

CULMORE COMMUNITY HUB

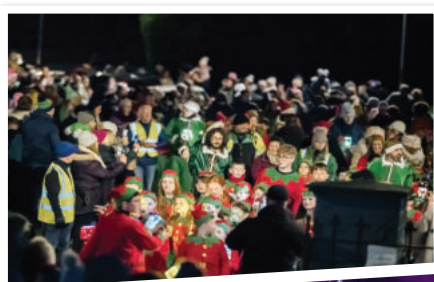


CULMORE
COMMUNITY PARTNERSHIP

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

WINTER 2023 NEWSLETTER



*Elf Parade and Christmas
Lights Switch On!*



Happy New Year! Thanks to everyone who got involved with our Autumn 2022 activities. We hope you are looking forward to getting back to the Hub in 2023. Thanks also to everyone who has supported us throughout 2022, especially our hardworking and dedicated team of volunteers. We have a very busy Winter planned at the Hub, with a full programme to suit everyone. Please make sure to book early by emailing admin@culmorehub.org, alternatively you can call us on 028 7116 3713.

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TIMETABLE

EXPANSION AT THE HUB

Since we opened our doors in May 2021, we have been overwhelmed by the response from the Culmore community. We are now open six days a week and offer a wide range of activities, support and events for all ages. We quickly realised that our two halls at the Hub were not allowing us to meet the needs of the community so, with the support of a range of funders, we are excited to announce the opening of our new Cabin in February 2023. This new facility, situated at the back of the Hub, will allow us to extend our Youth Provision, offer additional places at Culmore Kids Club afterschool club and creche and provide lots of new activities in the evenings for those who are out at work all day. We would like to say a big thank you to our funders who have made this possible.



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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

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



PARENT AND TODDLER SESSIONS

(TWICE WEEKLY)

Parent and Toddler sessions will return on Monday, 16th and Wednesday 18th January 2023 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.

CULMORE CRECHE CLUB

Culmore Creche Club will be available every Monday morning from 9.00am - 11.30am. Drop your child off to socialise and engage in different activities including messy play! This session is aimed at children aged 0-4 years old, and a mid-morning snack is provided. To book a place please contact Rachel on 07545148118.

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 17th of January from 10am-11am. There is widespread belief that infant massage can increase a parent's awareness of their baby's needs and support their early bonding and attachment. As well as improving their sense of well-being if they are suffering with postnatal depression or other mental health issues. Infant 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. To book your place please email admin@culmorehub.org or call us on 02871163713.

COOCHIE COO

Our January Coochie Coo term will be commencing on Friday the 20th of January, facilitated by the brilliant Jean Dunn. The five-week term costs £25. Payment must be made in advance to secure your place.

Our 10am session is a baby only session (pre-crawlers). Our 11am & 12pm sessions are for babies who are crawling or walking and toddlers. These sessions are also suited to families. To book your space please contact us on 028711637113 or email admin@culmorehub.org with your name, baby/toddlers name, age, and your contact number.

CULMORE YOUTH CLUB AND YOUTH FORUM

Our Youth Club and Youth Forum sessions will return again mid-January 2023. We are looking forward to getting the kids back to 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 16th Jan 23	6.15pm-7.15pm
YOUTH FORUM	MONDAY STARTING 16th Jan 23	7.30pm-8.30pm
INTERMEDIATES 10-13 YEARS	TUESDAY STARTING 17th Jan 23	6.30pm-7.45pm
SENIORS 14-17 YEARS	TUESDAY STARTING 17th Jan 23	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, if you could spare a few hours to volunteer please get in touch with Una at una@culmorehub.org.

CULMORE LEADING LIGHTS OVER 50s GROUP

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



HOPE MATTERS

Hope Matters is a 6-week resilience course, delivered by Marie Dunne, aimed at equipping participants with the knowledge and skills to grow and find resilience in themselves and others through a safe and interactive journey. Commencing on Monday the 16th of January from 10.00am to 12noon this is a positive way to start the New Year. There is a charge of £30.00 for this 6-week course, advance payment is required.

YOGA

William Grant, the Yoga Man will continue to deliver our Monday morning session starting on 16th January 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.

LUNCH SOCIAL AT THE HUB

On Monday 16th January from 1.00pm to 4.00pm we'll be continuing our Lunch Socials at the Hub. We want local people aged 50+ to join us for some good food, a chat and activities 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

CRAFT SESSIONS WITH KIERA

Every Wednesday starting on the 18th January from 10.00am to 12.00 noon we will be running craft classes for our over 50's at the Hub. For Winter we will be welcoming back Kiera O'Donnell back for crafts, this is a lovely, relaxed and fun session where you will learn some new crafting skills. There is a £30.00 charge for each 6-week course.

TAI SWING

Caren Friel will be back with us at 12.00 noon every Wednesday from 18th January 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.

MINDFULNESS COURSE

"Mindfulness is about paying attention in a particular way, on purpose, in the present moment without judgement." Jon Kabat Zinn.

Starting on Thursday 19th January 2023 from 10.00am to 11.00am we will be offering a 6-week Mindfulness course delivered by Dolores McGuinness. Mindfulness assists in quieting the voice of the inner critic and replace it instead with compassion and kindness to self and others. Participants will have the opportunity to experience a number of meditation practices during the 6-week programme. They will also learn how to use the breath as the ever-present ally in overall wellbeing, drawing us back to live in the present moment as it is. During the course there will be the opportunity to learn the transient nature of the thought process and offer a gentle way of managing unhelpful, recurring thoughts. This means we can be in charge of our emotions and feelings, and so learn to respond to situations rather than simply react to them.

ART – WATERCOLOURS

Returning on Thursday 19th January 2023, our Watercolour Art classes, facilitated by the very talented Noleen Hegarty, will take place on Thursday mornings from 11.00am to 1.00pm. These classes are well suited to beginners or those who want to improve their skills. The classes will run for 5 weeks and cost £50.00, all materials will be provided. These classes were extremely popular in 2022, so please book your place early.

SOCIAL DANCING FOR OVER 50s

Social Dancing for over 50s will return to the Hub this year every Friday the 20th January from 11.00am-12.30pm. The fantastic Davey from Derry Dancing runs this uplifting class which is open to dancers of a range of abilities. Initially, these were jiving classes, but they have since developed to incorporate a range of dance styles. Don't worry if you don't have a partner just bring your dancing shoes and you'll have a ball! These dance sessions will run for 6 weeks costing £30.

To book your place call 028 71163713 or email admin@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
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. This Winter we have lots on offer, why not join us to try something new.



THEATRE & STORY MAKING PROGRAMME

Starting on Monday the 6th of February from 7.30pm to 9.00pm Gemma Walker-Farren (of MakeyUppers) will be joining us for a Theatre & Story Making programme. This programme will gently guide participants through the exciting and playful process of theatre making from initial ideas to structuring story, developing characters and different story telling techniques. Gemma Walker-Farren's 'wonderful' approach has been developed through 15 years of training and professional work as a performer and theatre maker. She is one half of the acclaimed MakeyUppers and is an expert deviser, facilitator, and collaborator.

There will be no scripts or learning of lines, just an opportunity to be creative, learn new skills and make new friends. All levels of experience welcome, participants must be over 18yrs. The 8-week course will cost £35.00.

Feedback from previous programmes:
"Tremendous classes, creative, informative....but mostly Fun. Don't miss."
"Gemma's approach was simply wonderful and it was amazing to be a part of it"

TAI CHI (MOVING MEDITATION)

Starting on the 7th of February, the fantastic Caren Friel will be facilitating weekly Tai Chi classes at the Hub on Tuesdays from 7-8pm in our beautiful new cabin. Our morning Tai Chi

classes are extremely successful. This year we are running additional classes in the evening due to demand for activities outside normal working hours. The 6-week course will cost £30.00. This is sure to be an extremely popular class so get yourself registered as soon as possible to avoid disappointment.

YOGA WITH WILLIAM GRANT

Our very popular yoga classes with William Grant, The Yoga Man, will be returning this year. On Wednesday nights from 7.30-8.30pm William will lead an all-abilities Yoga class in our downstairs hall. William has been teaching Iyengar yoga since 2014, his classes at the Hub were fantastic. The classes will run for a total of 5 weeks costing £30 commencing on the 18th of January 2023.

SEWING MACHINE CLASSES WITH ROSIE

Overcome your fear of using your sewing machine with the help of our wonderful facilitator Rosie. Rosie will be teaching the basics including how to set up your machine, replace a zip, make a cushion, or a small item of your choice. Please bring your own sewing machine along to the class. Classes commence on Wednesday 8th February from 7pm - 9pm and will be held in our lovely new Cabin. This is a 6-week course costing £30.00. Payment in advance is required. Payment can be made on our website using the 'Make a Payment' section or in cash at the Hub.



To book your place call 028 71163713 or email admin@culmorehub.org

LINE DANCING- BEGINNERS AND IMPROVERS

Due to the huge demand following our interest check we will be running Line Dancing classes at the Hub on Thursday evenings from 7.00-8.00pm commencing on the 19th of January. Davey from Derry Dancing will be returning to the Hub to turn you all into professional line dancers! Classes cost £5 a session and will run for 10 weeks. We have had several early registrations due to our interest check post in November 2022. Please contact the Hub as soon as possible to avoid disappointment by emailing admin@culmorehub.org or calling 02871163713.

EVENING CRAFT CLASSES

Commencing on Thursday the 9th of February from 7.00pm-9.00pm, our Paverpol craft classes will be led by Anne Marie O'Hara in our beautiful new Cabin. Paverpol is an air hardening, water-based resin. Participants will create a beautiful cotton, bronzed effect figurine and several handmade Felt items (made from natural merino wool) to take home. Our Paverpol craft class will run for 6 weeks costing £5.00 per class.

CULMORE WOMENS' CIRCLE

Culmore Women's Circle, our fun and vibrant Women's group, meet on the second Tuesday of every month from 11.00am to 1.00pm. The first Winter session will take place on Tuesday the 12th January, we can't wait to see you all again. We're always pleased to see new women join our group so come along and join us to make some new friends and learn new skills. There is a £2 charge towards lunch.

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

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.

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 12 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 kick start their food growing journey.

COOKING ON A BUDGET

We will be running a series of 4-week cooking courses from January to April 2023. The aim of the course is for participants to learn how to use an airfryer, microwave, and slow cooker to make tasty, budget-friendly, and nutritious meals for the whole family. We will provide ingredients at each session. To register your interest please contact Joan on 028 7116 3713 or email joan@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.



To book your place call 028 71163713 or email admin@culmorehub.org

WEEKEND ACTIVITIES AT THE HUB



We have lots on offer on Saturdays this Winter at the Hub. Why not come along and get involved.

CULMORE HISTORY GROUP OPEN DAY

**Saturday 21st January 2023 at the Hub,
1.00pm to 4.00pm**

Curious about where you live?

Come along to find out more about 'old' Culmore and explore a range of artefacts and exhibits detailing Culmore's ancient and recent past, including,

- The Culmore Ferry
- Culmore Train Station
- The Siege of Derry Military Hospital
- Culmore and WW2
- The traditional Foyle fishing/ sailing punt

We'll be joined by the Lough's Agency and Derry City & Strabane District Council's Museum Services.

We are building an archive for future generations to enjoy so if you have any old photos or tales to tell we would love to hear from you.

No need to book, just come along.



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CULMORE FORT

Culmore Fort is owned by the Honourable the Irish Society and has been looked after by the Lough Foyle Yacht Club for the past 50-years. CCP, in partnership with the Yacht Club, Culmore History Group and Greater Shantallow Area Partnership, has secured funding from the Architectural Heritage Fund to carry out a condition survey and concept design for the Fort to ensure it remains a key landmark in Culmore. We are keen to get input from local residents regarding the future of the Fort and how it can be best used by the community. We would love to hear the views of local people, please join us at the Hub for the Culmore History Group from 1.00pm to 4.00pm on Saturday 21st January 2023



REDUCING FIRE RISK IN CULMORE HOMES

With almost half of all domestic fires – that's 20,000 each year – caused by electricity, Culmore Community Hub is holding two Electrical Safety Awareness events to carry out PAT testing on electrical items e.g. electric blankets, heaters, kettles, irons, toasters etc. If your electrical item is found to be faulty Foyle Repair Café will be available to carry out repairs. If your electrical item cannot be safely repaired then we will replace one electrical item per household. We will be joined by a number of organisations including The NI Fire Service, the Consumer Council and Bogside Brandywell Health Forum.

The Electrical Safety Awareness events will be held in the Hub as follows:-

**1.30pm – 4.00pm on Monday 23rd January 2023 and
11.00am – 3.00pm on Saturday 25th February 2023**

This programme has been funded by Electrical Safety First.
No need to book, just come to the event.

FUNDED BY

**Electrical
Safety First**



WILLOW WEAVING WITH FIONA DONEY

Following on from the successful Christmas willow weaving sessions, Fiona is returning to the Hub to deliver 2 one-day small basket weaving sessions. Each session will run from 10.00am to 4.00pm and lunch will be provided. The sessions will be held on Saturday, 18th February and Saturday, 11th March at a cost of £30.00, which must be paid in advance. You don't need any previous experience to take part. To book your place please email admin@culmorehub.org or call us on 02871163713.

LITTER PICK

Why not join our Litter Pick team who work hard to keep Culmore clean and tidy. They meet on the second Sunday and Monday every month. The first

Litter Picks of 2023 will take place on Sunday the 15th and Monday the 16th of January at 11.00am. Meet at the Hub, we'll provide hi-vis vest, litter picker, bin bags and gloves. This is a lovely intergenerational activity and a great way to get to know your neighbours.

CULMORE HUB FILM CLUB

Calling all over 50's, come and join us on the third Saturday of every month, starting 21st January 2023 from 7.00pm to watch some old classics. Step back in time, relax in our cosy upstairs hall with a hot cuppa and some company to enjoy the movie. If you are interested please let us know what film you'd like us to show, we'll go with the most popular. To book your place email admin@culmorehub.org or call us on 02871163713.



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 Additional week-nights starting in January 2023. (contact Dermot for further information)	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.

CULMORE COMMUNITY HUB WINTER TIMETABLE

Commencing January 2023

Monday	Venue	Time
Parent and Toddlers	Downstairs	9.30am – 11.00pm. Starting 16th Jan
Hope Matters	Boardroom	10.00am – 12.00noon. Starting 16th Jan
Litter Pick	Meet at the Hub	11.00am - 12.30pm Second Monday every month – starting 16th January 2023
Leading Lights Chair based Yoga	Downstairs	12.00noon – 1.00pm. Starting 16th Jan
Hub Lunch Socials (50+yrs)	Upstairs	1.00pm – 4.00pm. Starting 16th Jan
Culmore Kids Club	Downstairs	1.30pm – 6.00pm
Culmore Youth Club - Juniors 7-9 yrs	Upstairs	6.15pm – 7.15pm. Starting 16th Jan
Theatre Making and Storytelling	Upstairs	7.30pm – 9.00pm. Starting 6th Feb
Casey School of Irish Dance	Downstairs	6.15pm – 7.15pm
Culmore Youth Forum (8-13yrs)	Downstairs	7.30pm – 8.30pm. Starting 16th Jan
Tuesday	Venue	Time
Infant Massage (5 weeks)	Downstairs	10.00am – 11.00am. Starting 17th Jan
Culmore Woman's Circle	Upstairs Hall	10.00am – 12.00noon, Starting 14th Sept
**2nd Tues every month	Upstairs	11.00am – 1.00pm First session 12th Jan 2023)
Culmore Kids Club	Downstairs & Upstairs	2.30pm – 6.00pm
Culmore Youth Club - Intermediates 10 – 13 yrs	Both Halls	6.30pm – 7.45pm. Starting 17th Jan
Culmore Youth Club - Seniors 14 – 17yrs	Both halls	8.00pm – 9.15pm. Starting 17th Jan
Tai Chi	Cabin	7.00pm – 8.00pm. Starting 7th Feb
Wednesday	Venue	Time
Parent and Toddler	Downstairs	9.30am – 11.00am. Starting 18th Jan
Leading Lights Crafts	Upstairs	10.00am – 12.00 noon. Starting 18th Jan
Leading Lights Tai Swing	Downstairs	12.00noon – 1.00pm. Starting 18th Jan
Culmore Kids Club	Upstairs & Downstairs	1.30pm – 6.00pm
Stage Beyond	Upstairs	4.00pm – 8.00pm
Casey School of Irish Dance	Downstairs	6.15pm – 7.15pm
Yoga with William Grant	Downstairs	7.30pm – 8.30pm. Starting 18th Jan
Sewing Machine class	Cabin	7.00pm – 9.00pm. Starting 8th Feb
Menopause Support Group	Boardroom	7.00pm – 8.00pm. Last Wednesday every month starting 25th Jan
Thursday	Venue	Time
Watercolours Art Class	Upstairs	11.00am - 1.00pm. Starting 19th Jan
Mindfulness	Boardroom	10.00am - 11.00am. Starting 19th Jan
Culmore Kids Club	Downstairs & Upstairs	1.30pm - 6.00pm
Casey School of Irish Dance	Downstairs	6.15pm - 7.15pm
Line Dancing (Beginners & Improver's)	Upstairs	7.00pm - 8.00pm. Starting 19th Jan
Craft Classes	Cabin	7.00pm - 9.00pm. Starting 9th Feb
Friday	Venue	Time
Coochie Coo	Downstairs Hall	10.00am - 10.45am. Starting 13th Jan
Coochie Coo	Downstairs Hall	11.00am - 11.45am. Starting 13th Jan
Coochie Coo	Downstairs Hall	12.00noon - 12.45pm. Starting 13th Jan
Social Dancing for over 50's	Upstairs Hall	11.00am - 12.30pm. Starting 20th Jan
ASK Advice and Welfare Services	Boardroom	9.30am - 12.30pm. Starting 13th Jan
Culmore Kids Club	Downstairs Hall	1.30pm - 6.00pm
Irish Traditional Session	Downstairs	7.30pm - 9.30pm. Starting 20th Jan
Saturday	Venue	Time
Culmore Hub Film Club	Upstairs Hall	7.00pm - 9.00pm. Third Saturday every month starting 21st January 2023
Culmore History Group Open Day	Both halls	21st January 1.00pm - 5.00pm
Willow Weaving – making a small basket	Downstairs Hall	18th February 10.00am - 4.00pm
Foyle Repair Café & Electrical Safety event & Health Checks	All Halls	25th February 11.00am – 3.00pm
Willow Weaving – making a small basket	Downstairs Hall	11th March 10.00am - 4.00pm
Sunday	Venue	Time
Litter Pick	Meet at the Hub	11.00am - 12.00pm. Second Sunday every month – starting 15th Jan

