



| GROUP   | WHEN   | WHERE   | CONTACT   |
|---|--|---|---|
| Ballynahinch Community Collective Walking Group   | Tuesday @ 7.30pm<br><b>Currently on hold</b>                 | Market House, Ballynahinch                                | M: 07393 476353 or<br>E: <a href="mailto:ballynahinchcollective@gmail.com">ballynahinchcollective@gmail.com</a>   |
| Born-2-Bimble   | Days & times as requested & agreed                           | Lough Money Car Park, Downpatrick - As requested & agreed | M: 07516 230319   |
| Castlewellan Walking Group  | Wednesday @ 11am   | Castlewellan Library                                      | M: 07890 304220 – Julie or<br>E: <a href="mailto:Kellyanne.mccartan@setrust.hscni.net">Kellyanne.mccartan@setrust.hscni.net</a>   |
| CDRCN Wellbeing Hub Nature Walking Group (registered members only)                            | Monday @ 10.30am   | The Wellbeing Hub, Newcastle                              | E: <a href="mailto:nuala@countydownrcn.com">nuala@countydownrcn.com</a>   |
| Clough & Ballykinler Walking Group  | Monday @ 10am (seasonal)                                     | 10am @ Ballykinler<br>10.10am @ Clough                    | M: 07511 069072<br>E: <a href="mailto:heather@countydownrcn.com">heather@countydownrcn.com</a>  |
| Clough & Dundrum Walking Group (referral only)  | Thursday @ 12.30pm   | Dundrum GAA   | M: 07971 327707<br>E: <a href="mailto:Antonia.adamson@setrust.hscni.net">Antonia.adamson@setrust.hscni.net</a>  |
| Crossgar Ladies Walking Group   | Wednesday @ 7pm  | The Square, Crossgar                                      | M: 07729 402311<br>E: <a href="mailto:crossgarladywalkers@gmail.com">crossgarladywalkers@gmail.com</a>  |
| DOWN SureStart Buggy Walkers (For New Mums. Must reside within DOWN SureStart catchment area) | Specific dates only<br>12.30-2pm                             | Contact for information (booking essential)               | T: 028 4461 3630<br>E: <a href="mailto:laura.sharvin@setrust.hscni.net">laura.sharvin@setrust.hscni.net</a>   |
| Down Sure Start (only registered families in Murlough Ward, Newcastle)                        | Fun On The Beach (Seasonal)<br>Wednesday 10.30-11.30am       | Newcastle Promenade (Percy French end)                    | T: 028 4461 3630<br>E: <a href="mailto:maria.mcmurrough@setrust.hscni.net">maria.mcmurrough@setrust.hscni.net</a><br><a href="http://www.downsurestart.org">www.downsurestart.org</a> |
| Downpatrick Health Visiting Walking Group   | Wednesday 10-11am  | Dunleath Park   | T: 028 4451 3728<br>E: <a href="mailto:jenny.murray@setrust.hscni.net">jenny.murray@setrust.hscni.net</a>   |
| Drumnaquoile Walking Group  | Saturday @ 9.30am (monthly)<br>Wednesday @ 7pm (Summer only) | Various   | M: 07835 960804<br>E: <a href="mailto:kevin.mcglynn62@gmail.com">kevin.mcglynn62@gmail.com</a>  |
| Homestart Ramblers (registered families only)   | 1) Wednesday<br>2) Thursday                                  | 1) Delamont Park<br>2) Ballynahinch Rugby Club            | E: <a href="mailto:ballynahinch@homestartdd.org">ballynahinch@homestartdd.org</a>   |
| Killyleagh & Crossgar Walking Group   | Monday @ 10.30am (Seasonal)                                  | Various locations   | T: 07511 070895<br>E: <a href="mailto:lise@countydownrcn.com">lise@countydownrcn.com</a>  |
| Lecale Walking Group  | Monday @ 2pm   | Various venues (Ardglass, Strangford, Downpatrick)        | M: 07811 396248<br>E: <a href="mailto:rosiewilson52@yahoo.co.uk">rosiewilson52@yahoo.co.uk</a>  |
| Montalto Tuesday Group (registered patients of South Down GP Federation only)                 | Tuesday @ 10am (Fortnightly)                                 | Montalto Medical Centre                                   | M: 07814 073082<br>E: <a href="mailto:bria.doherty@setrust.hscni.net">bria.doherty@setrust.hscni.net</a>  |