

CULMORE COMMUNITY HUB



32-34 Culmore Point Rd,
Derry/Londonderry
028 7116 3713
t. 028 7116 3713 or
e. una@culmorehub.org
www.culmorehub.org



NEWSLETTER SPRING/SUMMER 2024



Upcoming events...



The Culmore Community Festival is happening a bit earlier this year, so grab your diary and get these dates booked in... (See Pages 5 - 8 for full details)

Tuesday 21st May
1K and 3K Run (CC Park)

Saturday 8th June
Culmore Community Funday (CC Park)

Saturday 29th June (CCH)
Annual Culmore Show

Friday 5th of July (CCH)
Culmore Summer Afternoon Tea Party

Culmore Big Litter Pick

Saturday 11th May 11am

Help Keep Culmore Clean – Join our regular Litter Picking Group for the Culmore Big Litter Pick on Saturday 11th May. Meet at Culmore Community Hub, we'll provide hi-vis, gloves and litter picking equipment. We would like a representative from each area of Culmore to lead the clean up on their street or area. If you would like to volunteer for this role please let us know. To register your interest please contact admin@culmorehub.org or call 02871 163713.

The Litter Picking Group in Culmore has been in operation since October 2022. They meet on the 2nd Sunday and Monday of every month at 11am. On average they remove between 15 – 20 large bags of rubbish from the local roads/ streets and along the shore at Culmore point. Culmore Point residents have told us what a difference the group has made to the cleanliness of the area. Help keep Culmore clean and tidy. Please take your litter home.

Inside...

CULMORE PARENT & TODDLER

SESSIONS FOR KIDS AT THE HUB

CULMORE YOUTH CLUB AND YOUTH FORUM

CULMORE COMMUNITY FESTIVAL 2024

CULMORE LEADING LIGHTS OVER 50s GROUP

SESSIONS FOR ADULTS AT THE HUB

IN THE CULMORE COMMUNITY HUB SPRING TIMETABLE



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 for 2024.



PARENT AND TODDLER SESSIONS (TWICE WEEKLY)

Parent and Toddler sessions will return on Monday 8th and Wednesday 10th April 2024 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, story-telling 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 with a donation of £3.00 per session.

BABY YOGA

Parent and Baby Yoga focuses on family health, taking an integrated holistic approach to mind and body wellbeing. Through the course you will learn positions and movements in a fun safe way. This class has benefits for both parent and baby. It will commence on Tuesday 9th April 10.00am – 11.00am for 4 weeks. This course will cost £20.

COOCHIE COO

Coochie Coo will be running term time here at the Hub facilitated by the brilliant Jean Dunn.

There will be three sessions: 10am will be baby only sessions (pre-walkers). 11am and 12 noon sessions are for babies who are walking and toddlers, these sessions are also suited to families. To book your space please contact Jean directly @ coochiecoomusic (Instagram).

To book your place please call 02871 163713 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 Accepting children ages 3+ for fun, fitness and friendship.	Monday (Cabin)	6.30pm – 7.30pm Levels Welcome.	All Call Charmaine Roddy on 07841562433 Instagram: @Casey_school Facebook: The Casey School of Irish Dancing
	Wednesday (Downstairs Hall)	5.45pm to 7.30pm. All Levels Welcome	
Culmore Kids Club Creche (1-4 years)	Monday to Friday	09.00am - 12.00 noon	Call Rachel on 07545148118
	Afterschool club (5-12yrs). School collection available.	Monday to Friday	
Culmore Kids Club – Summer Scheme	Running through July and August 2024 – Monday to Friday	09.00am – 5.30pm	To book – Call Rachel on 07545 148118



We had a busy Winter term at Culmore Youth Club with cooking classes, nature sessions, mindfulness, craft, circus skills and much more. If you are aged 7yr to 17yrs old and would like to join the Club please register using the QR Code above. This Spring/Summer we have a range of new activities and opportunities on offer for all ages and interests:-

BYTES

Culmore Youth Club is one of several organisations around the City taking part in the Bytes Online Youth Work pilot programme. The programme uses video game consoles and online resources as tools to support young people's personal development. Bytes has kindly provided a PlayStation5, Xbox Series X and a Nintendo Switch game console for our Youth Club members. This new addition to the Youth Club can help develop participation and encourage a new way for young people to interact with each other by developing their communication skills. The programme encourages young people to discover common interests and build new relationships. Our young people have already been making good use of the consoles at our Monday and Friday Drop-in sessions.

YOUTH FORUM

March will also see the return of our revamped Youth Forum, eight representatives from our Intermediate and Senior group will be selected to provide feedback about the Youth Club and consult in the selection of new projects delivered through the Youth Club. The Youth Forum is available to all intermediates and seniors enrolled at the club, you can put your name forward for the group at our Monday and Friday Drop-in sessions. Should demand exceed

spaces in the forum members will be chosen by lottery.

EASTER WEEK YOUTH DAYS

This Easter we will be running sessions for Juniors and Intermediates. Our Intermediate session will take place on Wednesday 3rd April from 10.00am to 3.00pm, where we will have sessions led by In Your Space, arts, Crafts and games. On Thursday 4th April from 10.00am to 3.00pm. Happy Me Wellbeing (formerly Relax Kids), will be delivering two workshops with the group, then we'll be wrapping up with games and an Easter Disco. Lunch will be provided for both sessions. Spaces are limited to 30 children per session so book early to avoid disappointment. There will be a £5 suggested donation for this event.

COMMUNITY LITTER PICK

Our Culmore Litter Picking team are holding a Community Big Litter Pick event on Saturday 11th May from 11.00am to 12.30pm. We would encourage our Youth Club members to get involved in this worthwhile event. All children must be accompanied by a parent or guardian. See front page of the Newsletter for further details.

1K FUN RUN

As you may be aware, Thursdays are our mental and physical health evenings, as we approach the annual 1K Fun Run we will be holding exercise classes on a Thursdays during April and May to help get prepared for the 1K race day on Tuesday 21st May

SUMMER SCHEME

This year we will be holding our Summer Scheme in July. Our Junior Summer Scheme will take place from 8th to 12th and will run from 9.30am to 12.30pm each day. Our Intermediate Summer

Scheme will take place from 22nd to 26th and will run from 9.30am to 12.30pm. For our Seniors we will be holding several events and day trips throughout July rather than delivering a week-long Summer Scheme.

VOLUNTEERS

At Culmore Community Hub we depend on the hard work and dedication of our volunteers, particularly at our Youth Club. From the parents of our members volunteering their time at sessions to young people volunteering alongside their education, support from the Culmore community has been fantastic. This month we will have Child Protection Designated Officer Training at the Hub; this training will be open to volunteers. Spaces are limited, and we may have to hold another session based on demand. If you are interested in volunteering at Culmore Youth Club, please get in touch with us.



MONDAYS

'DROP-IN' SESSIONS

STARTING 8th April 2024

Monday nights will be drop-in sessions where you can meet with your friends, make new friends, play games, chat and socialise.

SESSION	DAY
Culmore Youth Club - Juniors 7-9 yrs	6.00pm to 7.00pm
Culmore Youth - Intermediates 10-13yrs	7.15pm to 8.15pm
Culmore Youth Club - Seniors 14-17yrs	8.30pm to 9.30pm

TUESDAYS

'ARTS, CRAFTS AND FESTIVALS' SESSIONS

STARTING 9th April 2024

Tuesday nights offer an opportunity to explore your creativity through culture, art, drama, poetry, heritage and music (why not join our band?) and you'll get an opportunity to help prepare for the numerous festivals we run throughout the year.

SESSION	DAY
Culmore Youth Club - Juniors 7-9 yrs	6.00pm to 7.00pm
Culmore Youth - Intermediates 10-13yrs	7.15pm to 8.15pm
Culmore Youth Club - Seniors 14-17yrs	8.30pm to 9.30pm

WEDNESDAYS

'NATURE NIGHT' SESSIONS

STARTING 10th April 2024

Wednesday evenings will provide an opportunity to help you to discover the role you can play in protecting our environment and getting the voices of our children and young people heard on key issues such as climate change and conservation.

SESSION	DAY
Culmore Youth Club - Juniors 7-9 yrs	6.00pm to 7.00pm
Culmore Youth Intermediates 10-13yrs	7.15pm to 8.15pm
Culmore Youth Club - Seniors 14-17yrs	8.30pm to 9.30pm

THURSDAYS

'MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING' SESSIONS

STARTING 11th April 2024

Thursdays sessions will focus on mental and physical well-being support including life skills development. You can take part in physical activity sessions, yoga, mindfulness or take part in discussions about bullying, feeling isolated, anxiety and peer pressure. These sessions will help you cope with the challenges you face in your daily life.

SESSION	DAY
Culmore Youth Club - Juniors 7-9 yrs	6.00pm to 7.00pm
Culmore Youth - Intermediates 10-13yrs	7.15pm to 8.45pm
Culmore Youth Club - Seniors 14-17yrs	8.30pm to 9.30pm

FRIDAYS

'DROP-IN' SESSIONS

STARTING 12th April 2024

We'll end the week with another drop-in sessions where you can relax after a busy week at school, meet with your friends, make new friends, play games, chat and socialise.

**PLEASE NOTE INTERMEDIATES AND SENIORS WILL ATTEND AT THE SAME TIME ON FRIDAYS

SESSION	DAY
Culmore Youth Club - Juniors 7-9 yrs	6.00pm to 7.00pm
Culmore Youth - Intermediates 10-13yrs	7.15pm to 8.45pm
Culmore Youth Club - Seniors 14-17yrs	7.15pm to 8.45pm

CULMORE COMMUNITY FESTIVAL 2024

We have a packed line up of activities for the whole community starting in May and running through until Christmas 2024. You can book tickets for each event on our website www.culmorehub.org from the 29th April onwards or in the office at the Hub. Thanks to our funders The National Lottery Community Fund and Derry City & Strabane District Council.

3K & 1K RUN

Back by popular demand we will hold our ever popular, 3K and 1K run at Culmore Country Park, on Tuesday 21st May. You can register online from the 29th April at www.culmorehub.org, call into the Hub or book on the race night at Grant's factory carpark. Parking for the event will be available at Grant's and we will provide a shuttle service to the Park. Free entry for the kids 1K race and £5.00 for the 3K race.

DATE	TIME
Tuesday 21st May	6pm – 8pm

KID'S JAMBOREE

We have a special treat for all under 4s, join us for a morning of entertaining fun at Culmore Community Hub. Bring along a picnic blanket and we'll provide some snacks. We have 4 sessions available, tickets cost £5.00.

DATE	TIME	ENTERTAINMENT
Wednesday 5th June	9.30 am to 11.00am	Soft Play session with Legenderry Events
Monday 10th June	9.30 am to 11.00am	Tricia's Time to Rhyme
Monday 24th June	9.30 am to 11.00am	Soft Play session with Legenderry Events
Wednesday 3rd July	11.00 am to 12.30pm	Tricia's Time to Rhyme

SUMMER AFTERNOON TEA AT THE HUB

Our Afternoon Tea event is back... we would love for you to join us for a special afternoon of entertainment with Mickey Wilson, chat and a gorgeous afternoon tea! Tickets cost £5.00.

DATE	TIME	ENTERTAINMENT
Friday 5th July	1.00pm to 5.00pm	Music, dance, chat, and afternoon tea



CULMORE COMMUNITY

FESTIVAL 2024

FAMILY FUN AND SPORTS DAY

This year's Family Fun & Sports Day will be a real treat for the whole community. Join us on Saturday 8th June from 1.00pm to 5.00pm at Culmore Country Park for what promises to be Culmore's biggest and best Family Fun & Sports Day yet!! We will have an afternoon of sports competitions with lots of fun races for all the family. We'll have amusement rides to suit toddlers through to teens, entertainers, face painting, barbeque, tuck shop and ice cream.

We would love to see some of our older residents joining us this year. Come along and enjoy an entertaining afternoon in our marquee with Parky the Magician and our very own Culmore Youth Club Band.

Back by popular demand, we will have the Culmore Dog Show, it will be open to any dog of any breed. If you think you have the best groomed, cutest or even the scruffiest mutt come along and join us at the Park at 4.00pm. Registration is £5.00 per dog, you can register online at culmorehub.org/events, at the Hub or on at the Park on the day of the event. There will be prizes for winners in 6 categories:-

- Top Dog
- Best Groomed Dog
- Cutest Dog
- Best Dressed Dog
- Dog Most Like It's Owner
- Scruffiest Mutt

Car parking will be provided at Grants Factory, we will provide a shuttle service to and from the Park. Admission fee for the afternoon is £10.00 for a family ticket and £3.00 for an individual. Children under 12 years must be accompanied by an adult.

DATE	TIME
Doors open	1.00pm
Family Races & Over the Bar competition	1.15pm
Prize giving	2.45pm
Parky the Magician	3.00pm
Culmore Youth Club Band	3.30pm
Culmore Annual Dog Show	4.00pm
Fun Day ends	5.00pm

Activities

- Bouncy Castle
- Tea Cup Ride
- Trampolines
- Total Wipe Out
- Stalls
- Facepainting
- BBQ
- Tuck Shop
- Slushies
- Over the bar football competition
- Daddy's and mammy's races
- Sack races
- Spud & spoon race
- Parky the Magician



www.culmorehub.org/events

CULMORE COMMUNITY FESTIVAL 2024

CULMORE WALKING FESTIVAL

Calling all over 50's, dust off your walking shoes and join us for a series of guided walks of 4 of our most scenic parks in the City. Each walk will be followed by a lunch. The cost per walk is £5.00.

DATE/ TIME	WALK LOCATION	STARTING POINT
Monday 1st July 11.00am – 2.00pm	Bay Road Park and Pennyburn Footbridge	Bus will leave from Culmore Community Hub at 11.00am, returning to the Hub at 1.00pm for lunch.
Monday 8th July 11.00am – 2.00pm	Brooke Park	Bus will leave from Culmore Community Hub at 11.00am, returning to the Hub at 1.00pm for lunch.
Monday 15th July 11.00am – 2.00pm	St Columb's Park	Bus will leave from Culmore Community Hub at 11.00am, returning to the Hub at 1.00pm for lunch.
Monday 22nd July 11.00am – 2.00pm	Gransha Park	Bus will leave from Culmore Community Hub at 11.00am, returning to the Hub at 1.00pm for lunch.

DAY TRIPS

We have some lovely day trips planned for our over 50's this Spring, each trip will include lunch. Places are limited so book early. Tickets cost £15.00 per trip which includes lunch.

DATE/ TIME	WALK LOCATION	STARTING POINT
Monday 20th May 11.00am – 6.00pm	Glenarm Castle is the ancestral home of the McDonnell family, Earls of Antrim. We will have a tour of the Castle and the beautiful gardens. Lunch will be provided.	Bus will leave from Culmore Community Hub at 11.00am, returning to the Hub at 6.00pm.
Monday 17th June 11.00am – 6.00pm	Glenveagh National Park, lies in the wild and rugged landscape of the Derryveagh Mountains. We will start off with a walk/bus along Lough Veagh before enjoying a tour of the stunning Victorian Castle and Gardens. Lunch will be provided.	Bus will leave from Culmore Community Hub at 11.00am, returning to the Hub at 6.00pm.

CULMORE LITTER PICKERS

A big thank you to our dedicated team of volunteer Litter Pickers who will be providing the site clean-up services at our events. If you would like to help out, please give us a call on 028 7116 3713.

VOLUNTEERS NEEDED

We have a packed programme of activities this Summer and would really appreciate some help. If you would be interested in volunteering at the Hub, please email admin@culmorehub.org

BOOKING EVENTS AND ACTIVITIES

Please visit www.culmorehub.org/events to book tickets or call at the Hub.



CULMORE COMMUNITY
FESTIVAL
2024

CULMORE ANNUAL SHOW '24
HORTICULTURE/HOME INDUSTRIES/ARTS & CRAFTS

SATURDAY 29TH JUNE
2.00pm, CULMORE COMMUNITY HUB

The Culmore Show will be held on Saturday 29th June at the Hub from 2.00pm. We're looking forward to receiving lots of entries from local gardeners, crafters, bakers, jam makers and artists of all ages.

CULMORE GARDEN COMPETITION

Do you work hard to make your garden a beautiful place to be? Then why not enter our Culmore Garden competition. We would love to see some of you who are new to gardening enter this year's competition. Gardens will be judged during the week beginning 10th June 2024. Entrants must live in the Culmore area*.

The categories are:-

- Best Kept Garden
- Best Display of Hanging Baskets and Containers
- Best New Feature in Garden
- Best Vegetable Plot
- Most Colourful Border

*The Culmore Area is defined as the area between Culmore Roundabout and the Border at Muff.

Show Programme and Entry Forms will be available at Culmore Community Hub from Monday 22nd April 2024. For further information please call Una on 028 7116 3713 or email una@culmorehub.org

The Culmore Show has been running since the late 1800's and we are very proud to carry on this special tradition.

GETTING READY FOR THIS YEAR'S SHOW

If you would like to participate in this year's Show and would like some guidance and support we have gardening and craft sessions planned to help you get competition ready!! For details please check out the Sessions for Adults at the Hub section of the Newsletter. There will be a new category in our craft section which will be crocheting a reusable shopping bag from a set pattern, Please call into the Hub to collect a copy of the pattern.



DATE FOR YOU DIARY



Literary Festival

4th Annual Culmore Literary Festival - Friday 6th September to Sunday 8th September. This year will include events for adults and Children.

- **Friday 6th September – Evening** – A night of folk, blues and poetry with the ever popular Anthony Toner and guest poets.
- **Saturday 7th September**
 - > **Morning** - Younger Children event with "Perrin the Pirate", For Older children an event with Terri Lambertson.
 - > **Afternoon** – An event for the Adults "Finding my Wild" by Kathy Donanghy a memoir of returning home to Inishowen.
 - > **Evening** – Crime Writers night - Jane Buckley the Author of the "Stone Corner Series" in conversation with Claire Allan the Award winning Derry writer.

- **Sunday 8th September**
 - > Afternoon event with Music and Dance and light refreshments.

Times of each event will be available soon, keep an eye on our website for further details,
www.culmorehub.org

LEADING LIGHTS OVER 50s SESSIONS FOR ADULTS AT THE HUB

We have our continuing programme of classes 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 22nd April from 11.30am to 12.30pm. This session is tailored to the needs of the over 50's. Cost of the 8-week course will be £40.

HUB SOCIALS

On Monday 8th 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 will also have activities running after lunch each Monday. We would appreciate some help with preparing our Lunch Hub 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. We would like to extend our thanks to The Halifax Foundation for the funding that they have provided for the lunch and activities for our Hub Socials.

PHARMACY PROGRAMME

(1st Tuesday each month)

We are working in partnership with Bradley's Pharmacy to deliver our Building the Community Pharmacy programme. This ten-month programme is available for local men and woman who are aged 50+. The aim of the programme is to improve mental and physical wellbeing, make new friends and learn about the wide range of support available through our local pharmacy and in the community. The next session for 2024 will be Tuesday 16th of April and then the first Tuesday of every month thereafter. 12 noon – 2.00pm

TAI SWING

Caren Friel will be back with us from 12.15pm to 1.15pm every Wednesday starting on 10th April for Tai Swing. This is a combination of Tai Chi movements with music. The 6-week course cost £30.00, advance payment is required. If you want to improve your mental and physical well-being, then this is the course for you.

GARDENING

Starting on Wednesday 10th April from 2.00pm to 4.00pm our expert gardener Hayley Doman will provide a step-by-step guide

to growing fruit, vegetables and flowers that will be in season in June. By the end of the 6-week period you will be well on your way to having competition ready radishes, beetroot, beans, herbs and some lovely blooms. You can enter these into the Culmore Show which will be held on Saturday 29th of June – please see page 8 for full details.

SOCIAL CIRCUS

We are delighted to announce that we will have more sessions of the wonderful Social Circus sessions delivered by In Your Space. Come along and try your hand at all the circus skills, which will help improve your cognitive and physical health. Our participants report feeling much more supple and have better core strength and balance. So if you want to get fit, have a laugh and make some new friends then please call us to book your place. Continuing on from Thursday 11th April at 2.30pm – 4pm. This programme is free of charge but donations are welcome.

'Very engaging, entertaining and good fun. My hand eye co-ordination and balance improved. I also seen an improvement in my cognitive acuity. It's good for the brain and the soul!!'

SUPPORT SERVICES AT THE HUB

MOBILE LIBRARY AT THE HUB

Every fortnight on a Wednesday 2.30 pm – 4.00pm we will have the Mobile Library from Libraries NI here in our Car Park. This service available to the whole community. Why not come along and have a chat and choose some books to borrow.

ADVICE AND WELFARE SERVICES

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

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 alongside our daytime courses we have lots of evening activities for those in the community who are not available during the day to attend the Hub, why not join us to try something new.

COOKING ON A BUDGET

We will also now be offering our ever popular cookery classes in the evening during April and May 2024. We will be cooking different tasty recipes; learning how to get the full benefit of your appliance in a budget friendly and convenient way and understanding the versatility of your Air Fryer or Slow cooker.

This evening course will be run on a Monday evening 6.30pm – 8.30pm. The first course will start on Monday 8th April. The cost of the course is £24.

An afternoon course will run on a Tuesday from 2.00pm to 4.00pm. The first course will start on Tuesday 9th of April. The cost of the course is £20.

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 next session will take place on Thursday 11th of April and then the 2nd Tuesday of every month thereafter. 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. We would welcome a donation of £3 towards lunch.

PILATES

Continuing for Spring 2024, we will have 2 Pilates classes on a Tuesdays at 6.30pm and 7.30pm with Brenda Plummer, classes resume Tuesday 9th April. Brenda holds a level 3 Diploma in Pilates and teaches Pilates using small equipment. She completed her Pilates teacher training in London and is accredited by YMCA awards and affiliated by CIMPSA. When you practice Pilates led by Brenda, you will strengthen and reconnect your body and mind, one breath at a time. Please get in contact with us to book your place.

The 6-week course will cost £36. This is an extremely popular class so get yourself registered as soon as possible to avoid disappointment.

TRADITIONAL CRAFTS WITH FIONA

The theme for this year's Culmore Show is 'Nature in Culmore.' Starting on Wednesday 10th April from 6.30pm to 8.30pm the very talented Fiona Doney will provide a 6-week programme to teach participants how you use a handloom to weave a scene inspired by nature. These classes will book up fast so get in touch if you are interested. Once you have completed your handwoven fabric why don't you enter your craft into the Culmore show which will be held on Saturday 29th of June see page 8 for full details.

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 block will run for a total of 5 weeks costing £30 commencing on the 10th of April 2024.

TAI CHI (MOVING MEDITATION)

Starting on Thursday 11th of April, the fantastic Caren Friel will be facilitating weekly Tai Chi classes at the Hub from 6pm – 7pm. 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. This is an extremely popular class so get yourself registered as soon as possible to secure your place.

CROCHET

Shannon will continue her crochet classes in our Cabin on a Thursday

Evening. To book please contact Shannon directly via email shannon@shancrochetdesigns.com or via Instagram @shan.crochetdesigns

LINE DANCING

Line dancing will return to the Hub this Spring. Line Dancing is not only physically beneficial but also gives the opportunity to socialise and meet new people – why don't you give it a go! Classes with Davey will be on a Thursday beginning again on 11th April 7.30pm – 8.30pm. The 6-week block will cost £36, payment in advance required to secure your place.

SEWING SPRINKLES

Carolyn from Sewing Sprinkles will be continuing her current course sewing classes on Friday evenings from 6.30pm to 8.30pm. For any enquiries on future classes please contact Carolyn directly on 07763863901 or email carolyn@sewingsprinkles.co.uk

HYPNOBIRTHING

Dawn from Your Journey, Your Way is running a series of Hypnobirthing classes here at the Hub. Hypnobirthing is a rewarding, relaxing and stress-free method of birthing. Based on the belief that all babies should be brought into the world gently, in an atmosphere of calm and joy. The Hypnobirthing programme includes: Deep relaxations, self-hypnosis, special breathing techniques, visualisations, affirmations, pregnancy and birth education and preparation for the fourth trimester. Birth partners are welcome and encouraged – A birth partner can be anyone who will be supporting you through your pregnancy and birth (Partners, parent, sibling friend etc). To book contact Dawn directly on Facebook @your_journey_your_way_

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

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 14th and Monday the 8th of April at 11.00am. This is a valuable and much needed service these dedicated volunteers are providing for our community. They have made a big difference to the shore-line and Culmore Point area making it a much more pleasant place to enjoy a walk. We would like to extend our thanks to the Litter Picking team and to Derry City & Strabane District Council for their ongoing support with their collection service. If you would like to join this group please meet at the Hub on Sunday or Monday, 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. Join us on the Culmore Big Litter Pick on Saturday 11th May – full details on front page.

VOLUNTEERING AT THE HUB

We currently have over 70 volunteers who are key to making things run smoothly here at the Hub throughout the year at various small and large events. 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 Feb 2024 alone there has already been over 80 volunteer hours. Sincere thanks to each and every one of you for your continued support. If you would like to join our Volunteer Team then please contact us on 028 7116 3713.

IN THE CULMORE COMMUNITY

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



CULMORE CU CHULAINNS GAA

Weekly coaching and games for boys and girls aged 4 to 14 at Thornhill College pitches, Culmore.

- Every Saturday morning from 10.00am til 12noon
- Wednesday evenings from 6.00pm to 8.00pm

New players very welcome! Come along and learn all about Gaelic games!. If curious, call or text Dermot on 07971784367 for more info. Anyone interested in volunteering at the club please get in touch also, thank you. Find us on Facebook @ Culmore Cú Chulainns.

COFFEE MORNING

We are having a Coffee morning to welcome our newest neighbours from Woodlands Avenue on **Thursday 18th April at 11am**. We would love to see new neighbours and old to meet and get to know each other, see the facilities and activities we have to offer.



CULMORE YOUTH FOOTBALL CLUB

Culmore Youth FC continue to drive coaching standards within the club with Stephen Good and Uel Watson having been awarded their UEFA C coaching Licences by the Irish Football Association.

Watson won the D&D Championship Summer Cup last year with the Culmore 2014 side, while Good is coaching the 2007 team after a 20-year playing career in England. "I did this course to develop and bring the kids in my team to the next level," said Watson. Good added: "I've played with and against top-level professional players and coaches and hope these experiences help develop the players at CYFC." CYFC is open to new players and coaches for all age groups between 5 - 17, with information on our Facebook page @Culmore Youth FC



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

PAINTING EXHIBITION

by local Artist **Noeleen Hegarty**
Artist in Residence, Culmore
Community Hub

We are delighted to host a special event on **Thursday 4th April 6-9pm, Friday 5th April 12-9pm and Saturday 6th April 10am-3pm**. Noeleen's unique Watercolours are now well known across Derry and this represents a great opportunity to come and view a wide range of her work. To mark the occasion many paintings will be available to acquire at discounts of up to 50%!

CULMORE COMMUNITY HUB SPRING TIMETABLE

Commencing April 2024

Monday	Venue	Time
Parent and Toddlers	Downstairs	9.30am - 11.00pm, Starting 8th April
Litter Pick (2nd Monday of each Month)	Meet at the Hub	11.00am - 12.30pm, Starting 8th April
Leading Lights Chair based Yoga	Downstairs	11.30am - 12.30pm, Starting 22nd April
Hub Social (50+yrs)	Upstairs	1.00pm - 4.00pm, Starting 8th April
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Cooking on a Budget	Cabin	6.30pm - 8.30pm, Starting 8th April
Culmore Youth Club - Juniors 7-9 yrs		6.00pm - 7.00pm, Starting 8th April
Culmore Youth - Intermediates 10-13yrs		7.15pm - 8.15pm, Starting 8th April
Culmore Youth Club - Seniors 14-17yrs		8.30pm - 9.30pm, Starting 8th April
Tuesday	Venue	Time
Baby Massage	Downstairs	10.00am - 11.00am, Starting 9th April
Pharmacy Programme 1st Tues each month	Upstairs	12.00pm - 2.00pm
Woman's Circle	Upstairs	12.00pm - 1.30pm
Cooking on a Budget	Downstairs	2.00pm - 4.00pm, Starting 9th April
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Pilates	Upstairs	6.30pm - 7.15pm & 7.30pm - 8.15pm
Culmore Youth Club		6.00pm - 9.30pm (See Page 4 for full details)
Wednesday	Venue	Time
Parent and Toddler	Downstairs	9.30am - 11.00am, Starting 10th April
Leading Lights Tai Swing	Downstairs	12.15pm - 1.15pm, Starting 10th April
Oil Panting Landscapes	Upstairs	10.00am - 12.00pm, Starting 10th April
NI Mobile Library	Car Park	2.30pm - 4.00pm, Every 2nd week
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Casey School of Irish Dance	Downstairs	5.45pm - 7.30pm
Yoga with William Grant	Downstairs	7.45pm - 8.45pm, Starting 10th April
Culmore Youth Club		6.00pm - 9.30pm (See Page 4 for full details)
Gardening	Outside	2.00pm - 4.00pm
Thursday	Venue	Time
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Social Circus	Downstairs	2.30pm - 4.00pm, Starting 11th April
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Tai Chi	Upstairs	6.00pm - 7.00pm, Starting 11th April
Crochet	Cabin	6.30pm - 8.30pm
Line Dancing	Upstairs	7.30pm - 8.30pm, Starting 11th April
Culmore Youth Club		6.00pm - 9.30pm (See Page 4 for full details)
Yoga with William Grant	Downstairs	7.45pm - 8.45pm, Starting 10th April
Culmore Youth Club		6.00pm - 9.30pm (See Page 4 for full details)
Friday	Venue	Time
Coochie Coo	Downstairs Hall	10.00am - 1.00pm; 3 sessions available
ASK - Advice and Welfare Services	Boardroom	9.30am - 12.30pm
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Sewing Sprinkles	Upstairs	6.30pm - 8.30pm
Culmore Youth Club		6.00pm - 8.45pm; (See page 4 for full details)
Sunday	Venue	Time
Litter Pick (2nd Sunday of each Month)	Meet at the Hub	11.00am - 12.00pm, Starting 14th April

Culmore Community Partnership is a registered charity, we rely on funding and donations to deliver our programme of activities and for our running costs. One of the ways we raise funds is to charge for most of the activities we deliver at the 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 contact us and we can discuss reduced rates.