WALKING FOR HEALTH

ARDS & NORTH DOWN AREA

South Eastern Health and Social Care Trust

Health Development Department

GROUP	WHEN	WHERE	CONTACT
Whitehill Wanderers	Wednesday @ 11.30am	32 South Avenue, Bangor	E: whitehillca@hotmail.co.uk
Ards Wednesday Walking Group	Wednesday @ 10am	Ards Leisure Centre	M: 07762 059058 E: yvonnecampbell9@yahoo.co.uk
Ards Walking Group	Tuesday @ 10am	Old Mill Surgery, Ards Hospital	T: 028 9181 3842
Head Peace Walkie Talkies	Various walks	Ballywalter Tea & Craft Rooms	M: 07713 897030 E: info@headpeace.co.uk
Comber Slimming World Walking Group	Thursday @ 11am (Seasonal)	Comber Rifle Club, Railway Street	M: 07866 687177
Donaghadee Methodist Walking Group	Mondays @ 6pm (Spring/Summer)	Moat Street, opposite Methodist Church	M: 07751 795044
Ballycrochan Church Walkers	1st Sat of months Oct-March @10am 1st & 2nd Sat of months April-Sept @10am	Ballycrochan Presbyterian Church Car Park	M: 07762 430919 / T: 028 9127 5477 E: brianhjhall@yahoo.co.uk
Hub Walkers	Monday @ 10am	NDCN, Community Hub on Main Street, the Flagship Centre, Bangor	M: 07557 657604 / T: 028 9146 1386 E: gregorymartin@ndcn.co.uk
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Surestart Ards	(for families with children 0-4 years reg. with Surestart) Various weekly walks	Surestart Ards	T: 028 4273 9322 E: julie.allen3@setrust.hscni.net
Ballygowan Community Walking Group	Tuesday @ 7.30pm	Ballygowan Village Hall	E: sonjamcc3@gmail.com
Ballywalter Let's Walk & Talk	Monday @ 10.30am	Ballywalter Village Hall	T: 028 9182 8884 E: sandra@countydownrcn.com
Cloughey Walkers	Tuesday @ 10am	Cloughey Car Park	M: 07794 843390 E: ceehatfield@outlook.com
Step to Fitness	Seasonal @ 7pm	Portavogie Community Centre	E: cmcilroy@hotmail.com
Comber Walking Group	Friday @ 10.30am	Comber Leisure Centre	T: 028 9187 8653 E: ltgouganebarra@outlook.com
Dee Ramblers	Wednesday @ 10am	The Parade (near children's play area), Donaghadee	T: 028 9188 3509 E: annetomj@supanet.com

For further information on Walking for Health or if you are interested in becoming a walk leader please contact:
Health Development Department - T: 028 9250 1373 | E: health.development@hscni.net | www.setrust.hscni.net/healthyliving