

LINEN QUARTER
**HEALTHY
DISTRICT**

Linen Quarter BID
411 Scottish Provident Building
Donegall Square West
Belfast BT1 6JH

linenquarter.org

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YOGA
MINDFULNESS
PHYSIO
DOG PETTING
CYCLING

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LINEN QUARTER
**HEALTHY
DISTRICT**

5-9 JUNE 2023
**EXPERIENCE
LQ HEALTH
WEEK**



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GET FITTER. GET HEALTHIER. GET INVOLVED.

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

According to the World Health Organisation a healthy district is not one that has achieved a particular health status. Rather it is a district that is conscious of health and striving to improve it. We hope our programme of activities inspires both member organisations and individuals to enhance their focus on health & well-being and take steps to improve. Not a giant leap. Lots of little steps.

As a famous rockstar once said,
***"the only person you should
be better than is the person
you were yesterday."***

That strikes us as a challenge we
can all strive to meet.

Christopher McCracken,
MD, LQ BID.

“HAPPINESS LIES
FIRST OF ALL IN HEALTH”

GEORGE WILLIAM CURTIS



Dog petting wellness session

Wed 7 June, 13.00 – 15.00
TradeMarket, Dublin Road

Research has shown that simply petting a dog lowers the stress hormone cortisol, and the social interaction between people and dogs actually increases levels of the feel-good hormone oxytocin. With that in mind, LQ BID is hosting its first ever dog petting session.

Dogs from Almost Home Animal Rescue will be at Trade Market from 1pm-3pm 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.

For more information:

Email charlotte@linenquarter.org

Introduction to Mindfulness workshop

Thu 8 June, 12.30 – 14.00
Clayton Hotel, 22 Ormeau Avenue

Mindfulness practices can benefit us as individuals and helping us build emotional resilience, developing focus, help us reduce stress and enable compassion for others. This session will be a nice introduction to practicing Mindfulness with Cathy Davey (Ambest Life).

*15 spots are available for this workshop

[▶ TO BOOK CLICK HERE ◀](#)

Business Breakfast with Relate NI

Thu 8 June, 8.30 – 9.30
Clayton Hotel, 22 Ormeau Avenue

Duane Farrell, CEO of Northern Ireland's leading Relationships Support Charity, Relate NI, will be delivering a short seminar – 'Relationships are good for business.' The seminar will provide some key insights into the impacts of relationships on employee well-being and productivity, and provide some tips and ideas on how employers can help support employee relationships and the positive benefits which they bring.

*A light breakfast will be served.

[▶ TO BOOK CLICK HERE ◀](#)

CPR/AED training

Mon 5 June, 10.00 – 13.00
Clayton Hotel, 22 Ormeau Avenue

Back by popular demand, Bisp will be delivering accredited CPR and AED training on Monday 5th 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.

*Tea/coffee will be served on arrival

For more information:

Email charlotte@linenquarter.org

SPECIAL OFFER: THE PHYSIO GROUP

LQ BID has partnered with The Physio Group to offer you a 40-minute physio health screening – for those suffering from aches or pains.

Booking by phone via **028 9089 7554** & use code **'LQHealth23'**.

*Please note, 20 slots are available until 30th June; sessions will take place at The Physio Group, Alexander House, 17 Ormeau Avenue.

SPOTLIGHT EVENTS

EARLY MORNING

MORNING

LUNCHTIME

AFTERNOON

EARLY EVENING

MON 5 JUNE

TUES 6 JUNE

WED 7 JUNE

THU 8 JUNE

FRI 9 JUNE

CPR/AED training
10.00 – 13.00
Clayton Hotel, 22 Ormeau Ave
12 spots max

For more information: Email
charlotte@linenquarter.org

Yoga class
8.00 – 8.45
Clayton Hotel, 22 Ormeau Ave

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RevivR CPR App Demo
8.30 – 10.00
Clayton Hotel, 22 Ormeau Avenue

▶ TO BOOK CLICK HERE ◀



Business Breakfast with Relate NI
8.30 – 9.30
Clayton Hotel, 22 Ormeau Ave

▶ TO BOOK CLICK HERE ◀

Ride On Belfast cycle ride
07.45 – 09.00
Assemble at Queen's University

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Health Checks
9.30 – 13.00
Clayton Hotel, 22 Ormeau Ave
Use code LQHC23

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First Aid Training (all day)
9.00 – 16.00
Clayton Hotel, 22 Ormeau Ave
Provided by Bisp Training
12 spots max
For more information: Email
charlotte@linenquarter.org

Health Checks
9.30 – 13.00
Clayton Hotel, 22 Ormeau Ave
Use code LQHC23

▶ TO BOOK CLICK HERE ◀



Pop-up Cycling Cafe
12.00 – 14.00
Parklet at corner on Linenhall Street/Clarence Street
Free Dr Bike session with
Big Loop Bikes

▶ TO BOOK CLICK HERE ◀

Free Bike Marking with PSNI

▶ TO BOOK CLICK HERE ◀

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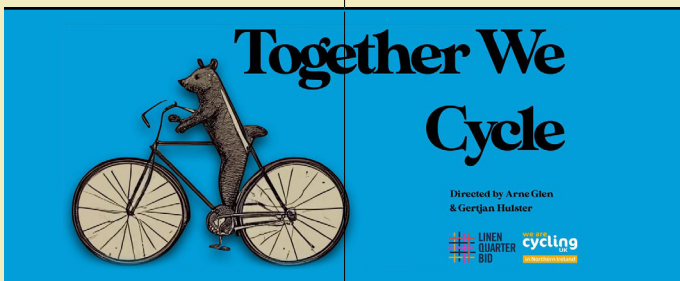
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Together We Cycle documentary
18.00 – 21.00
Ormeau Baths, 18 Ormeau Ave

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GET INVOLVED.

BIKE WEEK

5-11
JUNE
2023



LINEN QUARTER HEALTH WEEK COINCIDES WITH THE 100TH 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 Cycling Café, providing free bike repair and marking with the PSNI which can help prevent theft.

TOGETHER WE CYCLE + PANEL DISCUSSION

18.00 – 21.00 @ ORMEAU BATHS,
18 ORMEAU AVENUE

Our landmark event in this program is the Screening of Dutch Documentary, 'Together We Cycle,' which will include free pizza and drinks and a panel discussion with decision makers on how Northern Ireland may be able to adopt some of the same measures as the Netherlands to promote Active Travel.



Together We Cycle

Directed by Arne Glen
& Gerjan Hulster



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Developing Healthy Communities

DHCNI support communities, families and workplaces through mentoring, training and funding programmes, and champion healthcare needs with decision makers.

T: 028 7131 3308
E: info@dhcni.com

Northern Ireland Chest, Heart and Stroke

NICHs's mission is to prevent chest, heart and stroke illnesses by encouraging each individual 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

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

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

Sustrans

Sustrans support employers to encourage their employees to consider active travel in their daily routine.

T: 028 9043 4569
E: belfast@sustrans.org.uk

Business in the Community Northern Ireland

BITCNI are committed to supporting employers to tackle mental ill-health in the workplace and have produced a range of toolkits for employers.

T: (028) 9046 0606
E: info@bitcni.org.uk

Belfast Healthy Cities

Belfast Healthy Cities is part of the World Health Organization Healthy Cities Network, and aims to build capacity in and across organizations to make health and well-being a key consideration in the planning and development of policies and actions.

T: 028 9032 8811
E: info@belfasthealthycities.com

Linen Quarter Business Improvement District

Stephen Maginn
Communications & Events Manager

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USEFUL CONTACTS

