

REIKI/MASSAGE
INFRARED SAUNA
SOUND HEALING
DOG PETTING
CÉILÍ DANCE CLASS
5K RUN
GYM CLASSES

LINEN QUARTER
**HEALTHY
DISTRICT**

8-14 JUNE 2026

EXPERIENCE
LQ HEALTH
WEEK

linenquarter.org

X      @linenquarter

 LINEN
QUARTER
BID

STRONGER. HEALTHIER. TOGETHER.



HEALTH WEEK 2026 HAS BEEN DESIGNED TO INSPIRE HEALTHIER HABITS, STRONGER CONNECTIONS, AND POSITIVE ENERGY ACROSS THE DISTRICT.



This feels especially meaningful as Belfast looks ahead to its designation as a European City of Sport, an exciting recognition that highlights the importance of staying active and making wellbeing part of everyday life.

This year's programme features an exciting mix of experiences including

health screenings, mindfulness sessions, reiki massage, first aid and AED training, Cèilí dances, 5K runs, yoga, and free gym classes, with over 100 events and activities to suit all interests, abilities, and fitness levels.

Some of the highlights include celebrating the power of connection through The Big Lunch,

and enhancing well-being through our ever-popular dog petting session.

We are again pleased to offer a limited number of £50 vouchers in partnership with the ACCA Longevity Clinic, which includes treatments such as cryotherapy, infrared saunas, and recovery therapies.

New for 2026 we're delighted to support active travel with complimentary 100-minute bike hire vouchers, encouraging more people to move sustainably around the city.

Health Week is an important reminder that our collective wellbeing is the foundation of a thriving district and a successful city. I encourage everyone to get involved, try something new, connect with others, and make your health a priority this year.

Christopher McCracken
Managing Director,
Linen Quarter BID

THE BIG LUNCH

+ NUTRITION FIRESIDE CHAT

MON 8 JUNE, 12.30 - 2PM @ FLAXX SOCIAL SPACE, 12 BRUNSWICK ST

(In true Belfast fashion, wet weather means a cosy move to Loaf Café - The Ewart)

▶ TO BOOK CLICK HERE ◀

Share food, friendship, fun and know more about PHA's "Take-5-Steps to Wellbeing". In partnership with The Eden Project, we are bringing the biggest annual lunch community celebration with a twist in the Linen Quarter. Each year, millions take part, gathering on streets, in parks, and community spaces to connect, celebrate where they live, and strengthen the bonds that make neighbourhoods thrive.

This year, learn about the Public Health Agency's "Take-5-Steps to Wellbeing". Get to know the five simple steps to help maintain and improve your wellbeing and how to build these into your daily life.

This event also supports a great cause – The Eden Project. All donations on the day are warmly welcomed.

Event is exclusive to employees of LQ BID member organisations.

In support of the

eden project

PLEASE USE YOUR PERSONAL OFFICIAL COMPANY EMAIL ADDRESS WHEN BOOKING!



Take5 steps to wellbeing

The Public Health Agency highlights five simple steps to support and improve your mental health and wellbeing.

Give



Be active



Connect



Keep learning



Take notice





DISCOVER IRELAND'S FIRST LONGEVITY CLINIC AT ACCA IN THE HEART OF LINEN QUARTER.

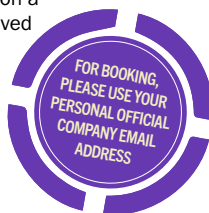


Redefining health and wellbeing, ACCA combines advanced, science-backed therapies with personalised care to help you feel stronger, more energised, and resilient for the future. From busy professionals to those seeking balance, it's a modern wellness destination focused on long-term vitality.

Linen Quarter BID members can enjoy an exclusive £50 voucher, redeemable against two core therapies. ACCA offers a space to restore, recharge, and take a proactive approach to your health, recovery, and overall wellbeing.

Exclusive to employees of LQ BID members. Limited vouchers available and will be issued on a first-come, first served basis.

To request yours, please email **Lawrence@linenquarter.org**



Please note: As everyone deserves a little self-care - each employee can only avail of either the ACCA wellness voucher or the massage/reiki session.

FREE MASSAGE OR REIKI SESSION

MON 8 JUNE, 09.00 – 15.00
SCOTTISH PROVIDENT BUILDING

Take a well-deserved pause in your day with a free 20-minute massage or Reiki session designed to refresh both body and mind. Our Reiki therapist offers gentle energy healing for a deeply calming, restorative experience, perfect for melting away stress.

If your shoulders are calling out, sink into our comfy kneeling chair for a fully clothed, oil-free massage that's tailor-made for the office.

Step away, reset, and return to your day feeling lighter, clearer, and recharged. Whether you're curious about Reiki or craving a quick massage, we've got you covered.

Book your slot, email: **Lawrence@linenquarter.org**

Limited slots, booking will be accepted on a first come, first served basis.



Please note: As everyone deserves a little self-care - each employee can only avail of either the ACCA wellness voucher or the massage/reiki session.

PAWSITIVE VIBES ONLY

WED 10 JUNE, 12.00 – 14.00
@ THE BONE YARD

WE ARE DELIGHTED
TO HOST OUR FOURTH
DOG PETTING SESSION
AS PART OF HEALTH
WEEK 2026.

Employees are encouraged to take some time out of the office, and come to pet some dogs. Research indicates that interacting with dogs, including petting, can lower cortisol levels and increase oxytocin. This effect helps to lower blood pressure and promotes relaxation.

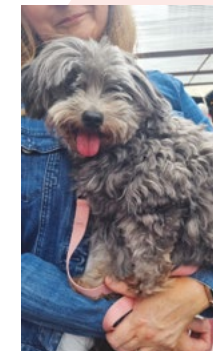
Join us at the Bone Yard on Bedford Street where you can meet dogs of various ages and breeds.

The dogs are from Almost Home Animal Rescue. You will meet some resident golden oldies, as well as younger dogs looking for their forever homes.





This is a free event, but donation buckets are available if you wish to contribute to this worthwhile cause. Almost Home is a volunteer-run charity based in Moira.

Linen Quarter BID will match the donations collected during the event

For more information:
Email charlotte@linenquarter.org



GET INVOLVED.

	MON 8 JUNE	TUES 9 JUNE	WED 10 JUNE	THU 11 JUNE	FRI 12 JUNE
EARLY	First Aid Training 09:00 – 16:00 <i>Maldron Hotel, 20 Brunswick St</i> ▶ TO BOOK CLICK HERE ◀	AED Training 09:00 – 12:30 <i>Maldron Hotel, 20 Brunswick St</i> ▶ TO BOOK CLICK HERE ◀	Yoga with Eimear 8:00 – 9:00 <i>Ormeau Labs</i> ▶ TO BOOK CLICK HERE ◀	Yoga + Sound Healing with Eimear 08:00 – 09:00 <i>Ulster Hall</i> ▶ TO BOOK CLICK HERE ◀	
LUNCHTIME	The BIG Lunch 12:00 – 14:00 <i>Depending on weather - Flaxx Deck 12 Brunswick St or Loaf Cafe - The Ewart</i> ▶ TO BOOK CLICK HERE ◀		Dog Petting 12:00 – 14:00 <i>The Bone Yard, 29 Bedford St</i> ▶ TO BOOK CLICK HERE ◀ Caeli Dance Class 12:00 – 13:00 <i>Vault Art Studios</i> ▶ TO BOOK CLICK HERE ◀	5k Run 12:00 – 13:30 <i>Gasworks</i> ▶ TO BOOK CLICK HERE ◀ Line Art For Wellness 12:30 – 13:30 <i>Vault Art Studios</i> ▶ TO BOOK CLICK HERE ◀	
AFTERNOON			Petanque Taster Session 12:30 – 13:30 <i>Blackstaff Square</i> ▶ TO BOOK CLICK HERE ◀ Bike Marking/Bike Repair 15:00 – 16:30 <i>Belfast Grand Central Station</i> <i>Drop in from 3:00-4:30pm</i>	Pickleball Taster 12:30 – 14:00 <i>Grosvenor Recreation Centre</i> ▶ TO BOOK CLICK HERE ◀	
LATE	Gym Class - Circuit Class 17:30 – 18:30 <i>Bodyscape Belfast</i> ▶ TO BOOK CLICK HERE ◀	Gym Class - Spin Class 17:30 – 18:30 <i>Bodyscape Belfast</i> ▶ TO BOOK CLICK HERE ◀	5-A-Side 17:00 – 18:00 <i>LORAG</i> ▶ TO BOOK CLICK HERE ◀	Gym Class - Body Pump Class 17:30 – 18:30 <i>Bodyscape Belfast</i> ▶ TO BOOK CLICK HERE ◀ Folks with Spokes Bike Week Event 18:00 <i>Voco Hotel Belfast - Gasworks</i> ▶ TO BOOK CLICK HERE ◀	Gym Class - Body Balance Class 17:30 – 18:30 <i>Bodyscape Belfast</i> ▶ TO BOOK CLICK HERE ◀
ALL DAY	Reflexology/Reiki Massage 9:00 – 15:00 <i>Scottish Provident Building</i> ▶ TO BOOK CLICK HERE ◀ NICHS- Health Checks 9:00 – 16:00 <i>NICHS</i> ▶ TO BOOK CLICK HERE ◀ Use CODE LQB26	NICHS- Health Checks 09:00 – 16:00 <i>NICHS</i> ▶ TO BOOK CLICK HERE ◀ Use CODE LQB26	NICHS- Health Checks 09:00 – 16:00 <i>NICHS</i> ▶ TO BOOK CLICK HERE ◀ Use CODE LQB26	NICHS- Health Checks 09:00 – 16:00 <i>NICHS</i> ▶ TO BOOK CLICK HERE ◀ Use CODE LQB26	NICHS- Health Checks 09:00 – 16:00 <i>NICHS</i> ▶ TO BOOK CLICK HERE ◀ Use CODE LQB26
	ALL WEEK Gym Classes & Fitness Sessions		▶ BOOK PURE GYM DAY PASS ◀	▶ BOOK BODYSCAPE DAY PASS ◀	

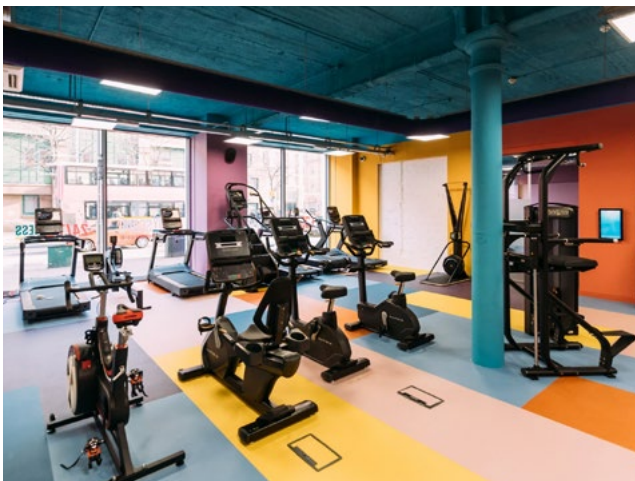
Yoga with Eimear

Wed 10 June, 8 - 9am
Ormeau Labs

Start your day feeling grounded, stretched, and energised with Eimear's uplifting morning yoga session. Whether you're a beginner or a seasoned yogi, this is the perfect way to wake up your body and mind.

Breathe deep, move gently, and set a calm, positive tone for the day ahead.

[▶ TO BOOK CLICK HERE ◀](#)



Céilí Dance Class

Wed 10 June, 12 - 1pm
Vault Art Studios

Get ready for the Fleadh - Get your steps in and your spirits high at this lively Céilí dance class. Perfect for beginners and seasoned dancers alike, you'll learn traditional moves, have a laugh, and get ready for the Fleadh in style. Expect great music, big smiles, and plenty of energy, no partner required, just enthusiasm!

[▶ TO BOOK CLICK HERE ◀](#)

FREE BodyScape Access

Mon 9 - Sun 16 June
BodyScape, Great Victoria St

Enjoy free access to BodyScape all week long, featuring premium facilities and 50+ complimentary fitness classes to help you move, recharge, and feel your best! Get your free day pass, choose a plan, or join one of the free group classes with dedicated Personal Trainer during the week. Book your day pass.

[▶ TO BOOK CLICK HERE ◀](#)

FREE Pure Gym Access

Mon 9 - 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 first-class amenities and over 50 free classes!

Get your free day pass, choose a plan, or join PureGym (Belfast Adelaide St).

[▶ TO BOOK CLICK HERE ◀](#)

Bike Marking with PSNI

Wed 3 - 5pm
Grand Central Station

Keep your bike safe and secure with this free bike marking session led by PSNI. It's a quick and easy way to protect your wheels and give you peace of mind.

Drop by, get marked, and roll away knowing your bike is easier to identify if ever lost or stolen.

[▶ DROP IN AT GCS ◀](#)

5-A-Side Social Games

Wed 10 June, 5 - 6pm
LORAG

Lace up your boots and join us for a fast-paced 5-a-side kickabout. Whether you're in it to win or just for the craic, it's a great way to get moving, meet people, and enjoy some friendly competition. Expect goals, laughs, and plenty of energy on the pitch.

[▶ TO BOOK CLICK HERE ◀](#)

Yoga + Sound Healing

Thu 11 June, 8 - 9am
Ulster Hall

Ease into your morning with a soothing blend of yoga and sound healing. Gentle movement meets calming vibrations to help you relax, reset, and recharge. This unique session is perfect for releasing tension and finding balance, leave feeling refreshed, centred, and ready to take on the day.

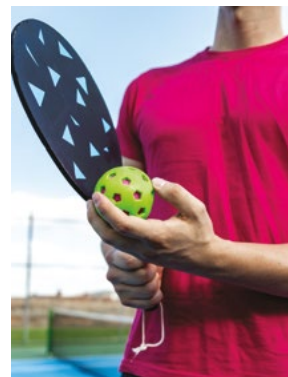
[▶ TO BOOK CLICK HERE ◀](#)

5K Run

Thu 11 June, 12.30 - 1.30pm
Gasworks, Belfast

Shake off your desk and hit your stride with this energising 5K run. Whether you jog, run, or take it at your own pace, it's all about getting outside, moving your body, and enjoying the fresh air. A perfect midday boost to lift your mood and clear your head.

[▶ TO BOOK CLICK HERE ◀](#)



LIFESAVING TRAINING

First Aid Training

Mon 8 June, 9:00 - 16:00
Maldron Hotel, 20 Brunswick St

AED Training

Tue 9 June, 9:00 - 12:30
Maldron Hotel, 20 Brunswick St

Back by popular demand, Bisp will be delivering accredited CPR and AED training on 8 - 9 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

Pickleball Taster Session

Thu 11 June, 12 - 2pm
Grosvenor Recreation Centre

Curious about pickleball? Now's your chance to give it a go! This fun, fast-growing sport is easy to learn and seriously addictive. Grab a paddle, meet new people, and enjoy some light-hearted competition. Whether you're a total beginner or have played before, everyone's welcome to join in.

[▶ TO BOOK CLICK HERE ◀](#)

SPECIAL OFFER HEALTH CHECKS

Mon 8 - Fri 12 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 **LQB26**





BIKE WEEK

8-14
JUNE
2026

**LINEN QUARTER HEALTH WEEK
COINCIDES WITH THE 103RD ANNUAL
BIKE WEEK.**

This was no accident, as we see active travel as key part of 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 Cycle Culture Night, FREE Belfast Bike hires and bike marking with the PSNI which can help prevent theft.



FOLKS WITH SPOKES

*CAN BELFAST EMBRACE
EVERYDAY CYCLING?*

**THU 11 JUNE
18.00
VOCO HOTEL, BELFAST**

Join us for an engaging evening exploring the future of cycling in Belfast. This cycle culture night brings together a thought-provoking film screening, an insightful talk, and a lively panel discussion with voices shaping the city's streets.

Whether you're a daily rider, a curious commuter, or just interested in a more people-friendly Belfast, come along, be inspired, and be part of the conversation.

[▶ TO BOOK CLICK HERE ◀](#)

LINEN QUARTER BID X BERYL BIKES

Swap four wheels for two with Linen Quarter BID's bike hire vouchers!

As part of our commitment to creating a healthier, more sustainable district, we're encouraging members to choose active travel for their daily journeys. Cycling is a simple way to reduce emissions, improve wellbeing, and enjoy a healthier commute, all while exploring the city in a more sustainable way.



TO REQUEST A VOUCHER
Email Lawrence@linenquarter.org





LIFE SAVER

AUTOMATED EXTERNAL DEFIBRILLATORS (AED) ARE CRUCIAL AS THEY CAN DELIVER LIFE-SAVING SHOCKS TO RESTORE NORMAL HEART RHYTHM DURING SUDDEN CARDIAC ARREST. RAPID ACCESS AND PROPER USE OF AEDS SIGNIFICANTLY INCREASE THE CHANCE OF SURVIVAL.

In our effort to provide our members access to this life-saving device, LQ BID will provide co-funding to our members who wish to purchase their own AED.

To avail of this opportunity, please contact our Healthy and Sustainable Manager, Lawrence Geoffrey Tingson.

Lawrence@linenquarter.org



YOGA + SOUND HEALING

**THU 11 JUNE, 08.00 - 09.00
ULSTER HALL**

Step into a once-in-a-lifetime experience. Yoga and sound healing set within one of Belfast's most iconic historic locations. Unwind, recharge, and immerse yourself in a truly unforgettable and deeply calming atmosphere.

[▶ TO BOOK CLICK HERE ◀](#)

DRAWN TO NATURE

LINE ART FOR WELLNESS

**THU 11 JUNE, 12:30 – 13:30
VAULT ART STUDIOS – BANKMORE HOUSE**

An inspiring creative pause in your day. Reconnect with nature and boost your wellbeing on a relaxed lunchtime walk and draw. Award-winning visual artist Sally O'Dowd will guide you in simple line drawing as you explore the Linen Quarter's biodiversity, capturing flora, and fauna. No experience needed. Weather permitting, we'll be outdoors; indoors otherwise.

[▶ TO BOOK CLICK HERE ◀](#)



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

ACCA 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

Vita Wellness

Vita Wellness offers a wide range of health & wellbeing workshops, classes and events tailored to the corporate setting. Visit our website to discover over 30 services to help your employees feel and perform at their best.

E: info@vita-wellness.co.uk
W: vita-wellness.co.uk

BodyScape

Brings 24/7 flexibility to your fitness routine, right in the heart of the city. Our Gym offers round-the-clock access to a modern, fully equipped space designed to meet the needs of all fitness levels.

E: bodyscapefitness@bodyscapebelfast.com
W: bodyscapebelfast.com

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

Almost Home

Almost Home is an animal charity based outside Moira. They rescue, rehabilitate and rehome a range of dogs, cats, poultry and other animals. Almost Home has no paid staff and is completely volunteer-run. To find out more about the charity, contact:

charlotte@linenquarter.org

Vault Artist Studio

A diverse multi-disciplinary arts organisation dedicated to creating space where art and people thrive. Founded to address a need for affordable studio spaces and support artists across all disciplines and career stages, fostering collaboration and community within membership.

E: info@vaultartiststudios.com
W: vaultartiststudios.com

British Heart Foundation NI

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

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

Translink

Translink is a public corporation providing public transport in Northern Ireland. As Northern Ireland's public transport provider, Translink is committed to making public transport more sustainable. NI Railways, Ulsterbus, Goldliner, Metro and Glider are all part of Translink.

W: translink.co.uk

Ormeau Labs

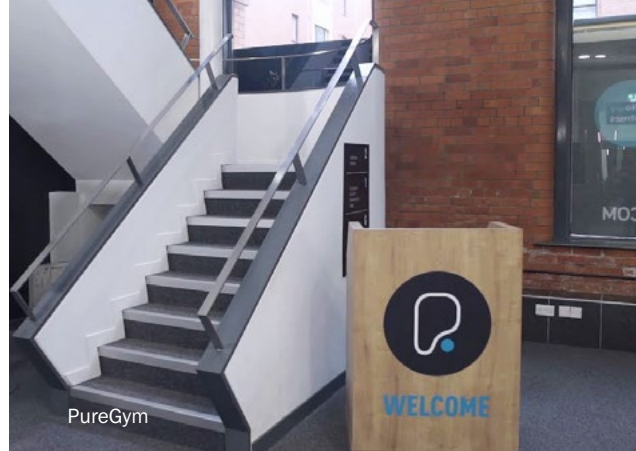
An independent entrepreneurial hub who prides itself on being part of a wider network of investors, founders and co-working spaces across Ireland and the UK.

E: info@ormeaulabs.com
W: ormeaulabs.com

Beryl Bikes

Beryl makes getting around easier, safer, greener and much more fun. Our app-based scheme is simple and secure, with online payment, easy-to-find bikes and no fiddly locks to worry about.

E: support@beryl.cc
W: beryl.cc



PureGym



Vault Artist Studio



ACCA Longevity Clinic



BodyScape



Vita Wellness

USEFUL CONTACTS

LINEN QUARTER
**HEALTHY
DISTRICT**

Linen Quarter BID

411 Scottish Provident Building
Donegall Square West
Belfast BT1 6JH

[linenquarter.org](https://www.linenquarter.org)

X   **in**   @linenquarter

