

# CULMORE COMMUNITY HUB



**CULMORE**  
COMMUNITY PARTNERSHIP

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Derry/Londonderry

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## NEWSLETTER JANUARY 2026

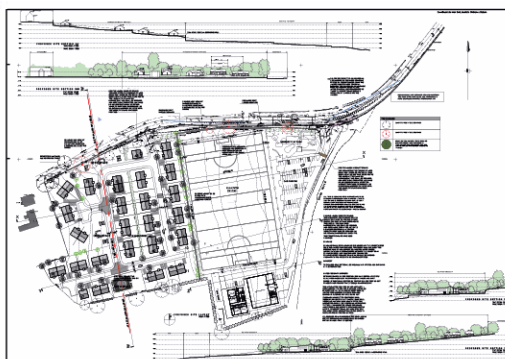
### CULMORE TAKES A MAJOR STEP FORWARD WITH NEW COMMUNITY, SPORTS HALL AND SENSORY PLAY PARK

Culmore is set to take a major step forward in community development as planning permission has been granted for a state of the art community and sports hall and a large sensory play park, forming part of an exciting new development at Culmore Point Road.

The approval marks a huge milestone for Culmore Community Partnership (CCP), which has spent over a decade working to deliver the infrastructure this growing community urgently needs.

Over the past fifty years, Culmore has grown from a small village of just 150 residents into a vibrant community of almost 4,000. Yet, despite more than 1,000 new homes being built in the last 30 years, suitable recreation facilities for children, young people, and families have remained out of reach.

Formed in 2014 to address this gap, CCP has transformed what community life looks like in Culmore. The group took Victoria Hall, a 150-year-old Masonic Hall and Orange Lodge, and turned it into a thriving community hub which opened in May 2021. The Hub now welcomes over 1,400 weekly attendances and runs programmes for children & young people, parents, older residents, men and women. The Hub's 9 staff members, 85 dedicated volunteers and 7 Trustees ensure it operates six days a week, delivering more than 140 hours of services and support for the community.



In 2023, CCP expanded its facilities with a portacabin to the rear of the Hub and in June 2025 proudly reopened the 500-year-old Culmore Fort, restored for wellbeing, cultural and arts programmes. This month, CCP will also open new community allotments at Woodlands Avenue, creating space for residents to grow food, friendships, and health. To date, the organisation has secured £3.3 million in funding, created 3 community gardens and planted over 600 native trees and hedging, showing a deep commitment to sustainability, wellbeing, and community resilience.

The newly approved development at 7 to 9 Culmore Point Road, will allow the landowner, Mr Kevin Crumley, to deliver 48 retirement homes for people over 55, meeting a vital housing need while freeing up family homes for the next generation. Mr Neil Doherty, Chair of CCP, stated 'We would like to thank Mr Crumley for gifting

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co-operationireland  
working for a future together



Derry & Strabane  
Local Partnership

FOYLE  
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helping lives improve here

Arts Care



Allstate



HSC Public Health  
Agency



LIVE  
HERE  
LOVE  
HERE

action  
renewables

AHF Transforming  
Heritage

Electrical  
Safety First

LFT CHARITABLE TRUST



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Authority



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Development  
Programme



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6 (LEADER) of the Northern Ireland Rural  
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# CULMORE PARENT & TODDLER

We have lots of activities to choose from to keep you and your little ones entertained in the Winter for 2026.



**PARENT AND TODDLER** sessions will return on Monday 19th January 9.30am – 11.00am and Thursday 22nd January from 9.30am – 11.00am. Suitable for 0-4yrs

Day	Activity	Time	Location
Monday	Parent and Toddler	9.30am – 11.00am	Downstairs Hall
Tuesday	Baby Massage	10.00am	Downstairs Hall
	Baby Bump and Beyond	11am to 12.30	Downstairs Hall
Wednesday	Mammy Fit	10.00am	Downstairs Hall
Thursday	Parent and Toddler	9.30am – 11.00am	Downstairs Hall
Thursday	Baby Swim	1.00pm	Foyle Arena
Friday	Coochie Coo	10.00am and 11.00am	Downstairs Hall

## BABY BUMP AND BEYOND

A free Parent and Child Development Programme designed to explore birthing experiences, enhance children's self-esteem, and emphasise the importance of play. The programme offers parents and carers the opportunity to meet, share their stories, and discuss their experiences within a safe and confidential environment. This 5 week programme will be run by Lifestart. Starting Tuesday the 20th January 11am to 12.30

## BABY SWIM

Dive into a world of connection and growth with Baby swim, run by Dawn. This special class offers an oasis of uninterrupted bonding time between you and your baby. With no phones, no distractions, and no one needing your attention, it's just you and your little one, creating memories in the water.

## MAMMY FIT

This programme is a blend of Pilates, yoga, functional fitness and breath-work style classes to support mums on their Postpartum recovery journey and throughout motherhood. Mums must be at least 6 weeks post vaginal delivery or 12 weeks post C-Section delivery to attend.

## COOCHIE COO

There will be two sessions, 10am and 11am. To book contact Jean directly on Instagram @coochiecoomusic

# 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	INFORMATION AND BOOKING
Casey School of Irish Dance – Accepting children ages 3+ for fun, fitness and friendship.	Monday Upstairs	5.45pm – 7.00pm All Levels Welcome.	Call Charmaine Roddy on 07841562433
	Wednesday (Downstairs Hall)	5.45pm – 7.30pm. All Levels Welcome	Instagram - @Casey_school Facebook- The Casey School of Irish Dancing
Culmore Kids Club Creche (1 – 4Years) Afterschool club (5-12yrs). School collection available	Monday to Friday	09.00am -12.00 Noon	Call Rachel on 07545 148118
	Monday to Friday	2.00pm-6.00pm	





## 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...*



It was a busy Autumn at Culmore Youth Club as we celebrated Halloween and prepared for the festive season. In the weeks leading up to Halloween, our Juniors and Intermediates enjoyed creative writing sessions with The Write Stuff, followed by spooky storytelling at Culmore Fort. The celebrations culminated in a spooky Halloween Disco, which was a hit with all who attended.

This year's Elf Parade and Christmas Lights Switch-On was our biggest yet! Over 200 Elves took part from Culmore Youth Club, Thornhill College, Hollybush Primary School, Culmore Primary School, and Culmore Kids Club. The evening was magical, with the Culmore Youth Club Choir performing on stage. A huge thanks to all volunteers for their hard work preparing for the parade and supporting on the night, community events like this would not be possible without you. In the weeks leading up to Christmas our members enjoyed lots of fun Christmas crafting activities and everyone had a brilliant evening at our Christmas Party with plenty of sweets, pizza, lemonade, party games, and laughter all around.

### MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE NOW AVAILABLE AT CULMORE FORT

Culmore Fort provides a dedicated space for supporting young people's mental health in our community. We are continuing to provide one-to-one support through the Youth Club, offering children and young people a safe, confidential environment to talk about whatever's on their mind, from changing schools or exam pressure to bigger life events. Talking it through can make a real difference.

If you'd like to access support for your child please get in touch with our Youth Team.

### OUR PLACE, OUR PLANET

In September, we engaged in a new art and cultural PEACEPLUS project with In Your Space Circus, called Our Place, Our Planet, alongside Lincoln Courts Youth Club. The project brought young people from diverse backgrounds together using street-based art to explore and appreciate their community and public spaces. Participants engaged in seven weekly street arts workshops covering circus skills, graffiti art, parkour, and dance. This year

the programme will include two Circus Camp Weekends where the group will develop and perform their own show for a celebration event. They will also enjoy a cultural trip. This project has provided a great opportunity for our young people to make new friends with people from other communities.

### WINTER TERM

Club will resume on Monday 12th January 2026, running five nights a week. Intermediate and Senior Sessions on Wednesdays and Fridays will run from 7.15pm-8.45pm, while Junior sessions will start daily at 6pm sharp. The fifteen minutes before each session will be set aside for staff to prepare. Young people arriving before 6pm will not be supervised, except where Intermediates or Seniors are involved in other programmes requiring early attendance.

### BECOME A YOUTH CLUB MEMBER

If you would like your child to get involved in our Youth Club please use the QR code to register.



Monday	Tuesday	Wednesday	Thursday	Friday
Juniors 6.00pm – 7.00pm	Juniors 6.00pm-7.00pm	Juniors 6.00pm-7.00pm	Juniors 6.00pm-7.00pm	Juniors 6.00pm-7.00pm
Intermediates 7.15pm-8.15pm	Intermediates 7.15pm-8.15pm	Intermediate/Senior Split Session 7.15pm-8.45pm	Intermediates 7.15pm-8.15pm	Intermediate/Senior Split Session 7.15pm-8.45pm
Seniors 8.30pm-9.30pm	Seniors 8.30pm-9.30pm		Seniors 8.30pm-9.30pm	



# Culmore Volunteers Honoured with The King's Award for Voluntary Service



Culmore Community Partnership is delighted to announce that the volunteers who support our work have been honoured with The King's Award for Voluntary Service (KAVS) 2025, the highest award given to volunteer groups in the United Kingdom and the equivalent of an MBE.

Based in Culmore, Derry, the Partnership brings together local people to deliver community initiatives that strengthen connections, improve wellbeing, and create opportunities for residents of all ages. From environmental projects and youth engagement to wellbeing programmes and large-scale community events, the work of Culmore Community Partnership is powered by its volunteers.

Culmore Community Partnership is one of 231 local charities, social enterprises and voluntary groups across the UK to receive this prestigious award in 2025. Their dedication, alongside other recipients nationwide, highlights the invaluable ways volunteers make life better for those around them.

The King's Award for Voluntary Service was created in 2002 to celebrate Her Late Majesty Queen Elizabeth II's Golden Jubilee and has continued following the accession of His Majesty, The King. 2025 marks the third year of The King's Award for Voluntary Service.

This year's announcement is especially meaningful as it coincides with one of Culmore's most loved local traditions, the annual Elf Parade and Christmas Lights Switch On. More than 60 volunteers will be at the heart of this festive celebration, helping to deliver an unforgettable evening that brings joy to families across the community. In total, over 80 volunteers regularly contribute their time and talents

to support the work of Culmore Community Partnership, alongside its 9 staff members and 7 Trustees.

Representatives of Culmore Community Partnership will receive the award crystal and certificate from Mr Ian Crowe, Lord-Lieutenant of the County Borough of Londonderry, in a special ceremony early next year. In addition, two volunteers will attend a Royal Garden Party at Buckingham Palace in 2026, joining other award recipients from across the UK.

Local resident, Eileen Diver, said:

"It has been a long struggle for the people of Culmore to have a place like the Hub to call our own. It has only happened due to the brilliant volunteers who set up the group and continue to play a role as Trustees on the Board of Culmore Community Partnership. The Hub has a big team of volunteers who are there on a daily basis to support the staff in their work. They deserve this recognition for their hard work and dedication."

Neil Doherty, Chair of Culmore Community Partnership, said: "We are absolutely thrilled that our incredible volunteers have received this national recognition. They are the lifeblood of our community, always ready to lend a hand, bring ideas to life and make Culmore a better place for everyone. This award is truly theirs, and we could not be prouder."

Una Cooper, Strategic Manager of Culmore Community Partnership, added:

"Our volunteers represent the very best of community spirit. Their passion, energy and generosity have a real and lasting impact on local life. Tonight's Elf Parade and Lights Switch On is the perfect reflection of that, an event made possible by people who care deeply about their community."

## 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 2025 there has already been over **1900 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.

Thanks to the volunteers from AXA Derry for their volunteering hours throughout the year helping with our gardens and supporting us at our large events. Also, many thanks to the staff for their generosity at Christmas with their donation of £400 of vouchers that we were able to use to support people in our local community.







# Culmore Hub Homework Club

Offer your child a quiet, structured place to focus on homework with supervision and support.

## OPERATING HOURS & ELIGIBILITY

- When: Monday–Thursday, 3:00p.m.–5:00p.m. (Term time only)
- Who's eligible: Culmore Primary School & Hollybush Primary School pupils

## SUPERVISION & SUPPORT

- Children are collected at 3:00p.m. from their school gates at Culmore PS and Hollybush PS.
- A snack and drink awaits them at the Hub.
- Pupils work on their own assigned homework, supervised by staff.
- Staff offer guidance and direction, not formal marking or corrections.
- Final review and completion responsibility remains with parents/guardians.

## ACTIVITIES FOR EARLY FINISHERS

After finishing homework, children can choose from:

- Reading
- Quiet study
- Drawing or creative art
- Early-finisher worksheets (Non-school related materials and activities are not permitted.)

## DISCIPLINE & BEHAVIOUR

Our Code of Discipline applies during all sessions:

- Respectful and appropriate behaviour expected at all times.
- We follow our established disciplinary procedures to ensure a positive and safe atmosphere.

## COLLECTION & DISMISSAL

- Pupils must be collected promptly at 5:00p.m. at Culmore Community Hub.
- Pupils in Primary 5 and above may leave unaccompanied only with written parental permission.

## FEES & PAYMENT

- £10.00 per session, or £40/week for four-day attendance
- Payment options: Weekly or monthly by Standing Order



## WHY CHOOSE US?

### Quiet, focused learning environment

Minimal distractions help promote better study habits

### Supervisor presence

Guidance is available to keep students on track

### No full marking

Helps manage expectations—parents remain in control

### Creative, academic stations

Productive activities for early finishers

## HOW TO REGISTER

1. Fill out our registration.
2. We will contact you to confirm your place.
3. Your spot is confirmed once the first payment or standing order is received.

<https://forms.gle/Cm5N9TFE8Qm7uN956>





# Walk or Wheel to Culmore Community Hub!

We love seeing our community come together at Culmore Community Hub but our car park is limited. We're asking everyone who can to walk, cycle, or wheel to the Hub instead of driving. It's better for you, better for our neighbours, and better for the planet!

## Why walk or cycle?



**Healthy body, healthy mind** even a 10-minute walk boosts mood, fitness, and heart health.



**Cleaner air** fewer short car trips mean less pollution and safer streets for everyone.



**Help the environment** every short journey walked or cycled helps reduce carbon emissions.



**Support local** enjoy the walk, say hello to your neighbours, and build a stronger community.

## Small steps that make a big difference

- Plan a few extra minutes and enjoy a stroll or cycle to the Hub.
  - Bring a waterproof jacket or small umbrella, you'll be surprised how often the weather behaves!
  - Share a lift if walking isn't possible.
  - We have rain ponchos available at the Hub.
- If you plan to leave the car at home please call in to pick one up!

**Let's keep Culmore moving safely, sustainably, and together.**  
Thank you for making the Culmore Community Hub a welcoming place for all.

# Litter Pick

## Why not join our Litter Pick team, who work hard to keep Culmore clean and tidy?

The group meets at the Hub on the second Sunday and Monday of every month at 11am, before setting out to clean up the area.

This is a valuable and much-needed service, and our dedicated volunteers make a real difference along the shoreline and Culmore area, creating a more pleasant place to enjoy a walk. We extend our sincere thanks to the Litter Picking team and to Derry City & Strabane District Council for their ongoing support with the collection service.

If you'd like to join, just meet us at the Hub on Sunday or Monday. We'll provide a hi-vis vest, litter picker and bin bags. This is a lovely intergenerational activity and a great way to meet your neighbours and take pride in our local area. Under 16's must be accompanied by an adult.

Litter picking can also be done anytime! Why not chat with your neighbours and make a commitment to keep your street clean?

Dedicated volunteers



Second Sunday and Monday of every month at 11am



Intergenerational activity



# SESSIONS FOR OVER 50's AT THE HUB

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



## YOGA

William Grant will deliver our Monday morning session starting on 19th January from 11.30am to 12.30pm. This session is tailored to the needs of the over 50's.

## LUNCH SOCIAL

On Monday 19th January from 12.30pm to 4.00pm we will be continuing our Lunch Social at the Hub. We want local people aged 50+ to join us for some good food, a chat, and activities in our upstairs hall.

## WALKING GROUP

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).

## STITCH AND CHAT

If you are interested in knitting, crocheting, embroidery or any other stitching craft and love a chance to have chat then this session is for you. This is a drop in session to meet other people whilst you stitch and grab a cuppa. You can share hints and tips, patterns or just have a Yarn! Thursdays 11.00am to 12.30pm

## TAI SWING

Caren Friel will be back with us for Tai Swing from 12.15pm to 1.15pm every Wednesday starting on 21st January.

Day	Activity	Time
Monday	Yoga Lunch Social	11.30am 12.30pm
Tuesday	Walking	11.00am
Wednesday	Tai Swing	12.15pm
Thursday	Stitch and Chat	11.00am



# SESSIONS FOR ADULTS AT THE HUB

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



## STRENGTH AND CONDITIONING

New to Culmore Hub Monday 7.30pm – 9.00pm and Tuesday 9.15am – 10.15am - 6 weeks of classes that will teach you how to strengthen, fuel, and look after your body in the most effective, sustainable way. Christina and Karen bring extensive experience in women's health and fitness from working across a range of training environments. Christina also offers an added bonus of practical, easy to understand nutrition support because we don't just coach you for 6 weeks, we teach you nutrition skills you can use for life. Contact via socials: @c.logue.fit or email kme.o.donnell@gmail.com or c.logue.fit@gmail.com

## 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 3rd February.

## PILATES EVENING

We have two Pilates classes on a Tuesday at 6.30pm and 7.30pm with Brenda Plummer, classes resume 20th January.

## CHOIR

Choir practice will return on Tuesday 20th January from 7.15pm – 8.15pm. If you are interested in joining please feel free to come along.

## GUITAR

Guitar lessons will return to the Hub in the springtime on a Tuesday at 7.00pm, if you are interested in joining the class please contact us for details.

## OIL PAINTING

Oil Painting Classes with David Fahy and will run from Wednesday 21st January 10am – 12 noon.

## YOGA WITH WILLIAM GRANT

Yoga classes with William Grant will be Wednesday nights from 7.45-8.45pm from the 21st January.

## BUNCRANA CAMERA CLUB

Buncrana Camera Club will continue to meet here at the hub on the third Wednesday of every month at 7.30pm in our upstairs hall.

## LINE DANCING

Line Dancing with Davey will be on a Thursday beginning again on 22nd January 7.00pm – 8.00pm.

## PILATES AND MINDFULNESS

Pilates class on a Friday at 9am with Brenda Plummer, classes resume Friday 23rd January.

## HYPNOBIRTHING

Dawn from Your Journey, Your Way is running a series of Hypnobirthing classes here at the Hub throughout the year. This will be on a Saturday morning

and some evening classes. To book contact Dawn directly on Facebook @your\_journey\_your\_way\_

## PILATES WITH KATIE

Katie Vail teaches classical Pilates suitable for all levels. These classes will be on a Saturday morning. Contact Katie to book.

## AINE HARKIN YOGA

Aine teaches Hatha Yoga on a Saturday morning. Contact Aine directly to book.

Day	Activity	Time
Mon	Strength & Conditioning	7.30pm
Tue	Strength & Conditioning	9.15am
	Women's Circle	12.00pm
	Pilates	6.30pm & 7.30pm
	Choir	7.15pm
Wed	Oil Painting	10.00am
	Yoga	7.45pm
Thur	Line Dancing	7.00pm
Fri	Pilates	9.00am
Sat	Hypnobirthing	
	Pilates	
	Yoga	

## AT THE FORT

Seeing Culmore Fort come back to life has meant so much to our community. We are delighted to provide a warm, welcoming space for local residents to meet new people, learn, and feel supported. We have some great evening activities available this winter including Guitar lessons, Culmore Creative Writing Group and Soundbath/Breathworks classes.

FORT		
Tue	Guitar	7.00pm
Thur	Creative Writing	7.00pm
TBC	Soundbath	7.00pm



## CULMORE COMMUNITY NEWS

# CCP Organic Allotments Open in Ballynagard

We are delighted to announce that the CCP Organic Allotments at Ballynagard officially opened on 1st December 2025. Developed in partnership with Derry City and Strabane District Council, the allotments provide a space for local food growing, community wellbeing, and climate-positive action.

All 17 plots have now been allocated for community use and to residents who completed a short training programme to prepare them for managing their own growing space. The programme has helped participants build confidence, develop sustainable gardening skills, and connect with fellow plot holders. Special thanks go to the LFT Charitable Trust, whose support enabled the appointment of a part-time Allotments Supervisor in November 2025, providing guidance and expertise to ensure successful, productive plots.

For those without a plot, there are still many ways to get involved through Growing Culmore Together, launched in May 2024. Funded by Apex Housing Association as part of its local good relations plan, with support from the Department for Communities and the NI Housing Executive's 'Housing for All' programme, this initiative offers free workshops on growing vegetables, herbs, and fruit, building garden structures, composting, and eco-friendly gardening. Volunteers can help maintain three community gardens and a shared allotment plot, giving everyone a chance to learn, connect, and grow, whatever their experience level. To learn more or join, contact 028 7116 3713.



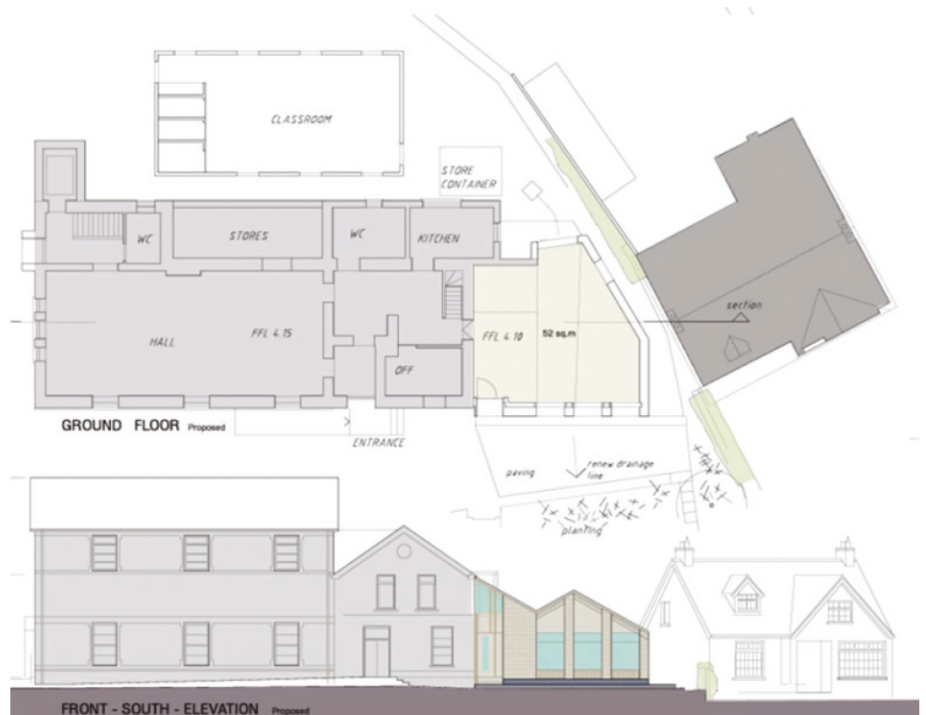
## Bright Future for the Hub: A New Space for Calm and Community

Plans are progressing for a wonderful new extension to Culmore Community Hub. While the historic building offers two beautiful, characterful halls, their layout and acoustics can make it difficult to run quieter activities, especially therapy, mindfulness and floor-based classes, alongside the busy programme the Hub now supports.

To meet this growing need, the Hub team explored several options and found the most sensitive and community-friendly solution: a single-storey "quiet room", opening towards the much-loved garden and enjoying views to the lough. At 52 square metres, this purpose-built space will be warm, well-insulated, and ideal for calm activities. A small office nook will also be included.

The design has been carefully shaped to respect neighbours, protect privacy, and sit comfortably within the heritage setting. A natural slate pitched roof, reclaimed brick with lime render, and deep window reveals create a soft, traditional feel while preventing overheating and adding acoustic comfort.

Using natural, tactile materials, similar to those recently celebrated in the award-shortlisted Culmore Fort project, the new room will offer a peaceful, welcoming environment for all ages and abilities.



This thoughtful addition will help the Hub continue to grow as a vibrant,

inclusive space at the heart of our community.



## IN PICTURES: THE ELF PARADE 2025





# IN THE CULMORE COMMUNITY

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



## CULMORE CÚ CHULAINNS GAA

Why not start the New year by joining your local GAA club here in Culmore?

Weekly coaching and games for boys and girls aged 4 to 16 at Thornhill College pitches and indoor.

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

New players very welcome! Come along and learn all about Gaelic games!

For more information call or text 07971784367 .

Anyone interested in volunteering or coaching at the club please get in touch also, thank you.

Find us on Facebook @ Culmore Cú Chulainns



## CULMORE YOUTH FOOTBALL CLUB

A record number of Culmore Youth FC teams participated at the Foyle Cup in July with teams ranging from Under 8s up to Under 19s taking part.

The club is continuing their push to get all coaches accredited with Northern Irish FA and/or UEFA coaching qualifications and are open to new coaches joining.

As the club develops local players with teams from 2020 upwards, if you or your kids are interested in being part of the journey, get in touch on social media, via email [culmorefc@outlook.com](mailto:culmorefc@outlook.com) or contact Ben on 07502 100634 for more information.



## 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](http://www.lfyc.co.uk)

For further information you can get in touch at - [Loughfoyleyachtclub@hotmail.com](mailto:Loughfoyleyachtclub@hotmail.com)

*Continued from page 1*

the land to CCP to develop a modern community and sports hall, offering flexible spaces for fitness, social programmes, and community events and large, inclusive sensory play park, designed for children of all abilities to play, learn, and explore. Mr Crumley also provided land at 7-9 Culmore Point Road for a new GAA pitch,

which will be fully financed by Culmore GAA, providing a permanent home for more than 200 young players across nine teams. The development of the community/sports hall and sensory play park will be supported by £900,000 ringfenced by Derry City and Strabane District Council (DCSDC). The new facilities have received overwhelming community support, with 90 percent of residents in favour during consultations.

"This project represents everything Culmore stands for," said Neil Doherty, Chair of CCP. "It is about giving our children and young people a place to belong, supporting wellbeing for all ages, and creating

***"This project  
represents everything  
Culmore stands for"***

opportunities for connection and growth. We have waited long enough for facilities that reflect the energy, pride, and potential of our people. This development will transform lives."

The approval marks the next step in a remarkable story of community determination. Through partnership working, heritage restoration, and volunteer power, Culmore has already proven what local people can achieve.

With this new investment, the area will finally gain the shared spaces it deserves, places that bring people together, support mental and physical wellbeing, and celebrate community spirit.



# SUPPORT SERVICES AT THE HUB

## Healthy Minds With Happy Me

This 5 -week course is specially designed for children who may struggle with anxiety, fears, confidence issues, or emotional overwhelm. In a supportive and fun environment, children will learn how their minds work, what triggers their big feelings, and simple, effective ways to calm themselves and build inner strength.

Each week includes a mix of fun, discussion, movement, mindfulness, creative activities, and EFT tapping—all child-friendly and easy to use anytime.

### What your child will learn:

- How to cope with big worries and fears
- Simple mindfulness techniques to calm the mind
- EFT tapping to help with anxiety and emotional release
- What triggers their emotions and how to manage them
- Confidence-building tools and self-talk strategies
- Healthy coping habits they can use at home or school

This course is perfect for children who need gentle support in understanding their feelings and growing their emotional resilience in a safe, caring space. Starting Thursday 15th January 4.00pm – 5.00pm. Suitable for age 6 – 11years.

## Counselling for Adults at Culmore Fort

If you're feeling overwhelmed, stressed, or simply need someone to talk to, our adult counselling service is here for you.

Sessions take place in a safe, secure, and welcoming environment at Culmore Fort, ensuring your comfort and privacy at all times.

- Flexible Appointment Times Available
- Confidential Support

To find out more or book a session contact the Hub on 028 71163713  
Email: [una@culmorehub.org](mailto:una@culmorehub.org)

*You don't have to go through it alone — support is just a call or email away.*

## Counselling for Children & Young People at Culmore Fort

Are you feeling anxious, overwhelmed, or just need someone to talk to? You're not alone and we're here to help.

Our counselling service at Culmore Fort offers a safe, confidential space for children and young people to talk, be heard, and get support with whatever they're going through.

This free service is delivered by trained professionals and tailored to the needs of young people facing challenges at school, at home, or in everyday life.

Location: Culmore Fort  
Flexible appointment times available  
Free and confidential

To find out more or book a session contact the Hub on 028 71163713  
Email: [youthcoord@culmorehub.org](mailto:youthcoord@culmorehub.org)

## RNID NEAR YOU

Quarterly Clinic. Starting Monday the 30th March 1pm to 2pm

Hearing Aid User Support Service - Providing Support for NHS hearing aid users throughout North WHSCT area.

RNID in Partnership with Dept of Health are holding a free walk in Support Service where we can help with:

- Hearing aids, including basic repairs and maintenance of NHS hearing aids.
- Information on hearing loss and tinnitus.
- How to do a hearing check.
- How to access support and services in your area.

Any questions please give me a call.

## 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**

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..



# CULMORE COMMUNITY HUB WINTER TIMETABLE

Commencing January 2026

Monday	Venue	Time
Parent & Toddler	Downstairs	9.30am –11.00am. Starting 19th Jan
Sewing with Rosie	Upstairs Hall	10.00am -12.00. Starting 19th Jan (8 wks)
Yoga (50+)	Downstairs	11.30 –12.30pm. Starting 19th Jan (6 weeks)
Hub Social (50+yrs)	Upstairs	12.30-3.30pm. Starting 19th Jan ongoing
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Culmore Homework Club	Downstairs	3.00pm – 5.00pm
Casey school of Irish Dancing	Upstairs	5.45pm – 7.00pm. Returning 7th Jan
Strength and conditioning	Upstairs	7.30pm – 9.00pm. Starting 5th Jan 6wks
Culmore Youth Club -Juniors 7-9 yrs.	Downstairs	6.00pm – 7.00pm. Starting 12th January
Culmore Youth Intermediates 10-13yrs	Downstairs	7.15pm – 8.15pm. Starting 12th January
Culmore Youth Club - Seniors 14 – 17yrs	Downstairs	8.30pm – 9.30pm. Starting 12th January
Tuesday	Venue	Time
Baby Massage	Upstairs	10.00am – 11.00am. Starting 20th Jan (4 wks)
Bump Baby and Beyond	Upstairs	11.00am – 12.30pm. Starting 20th Jan (5 wks)
Strength and Conditioning	Downstairs	9.15am – 10.15am. Starting 5th Jan (6 weeks)
Culmore Walking Group	Various	11.00am – 12.00pm. Starting 13th January
Woman's Circle 1st Tues every month	Downstairs	12.00 – 1.30pm. Starting 3rd February
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Culmore Homework Club	Downstairs	3.00pm – 5.00pm
Pilates	Upstairs	6.30pm& 7.30pm. Starting 20th Jan (6 wks)
Choir	Cabin	7.15pm – 8.15pm. Starting 20th January
Culmore Youth Club	Downstairs	6.00pm – 9.30pm. (See Page 3 for full details)
Wednesday	Venue	Time
Oil Painting	Upstairs	10am – 12.00pm. Starting 21st Jan (5 wks)
Mammy Fit by Alice	Downstairs	10am - 11.00am. Starting 21st Jan (4wks)
Tai Swing (50+)	Downstairs	12.15pm -1.15pm. Starting 21st Jan (5 wks)
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
Culmore Homework Club	Downstairs	3.00pm – 5.00pm
Casey School of Irish Dance	Downstairs	5.45pm – 7.30pm. Returning 7th Jan
Buncrana Camera Club	Upstairs	7.30pm. Once a month
Yoga with William Grant	Downstairs	7.45pm – 8.45pm. Starting 21st Jan (5 weeks)
Culmore Youth Club	Upstairs/ Cabin	6.00pm – 8.45pm (See Page 3 for full details)
Thursday	Venue	Time
Parent and Toddlers	Downstairs	9.30am – 11.00am. Starting 22nd January
Stitch and Chat	Upstairs	11.00am – 12.30pm. Starting 22nd January
Culmore Kids Club – Creche	Cabin	9.00am - 12.00pm
Culmore Kids Club – After school	Cabin	2.00pm – 6.00pm
Culmore Homework Club	Downstairs	3.00pm – 5.00pm
Baby Swim	Foyle Arena	1.00pm – 2.00pm. Starting 19th February (6 wks)
Happy Minds with Happy Me	The Fort	4pm – 5pm
Line Dancing	Upstairs	7.00pm – 8.00pm. Starting 22nd January (5 wks)
Culmore Youth Club	Downstairs	6.00pm – 9.30pm (See Page 3 for full details)
Friday	Venue	Time
Pilates & Mindfulness	Upstairs	9.00am – 9.45am. Starting 23rd Jan (6 wks)
Coochie Coo	Downstairs Hall	10.00am & 11.00am. Contact Jean
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 3 for full details)
Saturday	Venue	Time
Hypnobirthing	Upstairs	Contact Dawn for Details
Pilates with Katie	Cabin	Contact Katie for Details
Aine Harkin Hatha Yoga	Cabin	Contact Aine for Details
Sunday	Venue	Time
Litter Pick (2nd Sunday of each Month)	Meet at the Hub	11.00am-12.00pm. Starting 11th Jan