQM Award for Third Sector Interface Western Isles



Pictured are Sheena Stewart (UCVO) and Eoin MacNeil (VABV) partners in TSIWI receiving our Stage one EFQM **Committed to Excellence** Award on behalf of TSIWI.

Third Sector Interface Western Isles (TSIWI) of which Uist Council of Voluntary Organisations (UCVO) is a partner alongside Voluntary Action Barra & Vatersay (VABV) the Outer Hebrides Social Enterprise Partnership (OHSEP), Volunteering Hebrides (VH), Harris Voluntary Service (HVS) and Volunteer Centre Western Isles (VCWI) recently attained Excellence in Quality Management (EFQM) Stage One and Stage Two **Committed to Excellence** accreditation from Quality Scotland. A number of projects were developed as part of the assessments. This included a review of connecting and representing the Third Sector with key stakeholders such as the Outer Hebrides Community Planning Partnership and the Integrated Joint Board as well as the development of a new website and a new TSIWI Communications Strategy.

Welcome to the Newsletter No 4

I hope you enjoy this winter newsletter of the Third Sector in Uist. As I write most of you will be preparing for the busy festive season, organising events for the wider community, fundraising, and generally making sure that our more vulnerable community members are looked after.

Since the last newsletter we have held a very successful Third Sector Networking day in Balivanich Hall attended by over 20 groups with the theme for the day being 'Connections, Values and Vision'.

We are also looking at the potential of creating a new Third Sector 'hub' that would provide much needed accommodation for organisations based in Balivanich. A feasibility study is currently taking place.

You can read about all of this and more within the Newsletter.

Meantime I would like to wish all our member organisations, our partners and readers a very happy Christmas.

Sheena Stewart

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 have access to Grant Advisor.
4. You will receive priority access on training that UCVO organises.
5. You will be able to hire the UCVO Boardroom at a discounted rate.
6. You will be able to keep in touch with the activities of, and influence the outcomes of the Outer Hebrides Community Planning Partnership.
7. You will belong to a wider community of Volunteer Involving Organisations.
8. You will be able to attend and contribute to Third Sector Forum meetings.
9. 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.
10. 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.

For Membership details contact UCVO on 01870 602117 or e-mail development@ucvo.org.uk



UIST COASTAL ROWING CLUB

One Year on.....

It's just over a year since the club first started our fundraising drive to raise funds to build a new community Skiff. We set a target of £5,000 to cover the build costs of the boat and a little bit extra for 'just incase'.



WOW!
We did it!
And we did it BIG!!!
WELL DONE ALL!



Moran Taing!

We couldn't have done it without the drive and commitment of the club members, support from the local community, donations from local businesses, our lovely bakers for the coffee mornings and larger contributions from other organisations.

Members of the community donated items for sale and these greatly assisted us in our target. The club are truly thankful for the tremendous support and positivity received.

Boat Progress:

In August we turned the boat. This marks half way of the build. The build team have now started working on the inside of the Skiff. There's lots of ongoing discussions about the colours and name. Hopefully there will be lots achieved over the winter months, and the skiff will be ready by next summer.



Future Plans:

With the Skiff build well underway, we now look for a permanent location for a base and clubhouse. This may be our next fundraising drive for 2020.

As this year comes to a close, again we can't thank you all enough for your contribution and support.

We wish you all the best for a successful 2020 and look forward to another great year ahead. Ahoy!

Uist Coastal Rowing Club understands the benefits of rowing to help maintain health & mental wellbeing as well as social inclusion. We have news of a friend of one of our club members. On the 30th November Brad Thornton climbed the highest peak in England in memory of his friend James 'Jim' Walker. Brad wants to raise £50,000 for Mind Charity. Not only that..... he carried a rowing machine to the top and then rowed 10,000m! Wow! What an achievement! Congratulations and Well Done!

We send deepest sympathies to Jim's family and friends. Well done to Brad and his team for raising awareness of mental health and we encourage everyone to look out for anyone vulnerable and in need. If you wish to support this cause please go to justgiving.com/climb4jim. Also have a look at the video on Uist Coastal Rowing's Facebook page.

It's ok, NOT to be ok. Please ask for help, don't suffer in silence, there's lots of support for anyone struggling. Take Care. Ahoy! 🇬🇧



UIST & BARRA FOODBANK

Janet Atkin has been appointed as Project Manager for the Uist and Barra Foodbank. Bringing a wealth of retail experience, Janet will be responsible for the day-to-day running of the Foodbank. She will also be looking at how the Foodbank can reach more people who could do with a little help as well as seeking out additional funding. The Board is grateful to the Western Isles Development Fund who have part-funded Janet's post. The Foodbank service exists to assist anyone (working or not) who finds themselves needing some help to feed their family and there are numerous reasons why this might be. No-one is judged. Everyone is treated with respect and in confidence. In July 2018, thanks to the exceptional amount of support received from local businesses, community groups and individuals who gave materials, equipment and labour free of charge, the Uist and Barra Foodbank opened premises at East Camp, Benbecula. At present the Uist foodbank is open on Monday morning and Friday afternoon, with help from a group of 15 volunteers. In its first year of operation, 323 adults and 68 children received assistance at a time in their lives when things were not going well. The foodbank depends largely on donations from the community in Uist and Barra. There are collection boxes throughout Uist at most Co-ops as well as Bayhead shop and these are filled on a regular basis. A number of generous individuals have used their Coop dividend to purchase for the Foodbank. Collections are organised by local churches, schools and other organisations. Balivanich School has been learning about the foodbank and donating to it as part of their '**Our Community**' project. The challenge for the future is to build on what has been achieved so far, particularly to encourage those who may feel uncomfortable about asking for help or find it difficult to access the service. It may be that the opening hours will need to change or be extended to accommodate folk who cannot get to the foodbank during the week. If you would like more information about using the service in Uist or volunteering, you can contact the foodbank on 01870 603819 (Foodbank office) or 01870 602421 (Citizens Advice Bureau) or email: info@uistbarra.foodbank.org.uk. The Foodbank is affiliated to the Trussell Trust. Up to date information can be found on the Uist and Barra Foodbank Facebook page <https://www.facebook.com/groups/307780739708823/>. The Trussell Trust has identified the following categories of people as most commonly being supported by existing foodbanks over the financial year 2013-2014:

- **People experiencing benefit delays (31%) Low income groups (20%) People experiencing benefit change (17%)**

Other categories include debt, unemployment, child holiday meals and domestic violence. Recently, numbers referred to Trussell Trust foodbanks have increased significantly. Reasons for this include rising food and fuel prices combined with static incomes, insecure work and changes to the welfare system. In the Uist & Barra area, there are families struggling to put food on the table. For people on low incomes a sudden crisis – redundancy, benefit delay or an unexpected bill - can mean going hungry.



INSTITUTE OF FUNDRAISING SCOTLAND TRAINING IN BENBECULA

Susan Robinson from The Institute of Fundraising Scotland delivered the *'Introduction to Fundraising'* and *'What Trustees and Volunteers should know about fundraising'* courses for UCVO member organisations in Benbecula on 7th and 8th October. 25 staff and volunteers from local organisations attended. The course had a number of aims including a better understanding of the wider non-profit environment, legal and ethical fundraising and how to identify income sources. The case for funding support requires a clear, compelling and concise argument which convinces potential donors of the beneficiaries' vision for the future.

In a political context there is a feeling that 'it's past time to improve our charity laws'. Our name - the *Third Sector*- is seen as a fair reflection of where it sits in the political pecking order.

Organisations were directed to the Code of Fundraising Practice that provides a guide to the law and best practice in relation to fundraising practice in the UK.

Discussion also took place regarding ethics of fundraising e.g. are you happy to receive funding for your environmental project from an oil company?

The Institute of Fundraising's five golden rules for Trustees include having a clear strategy, thinking long-term, considering legal and ethical implications of your fundraising, diversifying your fundraising strategy and making sure you play your own part in fundraising.

In Scotland, The Robertson Trust, The Souter Charitable Foundation and the R & A Foundation were the top funders in 2018.



Fundraising Course participants UCVO Boardroom 8th October 2019

UIST COMMUNITY RIDING SCHOOL



It's quite a challenge to think back to this summer and those long warm summer days of blue sea and late sunsets! As we fast forward to December when our stables are under water and rickety pallets proved a ramshackle causeway to get you to our front door!

However, the Uist Community Riding School continues to thrive under diverse conditions and we can report a good last 6 months.

Summer trade was very popular and we have taken many happy families, groups, couples and individuals on to the beach on horseback to enjoy the amazing colours and atmosphere of the beach.

Our local children who are the mainstay of the club have worked tirelessly to help support the club and help with the care needed for our 20 horses and ponies we have on site.

Our summer programme included pony camp, annual summer show, dressage, jumping competitions, professional teaching senior camp, fancy dress Halloween parade and summer trekking in the Cairngorms for some lucky riders. UCRS also provided a venue for the Nevis Ensemble- a 40-piece band!

As usual we also rely heavily on the invaluable voluntary help from the committee who have all helped to move the club forward.

We hope to recruit new staff early 2020 but, in the meantime, we have plenty of events on offer for young and old.

Christmas jumping and basketball display on horseback will take place on Sat 14th at 5.30pm.

Santa's Christmas Byre Tuesday and Wednesday 17th & 18th December 5-7pm with prizes awarded and refreshments for all.

On Saturday 21st we will have our Christmas Party for all riders at 1.30-3pm

Look out for us on our Santa dash round Balivanich on Christmas eve and also our Sea horse tinsel ride on Saturday 28th (both weather permitting)

We wish all our friends and helpers of UCRS a very happy Christmas and all the best for 2020

UIST YOUTH CAFE

The Uist Youth Café has been meeting on Monday evenings in the Caladh, Balivanich during term time and aims to give young people of secondary school age an opportunity to socialise in their peer group outside of school in a safe and fun environment. We have also had pop-up Youth Cafes in North and South Uist.

Christina McIntosh, Youth Worker, said that her post is funded from the Alcohol & Drugs Partnership and Outer Hebrides LEADER and managed by Cothrom. Our funding requires us to ensure that our young people are educated about the effects of alcohol and drugs and we are obliged to Police Scotland for delivering these workshops.

We provide a free transport service for the young people attending Youth Café. Living in a rural area with limited public transport, this is a crucial element in young people being able to attend.

Our programme of events also includes access to a pool table, Wi-Fi, music and board games. Other agencies have helped provide specialist activities in arts and crafts, pottery and sports. Fire Scotland have delivered CPR sessions and NHS Western Isles Health Promotion have delivered information sessions on healthy eating, additional sessions on drugs and alcohol and hidden sugar content in food.

The Youth Café is grateful for the help received from volunteers, partner agencies and our own young people who take on leadership roles.

One of our highlights this year was the summer surfing trip to Barra (picture below) and there is much excitement about our upcoming Christmas dinner evening in Charlie's Bistro.



If you would like more information about the Uist Youth Café please contact Christina McIntosh at Cothrom, Ormiclate, South Uist HS8 5SB
christina.mcintosh@cothrom.net

Callanish Awards for Sgoil Uibhist a Tuath Pupils

Callanish is a certificate awarded to under 12's, which recognises participation in volunteering. This can be awarded for either sustained volunteering or for one-off events and it can be for a team or for individuals. Vicki Manchester of Volunteer Centre Western Isles (Uist) uist@volunteercentrewi.org is delighted that so much volunteering is taking place amongst the school pupils of Uist and that the pupils are giving so much of their time to help others.



The six P3 Sgoil Uibhist a Tuath pupils in this round of awards received their Callanish Certificates for volunteering in an inter-generational project of Armchair Athletics at Trianaid Care Home. Very well done!

Exciting Times for Grimsay Community Association

It has been a busy time for the Grimsay Community Association with the creation of the new Grimsay Boat Haven. Six beautiful Grimsay boats, including the iconic 'Morning Star,' are now safely at home in their new Nissen shed and an activity room, workshop space, office and market/shop area have been created in their own new building next door to Ceann na h-Àirigh. The GCA is very grateful to the friends and sponsors who have supported the development of the Boat Haven. The year's events programme has been hugely successful with very good attendance at all festivals and workshops.

Highlights since June include a sell-out Traditional Grimsay Ceilidh with Pàdruig Morrison and Friends, a well-attended Harvest Festival (huge thanks to everyone who generously donated produce to a hamper for the food bank) and a very popular Grimsay Archaeology Day. The latter saw 18 visitors and local people head out on a guided walk to the superbly preserved Grimsay Wheelhouse, an Iron age Dun and an unusual corbelled Iron Age structure on the headland at Meall na Hoa. An exhibition in the Centre celebrated the incredible achievements of amateur archaeologist Roy Ashworth who excavated the wheelhouse between 1993 and 1997. In the evening, Alasdair McKenzie and Anne Wilson gave a talk about the archaeology of Grimsay.

The two-day Woodland Symposium funded by Scottish Forestry with support from the RSPB, Woodland Trust and Point and Sandwick Trust. This initiative brought together 17 woodland crofters who shared their experiences of planting and maintaining woodland in Uist. A talk by Woodsman Henry Fosbrooke and an informal ceilidh followed in the evening. On the second day of the event visitors to Ceann na h-Àirigh were able to try their hand at pole lathe turning and working with willow and hazel to help build a coracle.

The fortnightly live music sessions after the Grimsay Market have proved popular and been enjoyed by many musicians and appreciative audiences over the past 6 months. GCA is grateful to all the volunteers who come regularly to make these sessions a success.

A lively workshop programme has brought 26 people together with skilled tutors, to develop techniques in felt making, linocut printing, sketching in charcoal and botanical drawing.

The GCA would like to invite everyone to an open house on December 14th from 12 noon – 4pm to welcome the Grimsay Boats to their new home. The official opening of The Grimsay Boat Haven will be in April 2020.

Details of workshops and events can be found on the GCA website and Facebook page and on posters displayed locally. You can also find out more information at ...

CEANN NA H-ÀIRIGH, Scotvein, Grimsay, Isle of North Uist HS6 5JA
01870 603359 | info@grimsay.org | www.grimsay.org | Find us on Facebook
Grimsay Community Association is a registered charity (SC045009)



The Silver Spray and participants at our Woodland Symposium and Crafts Workshops

THIRD SECTOR NETWORKING DAY 27th SEPTEMBER 2019

The Third Sector Networking Day entitled 'Connections, Values and Vision' was co-ordinated by UCVO and took place in Balivanich Hall with 35 staff and volunteers participating together with our statutory sector partners.

The aim was to enable delegates to network and learn about others with a view to making connections and co-operation in the future.

Clive Sheppard, a community activist from North West Sutherland, shared his experiences at various points throughout the day. Drawing from his experience he highlighted the importance of community connections, organisational values and how much poorer our communities would be without the input and influence of the Third Sector.

Contributions were made during the morning by Kevin Morrison from the Comhairle's Sport and Health Section and Gemma Steele of Caraidean Uibhist. Both emphasised the importance of the relationships and collaboration of local organisations that allow the successful delivery of the intergenerational 'armchair athletics' and 'Cuimhne' projects.

Rhoda Trusswell from Urachadh Uibhist and Liam Crouse from Ceolas spoke on the topic of 'How we are building and communicating our vision'. These presentations stressed the need for systematically engaging and consulting with the community at all stages of developing projects. Having a clear vision at the outset will drive you in the right direction.

Since the Networking day organisations have made further contributions to the creation of a Third Sector Vision that emphasises collaboration and partnership(s), volunteering, celebrating the diversity of our sector and a collective voice.



Libby & Rhoda



Gemma & Fiona



Alison & Chris



Kevin & Mel

CARAIDEAN UIBHIST NEWS



Season's Greetings from Caraidean Uibhist. As we approach the start of another year, we would like to take this opportunity to share our gratitude to all whom have supported us in our mission to bring our community even closer together. Thank you to our volunteers who have given up their time in a selfless effort to improve the lives of others, thank you to our partner organisations for your guidance and advice and thank you to all our supporters across the community for your confidence and belief that we are making a difference to those that need it most.

Caraidean Uibhist have been providing a support service between Eriskay and Berneray for the last 16 years with the primary focus of decreasing loneliness and isolation. These factors cannot be ignored when it comes to addiction. For the last five years we have had Angela MacVicar in place to offer one on one and group support for individuals affected by alcohol and drug misuse. With a growing demand for her service a funding bid was submitted to the Corra Foundation earlier this year and was successful. This will allow Angela, together with project leader Gemma MacKinnon, to further investigate the reasons behind this increase as well as offer increased and more focused support to **existing** service users.

This is in line with the Corra Foundation's *Getting Ready for Change* initiative. It is hoped that findings from 2019 will enable Caraidean to progress to the *Implementing Change* phase next year.

Please feel free to contact us with any comments, experiences and/or suggestions to help further develop this service. For any other queries, please do not hesitate to contact Gemma directly.

Christmas is an excellent opportunity to celebrate with friends and family. Some decide to make extravagant statements with gifts and food whilst many take a backseat and watch the season float by, but it is this choice of participation that we believe is so important and unfortunately not everybody has the luxury to make this choice for themselves. Some members of our community will host gatherings whilst others, with family living away, may spend the festive period connecting through technology, some may enjoy their celebration spoiling their pets with treats while others treat the 25th of December as any other day, watching cars pass from their favourite chair. So, if nothing else, please pay a thought for your neighbours this Christmas, maybe call in on an old friend, they may have landed on hard times without you realising. Remember, not everyone locally has the companionship or confidence to join in on the celebrations. Give the gift of friendship this Christmas, and into 2020, and enjoy the invaluable rewards.

We hope everyone has a nice time and we look forward to working with you all in the New Year.

Lè gaol,

The Caraidean Team.

Successful First Year for Uist Community Archaeology Group

UCAG has enjoyed a very successful first year, hosting a diverse range of archaeological activities which have included talks, fieldwork and a possible TV appearance!

The group enjoyed an excellent weekend of activities centred around rock art back in June. This started with a fascinating talk by Dr Tertia Barnett from Historic Environment Scotland and University of Edinburgh, about Scotland's Rock Art project. This was followed by a day of field work looking at possible rock art sites in Langass Woods and in the Trinity Temple area. Two new sites of rock art were measured and recorded and added to the rock art database.

The next event was a joint activity with Grimsay Community Association- a Grimsay Archaeology Day- to celebrate and remember the work of Roy Ashworth who excavated the Grimsay wheelhouse. Alasdair McKenzie from Historic Environment Scotland was able to join us for the event which was fantastic as he had undertaken extensive research work on the wheelhouse in the past. The day included a walk to look at Roy's wheelhouse, an enigmatic Iron Age structure at Meall na Hoa, and Dun Ban with its amazing causeway. In the evening, Anne and Alasdair gave a joint talk, with Alasdair setting the wheelhouse in context and providing more detail about its stages of development and the artefacts recovered from the excavation.

In August, the group welcomed the return of the SCAPE team ('Scottish Coastal Archaeology and the Problem of Erosion') from St Andrews University. After an excellent talk on the Friday evening bringing us up to date on sites threatened by coastal erosion, Saturday and Sunday were spent revisiting several of these sites, photographing them and updating the database regarding their current state. As always it was a real pleasure working with Jo again and the group eagerly awaits their next visit.

Other events included an excellent 'first' for Uist's archaeology enthusiasts, with its participation in a joint initiative with UHI/Lewis Castle College Archaeology Institute, Benbecula – *Broch' toberfest!* This is an event which takes place in Orkney every October, to celebrate all things related to the iconic Iron Age brochs. This year UCAG members had the opportunity to join a video link with archaeologists in Orkney to hear about their ongoing projects and to discuss broch related matters in Uist. On the second day of the event, UCAG members enjoyed a guided walk out to one of our own impressive brochs, Dun Torquil (pictures below). Following the success of this collaboration, it is hoped to build on the theme, here in Uist, next October.

In November the group was approached by the BBC's One Show regarding filming the prehistoric tree remains on the beach at Lionacleit. Look out for our own UCAG members- Anne Monk and Emily Gal- who were there to talk about the remains and may appear in the feature! Our first UCAG Newsletter was circulated to members in November and has been well received. UCAG's next event is an illustrated talk on Friday 13 December at Lewis Castle College Benbecula, 7pm, by our own Simon Davies on the enigmatic sheilings known as *Airigh na h-Aon Oidhche*. All welcome. UCAG membership is healthy at 46, but we are always delighted to welcome new members. Email ucaginfo@gmail.com or ring 07789306223 for more information.

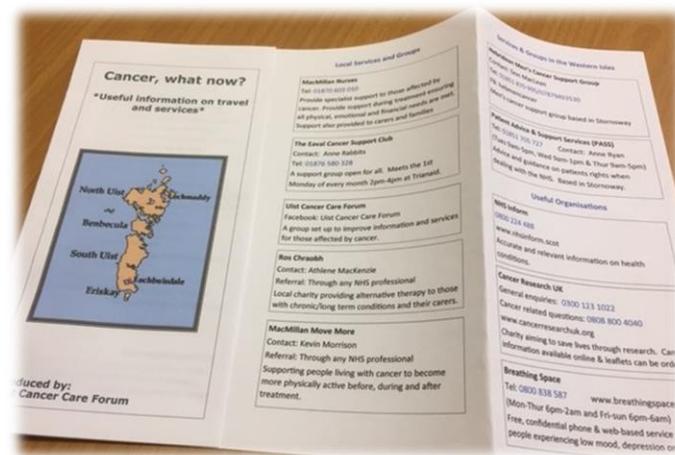


UIST CANCER CARE FORUM

Being diagnosed with cancer comes as an enormous shock and can feel like your life has been turned upside down. Attending appointment and going for treatment will disrupt your normal routine and plans.

Following discussions with patients Uist Cancer Care Forum has produced a new leaflet 'Cancer, what now?'. The leaflet brings together useful information about services you may need at this time, such as; financial information from a MacMillan Benefits Advisor who can visit you in your home, Western Isles Cancer Care Initiative (WICCI) and Uist Citizen's Advice Bureau. It also has travel information with telephone numbers and web addresses which will be useful should your travel arrangements change.

Also included is information about the local and national MacMillan service and other local and national support services. There is also helpful information about Benbecula Airport Security, if you need more time or some privacy, you can call in advance and they will be happy to accommodate this.



Leaflets are being distributed to GP practices over the next couple of weeks however if you would like a copy emailed or posted to you please contact: Alison MacDonald, Senior Health Promotion Officer on 01870 602588 or e mail:

alison.macdonald9@nhs.net

IOCHDAR COMMUNITY COUNCIL PATHS PROJECT

Following on from a Community Consultation in 2018, Iochdar Community Council secured funds from Sustrans for a Feasibility Study which ran from May to August 2019 looking at how to make Iochdar safer for walkers and cyclists.

The Community Council have now applied to Sustrans to fund a Design Study, the next step in turning the ideas from the Community into a reality. If Sustrans agree, work will continue from January through to May 2020 and will include further Consultations and also Topographical and Ecological surveys.

If all goes well, ICC could be seeking funding in May for the actual work on the ground to begin.

CEOLAS ACTIVITIES

Fèis Chullaig - Fèis Chullaig, Ceòlas' Yuletide festival running between Christmas and Hogmanay, will return for its fourth year.

The annual Trailwest Dance in Talla an lochdair will open the festival on **Sunday, 29 December, 2019**, at 10pm until late. Tickets are £10 and the event is strictly for over 18s. **Monday, 30 December**, will host the ever-popular Piping Recital in Am Politician, Eriskay, from 2pm-4pm featuring pipers from across Uist and Barra.

Monday evening, the Cèilidh Chullaig in Grogarry Lodge will run from 7pm-10pm with hors d'oeuvres featuring Duck, Duff and a Dram. There are limited tickets for this event selling for £15 and there will be no inclusive transportation this year. Please phone the office or email peggyann@ceolas.co.uk to reserve.

The 2019 Fèis Chullaig will close with the Family Cèilidh in the Borrodale Hotel on **Tuesday, 31 December**, from 3pm-5pm. All are welcome to come and perform a dance, song, story or give a tune. There will be a music session from 5:30pm to 8pm following the cèilidh.

Ceòlas acknowledges funding from Bòrd na Gàidhlig, HIE and CnES towards the Fèis.

Buttons & Bows - Ceòlas has been successful in fundraising for the continuation of the Buttons & Bows project. The project, which received support through the Western Isles Development Fund, the local Councillors and the Co-op, provides weekly tuition in the button box and fiddle to 50 children in Uist. The project was originally established to reinvigorate the local styles of two lesser-played musical instruments amongst a younger generation.

UIST GYMNASTICS

Uist Gymnastics has had a busy few months. The club has moved from Balivanich school to Liniclate and sessions are on Saturday afternoons during term time. We now have 64 children registered at the club (boys and girls) and have featured on BBC Alba and Radio Nan Gaidheal. A big thank you to funders & sponsors (Voove, Loch Duart Salmon Pool Fund, The Scottish Salmon Company, MOWI, MacLennan's Supermarket, SportScotland, Benbecula Community Council, lochdar Community Council and Councillors MacKay and MacLeod). With the funds we have been able to purchase asymmetric bars, a beam and a bar and are awaiting a tumble track, sprung floor and competition sized beam. See pictures on page 17.

Uist Gymnastics now has one UKCC Level 2 gymnastics coach, one UKCC Level 1 gymnastics coach and 8 assistant coaches are going through their Level 1 training. All coaches went through safeguarding training in November. Uist Gymnastics is run by volunteers – thank you to all volunteers for making this club a success in such a short amount of time and thank you to UCVO for operating our bank account on our behalf.

NEWS FROM CLADDACH KIRKIBOST CENTRE

As we take time to reflect, we realise what a hectic year this has been for the Claddach Kirkibost Centre between our Café, our summer events, Youth Café and our Christmas Fayre – it has been great to see the Centre so busy and see it thrive as a community hub.

New developments for 2019 have included the opening of Cluich Soft Play @ CKC as well as the introduction of our Outdoor Nursery Project – Wild Things Uist, both of which have added an additional resource to support the younger children of Uist along with their families. Further details on Wild Things Uist can be seen on its new website: <https://www.wildthingsuist.org/>

The Centre hosts a number of weekly activities such as Art Therapy, Computer Programming support; both of which are in collaboration with Taigh Chearsabhagh. Our Gentle Movement with MacMillan has become a popular class supporting people both physically and socially. With two dedicated community rooms within the Centre, we as ever, welcome agencies to use our facilities in order to reach out to those requiring assistance in North Uist.

We are delighted to have received funding from Loch Duart, Mowi and Western Isle Development Trust to begin our outdoor activity area in the new year as a follow on from Cluich, this will include equipment for all ages and an intergenerational story telling bench. We look forward to sharing further exciting developments with you in the new year.



Above: Claddach Kirkibost Café Concert

Left: Soft play Area

SEALLADH HIORT

Sealladh Hiort has had a busy few months. We used some funds of our own and further support from Highlands & Islands Enterprise, North Uist Community Council and Fraser Architecture to submit a revised planning application in late June. We're happy to say it was approved without objection on 4th September.

The next stage in the project is looking at the exhibition design. We have been fortunate once again to have financial support from HIE and the Comhairle to develop the Viewpoint Centre exhibition design to a stage where it can be described and illustrated to potential funders. This is a key element of our project as no matter how spectacular the view and the architecture are, this is what visitors will be paying to see, so it forms an absolutely key element of our project.

At our AGM our directors presented ideas on how the themes that we will be exhibiting in the Viewpoint Centre will be displayed. Alasdair MacEachen brought a selection from his impressive collection of artefacts, letters and postcards to show Members which will be used to illustrate the theme of communications with St Kilda. Kathryn Johnson gave us ideas on how the Uist Connection with St Kilda can be told in stories with graphics, holograms, recordings and virtual reality. Members in the audience contributed their memories of working

in St Kilda sharing tales of journeys and rough seas. Rona MacKay showed how data population data could be used to illustrate events and changes in lifestyle, in St Kilda, the Uists and previously inhabited islands in the Western Isles.

This could be complemented with poetry and song which bring out the human story of emigration from the St Kilda and the isles.



Impression of the St Kilda Centre

© Copyright Fraser Architecture LLP 2018

Catriona Currie talked about immersing school children and students in the Gaelic language through St Kilda song, poetry and stories. David Newman explained how the view of St Kilda can be enhanced at the Viewpoint Centre through infrared technology, telescopes and remote cameras, and how Modern St Kilda life could be portrayed. John Love presented examples of techniques other visitor attractions use to bring local Wildlife to life, including beautiful clay models, remote cameras and videos.

In January Sealladh Hiort will be working on the exhibition design with Fraser Architecture and Lucy Harland (consultant). Please get in touch if you have any ideas or stories to contribute to the exhibition! Once this work is completed, we will have the design of all the main components of the Viewpoint Centre ready, and be in the very best position to move quickly when funding opportunities arise.

STORAS UIBHIST



In early October we welcomed our new Chief Executive, Darren Taylor to Stòras Uibhist.

I joined Storas in October as their new interim chief executive.

I really feel like I've landed a dream job. Storas is a very diverse organisation and no two days are the same.

I'm no stranger to South Uist having visited a number of times on holiday. It's a really special place and I feel very lucky to be here.

I hope that Storas will continue to contribute to play our part in the community and I look forward to meeting and working with many voluntary organisations in 2020.



Askernish Golf Club moved up 16 places from 98 to 82 www.top100golfcourses.com (Scotland).

We are very pleased to highlight Askernish Golf Club is now ranked No. 82 (previously 98) in the top 100 golf courses in Scotland. This is fantastic recognition for a community owned golf course with very limited budget in comparison to the big players amongst the 500+ courses in Scotland.



On Friday 22nd November, we held our re-scheduled Community Land Scotland Week event (postponed from August), coinciding with our celebration of the transfer of Loch Druidibeg Nature Reserve to community ownership. We welcomed over 80 people to

Grogarry Lodge for an evening of talks from John Love on the history of Loch Druidibeg and Heather Beaton (RSPB) on its future. The Reserve is being managed and delivered in partnership between Stòras Uibhist and RSPB.

Orders are now being taken for South Uist Estates venison. Please contact us at the office 01870 700101 or see our Facebook page www.facebook.com/StorasUibhist06 for more details.

UIST & BARRA SPORTS HUB/SPORTS COUNCIL

FOOTBALL

Football Coach Education courses continue to be co-ordinated by CnES Sport & Health with an SFA Level 1.1 Early Touches course set to be delivered on Friday 6th December, 11 volunteers have signed up.

RUGBY

Two representatives from North Caledonia Rugby visited Uist on 14th & 15th November. As well as taster sessions in the high school, an Introduction to Rugby coaching workshop was delivered in the evening. 11 prospective coaches attended and positive feedback was received with most wanting to progress to a Level 1 course in 2020 and an after-school club earmarked to start in January.

GENTLE MOVEMENT

A Gentle Movement course was held in November, 7 people attended and 5 of these also attended MacMillan Core Training which was delivered on Monday 2nd December. This allows participants to deliver Cancer Specific/Friendly classes.

SOUTH UIST HUB

The SUESPA HUB Forum (club/school/organisation reps) have been meeting 2-3 times a year for a couple of years. The HUB in conjunction with Daliburgh School hosted a Business Breakfast on Wednesday 27th November with the aim of forming an action group, made up of various expertise which will look at medium to long term projects of the HUB. 8 people have expressed an interest in getting involved with the Action Group.

NORTH UIST HUB

A meeting to develop a North Uist HUB will be co-ordinated in January/February with a view to setting up a HUB group which includes clubs/groups/school that are keen to develop sport in the area

TRIATHLON

Sport & Health are liaising with the Development Officer from Scottish Triathlon re a visit next year. This ties in well with the emergence of a Cycling volunteer who has an array of qualifications and experience and is looking to develop cycling on the Island. With Athletics Clubs and a Swim Club operating there is scope to develop Triathlon

COURSES

A number of other courses have been organised in the last few months. A Level 1 General Gymnastics course took place in October and a Scottish Athletics Coaching Assistant course in November. The vital role performed by volunteers is highlighted here where they willingly put their new knowledge and skills back in to the Community through clubs and groups. Special mention to Oni Fraser for organising the Gymnastics course, pictured below left.



THIRD SECTOR BUILDINGS IN BALIVANICH



Greater Balivanich Premises & Facilities Feasibility Study

Fraser Architecture were awarded the contract to deliver the Greater Balivanich Premises & Facilities Feasibility Study. The briefing meeting took place with Fraser Architecture and the Steering Group on 12th November 2019. We are aiming for a completion date, for this stage, of 31st March 2020.

The Steering Group has representatives from UCVO, Highlands and Islands Enterprise (HIE), CnES and Community Energy Scotland (CES). If any other Third Sector organisation is interested in being on the Steering Group or coming to meetings please feel free to come along. The first stage of the project will be a questionnaire to go out to all Third Sector organisations involved in the project to assess their current and future needs. The questionnaires will be followed up with site visits and surveys of Third Sector owned properties.

There was discussion at the first meeting over what was to be done with any buildings which could become disused as a result of this project. There was consensus that Balivanich should not be left with more old buildings falling into disrepair and that this issue will be considered as part of the feasibility study.

The private sector and public agencies based in Balivanich will be consulted in this study to ensure a joined-up approach to solutions and that any future developments will not adversely affect others. Please do contact Rona MacKay (rona.mackay@communityenergyscotland.org.uk) if you would like further information on this project. This feasibility study aims to improve services & facilities in Balivanich and it is important that any potential issues are addressed early in the process and we have a clear idea of what the needs and aspirations of the community are.

From Grimsay to Galway, via Edinburgh: Young Uibhistich Making Waves

At a week-long gathering on Grimsay of islanders from across Scotland and Ireland, 11 enterprising young islanders introduced participants to their businesses in Uist – like the Coral Box, North Uist Distillery, Scandinavian Bakery and Uist Forest Retreat, and services like community sports, outdoor nurseries and befriending – and told of the often remarkable personal journeys that brought them to Uist, whether returning, staying or being inspired to make Uist their new home.

At the event in early October organised by CoDeL and the Scottish Islands Federation and funded by Outer Hebrides Leader under CoDeL's Smart Islands project, more than 10 other young islanders led sessions on topics such as culture and identity, crofting, tourism, and developing island skills. The event coincided with the presentation of the draft National Islands Plan to Parliament, and the whole Scottish Government's Islands Team was at Grimsay. With only 10 minutes to meet each young entrepreneur on the Wednesday morning, Team Lead Erica Clarkson commented, "It doesn't feel long enough. I feel like I want to talk to them all day. They're amazing."

Similar responses came from the Scottish Rural Network, from CoDeL's presentation to the Cross-Party Group on Rural Policy at the Scottish Parliament, where the Chair teased whether it was the Scandinavian Bakery that made Uist so dynamic, in media articles such a full spread in the Sunday Post, and in the latest Smart Islands event delivering training in Galway, Ireland for representatives from many Irish islands. They came away inspired by what was happening in Uist, especially around younger people, and were hoping to support similar developments on their own islands.

These activities have emerged from CoDeL's original research on young people returning, staying or settling on Uist, which triggered a leadership programme for Young Uibhistich who are now working on island issues such as housing and the Islands Revival blog and the Islands Revival Declaration, in partnership with leading research institutes like the James Hutton Institute and the Scottish Rural College, which **"affirms that there is credible evidence of 'green shoots' of population turnaround in the Scottish islands, which as yet does not show up in official statistics"**.

For further information see www.codel.scot and www.islandsrevival.org and contact theona.morrison@codel.scot and thomas.fisher@codel.scot.



Galway and Uist participants with the Irish Government Minister for islands

Many thanks to all readers and contributors.

The next newsletter will be produced in early June 2020. Articles can be submitted to development@ucvo.org.uk any time before then.

Nollaig Chrídeil
agus
Bliadhna Ùr
Mhath