

Uist's Sport & Activity Directory

Updated October 2024





Foreword

Welcome to the Sport & Activity Directory for Uist - version 2!

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

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

The most up to date version will be found online at:
www.wihb.scot.nhs.uk/leisure-sport-activities/

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

Alison MacDonald

Senior Health Promotion Officer
NHS Western Isles
Tel No: 01870 602588
alison.macdonald9@nhs.scot

For information on any of the groups or setting up
your own group you can contact:

Kayreen Macleod

Community Sports Hub Officer
Uist & Barra
kayreen.macleod@cne-siar.gov.uk





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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 and develop sport locally.

Kayreen Macleod
Secretary
Uist & Barra Sports Council
ubsc@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.

Kayreen MacLeod
Community Sports Hub Officer
Kayreen.macleod@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 or
01851 822785

Uist Sports Clubs and Organisations

3 Islands Marathon
f 3 Islands Marathon

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

Benbecula Clay Pigeon Club
f Benbecula Clay Pigeon Club

Benbecula Park run/ Machair Run
~5K run~
f Benbecula parkrun/ Machair Run

Benbecula Golf Club
admin@benbeculagolfclub.co.uk
www.benbeculagolfclub.co.uk
f Benbecula Golf Club

Berneray Coastal Rowing
f Geola Bhearnaraigh - Berneray
Coastal Rowing

Berneray Community Association
~Berneray Race~
berneraycommunityassociation@hotmail.com

Complementary Therapies and Yoga
Isle Of Benbecula
07919 184627
f Solas Complementary Therapies
and Yoga

Daliburgh JogScotland
f Daliburgh JogScotland

Dannsa Mairi
~Highland Dancing Club~
f **Mairi MacLean School of Dance**

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

Fitness classes
Isle of Benbecula
01870 603324 or 07950 251620
Rossi941@googlemail.com
f Benbecula Freedive & Fitness

FBX/Game Fit
Nicola Lindsay Steele
Nicola.steele83@yahoo.com
f Fatburn Extreme & GameFit South Uist

Grimsay Race
~ Grimsay 10K~
Ronald John - 01870 603399

Keep fit class
Lochamddy Hall
Isle of North Uist
sueandpetefinbar@gmail.com

Ladies Football
Mary Ann
Mac473@hotmail.co.uk

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

North Uist Amateur Athletics Club
f northuistathletics@gmail.com
North Uist Amateur Athletics Club

North Uist Angling Club
Ragairidh, Claddach Kyles,
Isle of North Uist,
www.nuac.co.uk
f North Uist Angling Club

Paths for All/Health Walks
Walk on Hebrides
Health Walks coordinator
01851 762023

Sports Clubs & Organisations cont..

Scottish Country Dancing

Isle of Benbecula
Neil & Morag MacPherson
01870 602350

South Uist Angling Club

www.southuistanglingclub.co.uk

Sgoil an Iochdair agus a' Choimhearsnachd

~Iochdar Sports Field~

www.iochdar.co.uk

 Sgoil an Iochdair agus
a' Choimhearsnachd

Sguais Uibhist

~Squash club~

Isle of Benbecula

sguaisuibhist@gmail.co.uk

www.sguais.net

 Sguais Uibhist

 @sguibhist

Southend Football and Community Club

SFCCUist@gmail.com

 South End Football & Community Club

South Uist and Eriskay Amateur Athletics Club

 South Uist and Eriskay amateur
athletics club

Tagsa Uibhist Gardening Club

Tagsa Uibhist

Isle of Benbecula

01870 602111

 Tagsa Uibhist Community Gardens

Uist Coastal Rowing Club

Uistcoastalrowing@gmail.com

 Uist Coastal Rowing Club

Uist Community Riding School

Isle of Benbecula

HS7 5LA

01870 602808

UCRS@gmail.com

 Uist Community Riding School

Uist Gymnastics

uistgymnastics@hotmail.com

 Uist Gymnastics

Walk football (40+)

Contact Liniclate Sports centre
for times

Western Isles Company 1 Highland Cadets

Ian Moar

7111moa@armymail.mod.uk

Yoga For Life

Judith Orrock Levack MacDonald

Isle of North Uist

07967002242/ 01876 560864

 Yoga for life



Sports Facilities/ Gyms

Claddach Kirkibost Gym

Claddach Kirkibost Centre

Isle of North Uist

Tel: 01876 580390

 Claddach Kirkibost Centre
office@claddach-kirkibost.org
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

 Liniclate Sports Centre

*~Also delivers exercise classes, please contact
centre directly for current programmes or
download the app; CnES - Sports Facilities~*

Southend Fitness Suite & Classes

Daliburgh

Isle of South Uist

 Southend Fitness Suite

Sguais Uibhist

Squash courts

Isle of Benbecula

sguaisuibhist@gmail.com

www.sguais.net

 Sguais Uibhist
@sguibhist



Local Football clubs

Barra FC

 Barra Football Club

Benbecula FC

 Benbecula Football Club

Eriskay FC

 Eriskay Football Club

lochdar Saints FC

 lochdar Saints Football Club

North Uist FC

 North Uist United FC

Southend FC

 South End Football & Community Club



Uist & Barra Sports Council members

Updated October 2024

3 Islands Marathon

Benbecula Clay Pigeon Club

Benbecula Golf Club

Berneray Coastal Rowing

Berneray Community Hall

Bhaile a'Mhanaich FC

Coman Spors Chinn a Deas

Dannsairean Mhairi

Dochas Dancers

Grimsay Race

North Uist Amateur Athletics Club

North Uist United (Juniors) FC

Sguais Uibhist

Southend Football and Community Club

South Uist and Eriskay Amateur Athletics Club

Stepping Stones 10K

Uist & Barra Youth Football Group

Uist Coastal Rowing Club

Uist Community Riding School

Uist Gymnastics

Western Isles Duke of Edinburgh Award

Associations

Uist and Barra Football Association

Western Isles Badminton Association

Helpful contacts

Caraidean Uibhist *~Befriending service~*

Isle of Benbecula
01870 603233
 Caraidean Uibhist

Citizens Advice Bureau
Isle of Benbeula
bureau@uistcab.casonline.org.uk
01870 602421

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

Comann Eachdraidh Eirisgeidh
Isle of Eriskay
secretary@eriskayheritage.scot
www.eriskayheritage.scot

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
 Cothrom Learning Centre

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
 Kildonan Museum—South Uist
Historical Society

Lionacleit Community & Mobile Library
Isle of Benbecula
01870 603691
LionacleitLibrary@cne-siar.gov.uk

Museum nan Eilean
Sgoil Lionacleit
Isle of Benbecula
MuseumU&B@cne-siar.gov.uk
01870 603692

North Uist Estates
Isle of North Uist, HS6 5AA
01876 500329

Scottish Natural Heritage
Isle of South Uist
01870 620238

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

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

Uist & Barra Foodbank
Uistandbarrafoodbank@gmail.com
01870 603819
 Uist and Barra Foodbank

Uist Volunteer Centre
41 Airport Road
Balivanich
Isle of Benbecula
01870 602604
uist@volunteercentrewi.org

Taga Uibhist
Balivanich
Isle of Benbecula
01870 602111/ 603881
 Taga Uibhist

Taigh Chearsabhagh
Isle of North Uist
HS6 5AA
01870 603970
 Taigh Chearsabhagh Museum
and Arts Centre

Other Contacts

Ceolas Button and Bow Club

Isle of South Uist
01878 700154
www.ceolas.co.uk

Coisir Ghaidhlig Uibhist

 Coisir Ghaidhlig Uibhist

Sgioba Drama Uibhist

Sarah MacEachen
07915617822

 Sgioba Drama Uibhist

Traditional Spinning

Kildonan Museum
Isle of South Uist
01878 710343

Uist Art Association

www.taigh-chearsabhaigh.org
Www.uistarts.org/

 Uist Arts Association Gorup

Uist Box And Fiddle Club

Isle of Benbecula
01870 602432

www.boxandfiddle.com/uist--benbecula.html

Uist Community Archaeology Group

ucaginfo@gmail.com

 Uist Community Archaeology Group

Uist Pipe Band

 Uist Pipe Band

Schools

Sgoil Bhaile a' Mhanaich

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

Sgoil Dhalabroig

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

Sgoil Lionacleit

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

Sgoil an Iochdair

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

Sgoil Uibhist a' Tuath

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



Community Halls

Berneray

Berneray Community Hall

Isle Of Berneray

 Berneray Community Hall

Isle of North Uist

Carinish & District Village Hall

Isle of North Uist

 Carinish Hall

Clachan Church Of Scotland

Isle of North Uist

HS6 5HD

info@carinish-church.co.uk

Claddach Kirkibost Centre

Isle of North Uist

office@claddach-kirkibost.org

 Claddach Kirkibost Centre

Lochmaddy Hall

Isle Of North Uist

 Lochmaddy Village Hall

Taigh Sgìre Sholais

Isle of North Uist

 TaighSgìre Sholais

Hosta Hall

Joan - 01876 580327

 North Uist Agricultural Show

Isle of Benbecula

An Caladh

East Camp, Balivanich

Isle of Benbecula

 The Caladh Trust

Balivanich Hall

Isle of Benbecula

 Balivanich Hall

St Mary's Hall

Griminish

Isle of Benbecula

HS7 5QA

Fiona - 07918 774643

Isle of South Uist

lochdar Community Hall

Isle of South Uist

 Talla an lochdair

Kildonan Museum

Isle of South Uist

www.kildonanmuseum.co.uk

 Kildonan Museum—South Uist
Historical Society

Southend Community Hall

Isle of South Uist

 Southend Community Hall - Daliburgh

Stoneybridge Community Hall

Isle of South Uist

 Stoneybridge Hall

St Peter's Hall

Isle Of South Uist

Jessie - 01878 700414

Eriskay

Eriskay Community Hall

Isle of Eriskay

 Eriskay Hall

Useful Websites

Parent Club
www.parentclub.scot/topics/food-eating

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

Mental Health Foundation
www.mentalhealth.org.uk/scotland

NHS Inform
www.nhsinform.scot

NHS Couch to 5K
www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/

NHS inform - Eatwell Guide
www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet/

Sport and Health
www.cne-siar.gov.uk/home/sport-and-leisure

University of the Highlands and Islands
www.nwh.uhi.ac.uk

NHS Western Isles
www.wihb.scot.nhs.uk

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

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

Local Facebook pages that promote sport and activity events:

Uibhist – Uist & Benbecula bulletin board
South Uist/ Uibhist a Deas Appreciation Society
North Uist!
Isle of Benbecula/ Beinn na Faoghla Appreciation Society
Uist Noticeboard
Uist Beo

Adult classes

~ Classes will vary therefore please contact each location direct ~

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

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

UHI - North, West and Hebrides
Lionacleit
Isle of Benbecula
01851 770500
www.nwh.uhi.ac.uk
info.nwh@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
Christine MacQuarrie
Christine.macquarrie@cne-siar.gov.uk

Community Sports Hub Officer
Kayreen Macleod
Kayreen.macleod@cne-siar.gov.uk

Outdoor Learning Managers
Tim Pickering 01851 822781

Sports Facilities Manager
Iain 'GG' Campbell 01851 822780
iain.campbell@cne-siar.gov.uk

Sports Facilities Development officer
Uist & Barra
Christina MacWilliams 01870 603539
cmcwilliams@cne-siar.gov.uk

NHS Western Isles
Health Promotion Department
01870 602588
alison.macdonald9@nhs.scot

NHS Western Isles
Walk on Hebrides
Health Walks coordinator
01851 762023
Laura.macleod2@nhs.scot

NHS Western Isles
Health Information Resources Department
01851 762030
manisha.sharma@nhs.scot
 HIRS Western Isles

Community Learning & Development

**Community Learning & Development
(Uist)**
Lionacleit Education Centre
Isle of Benbecula
HS7 5PJ
Laura.skinner@cne-siar.gov.uk



Network of play/ Play spaces.

Isle of North Uist

Balranald nature reserve

Bayhead Community Gardens

Bayhead crazy golf

Bayhead play park

Carinish Play park

Langass Woodlands

Lochmaddy Community Play Park

Sollas Play Park (open soon)



Isle of Benbecula

Ford Terrace Play Park

Balivanich community Play Park



Isle of South Uist

lochdar School Play Park

Daliburgh School Play Park



Notes