

CULMORE COMMUNITY HUB



CULMORE
COMMUNITY PARTNERSHIP

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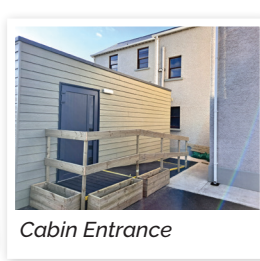
SPRING 2023 NEWSLETTER



Thanks to everyone who got involved with our Winter 2023 activities, with the opening of our new Cabin, situated at the back of the Hub, we were able to offer lots of new activities and support for the community. The additional space has allowed Culmore Kids Club to offer a new Creche facility in the mornings and additional Afterschool Club spaces. These are much needed services in Culmore, and we are delighted to offer them at the Hub.



Solar Panels



Cabin Entrance



Cabin

We are thrilled to have received support through Action Renewable's Solar PV programme to have solar panels installed at the Hub. This will allow us to generate our own renewable electricity and reduce our running costs. Like everyone else we have been experiencing a sharp rise in our bills, the solar panels will help us reduce our carbon footprint and our electricity costs. Here's hoping we get lots of sunshine this Spring!

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THE CLOTHWORKERS'
FOUNDATION



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 Spring.



PARENT AND TODDLER SESSIONS

(TWICE WEEKLY)

Parent and Toddler sessions will return on Monday 17th and Wednesday 19th April 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.

PARENT AND CHILD WALKING GROUP

Our walking group will begin on Tuesday the 18th of April at 9.30 to 10.45am starting at the Hub. This will be run by Laura, WHSCT Child Health Assistant walk leader. If you have any issues/concerns or would like to come along to meet other Mums, Dads, Grandparents, or carers for a walk with the children, have a chat and cup of tea come to the Hub at 9.30am on Tuesdays. This is a drop-in service with a charge of £3 per session towards running costs.

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

In partnership with WHSCT we will be offering a 4-week Baby Massage programme starting on Tuesday the 25th of April from 11.00am to 12.00pm. 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 £20.

PARENT AND BABY YOGA

Parent and Baby Yoga focuses on family health, taking an integrated holistic approach to mind, body and well-being. Through the course you will learn positions and movements in a fun and safe way. This class has benefits for both parent and baby. It will commence on Thursday the 27th of April from 10 to 11am and will continue for 4 weeks. There is a cost for £20 for the course.

COOCHIE COO

Our April Coochie Coo term will be commencing on Friday the 28th of April, facilitated by the brilliant Jean Dunn. The five-week term costs £30. Payment must be made in advance to secure your place. Due to popular demand, we will now have two babies only sessions this term. Our 10am and 11am sessions will be baby only sessions (pre-crawlers). Our 12pm sessions are for babies who are crawling or walking and toddlers. These sessions are also suited to families. To book your space please provide your name, baby/toddlers name, age, and your contact number.

**To book your place please call 02871 163713
or email admin@culmorehub.org**

CULMORE YOUTH CLUB AND YOUTH FORUM

Our Youth Club and Youth Forum sessions will return mid-April 2023. 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 24th Apr 23	6.15pm-7.15pm
YOUTH FORUM	MONDAY STARTING 24th Apr 23	7.30pm-8.30pm
INTERMEDIATES 10-13 YEARS	TUESDAY STARTING 25th Apr 23	6.30pm-7.45pm
SENIORS 14-17 YEARS	TUESDAY STARTING 25th Apr 23	8.00pm-9.15pm

At present, the 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 Spring.



YOGA

William Grant, the Yoga Man will continue to deliver our Monday morning session starting on 17th April from 12.00 noon to 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 £40 for this 8-week course.

LUNCH SOCIAL AT THE HUB

On Monday 24th April from 1.00pm to 4.00pm we will 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. We would appreciate a small donation if you can to help cover running costs. 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 us on 02871 163713 or admin@culmorehub.org

MINDFULNESS COURSE

"Mindfulness is about paying attention in a particular way, on purpose, in the present moment without judgement." Jon Kabat Zinn. Starting on Tuesday 25th April 2023 from 10.00am to 11.00am we will be offering a 6-week Mindfulness course delivered by Dolores McGuinness. The cost of this course is £30. 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.

CRAFT SESSIONS WITH KIERA

Every Wednesday from 10.00am to 12.00 noon beginning on Wednesday 26th April we will be

running craft classes for our over 50's at the Hub. For Spring 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 from 12.00 noon to 1.00pm every Wednesday starting on 26th April for Tai Swing. This is a combination of Tai Chi movements with music. The 5-week course cost £25.00, advance payment is required. If you want to improve your mental and physical well-being, then this is the course for you.

ART – WATERCOLOURS

Returning on Thursday 20th April 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 £30.00, all materials will be provided. These classes were extremely popular in 2022, so please contact us to secure your place.

LIVEWELL PROGRAMME

In partnership with the Tower Museum, Heritage and Museum Services we will be offering a 6-week programme for our over 50s. The first 5 weeks of the programme will take place at the Hub where we will explore the past through Aromatherapy, Sketching, Crafting, Reminiscing, Archiving and Genealogy and talks on the art collection. On the final week there will be a visit to the Tower Museum itself. This will run from the 13th June to the 18th July 2023. If you are interested in participating, please contact us at the Hub.

SOUND BATH MEDITATION

A Sound Bath is a holistic treatment using the vibrations of Crystal bowls, Tibetan Bowls, Drums, Rainsticks and Ocean drums to bring you to a place of inner relaxation and away from the busy thoughts that cascade through our minds daily. Our Meditation sessions will be held once a fortnight commencing on Thursday the 27th April from 9.30am to 10.30am. Cost for the 5-sessions is £35.

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+)	Wednesday	6.15pm-7.15pm	Call Charmaine on 07841562433
Culmore Kids Club - Creche - afterschool club (5-12yrs). School collection available.	Monday to Friday	9.00am-12.00 Noon 2.00pm-6.00pm	Call Rachel on 07549311645

SESSIONS FOR ADULTS AT THE HUB

We are keen to provide support for adults to improve their physical, mental and emotional well-being. This Spring we have lots on offer, why not join us to try something new.



THEATRE & STORY MAKING PROGRAMME

Starting on Monday the 24th of April from 7.30pm to 9.00pm Gemma Walker-Farren (of MakeyUppers) will be joining us for a 5-week 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 5-week course will cost £25.

CULMORE WOMENS' CIRCLE

Culmore Women's Circle, our fun and vibrant Women's group, meet on the second Tuesday of every month from 12.00pm to 1.30pm. The first Spring session will take place on Tuesday the 9th May, we can't wait to see you all again. At this month's meeting we'll have a taster session on nutrition delivered by Katherine Kelly a Nutritional Therapist. We're always pleased to see new local women join our group so come along and join us to make some new friends and learn new skills. There is a £3 charge towards lunch.

COOKING ON A BUDGET "Foods of the World"

We are running a series of 4 weeks cookery classes from April to June 2023. The aim of the course is to teach participants how to get the best from their air fryers and slow cookers. We will be cooking recipes from different countries in a tasty, fast and convenient way. This course will be run on a Tuesday from 2pm to 4pm at the Hub. The cost of the course is £20.

PREGNANCY YOGA

We are super excited to be able to offer this course of classes in pregnancy yoga beginning in April. Yoga in pregnancy is a great way to stay active and is healthy for you and your baby. Pregnancy yoga incorporates all the benefits of yoga breathing along with the joy of movement and the stillness of deep relaxation. The aim is to help celebrate and enjoy the nurturing of new life over the weeks and months of pregnancy. This will run on a Tuesday evening for 6 weeks starting on Tuesday 25th April at 7.00pm to 8.00pm. Cost for the course is £42.



CULMORE HUB GARDENING CLUB

We have received funding from Derry City & Strabane District Council through the Community Support Fund to run gardening workshops. If you want to learn how to grow your own vegetables, herbs and flowers then why not come along on Wednesday from 5.30pm - 7.30pm starting on 26th of April.

YOGA WITH WILLIAM GRANT

Our very popular yoga classes with William Grant, The Yoga Man, will be returning for further classes. On Wednesday nights from 7.45-8.45pm 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 are fantastic. The classes will run for a total of 6 weeks costing £36 commencing on the 19th of April 2023.

LINE DANCING

Due to the demand Line Dancing classes will continue for 5 sessions at the Hub on Thursday evenings from 7.00-8.00pm commencing on the 27th of April. Davey from Derry Dancing will be returning to the Hub to turn you all into professional line dancers! Block of 5 classes will cost £25.

TAI CHI (MOVING MEDITATION)

Starting on Thursday 27th of April, the fantastic Caren Friel will be facilitating weekly Tai Chi classes at the Hub from 7.30pm to 8.30pm. Our morning Tai Chi classes are extremely successful. This Spring we are continuing classes in the evening due to demand for activities outside normal working hours. The 6-week course will cost £36.00. This is sure to be an extremely popular class so get yourself registered as soon as possible to avoid disappointment.

MENOPAUSE SUPPORT AND INFORMATION PROGRAMME

Maria Taylor CBT therapist and counsellor will facilitate this 4-week course. The Course will cover:

- What is menopause?
- Menopause and anxiety.
- Coping strategies and self-care.
- The future.

This practical course will start on Thursday the 27th of April from 7pm to 8pm. The cost of this course is £20.

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.

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

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 Litter Picks will resume on Sunday the 16th and Monday the 17th of April 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.



Rubbish removed from shoreline

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

UPCOMING ACTIVITIES



GARDEN BY THE RIVER

We are delighted to announce that we have secured funding through the National Lottery Community Fund – "Places and Spaces" programme to extend our community garden to the green space across from the Hub. We plan to create a beautiful, tranquil, Community Garden by the River but we'll need lots of volunteers and community support to make it a reality. This is a great opportunity to learn new skills, make new friends and do something worthwhile for our community. We will host a series of gardening workshops to give you all the skills you need to take part, please get in touch if you would like to be involved.

CULMORE FORT

We have been successful in securing additional funding through the Village Catalyst Development Grant programme. We will be carrying out community consultation to further explore the restoration of Culmore Fort and the surrounding area. CCP is delighted to be working in partnership with Lough Foyle Yacht Club to ensure the Fort remains a key landmark in Culmore for many years to come.

VOLUNTEERING AT THE HUB



We currently have over 60 volunteers who are key to making things run smoothly here at the Hub. Without their time and support it would not be possible to bring you all the clubs, activities, and events that you have grown to love. From January to March 2023 there has been over 530 volunteer hours, sincere thanks to each and every one of you for your continued support.



As a Community Hub we are sensitive to the fact there may be financial challenges being faced within the community. If you would like to participate in an activity but feel that the full cost would be a challenge, please reach out to us and we can discuss reduced rates were available or applicable.

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 Family Fun & Sports Day on Saturday the 24th June at Culmore Country Park. The following week on 30th June we'll be welcoming our local Over 50's to our Tea Dance in the Hub garden. The Kids Jamboree sessions will begin in June and run throughout the Summer. Details of the Adults & Kids 5k Race will be released soon. We are also making plans for some great days out as part of our annual Walking Festival from June to September.

The **Village Show** will be held at the Hub on Saturday 26th of August, we hope to see lots of entries from the talented gardeners, bakers, crafters and jam makers in Culmore.

Event	Date
Family Fun Day	24th June
Over 50s Tea Dance	30th June
Adults & Kids 5K run	TBC
Walking Festival	June - September
Kids Jamboree	June - September
Village Show	26th August
Literary Festival	20th - 24th September

The **Culmore Literary Festival** will return for the third year and will be held from the 20th to 24th September at the Hub, we have a host of local writers, poets and storytellers lined up for this year's event. Our festival programme will be delivered to all homes in Culmore in June.

IN THE CULMORE COMMUNITY

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



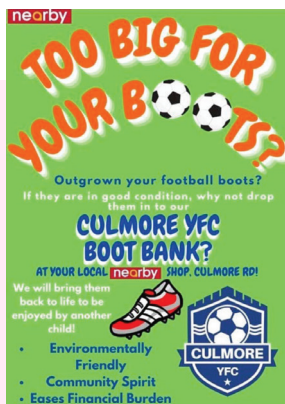
CULMORE CU CHULAINNS GAA

Thornhill College Pitches

Every Saturday from
10.00am to 12noon

Wednesday evening
6.00pm – 9.00pm

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



LOUGH FOYLE YACHT CLUB

Culmore Point

Dinghies and Foyle Punts are
raced from March to November,
on average twice per week, 62
race days in total this season.
Full sailing schedule can be
found at - www.lfyc.co.uk

For further information
you can get in touch at -
loughfoyleyachtclub@gmail.com

WHAT'S BEEN HAPPENING AT THE HUB



Cooking on a Budget

Crafts at the Hub



Parent and Toddler Sessions



Health Checks at the Hub



Kids Crafts



Leading Lights Crafts

CULMORE COMMUNITY HUB SPRING TIMETABLE

Commencing April 2023

Monday	Venue	Time
Parent and Toddlers	Downstairs	9.30am – 11.00pm, Starting 17th April
Litter Pick	Meet at the Hub	11.00am - 12.30pm, Starting 17th of April and the 2nd Monday thereafter
Leading Lights Chair based Yoga	Downstairs	12.00noon – 1.00pm, Starting 17th April
Hub Lunch Socials (50+yrs)	Upstairs	1.00pm – 4.00pm, Starting 24th April
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Culmore Youth Club -Juniors 7-9 yrs.	Upstairs	6.15pm – 7.15pm, Starting 24th April
Theatre Making and Storytelling	Upstairs	7.30pm – 9.00pm, Starting 24th April
Culmore Youth Forum (8-13yrs)	Downstairs	7.30pm – 8.30pm, Starting 24th April
Tuesday	Venue	Time
Walking Group	Downstairs	9.30am – 10.45am, Starting 18th April
Infant Massage	Downstairs	11.00am – 12.00am, Starting 25th April
Mindfulness	Boardroom	10.00am - 11.00am, Starting 25th April
Livewell Programme	Upstairs	10.30am - 12.30pm, Starting 13th June
Woman's Circle 2nd Tues every month	Upstairs	12.00pm – 1.30pm, First session 9th May
Cooking on a Budget - Foods of the World	Downstairs	2.00pm – 4.00pm, Starting 18th of April
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Pregnancy Yoga	Cabin	7.00pm – 8.00pm, Starting 25th April
Culmore Youth Club - Intermediate	Both Halls	6.30pm – 7.45pm, Starting 25th April
Culmore Youth Club - Seniors 14 – 17yrs	Both halls	8.00pm – 9.15pm, Starting 25th April
Wednesday	Venue	Time
Parent and Toddler	Downstairs	9.30am – 11.00am, Starting 19th April
Leading Lights Crafts	Upstairs	10.00am – 12.00pm, Starting 26th April
Leading Lights Tai Swing	Downstairs	12.00noon - 1.00pm, Starting 26th April
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Stage Beyond	Upstairs	4.00pm – 8.00pm
Culmore Gardening Club	Downstairs	5.30pm – 7.30pm, Starting 26th April
Casey School of Irish Dance	Downstairs	6.15pm - 7.15pm
Yoga with William Grant	Downstairs	7.45pm – 8.45pm, Starting 19th April
Menopause Support and Information	Boardroom	7.00pm – 8.00pm, Starting 26th April
Thursday	Venue	Time
Sound Bath Meditation (Every 2nd Week)	Downstairs	9.30am - 10.30am, Starting 27th April
Parent and Baby Yoga	Downstairs	11.00am - 12.00pm, Starting 27th April
Watercolours Art Class	Upstairs	11.00am - 1.00pm, Starting 20th April
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Line Dancing	Cabin	7.00pm – 8.00pm, Starting 27th April
Tai Chi	Downstairs	7.30pm – 8.30pm, Starting 27th April
Friday	Venue	Time
Coochie Coo	Downstairs Hall	10.00am - 10.45am, Starting 28th April
Coochie Coo	Downstairs Hall	11.00am – 11.45am, Starting 28th April
Coochie Coo	Downstairs Hall	12.00pm – 12.45pm, Starting 28th April
ASK - Advice and Welfare Services	Upstairs	9.30am – 12.30pm
Culmore Kids Club – After School	Cabin	2.00pm – 6.00pm
Irish Traditional Session	Downstairs	7.30pm – 9.30pm, Starting 14th April
Saturday	Venue	Time
Willow Weaving	Upstairs	15th April, 10.00am - 4.00pm
Family Fun Day	Culmore Country Park	24th of June, 1.00pm - 5.00pm
Sunday	Venue	Time
Litter Pick	Meet at the Hub	11.00am-12.00pm, Starting 16th of April and the 2nd Sunday thereafter