WALKING FOR HEALTH

DOWN AREA

South Eastern Health and Social Care Trust

Health Development Department

GROUP	WHEN	WHERE	CONTACT
Newcastle Walking Group	Tuesday @ 11am	Newcastle Centre	T: 028 4372 6695
St John's Walking Group (Castlewellan)	Saturday @ 9am (x2 per month) Wednesday @ 7pm (Summer only)	St John's GAC	M: 07835 960804 or E: kevin.mcglynn62@gmail.com
Fun In The Park (Down Sure Start)	Weekly walks (registered Sure Start families)	Delamont Country Park	T: 028 4461 3630
Homestart Ramblers	Seasonal walks @ 10am & 7.30pm		E: dorothy@homestartdd.org
Born 2 Bimble - Ballee & District Community Group	1st Friday each month @ 9.30am	Lough Money Car Park, Downpatrick	M: 07516 230319 E: j.bastable019@btinternet.com
Castlewellan Walking Group	Wednesday @ 11am	Hillyard House	T: 028 4372 6695
Newcastlewellan Strollers	Thursday @ 11am	Newcastle Centre Castlewellan Forest Park Cafe	M: 07970 666240
Killyleagh /Crossgar Walking Group	Monday @ 10.15am Killyleagh	Frederick Street	T: 028 4461 2311 E: lise@countydownrcn.com
Killyleagh /Crossgar Walking Group	Monday @ 10.30am Crossgar	Crossgar Square	T: 028 4461 2311 E: lise@countydownrcn.com
Lecale Walking Group	Monday @ 1.30pm	Various venues (Ardglass, Strangford, Downpatrick)	T: 028 4461 2311 E: info@countydownrcn.com
Fun In The Park (Down Sure Start)	Thursday @ 10am (Summer only) (registered Sure Start families)	Downs Road Car Park, Newcastle	T: 028 4461 3630 E: emma.orr@setrust.hscni.net
Ballynahinch Community Collective Walking Group	Tuesday @ 7.30pm (May-Sept)	Windmill Street Car Park	M: 07393 476353 or E: trickydicky109@gmail.com
Homestart Nc Ramblers	Seasonal walks	Various locations	E: newcastle@homestartdd.org
Menshed Saintfield	Saintfield		E: bill.mccue@btinternet.com
'A Walk In The Park' Newcastle	Weekly walks for 60+ Wednesdays @ 11am	Meeting at Newcastle Centre	*********ADD IN DETAIL********

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