

LINEN QUARTER
**HEALTHY
DISTRICT**




YOGA
CRYOTHERAPY
SOUND HEALING
DOG PETTING
HEALTH CHECKS
CYCLING EXHIBITION

...

10-16 JUNE 2024

**EXPERIENCE
LQ HEALTH
WEEK**

linenquarter.org

X    @linenquarter

 LINEN
QUARTER
BID

GET FITTER. GET HEALTHIER. GET INVOLVED.

A PACKED EVENTS SCHEDULE FOR ALL AGES AND BACKGROUNDS, WHETHER YOU HAVE AN HOUR SPARE OR A HALF DAY.

I'm delighted to introduce our 6th annual health week, with a packed programme of free activities for LQ employees.

Health checks, gym access, first aid, dog petting, and walking tours are just some of the experiences on offer. One of the highlights is the ACCA Longevity Clinic, where we are offering members a £25 voucher to sample cutting edge health technology, including cryotherapy, infrared sauna, and compression therapy.

And of course we coincide with bike week. If you've ever considered cycling to work, now is the time to try!

Christopher McCracken
MD, LQ BID

“HAPPINESS
LIES FIRST
OF ALL IN
HEALTH”
GEORGE WILLIAM CURTIS



FREE Pure Gym Access & Personal Fitness Check

Mon 10 – Sun 16 June
Pure Gym, 22 Adelaide Street

Unlock your fitness journey throughout the week with complimentary access to Pure Gym, where you'll enjoy a wide range of amenities and over 50 free classes! Get your free day pass, choose a plan, or join PureGym (Belfast Adelaide St).

To get your day pass code email: **lawrence@linenquarter.org**

Book your day pass:

[▶ TO BOOK CLICK HERE ◀](#)

Book a 1-on-1 fitness check:

[▶ TO BOOK CLICK HERE ◀](#)

Dog Petting

Wed 12 June
12.00 – 14.00 (TBC)
Bankmore Square

One of our most popular events is back. Dogs from Almost Home Animal Rescue will be at Bankmore Square from 12.00 – 14.00, so anyone can take a break from the office and meet them.

Collection buckets will also be available if you would like to donate to this worthy cause. From lively pooches to some resident golden oldies, there will be a range of dogs to meet.

Linen Quarter BID will match the donation collected during the event.

For more information:
Email **charlotte@linenquarter.org**

LQ Walking Tour – Spinning Yarns

Thur 13 June, 12.30 – 14.00
LQ District

This fun and informative walking tour links past and present, helping you see what's on the streets in a new light and just how much there is to do and enjoy in this unique district. The leisurely route will take in buildings of impressive architecture, iconic entertainment venues, historic and quaint bars, exciting outdoor public spaces and markets, colourful street art, unique gems of shops, great places to eat and drink and much more.

For more information:
Email **stephen@linenquarter.org**

[▶ TO BOOK CLICK HERE ◀](#)

CPR/AED Training

AED Training:
Mon 10 June, 09.00 – 13.00
First Aid Training:
Tue 11 June, 09.00 – 16.00
Maldron Hotel

Back by popular demand, Bisp will be delivering accredited CPR and AED training on Monday 10th June. Delegates will learn the causes of heart attacks and cardiac arrests, how to perform CPR effectively, as well as how to operate an automated external defibrillator. This course is suitable for anyone learning CPR for the first time, or those who would like a refresher. Slots are limited to 2 nominees per member organisation.

For more information:
Email **lawrence@linenquarter.org**

[▶ TO BOOK CLICK HERE ◀](#)

SPECIAL OFFER **ACCA LONGEVITY CLINIC**

LQ BID has partnered with ACCA (Advanced Cellular Care & Ageing) Longevity Clinic to offer £25 voucher for employees of our members. ACCA offers personalised, state of the art care, tailored to individual needs, combining cutting edge technology with a holistic approach. The clinic offers a wide range of services, wellness programs, and resources to optimise well-being, sports performance and enhance life quality for a variety of sessions, such as cryotherapy. Availability is limited.

[▶ TO BOOK CLICK HERE ◀](#)

use the following email subject line
Linen Quarter Voucher

SPECIAL OFFER **HEALTH CHECKS**

Tue 11 – Fri 14 June
LQ BID has partnered with NICHS, the only local charity in Northern Ireland that offers a cardiovascular health check of this kind, and offer FREE “Well Checks” for employees of our members. The 30-minute health check includes: Atrial Fibrillation (AF, irregular heartbeat), Blood Pressure, Cholesterol and Blood Sugar tests along with a Body Composition Analysis and Lifestyle Advice. Availability is limited.

[▶ TO BOOK CLICK HERE ◀](#)

using code **LQB24**

MON 10 JUNE

TUES 11 JUNE

WED 12 JUNE

EARLY



Yoga
08.00 – 08.45
Clayton Hotel, 22 Ormeau Ave
[▶ TO BOOK CLICK HERE ◀](#)

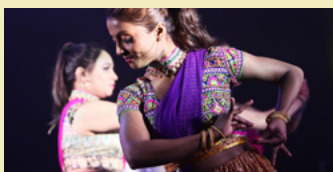


MORNING

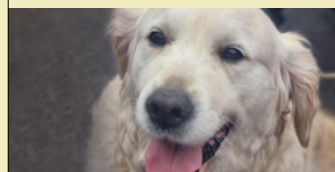
AED Training
09.00 – 12.30
Maldron Hotel, 20 Brunswick St
[▶ TO BOOK CLICK HERE ◀](#)

First Aid/CPR Training
09.00 – 16.00
Maldron Hotel, 20 Brunswick St
[▶ TO BOOK CLICK HERE ◀](#)

Stay Ahead Drop In Health Check
09.30 – 16.30
NICHS
Use code LQB24
[▶ TO BOOK CLICK HERE ◀](#)



Stay Ahead Drop In Health Check
09.30 – 16.30
NICHS
Use code LQB24
[▶ TO BOOK CLICK HERE ◀](#)



LUNCHTIME

BollyFit
12.00 – 13.00
Clayton Hotel, 22 Ormeau Ave
[▶ TO BOOK CLICK HERE ◀](#)

Petanque Taster Session
12.00 – 13.00
Blackstaff Square
[▶ TO BOOK CLICK HERE ◀](#)

Dog Petting Wellness Session
12.00 – 14.00
Bankmore Square
[▶ TO BOOK CLICK HERE ◀](#)

LQ Lunchtime Run
12.00 – 13.00
Gas Works
[▶ TO BOOK CLICK HERE ◀](#)



AFTERNOON

Cycling UK (Gears and Beers)
18.00 – 20.00
The Ewart Building
An Exhibition of Everyday Bikes & Beyond. See page 7 for details.



Bike Markings for Confident Cycling
14.00 – 16.00
The Ewart Plaza
Drop in between 14.00 – 16.00

ALL DAY

Gym Classes & Fitness Sessions
Pure Gym, Adelaide Street

To get your day pass code email: lawrence@linenquarter.org
To view the class timetable, click [here](#)
Available until 16 June 2024

Advanced Cellular Care & Ageing Longevity Clinic (ACCA)
ACCA Longevity Clinic

09.00 – 17.00. Claim your £25 Voucher!
Include email subject line: Linen Quarter Voucher

THU 13 JUNE

FRI 14 JUNE

GET INVOLVED.

Sound Healing
08.00 – 09.00
Clayton Hotel, 22 Ormeau Ave

[▶ TO BOOK CLICK HERE ◀](#)

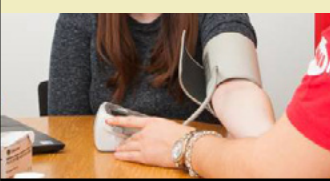


Stay Ahead Drop In Health Check
09.30 – 16.30
NICHS
Use code LQB24

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09.30 – 16.30
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Spinning Yarns LQ Walking Tour
12.30 – 14.00
LQ District

[▶ TO BOOK CLICK HERE ◀](#)



Reflective Art Session
14.00 – 16.00
Relate NI

[▶ TO BOOK CLICK HERE ◀](#)

[▶ BOOK A DAY PASS ◀](#)

[▶ BOOK FITNESS CHECK ◀](#)

[▶ TO BOOK CLICK HERE ◀](#)



BIKE WEEK

10-16
JUNE
2024



LINEN QUARTER HEALTH WEEK COINCIDES WITH THE 101ST ANNUAL BIKE WEEK.

This was no accident, as we see active travel as key to a healthy and sustainable district. Cycling in particular can be a cost-effective way to improve well-being and reduce air pollution which we know makes us sick but also reduces our cognitive performance.

That's why we have a number of cycling related events throughout the health week program including our pop-up bike exhibition and bike marking with the PSNI which can help prevent theft.



GEARS AND BEERS: AN EXHIBITION OF EVERYDAY BIKES AND BEYOND

MON 10 JUNE, 18.00 – 20.00
THE EWART, 3 BEDFORD STREET

Come witness and celebrate the artistry and innovation of bicycles. From commuter classics to innovative designs, explore the diverse world of cycling culture and craftsmanship. Join us for a journey through the gears and raise a glass to the spirit of pedal-powered travel and exploration.

▶ [TO BOOK
CLICK HERE](#) ◀

USEFUL CONTACTS



British Heart
Foundation

LEARN CPR FOR FREE IN JUST 15 MINUTES WITH REVIVR™

Many of us will witness a cardiac arrest in our lifetime.

Be ready for that day with RevivR, our fast, free and easy-to-use online training course.

Scan the QR code below or visit bhf.org.uk/revivr and you could help to save a life.



Cycling UK

Cycling UK is more than just a membership charity, which provides you with excellent insurance, information and a magazine. It also runs a range of projects, groups and programmes across all nations of the UK to encourage people to cycle. Get your Cycling Friendly Accreditation now.

E: lawrence@linenquarter.org
W: cyclinguk.org

NI Chest, Heart and Stroke

NICHs's mission is to prevent chest, heart and stroke illnesses by encouraging individuals to live and maintain healthy lifestyles. NICHs provides a range of tailored programmes to help, guide and support workplaces to make healthy choices.

T: 028 9032 0184
E: mail@nichs.org.uk
W: nichs.org.uk

ACC Longevity Clinic

ACCA offers personalised, state of the art care, tailored to individual needs, combining cutting edge technology with a holistic approach. It offers a wide range of services, wellness programs, and resources to optimise well-being, sports performance and enhance life quality.

E: info@accalongevityclinic.com
W: accalongevityclinic.com

Relate NI

Relate NI provide relationship support services including counselling and self-help support services in-person, online and over the phone.

T: 028 9032 3454
E: office@relateni.org
W: relateni.org

British Heart Foundation

BHF campaign to make sure people living with, dying from and at risk of heart disease in Northern Ireland, receive the best care and support possible.

T: 028 9053 8301
E: mccammonka@bhf.org.uk
W: bhf.org.uk

ArtsEkta

ArtsEkta is a multi-award-winning cultural organisation that works to develop intercultural relationships at the heart of the community and is home to the Belfast Mela – the largest celebration of cultural diversity on the island of Ireland.

E: admin@artseкта.org.uk
W: artseкта.org.uk

Pure Gym

Open 24/7 so you can workout whenever suits you, including over 50 free classes so you can enjoy completing a range of workouts as part of your fitness routine.


E: info.belfastadelaidestreet@puregym.com
W: puregym.com/gyms/belfast-adelaide-street

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