

CULMORE COMMUNITY HUB



CULMORE
COMMUNITY PARTNERSHIP

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AUTUMN 2022 NEWSLETTER



Some photos from the Culmore Village Show, we had a great day! Thanks to everyone who helped us deliver the Show, entered the competitions and those who joined us for a great afternoons entertainment at the Hub.

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HUB AUTUMN 2022 TIMETABLE

We hope you have all enjoyed our Summer programme, thanks to everyone for your support. We had lots of trips and activities throughout the Summer for all ages.

We have a very busy Autumn planned at the Hub, with a full programme to suit everyone.

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.



THE CLOTHWORKERS'
FOUNDATION



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



Department for
Communities



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CULTURAL EXTRAVAGANZA AT THE HUB



As part of Good Relations Week 2022, Apex will be hosting a Cultural Extravaganza at the Hub on Tuesday 20th September from 11.00am to 1.00pm. Everyone is welcome to join us for what promises to be an exciting and fun-filled morning, we'll have a Chinese lion, Bollywood dance, international crafts, African music and drum circle and food from India, China, Poland and Africa. No need to book just come along and enjoy the entertainment!

CULMORE PARENT & TODDLER

We have lots of activities to choose from to keep you and your little ones entertained this Autumn.



PARENT AND TODDLER SESSIONS

Parent and Toddler sessions will return on Monday, 12th September from 9.30am – 11.00am. 'Please note' Our Thursday session has now changed to a Wednesday morning 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. There will be singing and stickers at the end of each session to improve attention and listening.

Tea and coffee will be provided for parents/grandparents and care givers. Refreshments will be available for children. We look forward to seeing all your little ones.

Suitable for 0-4yrs at a charge of £3.00 per session.

INFANT MASSAGE *(Suitable from birth to 5 months)*

In partnership with WHSCT we will be offering a 5-week Baby Massage programme starting on Tuesday the 27th of September from 11.15 – 12.15am. There is widespread belief that baby massage can increase a mum's awareness to her baby's needs and support their early bonding and attachment. As well as improving her sense of well-being if she is suffering with postnatal depression or other mental health issues. Baby massage has numerous physical and developmental benefits for baby. This programme will run on a continuous basis during the year. The cost of the course is £25. A place and payment must be booked in advance. Email Charlene on charlene@culmorehub.org to book a place

MUMS AND MUMS TO BE...



MUMS AND MUMS TO BE..

We will continue to support mums and expecting mothers through our Mum and Mums to be. This will be run by Laura, WHSCT Child Health Assistant and Charlene our walk leader. Some sessions will also be attended by our peer support volunteer for breastfeeding mums. If you have any issues or concerns or would like to come along to meet other mums for a walk, chat and cup of tea come to the Hub on Tuesday mornings from 9.30 – 10.45am starting 27th September. This will run throughout the year.

This is a drop-in service with a charge of £2 per session for running costs.



SOLID WEANING

Throughout the year we will run a number of weaning workshops, providing advice and information on when, why and how to wean onto a solid diet. This will give parents / care givers an opportunity to learn about food labelling, foods to avoid, salt and sugar content, vitamin supplement requirements and providing a balanced diet, to give your child the best start. This interactive workshop will offer healthy meal ideas for all the family and a weaning recipe book will be given at the end of the session. Look out on our Facebook/Instagram page for dates and times.

HENRY PROGRAMME

(childcare provided)



The Henry is a UK charity working to give babies and young children a healthy start. We are delighted to be able to offer the 8-week HENRY programme at the Hub starting on Thursday 22nd September from 9.15 to 11.15am. We are providing Creche facilities for every session. Every parent who joins learns something new and useful so if you have at least one child under 5 years old and can answer 'yes' to any of the questions below, then HENRY is for you:

Would you like to feel more confident as a parent?

Would you like some support to give your child a healthy start?

Do you wish your child would eat more fruit and vegetables?

Would you like to reduce mealtime stress?

Would you like to enjoy being active together as a family more often?

Are you interested in some ideas to get children away from the TV?



The HENRY programme is free of charge however there is a charge of £5.00 per child for the Creche facility. Call or email Charlene to book a place on 028 71 163713 or charlene@culmorehub.org

MINDFULNESS COURSE

(childcare provided)



Mindfulness is about being fully present in the moment. It can help manage your thoughts, feelings, and mental health. Benefits of Mindfulness:-

- Understand your emotions better
- Cope better with difficult thoughts
- Feel calmer
- Boost your Attention and Concentration
- Improve your Relationships

This 6-week course will start on Thursday 22nd September from 9.30am to 10.30am. We are providing Creche facilities for every session the cost is £5.00 per child. Call or email Charlene to book your place on 028 71163713 or charlene@culmorehub.org

CULMORE YOUTH CLUB AND YOUTH FORUM



Our Youth Club and Youth Forum sessions will return again mid-September. We are looking forward to getting the kids back at the Hub. We are continuing to be supported by the Education Authority Youth Service and NW Youth Services. Any child looking to join our Club, needs to complete a registration form which can be found on our website. We will be in touch, when a place becomes available. We have lots of fun and educational activities planned to the next term.

	SESSION	TIME
JUNIORS 7-9 YEARS	MONDAY STARTING 19th Sept	6.15pm - 7.15pm
YOUTH FORUM	MONDAY STARTING 19th Sept	7.30pm - 8.30pm
INTERMEDIATES 10-13 YEARS	TUESDAY STARTING 20th Sept	6.30pm - 7.45pm
SENIORS 14-17 YEARS	TUESDAY STARTING 20th Sept	8.00pm - 9.15pm

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.

YOUR RESILIENCE PROGRAMME FOR 14-18YR OLDS



In partnership with Mindwise we will be offering a 10-week mental well-being support programme for 14-18 yr olds starting on Thursday 29th September from 6.30pm to 7.30pm, we have 10 places available. Your Resilience offers a refreshing perspective on resilience. Designed with input from young people, it supports an open conversation about what resilience is and what is required to build it. Delivered over eight sessions,

it provides young people with tools to develop personalised action plans to gain confidence in managing their own mental health. Key to Your Resilience is supporting facilitators who work with young people by building their confidence to discuss a range of topics with them. Call or email Charlene to book your place on 028 71163713 or charlene@culmorehub.org

CULMORE LEADING LIGHTS OVER 50s GROUP

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



FORAGING WALK

Why not join us on Wednesday 8th September for a 2 hour walk and talk looking at our native flora, their uses for food and medicine as well as the ethics of foraging sustainably. We'll also explore the role our wild plants play in biodiversity and the ecosystems. We'll set off from the Hub at 11.00am, lunch will be provided. Make sure you wear sturdy walking shoes and bring a raincoat. There is a £5.00 charge for this event. Booking essential, please contact charlene@culmorehub.org or call 028 7116 3713.

LUNCH SOCIAL AT THE HUB

On Monday 26th September from 1.00pm to 4.00pm we'll be launching Lunch Socials at the Hub for the over 50's to join us for some good food, a chat and maybe watch a movie in our upstairs hall. We'd love to see our regulars and plenty of new faces come along to have a lovely sociable afternoon. Lunch will be served from 1.00pm to 2.00pm, so just drop in when it suits. There will be no charge for the lunch just make a small donation if you can. We would appreciate some help with our Lunch Socials so if you have a background in catering or would be happy to help us with the washing up, please contact Joan on 028 7116 3713 or joan@culmorehub.org

YOGA

William Grant, the Yoga Man will continue to deliver our Monday morning session starting on 12th September from 12.00noon-1.00pm. This session is tailored to the needs of the over 50's.

William has been teaching Iyengar yoga since 2014. There is a charge of £20.00 for this 5-week course, advance payment is required. Give Charlene a call to book your place on 71163713 or email charlene@culmorehub.org

ARTS CARE - 'Here & Now' Older People's Arts & Well-being Festival

Culmore Community Hub is one of only 24 groups throughout Northern Ireland to be invited to participate in the 'Here & Now' Older People's Arts & Well-being Festival. This Annual Arts Festival is delivered by Arts Care in partnership with the Public Health Agency and offers a unique opportunity for people over the age of 60 to participate in a series of arts activities led by a team of expert Arts & Health Artists. The theme of this year's festival is 'Living well – More Tales to Tell.' Participants will be asked to draw on the strong oral tradition in Ireland of passing on tales and stories from one generation to the next and will be encouraged to celebrate, reflect and share their memories and tales through the creative arts. The focus of the Arts Festival is to support the Mental, Physical and Emotional Well-being of all the participants by engaging them in an exciting Cultural Arts & Well-being Festival in the midst of their community. We will be joined by local artist Seliena Coyle who will deliver 8 sessions at the Hub starting Thursday 22nd September from 12.00noon to 2.00pm. Give Charlene a call to book your place on 71163713 or email charlene@culmorehub.org

TAI SWING

Caren Friel will be back with us at 12.00 noon every Wednesday from 14th September for Tai Swing. This is a combination of Tai Chi movements with music. The 5-week course cost £20.00, advance payment is required. 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 Noleen Hegarty returns on Monday 3rd October from 10.00am to 12.00 noon. This 5-week programme is for beginners and is a lovely introduction to painting. A second class will commence on Monday 14th November. 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

WEDNESDAYS CRAFT SESSIONS

Every Wednesday from 10.00am to 12.00 noon we will be running craft classes for our over 50's at the Hub. For Autumn we will be welcoming back Lin Callaghan for some jewellery making, this class will run for 4 weeks starting on Wednesday 14th of September. This class is suitable for beginners and improvers. On Wednesday 12th October 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. There is a £20 charge for each 4-week course. Call or email Charlene on 71 163713 or charlene@culmorehub.org



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 INFORMATION AND BOOKING
Casey School of Irish Dance - Competitive & non-competitive dance (3yrs+)	Monday, Wednesday & Thursday	6.15pm-7.15pm	Call Charmaine on 07841562433
Raven Dance Studio - Creative/Commercial/Contemporary dance (3-9+ yrs)	Tuesday & Saturday	4.15pm – 6.15pm 10.00pm – 12 noon	Call Christine on 07986343014
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 Autumn we have lots on offer, why not join us to try something new.

CULMORE WOMENS' CIRCLE

Our Women's group has chosen a new name, it will now be known as Culmore Women's Circle. The group will meet at the Hub, every second Tuesday of every month from 12.30pm to 1.30pm. The first session in the autumn will take place on Tuesday 11th October. Please join us to make some new friends and make a difference within the community. There is a £2 charge towards lunch.

SKILLS NORTH WEST OUTREACH SERVICES

Greater Shantallow Area Partnership will continue to deliver the Skills North West outreach service. They will be here every Friday morning from 11.00am to 1.00pm starting on 16th September. Employability and training skills will provide unemployed individuals the chance to gain the qualifications needed for successful progression to employment and/or further education. To book an appointment please call Charlene on 028 7116 3713 or email Charlene@culmorehub.org

YOGA

We are pleased to announce that William Grant, the Yoga Man, will be joining us at the Hub to deliver our Wednesday evening session from 7.45pm-8.45pm starting on 14th September. William has been teaching Iyengar yoga since 2014 and is looking forward to joining us for our evening classes at the Hub. There is a charge of £30 for this 5-week course. Payment in advance is required. Give Charlene a call to book your place on 71163713 or email charlene@culmorehub.org



SEWING CLASSES FOR BEGINNERS

This class will give you the skills to get to grips with using a sewing machine and you will be guided through some sewing projects. The class will start on Thursday 15th September for 9 weeks from 7.30 – 9pm. The cost per session is £5.00, spaces will be limited so book your place soon with charlene@culmorehub.org or call 028 71163713.

GROWING CULMORE - GROW YOUR OWN

We have received funding from Derry City & Strabane District Council through the Department for Communities Transitional Fund to run the 'Grow Your Own' project. We have 10 places available for families or individuals who would like to learn how to grow their own vegetables and herbs at home. We will provide a series of gardening workshops and each participant will receive a wooden planter, compost and seeds to start them on their food growing journey. If you would like to take part please contact Charlene on 028 7116 3713 or email charlene@culmorehub.org

ADVICE AND WELFARE SERVICES

We are pleased to announce that Advice Services Skeoge will be providing an outreach service at the Hub every Friday from 9.30am – 12.30pm. An experienced advice professional will provide support on benefits, Tax Credits, housing, debt matters, disability and tribunal representation. This is by appointment only and can be booked directly on 028 71 164792 or email askskeoge@gmail.com

COOKING ON A BUDGET

Join us for a 4-week course to learn how to use your microwave, slow cooker and Airfryer to make tasty, budget-friendly, and nutritious meals for you and your family. We will provide the ingredients and will provide a slow cooker for anyone who doesn't have one. This programme has been funded by Foyle Port, we would like to thank them for their generosity. Cooking on a Budget will commence on Saturday 24th September from 11.00am to 1.00pm. Places are limited so book early with charlene@culmorehub.org



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.

IN THE CULMORE 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 from 10.30am to 12noon	Call 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	Call Ben on 07502100634 Anyone interested in volunteering at the Club please get in touch.

INTERNATIONAL MEN'S DAY

To celebrate the contribution that men make to the local community, we are planning to host an event to mark International Men's Day on Saturday 19th November from 11.00am to 12.30pm. Please get in touch to let us know the type of activities you would like to see at this event, email joan@culmorehub.org or call 028 71 163713.



SAVE THE DATE CHRISTMAS AT THE HUB



CHRISTMAS LIGHTS SWITCH-ON AT THE HUB

Santa Claus has been in touch to let us know he will be switching on the Christmas Lights at the Hub on Friday 18th of November at 7.00pm. A hot drink will be available for everyone.

CHRISTMAS CRAFT FAIR

Call in and browse all our festive Christmas Stalls on Sunday 20th November from 11.00am – 4.00pm. If you would like to apply for a stall for this event contact charlene@culmorehub.org with details of your products.

CHRISTMAS TREE WILLOW WEAVING

Join Fiona Doney to create a willow Christmas tree. Participants will get an opportunity to learn new skills and enjoy some festive treats. The 2-week course will take place on Thursday, 10th and 17th November from 10.00am-1.00pm. There is a charge of £20 for the course. Email Charlene to book your place on Charlene@culmorehub.org

CHRISTMAS WREATH WILLOW WEAVING

Fiona will facilitate a 2-week course on making and decorating Christmas willow wreaths on Thursday 24th November and 1st December from 10.00am to 1.00pm. There is a charge of £20 for the course. Email Charlene to book your place on charlene@culmorehub.org

CHRISTMAS THEMED CRAFTS

Kiera O'Donnell will provide a Crafty Christmas session. An arts and crafts session with a piece to take home at the end of the class. This will be on Thursday 8th of December from 11.00am to 1.00pm. There is a charge of £6 and a place can be booked with Charlene at 028 71 163713 or charlene@culmorehub.org

SANTA CLAUS AT THE HUB

Santa will be coming to the Hub to meet all your little ones in December. Dates and booking details will be available on www.culmorehub.org from 15th November 2022.



CULMORE COMMUNITY HUB AUTUMN TIMETABLE

Commencing September 2022



Monday	Venue	Time
Parent and Toddlers	Downstairs Hall	9.30am – 11.00am, Starting 12th Sept
Leading Lights Chair based Yoga	Downstairs Hall	12noon – 1.00pm, Starting 12th Sept
Water Colours Art Classes (5-weeks)	Upstairs Hall	10.00 – 12.00, Starting 3rd Oct
Lunch Social at the Hub	Upstairs Hall	1.00pm – 4.00pm, Starting 26th Sept
After School Club	Downstairs Hall	1.30pm – 6.00pm
Culmore Youth Club (Juniors 7-9 yrs)	Upstairs Hall	6.15pm – 7.15pm, Starting 19th Sept
Casey School of Irish Dance	Downstairs Hall	6.15pm – 7.15pm, Starting 5th Sept
Culmore Youth Forum (8-13yrs)	Upstairs Hall	7.30pm – 8.30pm, Starting 19th Sept
Tuesday	Venue	Time
Mum and Mums to be (Drop-in)	Downstairs Hall	9.30as – 10.45am, Starting 27th Sept
Infant Massage (5-week course)	Downstairs Hall	11.15am - 12.15pm, Starting 27th Sept
Culmore Woman's Circle	Upstairs Hall	2nd Tues every month 11th Oct 12.30pm – 1.30pm
After School Club	Downstairs Hall and Upstairs Hall	1.30pm – 6.00pm
Culmore Youth Club - Intermediates 10 – 13 yrs	Both Halls	6.30pm – 7.45pm, Starting 20th Sept
Culmore Youth Club - Seniors 14 – 17yrs	Both halls	8.00pm – 9.15pm, Starting 20th Sept
Wednesday	Venue	Time
Parent and Toddler	Downstairs Hall	9.30am – 11.00am, Starting 14th Sept
Leading Lights Crafts	Upstairs Hall	10.00am – 12.00noon, Starting 14th Sept
Leading Lights Tai Swing	Downstairs Hall	12.00noon – 1.00pm, Starting 14th Sept
After School Club	Downstairs Hall and Upstairs Hall	1.30pm – 6.00pm
Casey School of Irish Dance	Downstairs Hall	6.15pm - 7.15pm, Starting 5th Sept
Yoga with William Grant	Downstairs Hall	7.45pm – 8.45pm, Starting 14th Sept
Gardening Hub	Outside	6.30pm – 8.30pm, Seasonal
Thursday	Venue	Time
Mindfulness	Boardroom	9.30am -10.30am, Starting 22nd Sept
Henry Programme	Downstairs Hall	9.15am - 11.15am, Starting 22nd Sept
Creche	Upstairs Hall	9.00am – 11.30am
Arts Care – 'Here and Now'	Upstairs Hall	12.00noon – 2.00pm, Starting 22nd Sept
After School Club	Downstairs Hall and Upstairs Hall	1.30am – 6.00pm
Raven Dance (9+ years)	Upstairs Hall	6.15pm – 7.15pm, Starting 1st Sept
Casey School of Irish Dance	Downstairs Hall	6.15pm – 7.15pm, Starting 8th Sept
Your Resilience (14 – 17 yrs)	Boardroom	6.30pm – 7.30pm, Starting 29th Sept
Sewing machine for beginners	Downstairs Hall	7.30 – 9pm, Starting 15th Sept
Friday	Venue	Time
Coochie Coo	Downstairs Hall	10.00am - 10.45am, Starting 9th Sept
Coochie Coo	Downstairs Hall	11.00am – 11.45am, Starting 9th Sept
Coochie Coo	Downstairs Hall	12.00noon – 12.45pm, Starting 9th Sept
Skills North-West (by appointment)	Upstairs Hall	11.00am – 1.00pm, Starting 16th Sept
Advice and Welfare Services by appointment	Boardroom	9.30am – 12.30pm, Starting Sept
After School Club	Downstairs Hall	1.30pm – 6.00pm
Irish Traditional Session	Downstairs Hall	7.30pm – 9.30 pm
Saturday	Venue	Time
Raven Dance (3- 5yrs)	Upstairs Hall	10.00 – 10.45am, Starting 3rd Sept
Raven Dance (6 – 8yrs)	Upstairs Hall	11.00 – 12 noon, Starting 3rd Sept
Cooking On a Budget	Downstairs Hall	11.00am - 1.00pm, Starting 24th Sept



