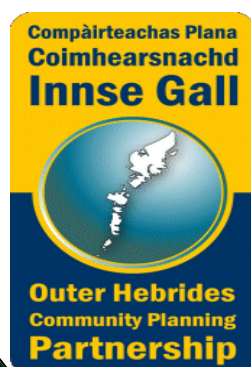


# Uist's Sport & Activity Directory

*Updated November 2025*





# Foreword

**Welcome to the Sport & Activity Directory  
for Uist - version 3!**

**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/](http://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: 01851 708055  
[alison.macdonald9@nhs.scot](mailto: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](mailto:kayreen.macleod@cne-siar.gov.uk)





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**Disclaimer:**

Listings are for information only. Please check directly with organisers to confirm details, safety standards, and suitability before taking part. Consult a healthcare professional before starting any new activity, especially if you have a medical condition.

# **Sports Organisations**

## **CLUBSPORT UIST AND BARRA**

ClubSport Uist and Barra is an association of local sports clubs and organisations who work together and develop sport locally.  
(For members see page 8)

Kayreen Macleod  
Secretary  
ClubSport Uist and Barra  
clubsportub@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 to local clubs.

Kayreen MacLeod  
Community Sports Hub Officer  
Kayreen.macleod@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 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**  
northuistathletics@gmail.com  
f 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 708055

## Sports Clubs & Organisations cont..

### **Scottish Country Dancing**

Isle of Benbecula  
Neil & Morag MacPherson  
01870 602350

### **South Uist Angling Club**

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

### **Sgoil an Iochdair agus a' Choimhearsnachd**

*~Iochdar Sports Field~*

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

 Sgoil an Iochdair agus  
a' Choimhearsnachd

### **Sguais Uibhist**

*~Squash club~*

Isle of Benbecula

[sguaisuibhist@gmail.co.uk](mailto:sguaisuibhist@gmail.co.uk)

[www.sguais.net](http://www.sguais.net)

 Sguais Uibhist

 @sguibhist

### **Southend Football and Community Club**

[SFCCUist@gmail.com](mailto: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](mailto:Uistcoastalrowing@gmail.com)

 Uist Coastal Rowing Club

### **Uist Community Riding School**

Isle of Benbecula

HS7 5LA

01870 602808

[UCRS@gmail.com](mailto:UCRS@gmail.com)

 Uist Community Riding School

### **Uist Gymnastics**

[uistgymnastics@hotmail.com](mailto: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](mailto: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



# **ClubSport Uist and Barra**

*November 2025*

**3 Islands Marathon**

**Benbecula Clay Pigeon Club**

**Benbecula Golf Club**

**Berneray Coastal Rowing**

**Bhaile a'Mhanaich FC**

**Coman Spors**

**Dannsairean Mhairi**

**Dochas Dancers**

**Grimsay Race**

**North Uist Amateur Athletics Club**

**North Uist United FC (Juniors)**

**Sguais Uibhist**

**Southend Football and Community Club**

**Uist and Barra Football Association**

**Uist Coastal Rowing Club**

**Uist Community Riding School**

**Uist Gymnastics**

**Western Isles Duke of Edinburgh Award**

**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

## **Nature Scot**

Isle of South Uist

01870 620238

## **North Uist Estates**

Isle of North Uist, HS6 5AA

01876 500329

## **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

## **Tagsa Uibhist**

Balivanich

Isle of Benbecula

01870 602111/ 603881

 Tagsa 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](http://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](http://www.taigh-chearsabhaigh.org)  
[Www.uistarts.org/](http://Www.uistarts.org/)  
 Uist Arts Association Gorup

### **Uist Box And Fiddle Club**

Isle of Benbecula  
01870 602432  
[www.boxandfiddle.com/uist--benbecula.html](http://www.boxandfiddle.com/uist--benbecula.html)

### **Uist Community Archaeology Group**

[ucagin@info@gmail.com](mailto:ucagin@info@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](mailto:balivanichschool@gnes.net)

### **Sgoil Dhalabroig**

Sgoil Dhalabroig  
Isle of South Uist  
Tel: 01878 700276  
[daliburghschool@gnes.net](mailto:daliburghschool@gnes.net)

### **Sgoil Lionacleit**

Sgoil Lionacleit  
Isle of Benbecula  
Tel: 01870 603690  
[sgoillionacleit@gnes.net](mailto:sgoillionacleit@gnes.net)

### **Sgoil an Iochdair**

Sgoil an Iochdair  
Isle of South  
Tel: 01870 604891  
[iochdarschool@gnes.net](mailto:iochdarschool@gnes.net)

### **Sgoil Uibhist a' Tuath**

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

 St Mary's Griminish

## 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](http://www.parentclub.scot/topics/food-eating)

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

**Mental Health Foundation**  
[www.mentalhealth.org.uk/scotland](http://www.mentalhealth.org.uk/scotland)

**NHS Inform**  
[www.nhsinform.scot](http://www.nhsinform.scot)

**NHS Couch to 5K**  
[www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/](http://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/](http://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet/)

**NHS Western Isles - Mental Wellbeing**  
[www.mentalwellbeing.wihb.scot.nhs.uk](http://www.mentalwellbeing.wihb.scot.nhs.uk)

**Sport and Health**  
[www.cne-siar.gov.uk/home/sport-and-leisure](http://www.cne-siar.gov.uk/home/sport-and-leisure)

**University of the Highlands and Islands**  
[www.nwh.uhi.ac.uk](http://www.nwh.uhi.ac.uk)

**NHS Western Isles**  
[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

**Walk Highlands**  
[www.walkhighlands.co.uk/outer-hebrides/](http://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

## Evening classes

*~ Classes will vary therefore please contact each location direct ~*

**Ceolas**  
Daliburgh  
Isle of South Uist  
HS8 5SS  
01878 700154  
[info@ceolas.co.uk](mailto:info@ceolas.co.uk)

**Cothrom**  
Ormiclate  
Isle of South Uist  
HS8 5SB  
01878 700910  
[enquiries@cothrom.net](mailto:enquiries@cothrom.net)

**UHI - North, West and Hebrides**  
Lionacleit  
Isle of Benbecula  
01851 770500  
[www.nwh.uhi.ac.uk](http://www.nwh.uhi.ac.uk)  
[info.nwh@uhi.ac.uk](mailto:info.nwh@uhi.ac.uk)

**Lionacleit Community Library**  
Lionacleit  
Isle of Benbecula  
01870 603693  
[LionacleitLibrary@cne-siar.gov.uk](mailto:LionacleitLibrary@cne-siar.gov.uk)

**Taigh Chearsabhagh**  
Lochmaddy  
Isle of North Uist  
HS6 5AA  
01870 603970  
[info@taigh-chearsabhagh.org](mailto: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**  
Public Health Department  
01851 708055  
alison.macdonald9@nhs.scot

**NHS Western Isles**  
Walk on Hebrides  
Health Walks coordinator  
01851 708055  
Laura.macleod2@nhs.scot

**NHS Western Isles**  
Health Information Resources Department  
01851 708055  
manisha.sharma@nhs.scot

## **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



## Isle of Benbecula

Balivanich community play park

Ford Terrace play park



## Isle of South Uist

lochdar school play park

Loch Druidibeg nature reserve

Daliburgh school play park



# Notes