

CULMORE COMMUNITY HUB



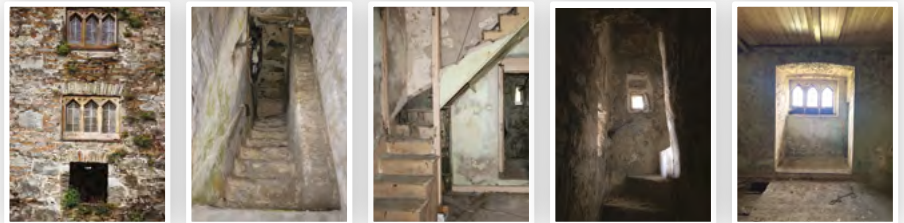
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www.culmorehub.org

NEWSLETTER WINTER 2025

Major funding secured to restore Culmore Fort



Village Catalyst
Community Focused Regeneration



We are delighted to announce that after 3 years of planning, community engagement and lots of hard work we have secured funding of over £250k to restore Culmore Fort. The work on this listed building will begin in January 2025 and will be completed by the end of March 2025.

The Fort at Culmore was held by the Crown until it was sold off with its lands to the Honourable the Irish Society in 1840, the Society still own the old Fort today. For the past 50 years the Fort

has been leased by Lough Foyle Yacht Club. CCP has now taken over the lease to allow the building to be restored and made available for community use. We would like to thank the Yacht Club for their support during the development phase of this project, we look forward to continuing our partnership working as we move forward.

The restored Fort will be primarily used to provide much needed mental and emotional support for our children and young people. We will also host support programmes for adults and

cultural and heritage events. In a rural area with few amenities and services the restoration of the Fort will create much needed community space. Many thanks to our very generous funders The Village Catalyst Fund, DEARA, Dept for Communities, NIHE, AHF, The Honourable the Irish Society, Garfield Weston Foundation and the Pilgrim Trust. Without their support we could not realise our ambitious plans to provide much needed community space for Culmore.

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'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 in the Winter for 2025.



PARENT AND TODDLER SESSIONS

(TWICE WEEKLY MON & THUR)
Parent and Toddler sessions will return on Monday 13th from 9.30am – 11.00am and Thursday 16th January 2025 from 10.00am – 11.30am. 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. Donations towards running costs would be welcomed.

BABY MASSAGE

Baby Massage (Suitable from birth to 5 months) We will be offering a Baby Massage Programme starting Tuesday 21st January 10am – 11am. Infant massage can increase a parent's awareness of their baby's needs and support their early bonding and attachment. Infant massage has numerous wellbeing, physical and developmental benefits for the baby. This course will be for 4 weeks.

SOLID START – Weaning Made Easy

Weaning can be an exciting and sometimes daunting time for parents as they introduce their baby to the world of solid food. This 4-week course will help guide you through this developmental stage and encourage you to

introduce a range of tastes and textures to your baby. Week 1 will be delivered by the Community Food and Nutrition Team (WHSCT). The following weeks will be making and sampling different baby foods. Starting on Tuesday the 18th of February from 10am to 12.00. Contact the Hub on 02871 163713 to book at space.

COOCHIE COO

Coochie Coo will be held in here in the new term facilitated by the brilliant Jean Dunn. There will be two sessions: 10am will be baby only sessions (pre-walkers) 11am for babies who are walking and toddlers, these sessions are also suited to families. To book contact Jean directly on Instagram @coochiecoomusic.

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



DOLLY PARTON IMAGINATION LIBRARY

We are excited to announce that we will be working in partnership with Apex Housing Association and Thornhill College that we will be establishing Dolly Parton's Imagination Library at Culmore Hub. The Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five. Imagination Library books are specially selected age-appropriate, high-quality titles which are delivered to registered children each month from birth to 5 years old. Each one is personalised with the child's name and mailed directly to the child's home. This effort creates a gifting experience making books exciting and shows the child someone is thinking of them. Each month during our Thursday Parent & Toddler session the Year 13 pupils from Thornhill College will join us to read a book from the Imagination Library to the children and babies. This service is only open to residents of Culmore. If you would like to register your baby/child please contact Joan on 028 7116 3713.

Housing Executive

apex



CULMORE COMMUNITY PARTNERSHIP

Northern Ireland Executive
www.commissioner.gov.uk

T:buc
Changing for the better, together

Housing for all



CULMORE CONNECTIONS AT THE HUB

We have lots of activities to choose from to keep you and your little ones entertained in the Winter for 2025.



Culmore Connections is an intergenerational project which is celebrating cultural diversity in our community and involves partnership working with Muff Area Partnership, Waterside Presbyterian Church Group, Culmore Youth Club, Culmore Primary School and Hollybush Primary School. The project has been funded through Derry City and Strabane District Council's PEACESPLUS Local Co-Designed Action Plan a programme supported by the Special EU Programme Body (SEUPB).

We launched Culmore Connections on 10th September when we were joined by over 110 people of all ages. Over the past few months we have undertaken visits to Fort Dunree, the Tower Museum, the Maritime Museum and the Siege Museum. These trips allowed our participants to get to know one another and begin to explore our local history, heritage and traditions. We are currently delivering a series of storytelling and writing workshops where our participants are working with a creative writing facilitator to create a book of stories about life in Culmore and Muff. In February 2025 we will be delivering a series of art workshops which will give our participants the opportunity to help us create a design for new stained glass windows which will be installed at the Hub. If you are interested in learning more about Culmore Connections please contact Una on 02871163713.



CULMORE YOUTH CLUB

We have a great programme for children & young people aged 7-17 years running daily at the Hub, To register please scan QR code provided below...



AUTUMN TERM

It was non-stop this Autumn at Culmore Youth Club as we celebrated Halloween and started our preparations for Christmas. In the weeks leading up to Halloween Anna's Cheeky Faces provided a series Face Painting workshops for all groups from Junior to Senior, and our Halloween Disco was all the spookier as a result. Many thanks to Kennedy's Takeaway for providing pizza and chips for our Halloween Party. Keira and Carolyn delivered a Derry City Football Club arts and crafts session for all Culmore Youth Club Members where we were lucky enough to be joined by Derry City players Mark Connolly, and Danny Mullen.



NATURE GROUP

The Nature Group has been joined by some great guests this Autumn, like the Northwest Raptor Group, and the Red Squirrel Group, teaching our young people about the wildlife in their local area. September also saw our first Youth Club Nature Walk; we will be organising more walks for the Spring and Summer during the brighter nights.



Day	DAY	TIME
Monday	Junior: 6.00pm-7.00pm Intermediate: 6.15pm-7.15pm Senior: 8.30pm-9.30pm	Downstairs Hall (Drop In) Cabin
Tuesday	Junior: 6.00pm-7.00pm Intermediate: 6.15pm-7.15pm Senior: 8.30pm-9.30pm	Downstairs Hall (Drop In) Cabin
Wednesday	Junior: 6.00pm-7.00pm Intermediate/Senior: 7.15pm-8.30pm	Cabin (Drop In)
Thursday	Junior: 6.00pm-7.00pm Intermediate: 6.15pm-7.15pm Senior: 8.30pm-9.30pm	Downstairs Hall (Drop In)
Friday	Junior: 6.00pm-7.00pm Intermediate/Senior: 7.15pm-8.45pm	Downstairs Hall (Drop In)

Culmore Youth Club Junior Group is now open to any children in Primary 3. If you would like to register your child with Culmore Youth Club scan the QR Code opposite and fill in our form.



YOUTH FORUM

The Culmore Youth Forum has been awarded £1500 from the Education Authority Small Grants Programme to design and deliver a project to tackle the rise in vaping amongst young people. The Youth Forum recognises that this is a growing concern for them amongst their peer groups and wants to do their part in effectively raising awareness on this issue. The aim of the project is to learn the risks and dangers of vaping, particularly amongst young people and to signpost them to seek assistance and reduce the risk of vaping. It is hoped that the Youth Forum will publish an information booklet that will be available from the Community Hub and the nearby amenities.

HEALTH AND WELLBEING

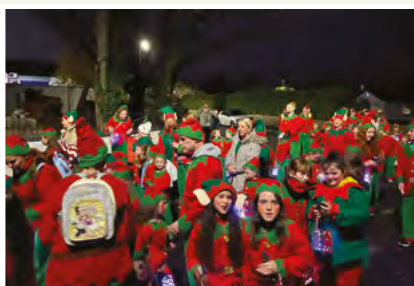
Regular attendees have been benefitting from our Health and Wellbeing sessions at Culmore Youth Club. Happy Me Wellbeing have been providing sessions for our Junior group throughout the Autumn and Winter. Our Seniors have also been honing their culinary skills at weekly cooking classes.



CHRISTMAS AT THE CLUB

This year's Elf Parade and Christmas Lights Switch On, was our biggest yet! With over 150 Elves taking part from Culmore Youth Club, Hollybush Primary School and Culmore Primary School, it was a magical evening for all involved. The Culmore Youth Club Choir and Band were in full swing on stage this year. Many thanks to all volunteers who helped us to prepare for the parade and took part on the night, events like this would not be possible without the hard work and support of the community.

Our Christmas party was a fun-filled evening with lots of sweets, pizza, lemonade and party games! Our Elves were out and about again on their annual visit to Owen Mor to perform Christmas Carols for the residents, we had a wonderful evening yet again. Many thanks to the staff and residents for letting us be part of their Christmas celebrations.



WINTER TERM

Club will resume on Monday 6th January to Thursday 9th January with drop-in sessions only for our first week back. Wednesday's Intermediate and Senior Sessions will now be merged going forward running from 7.15pm to 8.30pm. Thanks again to all Young People, Parents, Guardians, and Volunteers, your continued help and support are invaluable.

VOLUNTEERING AT CULMORE YOUTH CLUB.

If you live in the area and would like to get involved in volunteering at the Youth Club please get in touch, we are always grateful for the time and effort contributed by our volunteers. If you are still at school and need to do volunteer hours as for any awards or programs you are taking part in there are ample opportunities to volunteer at Culmore Youth Club, get in contact and we will find a time and activity that works with your schedule.

SESSIONS FOR OVER 50's AT THE HUB

We have our continuing programme of classes for all our over 50s to enjoy this Winter.



YOGA

William Grant, the Yoga Man will continue to deliver our Monday morning session starting on 20th January from 11.30am to 12.30pm. This session is tailored to the needs of the over 50's. This will be an 8-week course

HUB SOCIALS

On Monday 20th January 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 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

WALKING GROUP

The walking group will resume their walks in the New Year. The group will meet at the chosen destination each Tuesday at 11am for a walk and great chat. If you are interested in joining in please contact us. (Own Transport or car share required).

TAI SWING

Caren Friel will be back with us from 12.15pm to 1.15pm every Wednesday starting on 22nd January for Tai Swing. This is a combination of Tai Chi movements with music. If you want to improve your mental and physical well-being, then this is the course for you. This will be a 6-week course.

CRAFT WITH FIONA – Dorset Buttons

Dorset buttons are thread covered buttons, created with embroidery stitches. Dorset buttons can be used wherever you might use any button. They are terrific on clothing and garments, but add great visual interest to home decoration projects, including upholstery and pillows. This will be a 4 week course and will commence on Tuesday 21st January 10am -12pm. Please get in contact to book onto this fabulous new class.

COOKING WITH JAWWAD

We are running another series of cookery classes this Winter. We will be joined by local resident Jawwad who will deliver a 4-week introduction to culinary fusion of eastern and western foods. Each participant will take home a tasty meal they prepare during the session. This course will be run on a Thursday from 2.00pm to 4.00pm at the Hub. The course will run on Thursdays.

OIL PAINTING

Oil Painting Classes are returning in January 2025, the recent classes have loved working with the oil paints and learning new skills. Classes will be taken by David Fahy and will run from Wednesday 21st January 10am – 12 noon. If you are interested in joining this class, please get in contact to book your space. Starting on 6th February 2025.



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 is available to the whole community. Why not come along and have a chat and choose some books to borrow.

libraries NI

ADVICE AND WELFARE SERVICES

Dove House will be providing an outreach service at the Hub one Friday a month from 9.15am – 2pm. The next appointments will be Friday 10th January. An experienced advice professional will provide advice and support in completing forms were required. To book please contact us on 02871 163713 or email admin@culmorehub.org

SESSIONS FOR ADULTS AT THE HUB

We are keen to provide support for adults to improve their physical, mental and emotional well-being.



SEWING WITH ROSIE

Rosie will be facilitating a beginners/Intermediates wanting to brush up on their sewing skills for 6 weeks from Monday 20th January 10am – 12noon. You will need to bring your own sewing machine to each class.

ZUMBA

Due to its popularity, we will be bringing back Zumba for 2025. Zumba with Alana will commence on Monday 20th January 7.30pm – 8.30pm. Zumba is a fun dance workout and boosts your body from top to bottom. Benefits include Healthy Heart, Brain Perks, Weight Loss, Greater Mobility, Social Interaction, Stronger Muscles & Bones and Stress Relief. Get your space in the class before they are all gone!

CULMORE WOMENS' CIRCLE

Culmore Women's Circle, our fun and vibrant Women's group, meet on the second Tuesday of every month. The first session will be Tuesday 11th of February 12.00 Noon. 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 towards lunch.

PILATES EVENING

Continuing for 2025 we will have two Pilates classes on a Tuesday at 6.30pm and 7.30pm with Brenda Plummer, classes resume Tuesday 21st January. 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. This is an extremely popular class so get yourself registered as soon as possible to avoid disappointment.

CHOIR

Our choir is going from strength to strength and continues into the new year. Choir practice will return on Tuesday 21st January from 7.15pm – 8.15pm. If you are interested in joining in please feel free to come along. A donation each week towards running costs would be appreciated.

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 and are very well attended. The course will commence on the 22nd January 2025.

TAI SWING

New to our evening timetable Caren Friel will be starting an evening Tai Swing class. This is a combination of Tai Chi movements with music. If you want to improve your mental and physical well-being, then this is the course for you. This will be a 6-week course. To begin on Thursday 23rd January at 7pm.

LINE DANCING

Line dancing will return by popular demand for 2025. 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 23rd of January 7.00pm – 8.00pm. Please contact us to register for the session.

HYPNOBIRTHING

Dawn from Your Journey, Your Way is running a series of Hypnobirthing classes here at the Hub throughout the year. 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_

PILATES WITH KATIE

Katie Vail holds Level 3 Diploma in Mat pilates. She teach Classical pilates with a mix of contemporary variations to exercises. Classes are suitable for all levels. Pilates can increase core strength, improve posture and prevent injuries among other benefits. Her classes focus deeply on the mind/body connection and support a sense of relaxation and calm.

BUNCRANA CAMERA CLUB

"Phone, Camera, Drone, You're not alone"

From January 2025 we shall be meeting on the second Wednesday of every month at

7.30 in The Culmore Community Hub and on Tuesday nights at 7.30 in St Mary's Hall, Buncrana.

We welcome new members of all abilities to our club where you can learn about all things photographic as part of a

warm, friendly and supportive community.

We offer

- Mentoring in camera settings and photographic techniques.
- Practical photographic lessons.

- Photographic competitions.
- Club outings.

Contact: buncranacameraclub@gmail.com and also on Facebook - Buncrana Camera Club

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 12th and Monday the 13th of January 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.

WELL DONE TO OUR WOMEN'S CIRCLE

Many thanks to our Women's Circle who raised £800.00 for their Christmas Appeal. The money raised was used to support local families over the Christmas season. We appreciate all the hard work our ladies dedicated to raising this brilliant amount of money. Thanks to the Culmore Women's Institute for their support.

BEST KEPT AWARDS



Many congratulations to Una Cooper Manager, Culmore Community Partnership for her recent success at the Best Kept Awards. Una received the Community Hero Award in recognition of a notable contribution to the enhancement of the environment.

VOLUNTEERING AT THE HUB

We currently have over 80 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 December 2024 our volunteers dedicated 3800 hours to our community. 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.

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.

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 16 at Thornhill College pitches, Culmore.

- Every Saturday morning from 10.00am til 12noon
- Wednesday evenings from 6.00pm to 9.00pm

New players very welcome! Come along and learn all about Gaelic games!. If curious, call or text Dermot on 07971784367 for more info.

New coaches and volunteers required for 2025. Training will be provided. We would like to wish you a very Happy New Year

Find us on Facebook @ Culmore Cù Chulainns



CULMORE YOUTH FOOTBALL CLUB

As the club continues to grow, we're also looking for volunteers to help coach the next generation of talent in the community and within Derry.

To register a player or get involved in coaching contact Ben on +44 7502 100634 or check out 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@hotmail.com



Derry City Football Club joined Culmore Youth Club for a fun afternoon. Many thanks to Mark and Danny.

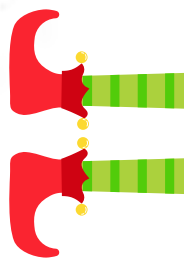
SESSIONS FOR KIDS AT THE HUB

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 (Upstairs)	6.00pm – 7.00pm All Levels Welcome.	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	




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and
Christmas Lights
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CULMORE COMMUNITY HUB AUTUMN TIMETABLE

Commencing January 2025

Monday	Venue	Time
Parent and Toddlers	Downstairs	9.30am - 11.00pm, Starting 13th January
Litter Pick (2nd Monday of each Month)	Meet at the Hub	11.00am - 12.00pm, Starting 12th January
Sewing with Rosie	Upstairs	10am – 12noon, Starting 20th January
Leading Lights Yoga	Downstairs	11.30am - 12.30pm, Starting 20th January
Hub Social (50+yrs)	Upstairs	1.00pm - 4.00pm, Starting 20th January
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Casey School of Irish Dancing	Upstairs	6.00pm - 7pm
Zumba	Upstairs	7.30pm - 8.30pm, Starting 20th January
Culmore Youth Club -Juniors 7-9 yrs.	Downstairs	6.00pm - 7.00pm, Starting 6th January
Culmore Youth Intermediates 10-13yrs	Downstairs	7.15pm - 8.15pm, Starting 6th January
Culmore Youth Club - Seniors 14 – 17yrs	Downstairs	8.30pm - 9.30pm, Starting 6th January
Tuesday		
Baby Massage	Downstairs	10.00am – 11.00am, Starting 21st January
Craft with Fiona – Dorset Buttons		10am - 12pm, Tuesday 21st January
Culmore Walking Group	Various	11.00am, Starting 21st January
Woman's Circle 2nd Tues every month	Upstairs	First session 11th February 12 Noon
Culmore Connections	Culmore Hub/Warrenview Manor	2.00pm – 4.00pm
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
Choir	Cabin	7.15pm – 8.15pm, Starting 21st January
Culmore Youth Club	Downstairs	6.00pm – 9.30pm (See Page 4 for full details)
Wednesday		
Oil Painting	Upstairs	10.00am - 12.00pm, Starting 22nd January
Tai Swing	Downstairs	12.15pm - 1.15pm, Starting 22nd January
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 22nd January
Buncrana Camera Club	Upstairs – ONCE A MONTH	7.30pm - 9.30pm, Starting 8th January
Culmore Youth Club	Cabin	6.00pm - 8.30pm (See page 4 for full details)
Thursday	Venue	Time
Parent and Toddler	Downstairs	10.00am - 11.30am Starting 16th January
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Cooking with Jawwad	Downstairs	2.00pm - 4.00pm, Starting 6th February
Line Dancing	Cabin	7.00pm - 8.00pm, Starting 23rd January
Tai Swing	Upstairs	7.00pm - 8.00pm, Starting 23rd January
Culmore Youth Club	Downstairs	6.00pm - 9.30pm (See Page 4 for full details)
Friday	Venue	Time
Coochie Coo	Downstairs Hall	10.00am - 12.15pm, Starting January 10th
Dove House Advice Services	Boardroom	9.15am - 2.00pm (Once per month)
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm - 6.00pm
Culmore Youth Club	Downstairs	6.00pm - 8.45pm (See page 4 for full details)
Culmore Youth Club	Downstairs	6.00pm - 8.45pm (See page 7 for full details)
Saturday	Venue	Time
Hypnobirthing	Upstairs	10.00am - 1.00pm
Pilates with Katie	Cabin	10.00am and 11.00am
Sunday	Venue	Time
Litter Pick (2nd Sunday of each Month)	Meet at the Hub	11.00am - 12.00pm, Starting 12th January