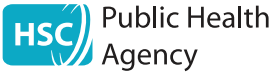




Derry City & Strabane  
District Council  
Comhairle  
Chathair Dhoire &  
Cheantar an tSrátha Báin  
Derry Cittie & Strábane  
Districk Council



Fermanagh & Omagh  
District Council  
Comhairle Ceantair  
Fhear Manach agus na hÓmaí



Project supported by the PHA

# 24 WALK THIS MAY

Post Natal



Health and  
Social Care

WALKING FOR  
HEALTH



#WalkThisMay



### Wednesday 1st May

**Minding Mum's**  
'One bit walk in the park',  
celebrating **Maternal Mental Health week.**  
St.columbs  
Park House.  
**10.30am**  
followed by a **BBQ**

### Monday 6th May

**BANK HOLIDAY**  
**NW BAPS**, Café in  
Brooke Park.  
**10.30am**

### Monday 13th May

**NW BAPS**  
Sainsbury's Statues  
on the Quay.  
**10.30am**

**Castleberg Rainbow Surestart,**  
Breastfeeding  
Support Group.  
**11.00am**

(Open to non surestart members)

### Tuesday 14th May

**Cherish SureStart**  
Castle Saunderson in  
the carpark, Cavan.  
**10.30am**

**Adele: 07523512714**

WALKING FOR  
**HEALTH**



Health and  
Social Care

**#WalkThisMay**





### Monday 20th May

**NW BAPS**  
Sainsbury's Statues  
on the Quay.  
**10.30am**

**Belleek Community  
Centre**  
Breastfeeding  
Support Group.  
**12.00pm**

### Tuesday 21st May

**Cherish SureStart**  
Necarne Castle  
Carpark, Irvinestown.  
**10.30am**

**Adele: 07523512714**

### Monday 27th May

**BANK HOLIDAY**  
**NW BAPS,**  
Café in Brooke Park.  
**10.30am**

### Thursday 30th May

**Meet at Enniskillen  
Castle**  
Meet at the red heart.  
Then return to  
Safe Haven for  
refreshments.  
**9.30am**

WALKING FOR  
**HEALTH**

