

# Ullapool Feel Good Festival

## Calendar of Events 23<sup>rd</sup>-29<sup>th</sup> November



Date	Event Name	Location	Event Description	Booking
24/11/2020 at 11:00-12:00	Looking after your mental health (the science of self-care)	Interactive Digital Workshop	Based on The Healthy Mind Platter. Learn a simple self-care strategy for nourishing mental wellbeing each day and have a bit of fun with a game of mental health Bingo!	<a href="https://www.eventbrite.co.uk/e/looking-after-your-mental-health-the-science-of-self-care-tickets-129860402961">https://www.eventbrite.co.uk/e/looking-after-your-mental-health-the-science-of-self-care-tickets-129860402961</a>
26/11/2020 19:30-20:30	Looking after your mental health (the science of self-care)	Interactive Digital Workshop	As above.	<a href="https://www.eventbrite.co.uk/e/looking-after-your-mental-health-the-science-of-self-care-tickets-129867281535">https://www.eventbrite.co.uk/e/looking-after-your-mental-health-the-science-of-self-care-tickets-129867281535</a>
26/11/2020 09:30-12:00	Knockan Craggs Walk	Meet at Knockan Craggs car park or Royal Hotel Car park	This trail brings the geology of the Moine Thrust to life, with spectacular views over Assynt towards Cul Mor, Cul Beag and Ben More Coigach. The trail includes sculptures and poetry and places to sit and enjoy the views.	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-knockan-craggs-walk-tickets-129241866903">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-knockan-craggs-walk-tickets-129241866903</a> or <a href="https://www.facebook.com/events/983002472186570">https://www.facebook.com/events/983002472186570</a>
26/11/2020 15:00-16:00	Practical tips on how to take an 'Artful Walk'	Zoom	This online session with An Talla Solais's new Navigate project will take you on a creative path that will help you to explore your own community. Join us to find out how short walks can help you see things freshly using simple 'artful' techniques.	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-how-to-take-an-artful-walk-tickets-129793071571">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-how-to-take-an-artful-walk-tickets-129793071571</a> or <a href="https://www.facebook.com/events/184666296600583">https://www.facebook.com/events/184666296600583</a>
26/11/2020 10:00-12:00	Wester Ross Older People's 'Feel Good' Get-together	Zoom	Invitation to Highland Senior Citizens Network, Age Scotland members and other interested older people. We will be hosting a virtual Get-together to look at ways of feeling good. Contact Anne by phone or email if you would like to attend or if you would like support to join in.	Contact Organiser for Zoom code: Anne McDonald, Co-ordinator email: <a href="mailto:anne-hscn@outlook.com">anne-hscn@outlook.com</a> / <a href="mailto:anne.mcdonald@agescotland.org.uk">anne.mcdonald@agescotland.org.uk</a> or call 07933 653313 / 07754 755012

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26/11/2020 19:00-19:45	Intergenerational Quiz Night	Zoom	Online quiz for all ages, participants will be split into teams with different age groups to answer a series of brain testing teasers and multi era general knowledge questions. You will need paper & a pen handy.	Contact Yvonne Boa for Zoom code, email: <a href="mailto:Yvonne.boa2@highlifehighland.com">Yvonne.boa2@highlifehighland.com</a> <a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-intergenerational-quiz-night-tickets-129797011355">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-intergenerational-quiz-night-tickets-129797011355</a> or <a href="https://www.facebook.com/events/197566468609267">https://www.facebook.com/events/197566468609267</a>
27/11/2020 14:00-16:00	Woman's Mountain Biking Session	Meet at the tunnel at the back of Ullapool High School	This is a girls only Mountain Biking session with David Crook showing how to get started in Mountain Biking, build your confidence and even learn a few ticks on your way down the paths. Bikes and helmets will be provided. Spaces are very limited!	<a href="https://www.eventbrite.co.uk/o/ullapool-community-sport-hub-31797167945">https://www.eventbrite.co.uk/o/ullapool-community-sport-hub-31797167945</a> or <a href="https://www.facebook.com/events/301532950973384">https://www.facebook.com/events/301532950973384</a>
28/11/2020 12:00-13:30	Family friendly bush craft activities at Kinder Croft Outdoor venue	Kinder Croft, Leckmelm Wood, Ullapool	Learn basic fire making and tending skills with Outdoorsman, Sam Planterose. Suitable for all ages. Under 8's must be accompanied by a responsible adult. Booking essential!	Book via the organiser Em Magenta: email: <a href="mailto:em@lightride.net">em@lightride.net</a> or Tel/text 07743736997
28/11/2020 12:00-14:30	Cob Oven Pizza Day!	West Edge, Leckmelm Wood, Ullapool	To celebrate the building of a mobile Cob Oven by Ullapool High School S3 at the West Edge, we are holding Pizza Making Sessions. Everyone's welcome to this safe, friendly outdoor forest venue. Booking essential!	Book via the organiser Em Magenta: email: <a href="mailto:em@lightride.net">em@lightride.net</a> or Tel/text 07743736997
28/11/2020 11:00-13:00	Ullapool Poetry Walk with Stephen Keeler	Starts from the main entrance to the High School around Ullapool	Pause and ponder the poetry of your everyday surroundings on this unique walk around Ullapool, hosted by Stephen Keeler.	<a href="https://www.eventbrite.co.uk/o/ullapool-community-sport-hub-31797167945">https://www.eventbrite.co.uk/o/ullapool-community-sport-hub-31797167945</a> or <a href="https://www.facebook.com/events/364109348191028">https://www.facebook.com/events/364109348191028</a>

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28/11/2020 09:30-13:15	Cycling without Age Taster Event	Meet outside Ullapool High Street for a tour around Ullapool	This is a great opportunity for anyone less mobile to get outdoors and enjoy the breath taking Ullapool scenery and have some banter with your friendly rickshaw driver	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-cycling-without-age-tickets-129809278045">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-cycling-without-age-tickets-129809278045</a> or <a href="https://www.facebook.com/events/875485079870828">https://www.facebook.com/events/875485079870828</a>
28/11/2020	Ullapool Feel Good Festival Community Beach Clean	Meet at Ullapool Beach below West Terrace	A great reason to get down to the beach, do something good and help make our environment a little bit more special. Socially distanced groups consisting of family bubbles/social bubbles will be taking a section of the beach around Ullapool and giving it a clean before winter. An opportunity to give something back to our seas and shores.	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-beach-clean-tickets-129115147883">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-beach-clean-tickets-129115147883</a> or <a href="https://www.facebook.com/events/3392463407474717">https://www.facebook.com/events/3392463407474717</a>
28/11/2020 09:30 Royal Hotel 10:00 Beinn Dearg	Lael Forest Walk – Ullapool Community Trust	Royal Hotel car park for transport to the forest or at Beinn Dearg Walkers car park	A walk through Lael forest largely on forest roads taking in views up Gleann na Sguaib of Beinn Dearg and the surrounding Munro's. We hope to give an insight into the ecology of the forest and provide an opportunity to ask questions about the potential community buyout of the forest.	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-lael-forest-walk-tickets-129811470603">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-lael-forest-walk-tickets-129811470603</a> or <a href="https://www.facebook.com/events/440793786912863">https://www.facebook.com/events/440793786912863</a>
28/11/2020 09:30-10:15	Online Yoga Session with Lochbroom Yoga	Online via Facebook	Loch Broom Yoga offers accessible, inclusive and gentle yoga classes. By the regular practicing gentle style of yoga, you will improve your mental and physical health. Our motto is: "If you can breathe you can do yoga"	Contact Lochbroom Yoga to book via facebook <a href="https://www.facebook.com/Loch-Broom-Yoga-1189602201216710">https://www.facebook.com/Loch-Broom-Yoga-1189602201216710</a>

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Date	Event Name	Location	Event Description	Booking
28/11/2020 15:00-16:30	Mindfulness for Stress	Zoom	One of the most effective ways of learning about the potential benefits of mindfulness for stress is through a taster session. This will be an interactive session giving you the opportunity to experience some mindfulness practices for dealing with stress.	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-mindfulness-for-stress-tickets-129283491403">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-mindfulness-for-stress-tickets-129283491403</a> or <a href="https://fb.me/e/4SGklrytE">https://fb.me/e/4SGklrytE</a>
29/11/2020 11:00-14:00	Exploring our shorelines to stay fit: A walk, talk and beach litter collection – with a sustainable fitness twist	Badentarbet Pier – Public parking area	Artist Julia Barton will lead a short walk and talk along Badentarbet beach collecting litter and sharing her love of the local coastline. She will discuss ways people are tackling plastic pollution here in the Highlands and demonstrate an idea that recycles plastic and helps us stay fit by making them into cool skipping ropes. So, come and have a go, walk, skip, weather permitting!	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-a-beach-walk-with-julia-barton-tickets-129117266219">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-a-beach-walk-with-julia-barton-tickets-129117266219</a> or <a href="https://www.facebook.com/events/987317705110465">https://www.facebook.com/events/987317705110465</a>
23/11/2020- 29/11/2020	Feel Good Shake Recipe & Video	Online / community based	We're releasing our very own healthy juice recipe for the Feel Good Festival this year! Its packed full of fruit and veg (at least 5 of your 7 a day!) and will give your mental health a real boost! A Feel Good Shake recipe card will be included in the Green Health Winter Wellbeing packs or can be downloaded via the High Life Highland YouTube channel or @cshhighland facebook page. Ingredients will be available free of charge, courtesy of Ullapool Tesco for the week of the Feel Good Festival and a community smoothie machine will be made available through the Community Food Bank for anyone to use.	Please contact Yvonne Boa via email, email, <a href="mailto:Yvonne.boa2@highlifehighland.com">Yvonne.boa2@highlifehighland.com</a> to pick up free shake ingredients or arrange a time slot to use the community smoothie machine. Watch the recipe on the HLH YouTube channel <a href="https://www.youtube.com/channel/UCO5YVpLtNnDjOi9WbarC3iw">https://www.youtube.com/channel/UCO5YVpLtNnDjOi9WbarC3iw</a>

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Date	Event Name	Location	Event Description	Booking
23/11/2020-29/11/2020	250 mile Running Challenge	Virtual	Remember the fun of the 2019 Feel Good Festival Colour Run? Well this year it's about running (or walking) a collective 250 miles! We are challenging the Ullapool Community to try reach the target of running 250 miles within the week. This can be tracked through your choice of running app on your phone or using the pedometers in the Winter Wellbeing packs. If you don't have a mobile or pedometer you can still join in, just workout your mileage by checking your route on Google maps!	Contact Organiser to log your miles: Ben Bruce, <a href="mailto:ben.bruce@highlifehighland.com">ben.bruce@highlifehighland.com</a>
23/11/2020-29/11/2020 (1-2 hour online course)	Mental Health Awareness in Sport & Physical Activity	UK Coaching Online Course CIMSPA accredited	Everyone who delivers coaching in a club, leisure centre or any other community sports & physical activity setting, – such as coaches, fitness instructors, personal trainers, activators, sports administrators, front of house staff or volunteers – will benefit. The course is suitable for learners aged 16 and over and discusses sensitive topics including self-harm and suicidal thoughts.	<a href="https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-mental-health-awareness-in-sport-tickets-129848611693">https://www.eventbrite.co.uk/e/ullapool-feel-good-festival-2020-presents-mental-health-awareness-in-sport-tickets-129848611693</a> or <a href="https://www.facebook.com/events/186133719762785">https://www.facebook.com/events/186133719762785</a>

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23/11/2020-29/11/2021	Green Health World Walking Challenge	<a href="#">Think Health</a> <a href="#">Think Nature website</a>	Hike the Highlands from Home! Log the steps or miles you walk daily and get a virtual Walking Tour of the North of Scotland's Nature Reserves. This virtual challenge will allow you to experience the incredible natural beauty of the Highlands, while exercising close to home. You can track your own progress or link up with friends and family to create a team. There are things to see, learn and do as you reach each milestone along the way. Sign Up is Free.	To link up with friends and family online and track your virtual progress through the Highlands, go to: <a href="https://www.thinkhealththinknature.scot/walking-challenge-2/">https://www.thinkhealththinknature.scot/walking-challenge-2/</a>
23/11/2020-29/11/2022	Around the House in 80 days	Activities at Home via Age Scotland YouTube channel: 10am, 1pm and 4pm, Monday-Friday	We know that having fun is the best way to motivate ourselves to move more and sit less. From Monday to Friday, we will upload three short 10 minute movement bites to the Age Scotland YouTube channel at 10am, 1pm and 4pm. The weeks first session will take place on Monday 23rd November at 10am on the Age Scotland YouTube channel, carers and family members of any age are very welcome to join in too.	To join any of the sessions visit <a href="https://www.youtube.com/AgeScotland">https://www.youtube.com/AgeScotland</a>

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