



# Mental Health Awareness Week

13-19 May 2024

# WALK THIS WAY

Supporting Your Wellbeing at Work



Public Health Agency



Western Health and Social Care Trust

WALKING FOR HEALTH



Project supported by the PHA



**Daily Walks in May**

**Bovally Health  
Centre, Limavady.**  
**1.30pm**  
for 20 minutes.

**Thursday 2nd May**

**T & F Hospital  
main carpark.**  
**12.30pm**

**SWAH  
main entrance.**  
**12.30pm**

**Friday 3rd May**

**Gransha Park,  
Maple Villa.**  
**12.30pm**

**Tuesday 7th May**

**T & F Hospital  
main carpark.**  
**12.30pm**

WALKING FOR  
**HEALTH**



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Agency**

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**Mental Health  
Awareness Week**  
13-19 May 2024

**Wednesday 8th May**

**Gransha Park,  
Maple Villa.  
12.30pm**

**SWAH  
main entrance.  
12.30pm**

**Sainsbury's L'Derry,  
meet at the statues  
on the Quay.  
6.15pm**

**Thursday 9th May**

**T&F Hospital  
main carpark.  
12.30pm**

**Monday 13th May**

**T&F Hospital  
main carpark.  
12.30pm**

**Tuesday 14th May**

**T&F Hospital  
main carpark.  
12.30pm**

**Altnagelvin,  
North Wing entrance.  
12.30pm**

WALKING FOR  
**HEALTH**



**HSC** Public Health  
Agency

Project supported by the PHA

**HSC** Western Health  
and Social Care Trust





**Wednesday 15th May**

**Gransha Park,  
Maple Villa.  
12.30pm**

**SWAH  
main entrance.  
12.30pm**

**Thursday 16th May**

**T&F Hospital  
main carpark.  
12.30pm**

**Monday 20th May**

**T&F Hospital  
main carpark.  
12.30pm**

**Tuesday 21st May**

**T&F Hospital  
main carpark.  
12.30pm**

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HEALTH**



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Agency

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**HSC** Western Health  
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**Thursday 23rd May**

**T&F Hospital  
main carpark.  
12.30pm**

**Friday 24th May**

**Gransha Park,  
Maple Villa.  
12.30pm**

**Tuesday 28th May**

**Altnagelvin,  
North Wing entrance.  
12.30pm**

**T&F Hospital  
main carpark.  
12.30pm**

**Wednesday 29th May**

**Gransha Park,  
Maple Villa.  
12.30pm**

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**Thursday 30th May**

**T&F Hospital**  
main carpark.  
**12.30pm**

**Daily Walks in May**

**Bovally Health**  
**Centre, Limavady.**  
**1.30pm**  
for 20 minutes.

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