



GROUP	WHEN	WHERE	CONTACT
Ards Walking Group	Tuesday @ 10am	Ards Hospital Gate Entrance	T: 028 9181 3842 E: jeanmiller28@btinternet.com
Ards Wednesday Walking Group	Wednesday @ 10am	Ards Leisure Centre	T: 028 9181 4988 M: 07762059058
Ballycrochan Presbyterian Church Walking Group Bangor	1 st & 3 rd Saturday of each month @ 10.30am	Church Car Park, Bangor	M: 07762430919 E: brianhjhall@yahoo.co.uk
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
Bangor Sure Start (registered families only – new members welcome)	Monday @ 10.30am (seasonal)	Various	E: bangorfamilywork@brysonsurestart.org
Bangor Walkie Talkies (registered families only)	Tuesday @ 11am	Ward Park, Bangor	M: 07525349711 E: Natasha.Higgins@setrust.hscni.net
Cloughey Walkers	Tuesday @ 10am	Various locations	M: 07794843390 E: ceehatfield@outlook.com
Comber Walking Group	Friday @ 10.30am	Car park at entrance to Comber Leisure Centre	T: 028 9187 8653 E: ltgouganebarra@outlook.com
Donaghadee Methodist Walking Group	Monday @ 6.30pm (Spring/Summer) Monday @ 10.30am (Winter)	Moat Street, opposite Methodist Church	E: brookvalefarm@hotmail.com
Hollywood Shared Town Walking For Health Group	Wednesday @ 11am	Maypole, High Street, Hollywood	E: bill@lockhartpsychology.com
Home-Start North Down (open to registered families)	Various mornings	Varies	T: 07549540389 E: Janine@homestartnorthdown.org.uk
Hub Walkers	Monday @ 10am	NDCN, Community Hub, Main Street, Flagship Centre, Bangor	M: 07557657604 / T: 028 9146 1386 E: gregorymartin@ndcn.co.uk
Peninsula Health Living Walking Group	1) Monday @ 10am 2) Wednesday @ 12.30pm	1) Various peninsula areas 2) Kircubbin Community Centre	M: 028 4273 9021 Or PHLP Facebook page
Quarries Community Farm Walking Group	Varied mornings (seasonal)	Quarries Community Farm	E: joan.thequarriesfarm@gmail.com
Redwood Surgery Walking Group (patients only)	Wednesday @ 1pm	Bangor Health Centre	Redwood Surgery Facebook page
Russian Speaking Community NI Walking Group	Saturday (Seasonal summer months)	Various	E: RSCNI@hotmail.co.uk
SET Recovery College	Monday @ 12 noon	Front of Lough House, Ards Community Hospital	E: recovery.college@setrust.hscni.net