


Compàirteachas Plana  
Coimhearsnachd  
Innse Gall



Outer Hebrides  
Community Planning  
Partnership

# Barra's Sport & Activity Directory

**NHS**  
Eileanan Siar  
Western Isles



**WALK ON**  
—HEBRIDES—



COMHAIRLE NAN EILEAN SIAR  
**SPORT & HEALTH**



Outer Hebrides  
COMMUNITY SPORTS HUB  
Meadhan Spòrs Coimhearsnachd



sportscotland  
**activeschools**  
NA H-EILEANAN AN IAR



# Foreword

## Welcome to the Sport & Activity Directory for Barra!

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 Barra 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](http://www.promotionswi.scot.nhs.uk)**

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



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NHS Western Isles  
42 Winfield Way  
Isle of Benbecula  
HS7 5LH

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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

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## **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 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

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## **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

#### **Uist & Barra Youth Football Group**

Claire Bagley - Secretary  
clags84@live.co.uk

**f** Uist and Barra Junior Football Club U16s

#### **Western Isles**

#### **Duke of Edinburgh Award**

Community Learning & Development  
Lionacleit Education Centre  
Isle of Benbecula  
01870 603671

### Associations

#### **Uist and Barra Football Association**

**f** Uist & Barra Football Association

#### **WI Badminton Association**

**f** Western Isles Badminton Association

## Football clubs

#### **f Barra FC**

Joanna MacLean

[joannamaclean@btinternet.com](mailto:joannamaclean@btinternet.com)

#### **f Benbecula FC**

Iain Macdonald

[donyards@hotmail.com](mailto:donyards@hotmail.com)

#### **f Eriskay FC**

Shaun MacKinnon

[Shaun.mackinnon@hotmail.co.uk](mailto:Shaun.mackinnon@hotmail.co.uk)

#### **f lochdar Saints FC**

Stephen MacAulay

[Stephen@askernishquarry.com](mailto:Stephen@askernishquarry.com)

#### **f North Uist FC**

Fraser MacDonald

07989 224569

#### **f Southend FC**

Christine MacQuarrie

[tinomacq@yahoo.co.uk](mailto:tinomacq@yahoo.co.uk)




# **Barra Sports Clubs and Organisations**

## **Adult Football**

neilieboy88@btinternet.com


## **Barra & Vatersay Coastal Rowing Club**

 Barra & Vatersay Coastal Rowing Club

## **Barra & Vatersay Junior Sports Club**

*~Variety of sporting activity for children~*

katiedenehy@cne-siar.gov.uk

 Barra & Vatersay Junior Sports Club Scotland

## **Barra Badminton Club**

Paul Maguire

 Barra Badminton Club

## **Barra Golf Club**

19 Bentangaval

Cleat

Isle of Barra

HS9 5XN

motac@btinternet.com

## **Barra Line Dancers**

eileenfrater@gmail.com

07983 984488

 Barra Line Dancers

## **Barra Surf & Coastal Adventures**

*~ Surfing, snorkelling, coasteering & sea kayak/ sit-on-tops ~*

Castlebay

Isle of Barra


HS9 5XD

01871 810443

info@barrasurfadventures.co.uk

www.barrasurfadventures

## **Barra Watersports Club**

 Barra Watersports Club

## **Barrathon**

*~ Half marathon & fun run ~*

Isle of Barra

01871 810262

Katie@barrathon.org.uk

www.barrathon.org.uk

## **Clear Water Paddling**

*~Kayaking~*

Castlebay

Isle of Barra

HS9 5XD

01871 810443

info@clearwaterpaddling.com

www.clearwaterpaddling.com

## **Complementary Therapies & Yoga**


Sheila MacDonald

Solas, 20 Torlum

Isle of Benbecula

HS7 5PP

Tel: 07919 184627


 Solas Complementary Therapies and Yoga

## **Game Fit/ Metafit FBX/ MetaPWR & Personal trainer**

Castlebay

HS9 5XD


Kristie\_boyd@live.co.uk

 KB Fitness

## **Highland Hustle**

Eileen O'Carroll

01871 270289

 Highland Hustle with Eileen - Barra

## **Paths for All/ Health Walks**

Walk on Hebrides

Health Walks Coordinator

01851 762018

karen.peteranna@nhs.net

## **Running/ Cross Country**


Castlebay Community School

Isle of Barra

01871 810100

## **Zumba**

Theresa Irving

 Zumba Barra

## Helpful Contacts...

### **Adult Learners**

Learning Centre  
Castlebay  
Isle of Barra  
01871 810886


### **Barra Children's Centre**

Castlebay  
Isle of Barra  
01871 810890  
info@barrachildrenscentre.org.uk

### **Barra Learning Centre**

Castlebay  
Isle of Barra  
01851 770600  
Irene.donnelly@lews.uhi.ac.uk


### **Buth Bharraigh**

Castlebay  
Isle of Barra  
01871 817948  
info@buthbharriagh.co.uk  
 buthbharraigh

### **Citizen Advice Bureau**

Castlebay  
Isle of Barra  
01871 810608

### **Cobhair Bharraigh**

Kentangaval  
Castlebay  
Isle of Barra  
HS 5XL  
01871 810906  
cobhairbharraigh@btconnect.com  
 Cobhair Bharraigh SCIO


### **Coimhearsachd Bharraigh & Bhatarsaigh (CBaB)**

Castlebay  
Isle of Barra  
Info@barra-vatersay.org.uk  
01871 810266


### **Comann Eachdraidh Bharraigh agus Bhatarsaigh**

Dualchas Heritage Centre  
Castlebay  
Isle of Barra  
HS9 5XD  
01871 810413  
barraheritage@btconnect.com


### **Garadh a'Bhagh a'Tuath**

Am Bothan, Northbay  
Isle of Barra  
HS9 5XY  
01871 890765  
www.garadh.co.uk  
 Garadh a bagh a tuath

### **Guth Bharraidh**

Castlebay  
Isle of Barra  
barra.new@vabv.org.uk  
01871 810401  
 guth bharraidh

### **mPower**

Cobhair Bharraigh, Castlebay  
Florianne.maclean@nhs.net  
07971 715009  
 Empowering you to live well - Western Isles

### **Voluntary Action Barra & Vatersay**

Castlebay  
Isle of Barra  
HS9 5XD  
01871 810401  
www.vabv.org.uk

### **Volunteer Centre**

Northbay  
Isle of Barra  
01871 890775  
barra@volunteeringwesternisles.co.uk



## School & Community Halls

### **Castlebay Community Hall**

Castlebay  
Isle of Barra  
HS9 5XD  
01871 810 100  
castlebayhall09@btinternet.com

### **Castlebay Community School**

Castlebay  
Isle of Barra  
HS9 5XD  
01871 810100

### **Northbay Hall / St Barr's Hall**

Northbay  
HS9 5YQ  
01871 890 380

### **Vatersay Hall**

Vatersay  
01871 810 237

## Sports Facilities/ Gyms

### **Castlebay Sports Centre Swimming pool & Fitness suite**

Castlebay  
Isle of Barra  
HS9 5XD  
01871 810 129

### **Castlebay Community School - Games Hall**

Castlebay  
Isle of Barra  
HS9 5XD  
01871 810 100





## Useful Websites

### **Active Schools**

[www.cne-siar.gov.uk/activeschools](http://www.cne-siar.gov.uk/activeschools)

### **Eat Better Feel Better**

[www.eatbetterfeelbetter.co.uk/](http://www.eatbetterfeelbetter.co.uk/)

### **Hebridean Way**

[www.visitouterhebrides.co.uk/see-and-do/activities/hebridean-way](http://www.visitouterhebrides.co.uk/see-and-do/activities/hebridean-way)

### **Lews Castle College UHI**

[www.lews.uhi.ac.uk/](http://www.lews.uhi.ac.uk/)

### **Mental Health Foundation**

[www.mentalhealth.org.uk/scotland](http://www.mentalhealth.org.uk/scotland)

### **NHS Health Scotland**

[www.healthscotland.scot](http://www.healthscotland.scot)

### **NHS Couch to 5K**

[www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

### **NHS Eatwell**

[www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

### **Sport and Health**

[www.cne-siar.gov.uk/leisure-sport-and-culture](http://www.cne-siar.gov.uk/leisure-sport-and-culture)

### **Take Life On Campaign**

[www.takelifeon.co.uk](http://www.takelifeon.co.uk)

### **University of the Highlands and Islands**

[www.uhi.ac.uk](http://www.uhi.ac.uk)

### **NHS Western Isles**

[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

### **NHS Western Isles Health Promotion department.**

[www.promotionswi.scot.nhs.uk](http://www.promotionswi.scot.nhs.uk)

 HIRS Western Isles

### **Walk Highlands**

[www.walkhighlands.co.uk/outer-hebrides/](http://www.walkhighlands.co.uk/outer-hebrides/)

## Evening Classes

### **Barra Learning Centre**

Castlebay

Isle of Barra

01851 770600

[Irene.donnelly@lews.uhi.ac.uk](mailto:Irene.donnelly@lews.uhi.ac.uk)



## **Sport & Health Contacts**

**Active Schools Co-ordinator Uist**  
Christine MacQuarrie 01870 603591  
[chrisitne.macquarrie@cne-siar.gov.uk](mailto:chrisitne.macquarrie@cne-siar.gov.uk)

**Community Sports Hub Officer**  
Kevin Morrison 01870 603599  
[kevin.morrison@cne-siar.gov.uk](mailto:kevin.morrison@cne-siar.gov.uk)

**Outdoor Learning Manager**  
Tim Pickering 01851 822781  
Isi Oakley 01851 822781

**Sports Facilities Services Manager**  
Tony Wade 01851 822780  
[twade@cne-siar.gov.uk](mailto:twade@cne-siar.gov.uk)

**Barra Sports Centre Manager**  
Christina MacWilliams 01870 603539  
[cmcwilliams@cne-siar.gov.uk](mailto:cmcwilliams@cne-siar.gov.uk)

**Move More Activity Officer**  
Lisanne MacInnes 01871 810129  
[Lisanne.macinnnes@cne-siar.gov.uk](mailto:Lisanne.macinnnes@cne-siar.gov.uk)

**NHS Western Isles**  
Health Promotion Department  
01870 602588  
[alison.macdonald9@nhs.net](mailto:alison.macdonald9@nhs.net)

**NHS Western Isles**  
Walk on Hebrides  
Health Walks coordinator  
01851 762018  
[karen.peteranna@nhs.net](mailto:karen.peteranna@nhs.net)

**NHS Western Isles**  
Health Information Resources Department  
01851 701545  
[marissa.maclennan@nhs.net](mailto:marissa.maclennan@nhs.net)

## **Community Learning & Development**

**Community Learning & Development  
(Barra)**  
Castlebay Hall  
Isle of Barra  
HS9 5XD  
01871 817215  
[katiedenehy@cne-siar.gov.uk](mailto:katiedenehy@cne-siar.gov.uk)

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**Community Learning & Development  
(Uist)**  
Lionacleit Education Centre  
Isle of Benbecula  
HS7 5PJ  
01870 603671  
[catriona.morrison@cne-siar.gov.uk](mailto:catriona.morrison@cne-siar.gov.uk)

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**Community Learning & Development  
(Lewis)**  
Tel: 01851 822714  
[fionamacinnes.begg@cne-siar.gov.uk](mailto:fionamacinnes.begg@cne-siar.gov.uk)

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**Community Learning & Development  
(Harris)**  
01859 502367  
[mairi\\_maciver@cne-siar.gov.uk](mailto:mairi_maciver@cne-siar.gov.uk)

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## Notes



# Do you want to get more active?



## Move More Western Isles could be the answer!

*If you haven't exercised for a while, or think your health would improve from more exercise, then Move More Western Isles could help you!*

Uniquely tailored to you to improve your strength, balance and cardiovascular health, **Move More Western Isles** offers support through a range of free physical activity opportunities.

Move More Western Isles is aimed at people who:

- are over the age of 16
- living with one or more long-term conditions (including cancer)
- would like to benefit from support to improve their health by increasing their physical activity

Activities on offer may include: Gentle Movement classes, easy aqua aerobics, group 'Move More' circuits, gardening, an introduction to fitness equipment and group walking.

Criteria for inclusion includes (but not limited to):

- cancer (before, during and after treatment)
- cardiovascular disease
- obesity
- osteoarthritis / rheumatoid arthritis
- asthma / COPD
- stress / anxiety / depression
- back pain
- diabetes

Pick up a Move More Western Isles leaflet for more details, or ask your healthcare professional for further information and whether you meet the criteria for inclusion.

**MACMILLAN**  
CANCER SUPPORT



**NHS**  
Healthcare  
Western Isles