



NHS
Eileanan Siar
Western Isles

Uist's Sport & Activity Directory

DRAFT COPY





Foreword

Welcome to the Sport & Activity Directory for Uist!

This booklet was produced by NHS Western Isles and supported by the sports division of Comhairle nan Eilean Siar and wider organisations.

The purpose of creating this directory is to enable you to find sports and activities and other useful organisations in Uist which promote sport and leisure.

We intend to continue to update the directory, so please let us know of any additions, mistakes or changes. To our knowledge the details listed are correct at the time of printing.

The most up to date version will be found online at:
www.promotionswi.scot.nhs.uk

To be added to the directory or to update any details contact::



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Senior Health Promotion Officer
NHS Western Isles
42 Winfield Way, Balivanich
Isle of Benbecula
HS7 5LH

Tel No: 01870 602588
Email: alison.macdonald9@nhs.net





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Sports Organisations

UIST AND BARRA SPORTS COUNCIL

The Uist and Barra Sports Council is an association of local sports clubs and organisations who work together with NHS Western Isles and Comhairle nan Eilean Siar to foster and develop sport locally.

Christine MacQuarrie
Secretary
Uist & Barra Sports Centre
Lionacleit Education Centre
Isle of Benbecula
HS7 5PJ
Tel: 01870 603591
c.macquarrie@cne-siar.gov.uk



COMMUNITY SPORTS HUB

The Uist and Barra Sports Hub officer works with communities and facilities to foster and develop new sports clubs and offer support to local clubs.

Kevin Morrison
Community Sports Hub Officer
Lionacleit Education Centre
Isle of Benbecula
HS7 5PJ
Tel: 01870 603599
kevin.morrison@cne-siar.gov.uk



WESTERN ISLES ISLAND GAMES ASSOCIATION

The Western Isles Island Games Association is responsible for the planning, preparation and management of the Western Isles Island Games Team.

Secretary
Lewis Sports Centre
Springfield Road
Isle of Lewis
HS1 2PZ
Tel: 01851 822787 / 822785



Uist & Barra Sports Council members

Askernish Golf Club

Isle of South Uist
HS8 5SY
01878 700101
info@askernishgolfclub.com
www.askernishgolfclub.com
f Askernish Golf Club

Benbecula Clay Pigeon Club

Benbecula
f Benbecula Clay Pigeon Club

Benbecula Golf Club

c/o Westfield
Nunton
Isle of Benbecula HS7 5LU
admin@benbeculagolfclub.co.uk
www.benbeculagolfclub.co.uk
f Benbecula Golf Club

Benbecula Runs

~Running Club~
www.runbenbecula.btck.co.uk

Berneray Coastal Rowing

f Geola Bhearnaigh - Berneray
Coastal Rowing

Berneray Community Association

~Berneray Race~
f Berneray Community Hall
lornamackillop@gmail.com

Comann Spors a ' Chinn a Deas

~South Uist and Eriskay sports and
physical activity hub~

Daliburgh Jogscotland

mmackinnon38@googlemail.com
f Daliburgh JogScotland

Dochas Dancers

~Highland Dancing Club~
Kerry MacDonald School of Dance
f Dochas Dancers

Genesis Martial Arts

~Kickboxing~
Kelly & Ken Dennington-Holdrick
07798 745205
Kellyandken@genesis-ma.com
www.genesis-ma.com
f Genesis Martial Arts - Uist

Grimsay Race

~ Grimsay 10K~
Ronald John - 01870 603399

Laird Dance Academy

~Irish Dancing~
The Laird Dance Academy
Lorna MacKay
Balivanich
Isle of Benbecula
01870 602820

North Uist Amateur Athletics Club

Kirsty Brennan
Kirsty.rme@btopenworld.com
f North Uist Amateur Athletics Club
t @NorthUistAAC

Sgoil an lochdair agus a' Choimhearsnachd

~Iochdar Sports Field~
www.iochdar.co.uk
f Sgoil an lochdair agus a'Choimhearsnachd

Sguais Uibhist

~Squash club~
East Camp, Balivanich
Isle of Benbecula
sguaisuibhist@gmail.co.uk
www.sguais.net
f Sguais Uibhist
t @sguibhist

Southend Football and Community Club


Christina MacQuarrie
tinomacq@yahoo.co.uk
f South End Football & Community Club

Sports Council

Members continued..

South Uist and Eriskay Amateur Athletics Club

Daliburgh Primary School
Isle of South Uist
HS8 588
01878 700661

 South Uist and Eriskay amateur athletics club


Swim Western Isles

swicommittee@gmail.com

 Swim Western Isles

Uist Coastal Rowing Club

Uistcoastalrowing@gmail.com

 Uist Coastal Rowing Club

Uist Otters Basketball club

Gemma Beaton

07738 395562

Gemma_beaton@hotmail.co.uk

Uist & Barra Youth Football Group

Claire Bagley - Secretary
clags84@live.co.uk

Western Isles

Duke of Edinburgh Award

Community Learning & Development


Lionacleit Education Centre

Isle of Benbecula


01870 603671

Associations

Uist and Barra Football Association

 Uist & Barra Football Association

WI Badminton Association


 Western Isles Badminton Association

Football clubs

Barra FC

Joanna MacLean


joannamaclean@btinternet.com

 Barra Football Club

Benbecula FC

Iain Macdonald


donyards@hotmail.com

 Benbecula Football Club

Eriskay FC

Shaun MacKinnon

shaun.mackinnon@hotmail.co.uk

 Eriskay Football Club

lochdar Saints FC

Stephen MacAulay

Stephen@askernishquarry.com

 lochdar Saints Football Club

North Uist FC

Fraser MacDonald

07989 224569

 North Uist United FC

Southend FC

Christine MacQuarrie

tinomacq@yahoo.co.uk


 South End Football & Community Club

Uist Sports Clubs and Organisations

Benbecula Park run/ Machair Run

~5K run~

Isle of Benbecula

 Benbecula parkrun/ Machair Run

Circuits & Walk football

Kevin Morrison

Lionacleit Education Centre

Isle of Benbecula

HS7 5PJ

01870 603599

Kevin.morrison@cne-siar.gov.uk

Complementary Therapies and Yoga


Sheila MacDonald

Solas, 20 Torlum

Isle Of Benbecula

HS7 5PP

07919 184627

 Solas Complementary Therapies
and Yoga

Fitness classes

Tom Rossi

Isle of Benbecula

01870 603324 or 07950 251620

Rossi941@googlemail.com

 Benbecula Freedive & Fitness


FBX/Game Fit

Nicola Lindsay Steele

Isle of South Uist

07435395619

Nicola.steele83@yahoo.com

 Fatburn Extreme & GameFit South Uist

Kettlebells

Christine Macquarrie

Isle of South Uist

c.macquarrie@cne-siar.gov.uk

Ladies Football

Mary Ann Campbell

Mac473@hotmail.co.uk

North Uist Angling Club

Ragairidh, Claddach Kyles,

Isle of North Uist,

HS6 5EW

www.nuac.co.uk

North Uist Walking Group

Isle of North Uist

fran.lett@talk21.com

Over 50's keep fit class

Lochamddy Hall

Isle of North Uist

sueandpetefinbar@gmail.com

Paths for All/Health Walks

Walk on Hebrides

Health Walks coordinator

01851 762018

karen.peteranna@nhs.net

Scottish Country Dancing

Isle of Benbecula

Neil & Morag MacPherson

01870 602350

South Uist Angling Club

Rob Hawkins

Robert.hawkins07@gmail.com

www.southuistanglingclub.co.uk


Tagsa Gardening Club

Tagsa Uibhist

Balivanich

Isle of Benbecula

01870 602111

 Tagsa Uibhist

Tai Chi

Rosemary Jackson

Isle of North Uist

rajonuist@gmail.com

Uist Riding School


Sue MacDonald

Balivanich

Isle of Benbecula

HS7 5LA

01870 602808

 Uist Community Riding School

Sports Clubs & Organisations cont..

Uist Volleyball Club
Lionacleit Sports Centre
01870 603693

Walk football (40+)
Lionacleit Sports hub
01870 603599

**Western Isles Company
1 Highland Cadets**
David Walker
0123walke@armymail.com
07825633950

Yoga For Life
Judith Orrock Levack MacDonald
Isle of North Uist
07967002242/ 01876 560864
f Yoga for life

Zumba Uibhist
Danielle MacGillivray
Isle of Benbecula
07748788121
info@m-ff.co.uk
f Zumba Uibhist



Other Contacts

Ceolas Button and Bow Club
Isle of South Uist
HS8 5SS
01878 700154
www.ceolas.co.uk

Cluich @ CKC
~Soft play ~
Claddach Kirkibost Centre
Isle of North Uist
HS6 5EP

Coisir Ghaidhlig Uibhist
f Coisir Ghaidhlig Uibhist

Sgioba Drama Uibhist
Sarah MacEachen
07915617822
f Sgioba Drama Uibhist

Traditional Spinning
Kildonan Museum
Isle of South Uist
01878 710343

Taigh Chearsabhaigh Art Classes
Lochmaddy
Isle of North Uist HS6 5AA
01870 603970
www.taigh-chearsabhaigh.org

Uist Box And Fiddle Club
Angus MacDonald
Isle of Benbecula
01870 602432
www.boxandfiddle.com/uist--benbecula.html

Uist Community Archaeology Group
ucaginfo@gmail.com
Anne - 07789 306223

Uist Pipe Band
Pipe Band Secretary
macrury@hotmail.co.uk
07555776037

Helpful contacts

Caraidean Uibhist

~Befriending service~
23 Winfield Way
Balivanich
Isle of Benbecula
01870 603233

Citizens Advice Bureau



45 Winfield Way
Balivanich
Isle of Benbecula
01870 602421

Claddach Kirkibost Centre

Isle of North Uist
HS6 5EP
01876 580390
office@claddach-kirkibost.org
www.claddach-kirkibost.org

Comann Eachdraidh Uibhist a Tuath

Sgoil Chairinis (Old Carinish School)
Isle of North Uist
ceutoffice@gmail.com


 Comann Eachdraidh Uibhist a Tuath
 @CEUibhistaTuath

Cothrom Learning centre

Ormiclate
Isle of South Uist
01878 700910

Grimsay Community Association

Grimsay
Isle of North Uist, HS6 5JA
info@grimsay.org
01870 603359

 Grimsay Community Association

Kildonan Museum

Isle of South Uist HS8 5RZ
01878 710343
www.kildonanmuseum.co.uk

Lionacleit Community Library

Sgoil Lionacleit
Isle of Benbecula HS7 5PJ
01870 603691
LionacleitLibrary@cne-siar.gov.uk

Museum nan Eilean

Sgoil Lionacleit
Isle of Benbecula HS7 5PJ
Museum&B@cne-siar.gov.uk
01870 603692

North Uist Estates

Estate office
Isle of North Uist HS6 5AA
01876 500329

Scottish Natural Heritage

Stilligarry
Isle of South Uist
01870 620238

Storas Uibhist

Oifis Stòras, Daliburgh
Isle of South Uist
HS8 5SS
01878 700101

UCVO

41 Airport Road
Balivanich
Isle of Benbecula
01870 602117
office@ucvo.org.uk

Uist Volunteer Centre

41 Airport Road
Balivanich
Isle of Benbecula
01870 602604
info@volunteeringwesternisles.co.uk

Tagsa Uibhist

East Camp
Balivanich
Isle of Benbecula
01870 602111/ 603881

Taigh Chearsabhagh

Lochmaddy
Isle of North Uist
HS6 5AA
01870 603970



School Halls

Sgoil Bhaile a' Mhanaich Hall

Sgoil Bhaile a' Mhanaich
Isle of Benbecula
Tel: 01870 604886
balivanichschool@gnes.net

Sgoil Dhalabroig Hall

Sgoil Dhalabroig
Isle of South Uist
Tel: 01878 700276
daliburghschool@gnes.net

Sgoil Lionacleit Theatre

Sgoil Lionacleit
Isle of Benbecula
Tel: 01870 603690
sgoillionacleit@gnes.net

Sgoil an Iochdair Hall

Sgoil an Iochdair
Isle of South
Tel: 01870 604891
iochdarschool@gnes.net

Sgoil Uibhist a' Tuath Hall

Sgoil Uibhist a' Tuath
Isle of North Uist
Tel: 01870 604884
Sgoiluibhistatuath@gnes.net



Sports Facilities/ Gyms

Claddach Kirkibost Gym

Claddach Kirkibost Centre
Isle of North Uist
Tel: 01876 580390
Claddach Kirkibost Centre
office@claddach-kirkibost.org
f www.claddach-kirkibost.org

Sgoil Lionacleit Sports Centre Swimming Pool, Gym & Hall All Weather Sports Facility (3G & Running Track)

Lionacleit
Isle of Benbecula
Tel: 01870 603693
lionacleitsportscentre@cne-siar.gov.uk
f Liniclate Sports Centre

*~Also delivers exercise classes, please contact
centre directly for current programmes~*

Southend Fitness Suite & Classes

Daliburgh
Isle of South Uist
Tel: 0789 9848967
f Southend Fitness Suite

*~Also delivers exercise classes, please contact
centre directly for current programmes~*

Sguais Uibhist


Squash courts
East Camp
Isle of Benbecula
sguaisuibhist@gmail.com
www.sguais.net
f Sguais Uibhist
t @sguibhist

Community Halls

Berneray

Berneray Community Hall

Isle Of Berneray

 Berneray Community Hall
chrissiemaackil@gmail.com
Chrissie - 01876 540230

Eriskay

Eriskay Community Hall

Isle of Eriskay

HS8 5JR

Hannah - 01878 720230

Isle of Benbecula

An Caladh

East Camp, Balivanich

Isle of Benbecula

HS7 5LA

01870 603888

Balivanich Hall

Isle of Benbecula

HS7 5LA

07920 486698

Nunton Steadings

Isle of Benbecula

HS7 5LU

07595 326263

St Mary's Hall

Griminish

Isle of Benbecula

HS7 5QA

Fiona - 07918 774643

Isle of North Uist

Carinish & District Village Hall

Carinish

Isle of North Uist

George & Rosemary - 01876 580226

Clachan Church Of Scotland

Clachan

Isle of North Uist

HS6 5HD

info@carinish-church.co.uk

07901 950856

Claddach Kirkibost Centre

Claddach Kirkibost,

Isle of North Uist

HS6 5EP

01876 580390

office@claddach-kirkibost.org

www.claddach-kirkibost.org

Lochmaddy Hall

Isle Of North Uist

HS6 5AA

John - 07957 236418

Taigh Sgìre Sholais

Joan - 01876 560227

 TaighSgìre Sholais

Hosta Hall

Joan - 01876 580327

 North Uist Agricultural Show


Isle of South Uist

lochdar Community Hall

lochdar

Isle of South Uist

HS8 5RD

 Talla an lochdair

Mark - 07810 221773

Kildonan Museum

Isle of South Uist

HS8 5RZ

01878 710343


www.kildonanmuseum.co.uk

Southend Community Hall

Daliburgh

Isle of South Uist

HS8 5SS

 Southend Community Hall - Daliburgh

Kathleen - 0781 0714297

Stoneybridge Community Hall

Isle of South Uist

HS8 5SG

Murdo - 01870 620321

St Peter's Hall

Garryhaillie

Isle Of South Uist

HS8 5SX

Jessie - 01878 700414

Useful Websites

Active Schools

www.cne-siar.gov.uk/activeschools

Eat Better Feel Better

www.eatbetterfeelbetter.co.uk/

Hebridean Way

www.visitouterhebrides.co.uk/see-and-do/activities/hebridean-way

Lews Castle College UHI

www.lews.uhi.ac.uk/

Mental Health Foundation

www.mentalhealth.org.uk/scotland

NHS Health Scotland

www.healthscotland.scot

NHS Couch to 5K

www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

NHS Eatwell

www.nhs.uk/live-well/eat-well/

Sport and Health

www.cne-siar.gov.uk/leisure-sport-and-culture

Take Life On Campaign

www.takelifeon.co.uk

University of the Highlands and Islands

www.uhi.ac.uk

NHS Western Isles

www.wihb.scot.nhs.uk

NHS Western Isles Health Promotion department.

www.promotionswi.scot.nhs.uk

 HIRS Western Isles

Walk Highlands

www.walkhighlands.co.uk/outer-hebrides/

Evening Classes

Ceolas

Daliburgh
Isle of South Uist
HS8 5SS
01878 700154
info@ceolas.co.uk

Claddach Kirkibost Centre

Claddach Kirkibost
Isle of North Uist
HS6 5EP
01876 580390
office@claddach-kirkibost.org

Cothrom

Ormiclate
Isle of South Uist
HS8 5SB
01878 700910
enquiries@cothrom.net

Lews Castle College

Lionacleit
Isle of Benbecula
01851 770500
archina.maclellan@lews.uhi.ac.uk

Lionacleit Community Library

Lionacleit
Isle of Benbecula
01870 603693
LionacleitLibrary@cne-siar.gov.uk

Taigh Chearsabhagh

Lochmaddy
Isle of North Uist
HS6 5AA
01870 603970
info@taigh-chearsabhagh.org

Sport & Health Contacts

Active Schools Co-ordinator Uist

Christine MacQuarrie 01870 603591
Chrisitne.macquarrie@cne-siar.gov.uk

Community Sports Hub Officer

Kevin Morrison 01870 603599
kevin.morrison@cne-siar.gov.uk

Outdoor Learning Managers

Tim Pickering 01851 822781
Isi Oakley 01851 822781

Sports Facilities Manager

Tony Wade 01851 822780
twade@cne-siar.gov.uk

Sports Facilities Development officer Uist & Bara

Christina MacWilliams 01870 603539
cmcwilliams@cne-siar.gov.uk

Move More Activity Officer

Kevin Morrison 01870 603599
Kevin.morrison@cne-siar.gov.uk

NHS Western Isles

Health Promotion Department
01870 602588
alison.macdonald9@nhs.net

NHS Western Isles

Walk on Hebrides
Health Walks coordinator
01851 762018
karen.peteranna@nhs.net
f HIRS Western Isles

NHS Western Isles

Health Information Resources Department
01851 701545
marissa.maclennan@nhs.net
f HIRS Western Isles

Community Learning & Development

Community Learning & Development (Uist)

Lionacleit Education Centre
Isle of Benbecula
HS7 5PJ
01870 603671
catriona.morrison@cne-siar.gov.uk

Community Learning & Development (Barra)

Castlebay Hall
Isle of Barra
HS9 5XD
01871 817215
katiedenehy@cne-siar.gov.uk

Community Learning & Development (Lewis)

Tel: 01851 822714
fionamacinnes.begg@cne-siar.gov.uk

Community Learning & Development (Harris)

01859 502367
mairi_maciver@cne-siar.gov.uk



Notes