

## WALKING GROUPS THROUGHOUT THE SOUTHERN TRUST

Please contact the relevant group for more information

NEWRY & MOURNE AREA				
Group	Location	When	Contact	Telephone
Health & Wellbeing Walking Group	Warrenpoint Square	Monday 10.30 – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com
Health & Wellbeing Walking Group	Derrymore Forest	Tuesday 10.30 am – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com
Feet on the Street	The Bosco Social Club, Newry	Thursday 7.15 pm	Ciaran Mackin	0778 975 7285
Walk & Talk for people affected by Cancer	Newry Tow Path	Friday	Leo Cullan Linda Murphy	07976945078 07926747465
Adult Autism Services Walking Group	Silent Valley	Friday 31 <sup>st</sup> May 2024		028 3756 6777
Kilkeel Low Impact Walking Group	Bowling Green Car Park, Mourne Esplanade	Tuesday 10.15am	Jennifer Sophie	0786 455 6129 028 4125 8150

ARMAGH & DUNGANNON AREA				
Group	Location	When	Contact	Telephone
Health & Wellbeing Walking Group	Armagh Palace Stables	Monday 10.30am – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com

CRAIGAVON & BANBRIDGE AREA				
Group	Where	When	Contact	Telephone
U3A – Monday Walking Group	Upper Bann area	Monday – 9.45 am	Paddy Haughian	0756 893 6969
U3A – Strollers Group	Upper Bann area	Tuesday	Paddy Haughian	0756 893 6969
Drumellan Community Association	Craigavon – black paths	Monday – 1-2 pm	Mandy Rogers	028 3832 1415
T W G Plus	Craigavon area		Doreen	0773 472 3575
Clanrye – Walk & Talk for Carers	Mayfair Business Centre, Portadown	Tuesday – 10.30am – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com
Walk n talk	Car park, Ashley Street, Banbridge	1 <sup>st</sup> Friday of month @ 10.00 am	Jane	028 4062 0070
South Lake Chatty Walking Group	South Lakes Craigavon		Rebekah	027 3756 3946