WALKING FOR HEALTH

DOWN AREA

South Eastern Health and Social Care Trust

Health Development Department

GROUP	WHEN	WHERE	CONTACT
New Parent Walking Groups (registered families only)	Various	Across Down area	Local Health Visiting Staff
Newcastle Walk For Health Group	Weekly walks for 60+ Wednesday @ 11am	Newcastle Centre	M: 07929 936728 or M: 07511 380949
NewCastleWellan Strollers	Thursday @ 11am	Varies weekly	M: 07970 666240 E: silebmclean@yahoo.co.uk
Struell Walking Group (registered members only)	Tuesday @ 10.30am	Quoile Nature Reserve Car Park or Dunleath Car Park, Downpatrick	Contact Una or Rachel M: 07971 327789 or 07971 327731
Walk In The Park Walking Group	Monday @ 7pm Currently on hold	Gates at Castlewellan Forest Park	E: nicolabonnor@gmail.com
Walkie Talkies - Castlewellan Mother & Baby Group	TBC	Contact for information	M: 07715 807206 E: susan.leneghan@setrust.hscni.net
Wellwalk Dundrum	Wednesday @ 7pm	Car Park beside Dundrum GAC	M: 07922 348875 E: mountainmusic65@gmail.com

For further information on Walking for Health or if you are interested in becoming a walk leader please contact:
Health Development Department - T: 028 9250 1373 | E: health.development@setrust.hscni.net | www.setrust.hscni.net/healthyliving