

CULMORE COMMUNITY HUB



CULMORE
COMMUNITY PARTNERSHIP

32-34 Culmore Point Rd,
Derry/Londonderry
028 7116 3713

t. 028 7116 3713 or
e. una@culmorehub.org
www.culmorehub.org



SPRING 2022 NEWSLETTER



Thanks to all the kids and parents who represented Culmore Community Hub in the St Patrick's Day Spring Carnival

We hope you have all enjoyed our Winter programme, thanks to everyone for your support. We have a very busy Spring 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



co-operationIreland
working for a future together



Derry &
Strabane
Rural Partnership

HSC Public Health
Agency



action
renewables

AHF Transforming
Heritage

apex

Department for
Communities

An Roinn
Pobal

Department for
Communities

Department for
Infrastructure

Department of
Agriculture, Environment
and Rural Affairs



ea Education
Authority

rural
Development
Programme



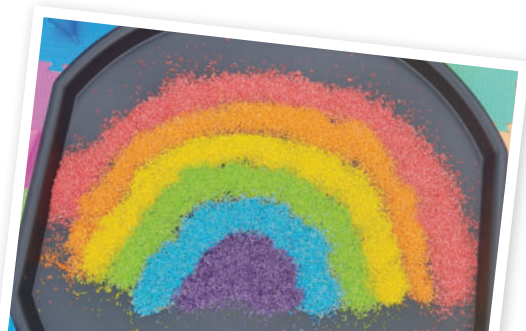
The European Agricultural Fund
for Rural Development - Europe
Investing in rural areas

This project was part funded under Priority 6 (LEADER) of the Northern Ireland Rural Development Programme 2014-2020 by the Department of Agriculture, Environment and Rural Affairs and the European Union.



CULMORE PARENT & TODDLER GROUP

Spring has sprung,
Up sprang Spring.
We have lots of activities to choose from to keep you and your little ones entertained this Spring.



PARENT AND BABY YOGA

Parent and Baby Yoga focuses on family health, taking an integrated holistic approach to mind and body well-being. Through the course you will learn yoga positions and movements in a fun and safe way. This class has benefits for both parent and baby. It will commence on Friday the 29th April from 9:45am - 10:45am and will continue for 4 weeks. There is a cost for £20 for the course. Call Charlene to book your place.

SPEECH AND LANGUAGE MORNING

Our Speech and Language session will provide advice and information on the ages and stages of development and top tips for encouraging your child to talk (up to 4yrs). The Speech Therapist will answer questions and offer support and signposting where needed. This session will be run on Monday the 25th April from 9.30am - 11.30am. There is a charge of £3.00 to cover running costs. Call Charlene to book your place.

INFANT MASSAGE

In partnership with WHSCT we will be offering a 5-week Infant Massage programme starting on Wednesday 27th April from 9.45am to 10.45am. 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 which must be paid in advance. Call Charlene to book your place.

MUMS & MUMS TO BE ...

Come and join our new support group for new mums and expecting mothers. This will be run by Laura our WHSCT Child Health Assistant. Some sessions will also be attended by our Peer Support volunteer for breastfeeding mums. If you have any issues/concerns or would like to come along to meet other mums for a walk, chat and cup of tea then join us at the Hub on Tuesday mornings from 9.30am - 10.45am starting 3rd May. This is a drop-in service with a charge of £3 per session.

PARENT & TODDLER

Due to the huge uptake of Our Parent and Toddler session we have decided to add another day. Bring your children along to socialise, experience sensory, imaginary and exploratory play. There will be singing and stickers at the end of each session to improve attention and listening skills. Tea and coffee will be available. This will run on Mondays starting the 9th May from 10.00am - 11.30pm and also on Thursdays starting the 12th May at 9.30am - 11.00am. This is a drop-in service with a charge of £3.00 per session.

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

CULMORE YOUTH CLUB AND YOUTH FORUM

Culmore Youth Club and Youth Forum sessions will be back again after Easter. We are continuing to be supported by the Education Authority Youth Service and NW Youth Services

This term we are pleased to be able to offer an additional session for our Juniors on Friday afternoons, beginning on 29th April. These sessions have been funded by Apex Housing Association as part of its local good relations plan in Culmore, supported by the Department for Communities and the Northern Ireland Housing Executive's 'Housing for All' Shared Housing Programme. We are looking forward to engaging the kids in good relations workshops about Indian, Japanese, Ulster Scots and Irish culture, music, dance and traditions.

Our schedule for this term will be as follows:-



	SESSION	TIME
JUNIORS 7-9	MONDAY STARTING 25th APRIL	4.30pm-5.15pm
YOUTH FORUM	MONDAY STARTING 9th MAY	6.30pm-8.00pm
INTERMEDIATES 10-13	TUESDAY STARTING 3rd MAY	6.30pm-7.45pm
SENIORS 14-17	TUESDAY STARTING 3rd MAY	8.00pm-9.15pm
JUNIORS 7-9	FRIDAY STARTING 29th APRIL	5.00pm-6.15pm

At present our Intermediate Youth Club 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.

YOUTH CLUB SUMMER SCHEME

We are currently organising our Youth Club Summer Scheme; Intermediates week will run for 5-days beginning 18th July the Juniors

sessions will run for 5-days week beginning 25th July. We would really appreciate some support with the delivery of these sessions so if you can spare a few hours please get in touch with Una at una@culmorehub.org or call 028 7116 3713 to discuss volunteering.

CHESS CLUB

Our very popular Chess Club is back again this term and has changed to a Thursday 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 our over 50s to enjoy this, Spring.

YOGA

We are pleased to announce that William Grant, the Yoga Man, will be joining us at the Hub to deliver our Monday morning session from 12.00noon-1.00pm starting on 9th May. This session is tailored to the needs of the over 50s. William has been teaching Iyengar yoga since 2014 and is looking forward to joining us at the Hub. There is a charge of £3.00 per session for the course, advance payment for the 8-week course is required. Give Charlene a call to book your place on 71163713

TAI SWING

Caren Friel will be back with us on at 12.00 noon every Wednesday starting 27th April for Tai Swing which is a combination of Tai Chi movements with music. If you want to improve your mental and physical well-being then why not book your place with Charlene at 028 7116 3713 or charlene@culmorehub.org

ART – WATERCOLOURS

Our Watercolours art class with Noeleen Hegarty returns on Tuesday 3rd May from 1.30pm to 3.30pm. This 5-week programme is for beginners and is a lovely introduction to painting. There is a charge of £10.00 per session which includes all materials.



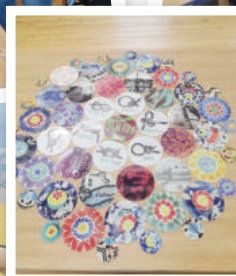
Places are limited so book early with Charlene at 028 7116 3713 or charlene@culmorehub.org

MINDFULNESS

This is a practical course with techniques to use and practice throughout the 6 weeks. It helps improve physical well-being and improves both mental and emotional health. To become more self-aware, feel calmer and less stressed come and join our mindfulness course. This will commence on Monday, 9th May from 10.00am to 11.00am and will run for 6 weeks. There is a charge of £25 for the course. Give Charlene a call to book your place on 71 163713.

THURSDAY CRAFT SESSIONS

Every Thursday from 2.00pm to 4.00pm we offer our over 50s craft classes at the Hub. For Spring we will be welcoming back Lin Callaghan for some jewellery making, this class will run for 5 weeks starting on Thursday 28th April. This class is suitable for beginners and improvers. On 9th June we will have Kiera O'Donnell back with us for crafts, this is a lovely, relaxed and fun session where you will learn some new crafting skills.

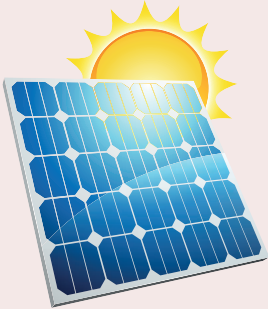


IN THE COMMUNITY

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

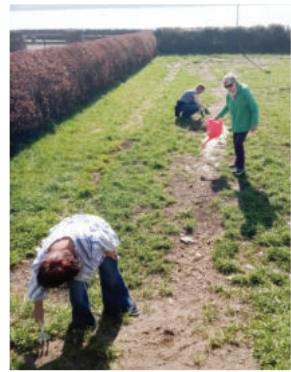


CLUB	VENUE	DAY & TIME	FURTHER INFORMATION AND BOOKING
Culmore Cu Chulainns GAA	Thornhill College Pitches	Every Saturday 10.30am - 12noon	Dermot on 07971784367 Anyone interested in volunteering at the Club please get in touch.
Culmore Youth Football Club	Culmore Point Pitches	Every Saturday from 12.30pm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



SOLAR PANELS AT THE HUB

The Hub has been selected by Action Renewables for the installation of solar panels through their Solar PV Support Programme. CCP is delighted to partner with Action Renewables to mitigate against the effects of climate change. Having solar panels will produce renewable energy and make a significant potential saving in our electricity costs. This saving will allow us to divert more of our funds to providing additional services and support for the Culmore community. The panels will be installed in the coming weeks so here's hoping we get lots of sunshine this Summer!!



CULMORE CLOUD FESTIVAL DATES FOR YOUR DIARY

We have secured funding through Derry City & Strabane District Council's Community Festival Fund to hold our annual Cloud Festival again this year. We will be starting with the Culmore Literary Festival which will run during June, Kids Jamboree sessions throughout the Summer, Adults & Kids 5k Race on 30th June, Family Fun & Sports Day on 2nd July, and our Walking Festival from June to September. Our festival programme will be delivered to all homes in Culmore in May.



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 Spring we have lots on offer, why not join us to try something new:-



CULMORE HUB WOMENS' GROUP

We are pleased to announce the launch of our Culmore Hub Woman's Group. We were joined by a large group of local women to celebrate International Woman's Day, where it was decided to establish a group run by and for local women. The group will meet at the Hub, the first Tuesday of every month from 11.00 am to 1.00pm. The first session will take place on Tuesday the 5th April. Please come along and join us and make some new friends. Tea/coffee will be available.



SKILLS NORTH WEST OUTREACH SERVICES

We are delighted to welcome Greater Shantallow Area Partnership to the Hub to deliver the Skills North West Programme outreach service. They will be here every Friday morning from 11.00am to 1.00pm starting on 8th April. This new and exciting employability and training programme will offer unemployed individuals the chance to gain the skills and qualifications needed for successful progression to employment and/or further education. To book an appointment please call Charlene on 028 7116 3713.



YOGA

We are pleased to announce that William Grant, the Yoga Man, will be joining us at the Hub to deliver our Thursday evening session from 7.30pm-8.30pm starting on 28th April. William has been teaching Iyengar yoga since 2014 and is looking forward to joining us at the Hub. There is a charge of £6.00 per session for the course, advance payment for the 8-week course is required. Give Charlene a call to book your place on 71163713



GROWING CULMORE

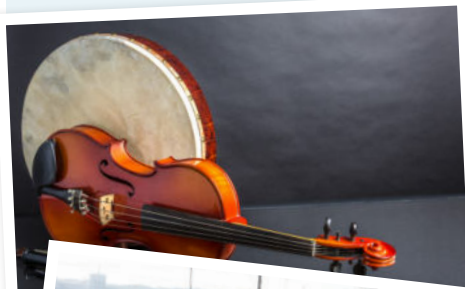
Just in time for Spring planting we are delighted to launch our Growing Culmore project. We have been very lucky to receive funding from The Department for Infrastructure's Living Places and Spaces programme. We plan to make the Hub grounds a green, sustainable place for the local community to learn and work together and to feel better connected to their environment and community. We will be planting fruit trees, installing raised beds, plant boxes and water butts around the grounds.

From April to September, we will be offering gardening sessions every Saturday morning at the Hub from 11.00am to 1.00pm, so if you are new to gardening or have years of experience you'd like to share please come along and join us at the Hub Gardening Club.



REFLEXOLOGY

Starting on Wednesday 27th April we will be joined by Joanne Hampson who will be providing Reflexology sessions at the Hub. Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and wellbeing; by reducing stress in people's lives can be key in optimising good health and building resilience. We have creche facilities available for any parents who need childcare. If you would like to avail of this service, please contact Charlene to arrange an appointment time on 028 7116 3713.



IRISH TRADITIONAL SESSIONS

We have a group of local musicians meeting at the Hub every Friday night from 7.30pm to 9.30pm for a traditional session. This is a drop-in session and everyone is welcome.



DYING TO TALK CAFÉ

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 with the next session scheduled for Tuesday 12th April from 7.00pm to 8.30 pm. These sessions are free of charge.



WILLOW WEAVING

As part of Derry City and Strabane Lifelong Learning Festival we are delighted to offer a brilliant opportunity at the Hub to learn a new skill and find out about the history of willow weaving. Fiona Doney will be joining us on Monday 25th and Tuesday 26th April from 6.00pm to 9.00pm to deliver Willow Weaving workshops, participants will get the opportunity to weave a frame basket and learn lots about this traditional craft. This is a great opportunity to get more involved in your community and make new friends. There is a charge of £20 for the course (2 evenings) which includes refreshments. Give Charlene a call to book your place on 71163713.



FREE HEALTH ASSESSMENTS AND ADVICE FOR OVER 18's

The Farm Families Health Checks programme is a one-stop mobile facility offering free health assessments for people living in rural areas. Their Bus will be at the Hub on Saturday 30th April from 10.00am to 4.00pm. The health checks are available to anyone over the age of 18, targeted towards farmers, their family members and those in rural communities who do not regularly attend their GP. Appointments take around 25minutes, checking Blood Pressure, Cholesterol, BMI, Diabetic Risk and more, with general lifestyle and mental health/wellbeing advice provided by trained nurses. If you would like to avail of this service, please contact Charlene to arrange an appointment time on 028 7116 3713.





CULMORE COMMUNITY HUB SPRING 2022

TIMETABLE COMMENCING WEEK BEGINNING 25TH APRIL

Monday	Venue	Time
Mindfulness	Boardroom	10.00am - 11.00am
Parent and Toddler Session Drop in	Downstairs Hall & Upstairs Hall	10.00am - 11.30am
Leading Lights Yoga with William Grant	Downstairs Hall	12.00noon - 1.00pm
After School Club	Downstairs Hall	2.00pm - 6.00pm
Culmore Youth Club - Juniors 7 - 9 yrs	Upstairs Hall	4.30pm - 5.15pm
Casey School of Irish Dancing	Downstairs Hall	6.15pm - 7.15pm
Stage Beyond Film Club	Boardroom	7.00pm - 9.00pm
Culmore Youth Forum 8 - 13 yrs	Downstairs Hall	6.30pm - 8.00pm
Tuesday	Venue	Time
Mums and Mums to Be (Drop in)	Downstairs Hall	9.30am - 10.45am
Water Colours Art Class	Upstairs	1.30pm to 3.30pm (3rd May - 31st May)
Culmore Hub Woman's Group *Monthly*	Upstairs	11am - 1pm (5th April/3rd May/7th June/5th July)
Building Community Pharmacy Programme *Monthly*	Downstairs Hall	11.00am - 1.00pm
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 - Seniors	Both Halls	8.00pm - 9.15pm
Compassionate Communities Dying to Talk Café * Monthly*	Boardroom	7.00pm - 8.30pm (12th April/17th May/14th June)
Wednesday	Venue	Time
Infant Massage	Downstairs Hall	9.45am - 10.45am (27th April - 18th May)
Reflexology (Creche available)	Upstairs Hall	10.00am - 11.30am
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
Thursday	Venue	Time
Parent and Toddler	Downstairs Hall & Upstairs Hall	9.30am - 11.00am
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	7.30pm - 8.30pm
Chess Club	Boardroom	6.30pm - 7.30 pm
Friday	Venue	Time
Coochie Coo - 2 sessions	Downstairs Hall	10.00am - 10.45am, 11.00am to 11.45am
Parent and Baby Yoga	Upstairs Hall	9.45am - 10.45am
Skills North West (Drop in service)	Upstairs	11.00am - 1.00pm
After School Club	Downstairs Hall	2.00pm - 6.00pm
Culmore Youth Club - Juniors 7 - 9 yrs	Upstairs Hall	5.00pm - 6.15pm
Irish Traditional Session	Downstairs	7.30pm - 9.30pm
Saturday	Venue	Time
Hub Gardening Club	Hub Community Garden	11.00am to 1.00pm

