

CULMORE COMMUNITY HUB



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WINTER 2022 NEWSLETTER



Culmore Hub Christmas Events 2021

We hope you have all enjoyed our Autumn programme and Christmas events, it was great getting the opportunity to provide lots of entertainment and support for the Culmore community.

We have a very busy Winter planned for the Hub, with a full programme for all ages.

Please make sure to book early with Charlene charlene@culmorehub.org or Joan joan@culmorehub.org alternatively you can call us on 028 7116 3713.

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THE CLOTHWORKERS' FOUNDATION



Department for Communities
www.communities-ni.gov.uk



An Roinn Pobal
Department for Communities



Education Authority



Department of Agriculture, Environment and Rural Affairs
www.dasera-ni.gov.uk



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CULMORE PARENT & TODDLER GROUP

We have lots of activities to choose from to keep you and your little ones entertained this Winter. We have Coochie Co and Jo Jingles back again and some new sessions as well so book early!!



FIT & WELL PARENTS WITH CRECHE

We are pleased to announce that in partnership with Culmore Kids Club we will be offering a Creche facility on Tuesday mornings to allow parents to attend our Fit and Well Parents exercise session starting on Tuesday the 18th of January from 9.15am to 10.15am. The aim of the class is to improve fitness and well-being both physically and mentally through exercise. This is a great opportunity for parents to get active, motivated and feeling good with the help of our very experienced personal trainer. Exercise sessions cost £2.00 per person, Creche places cost £3.00 per child.

INFANT MASSAGE

In partnership with WHSCT we will be offering a 5-week Infant Massage programme starting on Wednesday 19th January from 11.00am to 12.00noon. There is widespread belief that baby massage can increase a mum's awareness of her baby's needs and support their early bond, as well as improve her sense of well-being if she is suffering with postnatal depression or other mental health issues. The evidence is inconclusive on these points, but parents do say they find baby massage a lovely way of bonding with their baby. Cost £4.00 per session, £20.00 for the full course.

BREASTFEEDING SUPPORT GROUP

Our new Breastfeeding support group will start on Wednesday 19th January 11am -12pm. The group can provide friendship, peer support networks, opportunity to ask questions and help others while feeling comfortable, supported and safe. Having support in your breastfeeding journey can assist with continued breastfeeding. Having an array of support systems in place can provide reassurance and access to helpful information. These sessions are free of charge.

PARENT & TODDLER

Our new Parent and Toddler will start on Thursday 20th January from 9.30am – 11.00am. Children will be given the opportunity to experience sensory, imaginary and exploratory play. A baby corner will also be available for infants. Through play your child develops physical, cognitive and social-emotional skills. Tea and coffee will be provided for parents/ grandparents and care givers. Suitable for 0-4yrs at a charge of £2 per session.

CULMORE YOUTH CLUB AND YOUTH FORUM

Our Youth Club and Youth Forum sessions will begin again on the week beginning Monday 17th January. We are continuing to be supported by the Education Authority Youth Service and NW Youth Services. Following some new guidance from the Education Authority Youth Service will be making changes to the age groupings and times for the Youth Club when we reopen. Our schedule for this term will be as follows:-



	SESSION	TIME
MONDAY	JUNIORS 7-9 YEARS	4.00pm-5.15pm
	YOUTH FORUM	6.45pm-8.15pm
TUESDAY	INTERMEDIATES 10-13 YEARS	6.30pm-7.45pm
	SENIORS 14-17 YEARS	8.00pm-9.15pm

At present our Junior and Intermediate Youth Clubs and Youth Forum are fully booked however we do have a waiting list, please visit our website to register www.culmorehub.org We will be in touch when a place becomes available.

We need support to deliver our Youth Club so if you could spare a few hours to volunteer please get in touch with Una at una@culmorehub.org.

Our very popular Chess Club is back again this term, it will start on Wednesday 19th January from 6.30pm-7.30pm. To book please use the Youth Club registration form at www.culmorehub.org; a big thank you to our volunteers for setting up the Club and passing on their skills to the kids!

CULMORE LEADING LIGHTS OVER 50s GROUP

We have an exciting line up for all of our over 50s to enjoy this Winter.



Our **Yoga** will begin on Monday 17th January and **Tai Chi Dance** sessions will return again for Winter. These exercise sessions will be tailored to the needs of the participants, so don't worry if you haven't exercised in a while!! Be sure to book early as places are limited.

We have Noeleen Hegarty back again with her **Watercolours art class** which will start on Thursday 20th January from 11.30am to 1.30pm. This 5-week programme is for beginners and will be followed by a 5-week improvers class.

We also have **Jewellery Making** with Lin Callaghan starting on Thursday 20th January from 2.00pm to 4.00pm.

SESSIONS FOR KIDS AT THE HUB

We have a great programme for kids aged 3-12 years running daily at the Hub, to book contact facilitators directly.



SESSION	DAY	TIME	FURTHER INFO AND BOOKING
Casey School of Irish Dance Competitive & non-competitive dance (3yrs+)	Monday & Wednesday	6.15pm-7.30pm	Call Charmaine on 07841562433
Raven Dance Studio Creative/Commercial/ Contemporary dance (3-9+ yrs)	Tuesday & Thursday	4.15pm – 6.15pm 5.00pm – 6.00pm	Call Christine on 07986343014
Relax Kids Our fun based classes aim to make happy, confident children, providing life-long skills.	Monday	5.30pm-6.30pm	Call Fiona on 07967137727
Culmore Kids Club – afterschool club (5-12yrs). School collection available.	Monday to Friday	2.00pm-6.00pm	Call Rachel on 07545148118

SESSIONS FOR ADULTS AT THE HUB

We are keen to provide support for adults to improve their physical, mental and emotional well-being so this Winter we will continue offering Yoga and our Irish Traditional Session and will also be offering a few new programmes:-



DYING TO TALK CAFE

Delivered by Compassionate Communities, Dying to Talk Café is an opportunity to have conversations to empower people and communities to talk openly and safely about their experiences, thoughts and ideas around advanced illness, age frailty, caregiving, dying death and bereavement. This drop-in group will run monthly on a Tuesday starting the 18th January from 7.00pm to 8.30pm. These sessions are free of charge.

MINDFULNESS

Mindfulness with Purple Sky will offer a relaxing and informative, mindful hour, beginning on Thursday 20th January from 7.00pm to 8.00pm. During the 6-week course you will learn what mindfulness is, how you can implement mindful techniques into your daily life and the benefits that can be gained from living a mindful lifestyle. Everyone welcome, £4.00 per session.

SESSION	DAY	TIME	FURTHER INFO AND BOOKING
Dying to Talk Café	Tuesday *Monthly*	7.00pm-8.30pm	Charlene 02871163713
Mindfulness	Thursday	7.00pm-8.00pm	Charlene 02871163713
Yoga	Thursday	7.00pm-8.00pm	Marion 07547128581
Irish Traditional Session	Friday	7.30pm – 9.30pm	Open to all

IN THE COMMUNITY

Our local football clubs are accepting new members and keen to hear from volunteers, check out details below.



CLUB	VENUE	DAY & TIME	FURTHER INFORMATION AND BOOKING
Culmore Cu Chulainns GAA	Thornhill College Pitches	10.30am to 12noon	Dermot on 07971784367 Anyone interested in volunteering at the Club please get in touch.
Culmore Youth Football Club	Bay Road Football Pitches	Every Saturday from 12.30pm – 2.00pm	Ben on 07502100634 Anyone interested in volunteering at the Club please get in touch.

Culmore Community Hub Winter 2022 Timetable Commencing Week Beginning 17th January

Monday	Venue	Time
Leading Lights Chair Based Yoga	Upstairs Hall	9.45am – 10.45am
Jo Jingles 2* sessions	Downstairs Hall	11.00am – 11.45am / 12.00noon – 12.45pm
Here and Now Artscare	Upstairs Hall	12.30pm – 2.30pm
After School Club	Downstairs Hall	2.00pm – 6.00pm
Relax Kids	Upstairs Hall	5.30pm – 6.30pm
Casey School of Irish Dancing	Downstairs Hall	6.15pm – 7.15pm
Culmore Youth Club, Juniors 7 – 9 yrs	Upstairs Hall	4.00pm – 5.15pm
Stage Beyond Film Club	Boardroom	7.00pm – 9.00pm
Culmore Youth Forum 8 – 13 yrs	Downstairs Hall	6.45pm – 8.15pm
Tuesday	Venue	Time
Fit and Well Parents	Downstairs Hall	9.30am – 10.15am
Creche for Fit and Well	Upstairs Hall	9.15am – 10.30am
Building Community Pharmacy Programme	Downstairs Hall	11.00am – 1.00pm *Monthly*
After School Club	Downstairs Hall	2.00pm – 6.00pm
Raven Dance	Upstairs Hall	4.15pm – 6.15pm
Culmore Youth Club Intermediates	Both Halls	6.30pm – 7.45pm
Culmore Youth Club Senior	Both Halls	8.00pm – 9.15pm
Compassionate Communities - Dying to Talk Café	Boardroom	7.00pm – 8.30pm *Monthly*
Wednesday	Venue	Time
Infant Massage	Downstairs Hall	9.45am – 10.45am
Breast Feeding Support	Boardroom	11.00am – 12.00noon
Leading Lights Tai Swing	Downstairs Hall	12.00noon - 1.00pm
After School Club	Downstairs Hall	2.00pm – 6.00pm
Stage Beyond	Upstairs Hall	4.00pm – 6.00pm
Casey School of Irish Dance	Downstairs Hall	6.15pm – 7.45pm
Culmore Chess Club	Upstairs Hall	6.30pm – 7.30pm
Thursday	Venue	Time
Parent and Toddler	Downstairs Hall	9.30am – 11.00am
Water Colours Art Class	Downstairs Hall	11.30am - 1.30pm
Leading Lights Crafts	Upstairs Hall	2.00pm – 4.00pm
After School Club	Downstairs Hall	2.00pm – 6.00pm
Raven Dance	Upstairs Hall	5.00pm – 6.00pm
Yoga	Downstairs Hall	7.00pm – 8.00pm
Mindfulness	Boardroom	7.00pm – 8.00pm
Friday	Venue	Time
Coochie Coo, 2 sessions	Downstairs Hall	10.00am – 10.45am / 11.00am to 11.45am
After School Club	Downstairs Hall	2.00pm – 6.00pm
Irish Traditional Session	Downstairs Hall	7.30pm – 9.30pm