



GROUP	WHEN	WHERE	CONTACT
Abbey Family Practice Walking Group (patients only)	Tuesday @ 3.30pm	Admin building behind Bangor Health Centre	E: 07977197825 M: Meghan.dowdsroddy@setrust.hscni.net
Ards Walking Group	Tuesday @ 10am	Contact for information	T: 07484663901 E: jeanmiller28@btinternet.com
Ards Wednesday Walking Group	Wednesday @ 10am	Ards Blair Mayne Wellbeing & Leisure Complex	M: 07762059058 E: yvonnecampbell9@yahoo.co.uk
Ballycrochan Walking Group Bangor	1 st & 3 rd Saturday of each month @ 11am	Various locations (as per planned programme)	M: 07762430919 E: brianhjhall@yahoo.co.uk
Ballywalter Let's Walk & Talk	Monday @ 10.30am	Ballywalter Village Hall	T: 07445988814 E: Sandra@countydownrcn.com
Bangor Carnegie Library Walking For Health Group	Monday @ 11.30am	Bangor Carnegie Library, Hamilton Road, Bangor	T: 07512308724 E: gary.hill@librariesni
Bangor Sure Start (registered families only - new members welcome)	Various (seasonal)	Various	E: bangorfamilywork@brysonsurestart.org
Cloughey Walkers	Tuesday @ 10am	Various locations	M: 07794843390 E: ceehatfield@outlook.com
Dee Ramblers	Wednesday @ 10.30am	Varies – notes on walking programme	T: 028 9188 3509 E: annetomj@supanet.com
Donaghadee Walking Group	Tuesday @ 10.30am (subject to change)	The Commons, Donaghadee	E: Sonia.weatherup@setrust.hscni.net
Donaghadee Methodist Walking Group	Monday @ 6.30pm (Summer) Thursday @ 1.30pm (Winter)	Contact for details	E: brookvalefarm@hotmail.com
Hollywood Shared Town Walking For Health Group	Wednesday @ 11am	Maypole Corner, High Street, Hollywood	T: 07785106890 E: bill@lockhartpsychology.com
Hub Walkers	Monday @ 10am	NDCN, Community Hub, Main Street, Flagship Centre, Bangor	T: 028 9146 1386 E: ndcncommunityhealth@gmail.com
Peninsula Health Living Walking Group	Monday @ 10am	Various peninsula areas	M: 07519379428 E: allan@peninsulahealthyliving.org
Redwood Surgery Walking Group (patients only)	Friday @ 3.30pm	Admin building behind Bangor Health Centre	E: Julie.walker@setrust.hscni.net
Russian Speaking Community NI Walking Group	Saturday (Seasonal summer months)	Various	E: RSCNI@hotmail.co.uk
Surestart Ards (registered families only)	Contact for details	Contact for details	T: 028 4273 9322 E: grace.moore@setrust.hscni.net
Visually Impaired Walking Group (Sight Support Team service users only)	2nd Tuesday monthly @ 9.45am (excl July/August)	Bangor bus station	Not open to general public