

24th-30th
OCTOBER

calendar of FREE events

feel
good

festival 2022

Date	Event details	Location	Start time	Age	Info for participants	How to book for FREE
from Monday 24 th October	School & Nursery Winter Active reading Challenge	Nurseries & Primary Schools in the Ullapool HS catchment area	During school hours	Nursery & Primary	Schools and Nurseries can apply for £50 towards selected Active reading Books for the challenge. To sign up and for more info contact, Katie.Matthews@highlifehighland.com	Helping inspire children to get active and stay active throughout Winter as part of Scotland's Year of Stories. Active reading sessions will run in participating schools and nurseries. Ask your school or nursery for more details.
Monday 24 th October	Book Bug Active Reading session	Ullapool Library	10am	0+	Weekly Book Bug sessions - Join the weekly fun, active reading session with stories and songs to help inspire children to get active and stay active as part of Scotland's Year of Stories.	No booking required, just turn up. Ullapool Library, Mill Street, Ullapool T: 01854 613522
from Monday 24 th October	Online Mental Health Awareness in Sport & Physical Activity Course CIMSPA accredited course	UK Coaching Online Course	Online, work to your own schedule	Open	Complete this newly enhanced course to gain confidence to be able to support people experiencing mental health problems and help them to thrive inside and outside of your sessions.	If you are part of a club or community group, please contact Katie.Matthews@highlifehighland.com to register and book your free place.
Monday 24 th October	Come & Try: Body Balance Combining movements from Yoga, Tai Chi and Pilates this gentle exercise class helps sculpt and tone while moving through a series of positions and stretches	Lochbroom Leisure Centre	6pm	All fitness levels	This class is ideal for all fitness levels and an excellent starting point for anyone on their fitness journey Comfortable clothes for being active, a yoga mat if you have it and a bottle of water are recommended	Book online or by phone Online Booking (highland.gov.uk) or by calling 01854 612884 https://summer.highland.gov.uk/connect/mrmlogin.aspx

"Finding ways to help you Feel Good this Winter"

24th-30th
OCTOBER

calendar of FREE events

feel
good
festival 2022



Date	Event details	Location	Start time	Age	Info for participants	How to book for FREE
Tuesday 25 th October	Come & Try: Aqua Aerobics Pool based exercise class. Develop your fitness while exercising to music with a range of different movements and skills.	Lochbroom Leisure Centre	10am	open to all abilities from beginner to experienced	Bring Swim wear, a towel and a bottle of water	Book online or by phone Online Booking (highland.gov.uk) or by calling 01854 612884 https://summer.highland.gov.uk/connect/mrmlogin.aspx
Tuesday 25 th October	Riverside Path Clearance Wester Ross Green Volunteers Join the local ranger to clear the river paths so we can continue to use them this Winter.	meet at Morefield playpark car park	10.30am	18+	This is a green gym, proven to be fun, friendly and good for the mind and body! Bring a flask with a hot drink. Wear sturdy footwear and bring waterproofs	No booking required, just turn up. Tools and gloves are available to borrow but if you have your own, please bring them (secateurs and loppers are most useful).
Tuesday 25 th October	Come & Try: Body Pump High rep, high result workout! Choreographed to music, follow the instructor through chest, back, leg and core workouts.	Lochbroom Leisure Centre	5.45pm	open to all abilities from beginner to experienced	Wear clothes you are comfortable being active in and a bottle of water is recommended	Book online or by phone Online Booking (highland.gov.uk) or by calling 01854 612884 https://summer.highland.gov.uk/connect/mrmlogin.aspx
Tuesday 25 th October	Sensory Walk by the River Take some time to care for your mental and physical wellbeing while making something or just taking in the colours, sounds and textures on this slow meander by Ullapool River.	meet at Morefield playpark car park	2pm	18+	Booking essential by 10am on 24 th October Please wear sturdy footwear and bring waterproofs. You may also wish to bring a hot drink.	Book online, https://booking.highlifehighland.com/programme/2 use Booking ref: ACT000175 For more info on HLH Countryside Rangers, visit https://www.facebook.com/profile.php?id=100064536498800

"Finding ways to help you Feel Good this Winter"

24th-30th
OCTOBER

calendar of FREE events

feel
good

festival 2022

Date Event details Location Start time Age Info for participants How to book for FREE

Tuesday 25th October	<p>Skipping Plastic The story of how recycling can keep us fit.</p> <p>Artist Julia Barton share's images and stories of making skipping equipment from plastic waste, collected from nearby beaches. Join us to ask questions, share your ideas and discuss what comes next ...</p>	Zoom	1pm	11+	<p>Julia will be joined by Andy MacVicar from GreenHive in Nairn to describe the process of casting the handles and together with Katie Matthews from HLH CSH we will be sharing this fascinating Green-fitness story.</p>	<p>Register via the link, https://teams.microsoft.com/registration/brXwiRzt6E-duhdvqUD3yQ,gRUZkWGvRUiEDIm6XKvQBA,1Nki8lOr_uEuEamWyQWxgsQ,sMYaYYEIAk-iN1twiv64-Q,6YKE3YPiPUuzarVJriUesQ,2nkalqYoDUyz2n12_Uyb_wA?mode=read&tenantId=89f0b56e-6d16-4fe8-9dba-176fa940f7c9</p> <p>To view more of Julia's work, visit www.littoralartproject.com https://www.instagram.com/juliabartonartist/</p>
--	---	-------------	-----	-----	--	--

Wednesday 26th October	<p>Intergenerational Digi Café & Games</p> <p>Come and have a cup of tea and play a board game or consoles games.</p>	Youth Space Ullapool	2pm-4pm	All ages	<p>No technical experience needed! Digital support is also on hand from Youth Workers.</p>	<p>This is an open drop in, everyone is welcome, come along for some fun and company.</p> <p>Market St, Ullapool IV26 2XE. Enter through car par to rear of Village Hall</p>
--	--	-----------------------------	---------	----------	--	---

Thursday 27th October	<p>Gaelic Book Bug Active Reading session</p>	Ullapool Library	9.30am	0+	<p>Weekly Gaelic Book Bug sessions.</p>	<p>Join the weekly fun, active reading session with stories and stories to help inspire children to get active and stay active as part of Scotland's Year of Stories.</p>
---	--	-------------------------	--------	----	---	---

No booking required, just turn up.

Thursday 27th October	Craft & Chat	Ullapool Library	10.30am-12noon	18+ / Older Adults	<p>Taking inspiration from how being active makes you Feel Good, what will you create?</p>	<p>For more info contact Ullapool Library, Mill Street, Ullapool T: 01854 613522</p>
---	-------------------------	-------------------------	----------------	--------------------	--	---

No booking required

"Finding ways to help you Feel Good this Winter"

24-30th
OCTOBER

calendar of FREE events

feel
good

festival
2022

Date	Event details	Location	Starts	Age	Info for participants	How to book for FREE
Thursday 27 th October	Come & Try: Bar Bell Fitness Develop strength, power & confidence using functional movements based around Olympic style lifting.	Lochbroom Leisure Centre	6pm	18+	Wear clothes you are comfortable being active in and a bottle of water is recommended	Book online or by phone Online Booking (highland.gov.uk) or by calling 01854 612884 https://summer.highland.gov.uk/connect/mrlogin.aspx
Friday 28 th October	Halloween Youth Fusion	Ullapool Youth Space	1.15pm	Ages 11-18 (S1- S6)	Come along to our spooky Fusion. Lots of games and fun to be had.	This is a drop in, no booking required, just turn up. All High School age pupils are welcome to come along.
Friday 28 th October	Guided Walk Ullapool Treasure Trail - Hunt for the Silver Darlings	Join a guided Treasure Trail. Start at Ullapool Museum Notice Board	11am (approx. 1 hour)	All ages & abilities	Learn a new story about Ullapool – Can you use your skills to follow the Trail, solve the Clues and uncover the whereabouts of the Viking silver? Wear suitable clothing for the weather. Join a group - for more info, contact Katie.Matthews@highlifehighland.com	First Pick up your Ullapool Feel Good Festival Treasure Trail Booklet: Available from Ullapool Library, Ullapool Visitors Centre or download it from the High Life Highland Ullapool Community Sport Hub website, https://www.highlifehighland.com/sport/community-sport-hubs/ullapool-community-sport-hub/
Friday 28 th October	Open Book – Creative Writing	Ullapool Library	2pm- 4pm	16+	Creative writing inspired by shared reading. Free to attend, materials provided.	No booking required. For more information, contact Lorraine Thomson, handaisland@btinternet.com
Friday 28 th October	Lego Club	Ullapool Library	2pm- 3pm	3+	Take inspiration from how being active makes you Feel Good, what will you create? All materials are provided	For more info, contact Ullapool Library, Ullapool Library, Mill Street, Ullapool T: 01854 613522 No booking required, just turn up.

"Finding ways to help you Feel Good this Winter"

24th-30th
OCTOBER

calendar of FREE events

feel
good
festival
2022

Date	Event / Activity	Location	Start Time	Age	Other info for participants	How to Book for FREE
Friday 28 th October	Mountain Biking Session (P7 – S2)	meet at bike shelter behind the High School	2pm- 4pm	Ages 10-12 (P7- S2)	Check your bike's brakes and gears area functioning. Bring a helmet.	Places are limited to 6 riders, so booking is essential. Contact David Cook at the High School or via email david.crook@highland.gov.uk
Saturday 29 th October	Loch Broom Yoga	Macphail Centre	10am	18+	An inclusive yoga session for anyone with any mobility restrictions or health concerns, but also for anyone who feels fit and healthy.	To Book contact Alice, Loch Broom Yoga by email, lochbroomyoga@gmail.com For more info visit https://www.facebook.com/lochbroomyoga
Saturday 29 th October	Loch Broom Yoga A gentle online yoga session – so you can join from the comfort of your own home!	Online	2pm	18+	An inclusive yoga session for anyone with any mobility restrictions or health concerns, but also for anyone who feels fit and healthy.	To Book contact Alice, Loch Broom Yoga by email, lochbroomyoga@gmail.com For more info visit https://www.facebook.com/lochbroomyoga
Saturday 29 th October	Spooky tales around the campfire at Kinder Croft Learn how to safely light a campfire outdoors and enjoy its warm glow, sit sharing spooky stories while clutching mugs of hot chocolate.	Kinder Croft, Leckmelm Wood, Ullapool	1pm - 3pm	Ages 5-12 (P1- P7)	This activity is led by a qualified Forest School Leader and is suitable for children aged 5-12. Wear suitable outdoor clothing and footwear	To Book, visit www.kindercroft.org or email Merlin Planterose, mplanterose@me.com

"Finding ways to help you Feel Good this Winter"

24th-30th
OCTOBER

calendar of FREE events

feel
good
festival 2022

Date	Event details	Location	Start time	Age	Info for participants	How to book for FREE
Available now	SDS - Introduction to Inclusive Practice E- Learning Module	Online			This is an online module which will introduce you to Inclusive Practice in sport & physical activity. It can be completed in at your own pace.	Sign Up with SDS here - https://sds.azolve.com/ Or click this link to go to sign up page Introduction to Inclusive Practice E- Learning Module
Sunday 30 th October	<p>It's back in time for Halloween !</p> <p>The Feel Good Festival Colour Run</p> <p>A 2.5km or 5km course for all ages. You can walk, wheel, run, jog, skip, whatever you like. This is all about getting you up and active in a fun way.</p>	Morefield Pitch & Play Park	10am check in time	All Ages	<p>There will be 5-6 different colour stations on the course to cover you in Holi-powder as you go through.</p> <p>Wear white clothing or spooky fancy dress and bring goggles / sunglasses or something to cover your eyes.</p>	<p>Book on Eventbrite: https://www.eventbrite.co.uk/e/halloween-colour-run-tickets-424078940527</p> <p>Contact Ben Bruce, Active Schools Coordinator for more info, Ben.bruce@highlifehighland.com</p>
* from Monday 31 st October	<p>Self-Guided Walk Ullapool Treasure Trail</p> <p>- Hunt for the Silver Darlings</p> <p>Learn a new story about Ullapool – Can you use your skills to follow the Trail, solve the Clues and uncover the whereabouts of the Viking silver?</p>	Pick up a Free Treasure Trail Booklet & Start at Ullapool Museum Notice Board	Any time	All ages & abilities	<p>Wear suitable clothing for the weather.</p> <p>This walk is suitable for all the family, for more info contact Katie.Matthews@highlifehighland.com</p>	<p>First Pick up your Ullapool Feel Good Festival Treasure Trail Booklet: Available from Ullapool Library, Ullapool Visitors Centre or download it from the High Life Highland Ullapool Community Sport Hub website, https://www.highlifehighland.com/sport/community-sport-hubs/ullapool-community-sport-hub/</p>

"Finding ways to help you Feel Good this Winter"