WALKING FOR HEALTH

LISBURN AND COLIN AREA

South Eastern Health and Social Care Trust

Health Development Department

GROUP	WHEN	WHERE	CONTACT
Drumlough Walking Group	Wednesday @ 6.30pm (seasonal) x	Meeting at Drumlough Orange Hall	T: 028 9268 9918 T: 9268 3277
Atlas Walking Group	Seasonal walks	ATLAS Centre 7 Bachelors Walk Lisburn	T: 028 9260 5806 E: atlascentre@hotmail.com
Maghaberry Walking Group	Tuesday @ 1pm (weekly term time)	Maghaberry Community Centre	T: 028 9261 7124 E: maghaberrymcc@live.co.uk
Ballylesson Ramblers	Wednesday @ 10.30am	Holy Trinity Church of Ireland Gates	T: 07843 793098 E: lfrazer81@gmail.com
Maghaberry Parish Rambling Club	1st Saturday each month @ 11am	Magheragall Parish Church Car Park	E: ianpark448@btinternet.com
Open Door Glenavy Walking Group	Wednesday@ 10am (fortnightly Sept-June)	Glenavy Parish Car Park	E: ronnie_purdy@yahoo.co.uk
Maze PC Walking Group	Monthly walks (seasonal) @ 9.30am	Maze Presbyterian Church	E: alastair_peoples@hotmail.com
Walking With Brookmount	Wednesday @ 2pm	Lowquarter Orange Hall	T: 028 9262 1136
Halftown Walking Group	Tuesday @ 7pm (seasonal)	Halftown Community Hall	E: mary.melvyn@hotmail.co.uk
Horizons Walking Group	Walks advertised through website	Walks advertised through website	www.horizonslisburn.org
Leisureplex Spinners	Thursday (monthly) @ 8.45am	Lisburn Leisureplex Entrance	E: jmaynardporter@hotmail.com
Moira Friendship Group (Reg. Members)	Registered Members see below	Registered Members see below	Registered Members see below
MFG Walking Group	2nd & 4th Thursday @ 9.30am	St John's Parish Centre, Moira	T: 028 9261 2119 E: office@moirafriendshipgroup.co.uk
Demesne Strollers	Each Monday & Friday @ 10am	Meeting at Moira Demesne	T: 028 9261 2119 E: office@moirafriendshipgroup.co.uk

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