



GROUP	WHEN	WHERE	CONTACT
Abbey Family Practice & Redwood Surgery Walking Group	Tuesday @ 3.30pm	Admin building behind Bangor Health Centre	M: 07977 197825 E: <a href="mailto:Meghan.dowdsroddy@setrust.hscni.net">Meghan.dowdsroddy@setrust.hscni.net</a> E: <a href="mailto:Julie.walker@setrust.hscni.net">Julie.walker@setrust.hscni.net</a>
Ards Walking Group	Tuesday @ 10am	Contact for information	T: 07484 663901 E: <a href="mailto:jeanmiller28@btinternet.com">jeanmiller28@btinternet.com</a>
Ards Wednesday Walking Group	Wednesday @ 10am	Ards Blair Mayne Wellbeing & Leisure Complex	M: 07762 059058 E: <a href="mailto:yvonnecampbell9@yahoo.co.uk">yvonnecampbell9@yahoo.co.uk</a>
Ballycrochan Walking Group Bangor	1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of each month @ 11am	Various locations (as per planned programme)	M: 07762 430919 E: <a href="mailto:brianhjhall@yahoo.co.uk">brianhjhall@yahoo.co.uk</a>
Ballywalter Let's Walk & Talk	Monday @ 10.30am	Ballywalter Village Hall	M: 07445 988814 E: <a href="mailto:Sandra@countydowntnrcn.com">Sandra@countydowntnrcn.com</a>
Bangor Carnegie Library Walking For Health Group	Monday @ 11.30am	Bangor Carnegie Library, Hamilton Road, Bangor	M: 07512 308724 E: <a href="mailto:gary.hill@librariesni">gary.hill@librariesni</a>
Bangor Sure Start (registered families only - new members welcome)	Various (seasonal)	Various	E: <a href="mailto:bangorfamilywork@brysonsurestart.org">bangorfamilywork@brysonsurestart.org</a>
Cloughey Walkers	Tuesday @ 10am	Various locations	M: 07794 843390 E: <a href="mailto:ceehatfield@outlook.com">ceehatfield@outlook.com</a>
Dee Ramblers	Wednesday @ 10.30am	Varies – notes on walking programme	T: 028 9188 3509 E: <a href="mailto:annetomj@supanet.com">annetomj@supanet.com</a>
Donaghadee Wellbeing Walking Group	Tuesday @ 10.30am	The Commons, Donaghadee	E: <a href="mailto:Sonia.weatherup@setrust.hscni.net">Sonia.weatherup@setrust.hscni.net</a>
Donaghadee Methodist Walking Group	Monday @ 6.30pm (Summer) Thursday @ 1.30pm (Winter)	Contact for details	E: <a href="mailto:brookvalefarm@hotmail.com">brookvalefarm@hotmail.com</a>
Hollywood Shared Town Walking For Health Group	Wednesday @ 11am	Maypole Corner, High Street, Hollywood	M: 07785 106890 E: <a href="mailto:bill@lockhartpsychology.com">bill@lockhartpsychology.com</a>
Hub Walkers	Monday @ 10am	NDCN, Community Hub, Main Street, Flagship Centre, Bangor	T: 028 9146 1386 E: <a href="mailto:ndcncommunityhealth@gmail.com">ndcncommunityhealth@gmail.com</a>
Peninsula Health Living Walking Group	Monday @ 10am	Various peninsula areas	M: 07519 379428 E: <a href="mailto:allan@peninsulahealthyliving.org">allan@peninsulahealthyliving.org</a>
Russian Speaking Community NI Walking Group	Saturday (Seasonal summer months)	Various	E: <a href="mailto:RSCNI@hotmail.co.uk">RSCNI@hotmail.co.uk</a>
Surestart Ards (registered families only)	Contact for details	Contact for details	T: 028 4273 9322 E: <a href="mailto:grace.moore@setrust.hscni.net">grace.moore@setrust.hscni.net</a>
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