



GROUP	WHEN	WHERE	CONTACT
A1 Walk & Talk	Friday @ 3.30pm	Varies weekly	M: 07731582332 E: <a href="mailto:lifechangechangeslives@gmail.com">lifechangechangeslives@gmail.com</a>
Ballynahinch Community Collective Walking Group	Tuesday @ 7.30pm	Market House, Ballynahinch	M: 07393 476353 or E: <a href="mailto:ballynahinchcollective@gmail.com">ballynahinchcollective@gmail.com</a>
Be Active Walking Group	Wednesday @ 10am	Various as agreed	M: 07966771653 E: <a href="mailto:Conor.McCarron@clanryegroup.com">Conor.McCarron@clanryegroup.com</a>
Born-2-Bimble	Days & times as requested & agreed	Lough Money Car Park, Downpatrick	M: 07516 230319
Carers Walking Group	Contact Carer Support Officer for details		E: <a href="mailto:carer.support@setrust.hscni.net">carer.support@setrust.hscni.net</a>
Clough & Dundrum Walking Group (referral only)	Thursday @ 11am Thursday @ 12.30pm	1) Keel Point 2) Dundrum GAA	M: 07971327707 E: <a href="mailto:Antonia.adamson@setrust.hscni.net">Antonia.adamson@setrust.hscni.net</a>
Crossgar Ladies Walking Group	Wednesday @ 7pm	The Square, Crossgar	E: <a href="mailto:crossgarladywalkers@gmail.com">crossgarladywalkers@gmail.com</a>
Crossgar Walking Group	Wednesday @ 10am	Crossgar Community Services	T: 028 4483 8539 E: <a href="mailto:clair.armstrong@setrust.hscni.net">clair.armstrong@setrust.hscni.net</a>
Down Sure Start (registered families only)	Fun On The Beach (Seasonal) Thursday 10am & 11.30am	Newcastle Promenade	T: 028 4461 3630 E: <a href="mailto:maria.mcmurrough@setrust.hscni.net">maria.mcmurrough@setrust.hscni.net</a>
Down Sure Start (registered families only)	Buggy Babies (Seasonal) Wednesday @ 1pm & 2.30pm	Newcastle Promenade	T: 028 4461 3630 E: <a href="mailto:maria.mcmurrough@setrust.hscni.net">maria.mcmurrough@setrust.hscni.net</a>
Drumanquoile Walking Group	Saturday @ 9am (monthly) Wednesday @ 7pm (Summer only)	Sat - St John's GAC Wed - start of planned walk	M: 07835 960804 E: <a href="mailto:kevin.mcglynn62@gmail.com">kevin.mcglynn62@gmail.com</a>
Homestart Ramblers (registered families only)	1) Wednesday 2) Thursday	1) Delamont Park Ballynahinch Rugby Club	E: <a href="mailto:ballynahinch@homestartdd.org">ballynahinch@homestartdd.org</a>
Killyleagh /Crossgar Walking Group	Monday @ 10.30am (Seasonal)	Various locations	E: <a href="mailto:lise@countydownrcn.com">lise@countydownrcn.com</a>
Lecale Walking Group	Monday @ 1pm	Various venues (Ardglass, Strangford, Downpatrick) - seasonal	Contact: Daniella @ CDRCN M: 07709712152
Making Strides (Dementia Friendly)	Monday @ 11.30am	Quoile River Walk, Quay Road (2nd car park on left past Visitor Centre)	Contact: Gemma M: 07511052851
Monday Walk & Chat Group	Monday @ 11am	Newcastle Promenade	Contact: Nuala @ CDRCN M: 07511063205