

PILATES
INFRARED SAUNA
CRYOTHERAPY
BREATHING EXERCISE
YOGA
GYM CLASSES
CYCLING EVENTS

LINEN QUARTER
**HEALTHY
DISTRICT**

...

9-15 JUNE 2025

EXPERIENCE LQ HEALTH WEEK

linenquarter.org

✕    @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 LQ BID's 6th Annual Health Week, an energising celebration of well-being for everyone who works in the Linen Quarter. As part of our ongoing Healthy District initiative, this year's programme reflects our deep commitment to supporting physical, mental, and social wellness in the workplace and across the wider community.

Our vision is simple: vibrant, liveable places where human potential is nurtured and supported. From health checks and first aid/AED training to dog petting, pilates, Mexican dance class and free gym

access, we've curated over 100 events to suit every interest and fitness level.

A standout feature this year is our partnership with the ACCA Longevity Clinic, where employees can access a £50 voucher (co-funded by ACCA) to experience state-of-the-art wellness treatments like cryotherapy, infrared saunas, and compression therapy.

We're also proud to support The Big Lunch in partnership with The Eden Project, an opportunity for colleagues to connect over food, alongside a nutrition talk to help spark healthier habits.

We've teamed up with BodyScape and PureGym to offer free access to two of the district's top-tier fitness facilities. And with Bike Week in full gear, we're joining forces with Cycling UK and Queen's University Belfast to launch an Active Travel Hackathon, ideal for anyone ready to embrace a greener commute.

Our Health Week is a reminder that our collective well-being is the foundation of a thriving city. I encourage everyone to take part, try something new, and prioritise their health!

Christopher McCracken
MD, LQ BID



PAWSITIVE VIBES ONLY

WED 11 JUNE, 12.00 – 14.00 @ THE BONE YARD

WE ARE DELIGHTED TO HOST OUR THIRD DOG PETTING SESSION AS PART OF HEALTH WEEK 2025.

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 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 donation collected during the event

For more information:
Email charlotte@linenquarter.org



THE BIG LUNCH

+ NUTRITION FIRESIDE CHAT

MON 9 JUNE, 12.30 - 14.00

@ FLAXX SOCIAL SPACE, 12 BRUNSWICK ST

► TO BOOK CLICK HERE ◀

Share food, friendship, fun and a special nutrition expert talk. In partnership with The Eden Project, we are bringing the biggest annual lunch community celebration with a twist.

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.

We're excited to welcome Mike O'Sullivan, professional trainer with over 35 years of experience and an accredited nutritionist for an insightful fireside chat.

You'll also have the opportunity for a one-on-one conversation to discuss any personal nutrition concerns.

This event also supports a great cause — The Eden Project. All donations on the day are warmly welcomed, and to make your generosity go even further, LQ BID will match every pound raised.

Together, we can make a bigger impact!

Event is exclusive to employees of LQ BID member organisations.

PLEASE USE YOUR
PERSONAL
OFFICIAL COMPANY
EMAIL ADDRESS
WHEN BOOKING!





ACCA LONGEVITY CLINIC

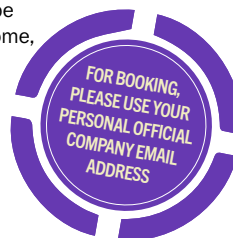
ACCA offers personalised, state of the art care, tailored to individual needs, combining cutting edge technology with a holistic approach.

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.

Visit accalongevityclinic.com to view full list of available treatments.






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



WE'VE TEAMED UP WITH ACCA LONGEVITY CLINIC TO OFFER EMPLOYEES OF LQ BID MEMBERS A £50 TREATMENT VOUCHER, £25 FROM LQ BID, MATCH-FUNDED BY ACCA.



	MON 9 JUNE	TUES 10 JUNE	WED 11 JUNE	THU 12 JUNE	FRI 13 JUNE
EARLY		Vinsaya Yoga: Flow & Stress Relief 08.00 – 09.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀		Core Restore: Pilates Class 08.00 – 09.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	Yoga with Eimear 08.00 – 09.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀
MORNING	AED Training 09.00 – 12.30 <i>Maldron Hotel, 20 Brunswick St</i> ▶ TO BOOK CLICK HERE ◀ Stay Ahead - Drop In Health Check 09.30 – 17.00 <i>NICHs, 21 Dublin Road</i> <i>Use code LQB25</i> ▶ TO BOOK CLICK HERE ◀	First Aid/CPR Training 09.00 – 16.00 <i>Maldron Hotel, 20 Brunswick St</i> ▶ TO BOOK CLICK HERE ◀ Stay ahead - Drop In Health Check 09.30 – 17.00 <i>NICHs, 21 Dublin Road</i> <i>Use code LQB25</i> ▶ TO BOOK CLICK HERE ◀	Breathwork Blueprint 08.00 – 09.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	Stay Ahead Drop In Health Check 09.30 – 17.00 <i>NICHs, 21 Dublin Road</i> <i>Use code LQB25</i> ▶ TO BOOK CLICK HERE ◀	
LUNCHTIME	Cardio Caliente - Mexican Dance Class 12.00 – 13.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀ Eden Project - The BIG Lunch + Nutrition Talk 12.00 – 14.00 <i>Flaxx Social Space, 12 Brunswick Street</i> ▶ TO BOOK CLICK HERE ◀	5K Running Club 13.00 – 13.30 <i>Pure Gym, 22 Adelaide Street</i> ▶ TO BOOK CLICK HERE ◀ Petanque Taster Session 12.00 – 13.00 <i>Blackstaff Square</i> ▶ TO BOOK CLICK HERE ◀	Pawsitive Vibes Only 12.00 – 14.00 <i>The Bone Yard, 29 Bedford St</i> ▶ TO BOOK CLICK HERE ◀ 	Flexibility & Strength Class 12.00 – 13.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	5K Running Club 13.00 – 13.30 <i>Pure Gym, 22 Adelaide Street</i> ▶ TO BOOK CLICK HERE ◀ 
AFTERNOON	Cycling UK - Hackathon 17.30 – 20.00 <i>Voco Hotel, The Gasworks, 3 Cromac Place</i> ▶ TO BOOK CLICK HERE ◀ Group Workout + Personal Trainer 17.00 – 18.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	Group Workout + Personal Trainer 17.00 – 18.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	Group Workout + Personal Trainer 17.00 – 18.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	Bike markings for confident cycling 15.00 – 17.00 <i>Belfast Grand Central Station</i> ▶ TO BOOK CLICK HERE ◀ Group Workout + Personal Trainer 17.00 – 18.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀	Group Workout + Personal Trainer 17.00 – 18.00 <i>BodyScape Fitness, 27-45 Great Victoria St</i> ▶ TO BOOK CLICK HERE ◀
ALL DAY	Gym Classes & Fitness Sessions ▶ BOOK PURE GYM DAY PASS ◀ ▶ BOOK BODYSCAPE DAY PASS ◀	Advanced Cellular Care & Ageing Longevity Clinic (ACCA) <i>25-27 Franklin St</i> Exclusive to employees of LQ BID members. LIMITED NUMBERS AVAILABLE! ▶ TO BOOK CLICK HERE ◀			

GET INVOLVED.

SPOTLIGHT EVENTS

Cardio Caliente:

Mexican Dance Class

Mon 9 June, 12 - 1pm
BodyScape, Great Victoria St

Get your heart pumping and your feet moving with an energising Mexican dance class! Celebrate culture, music, and movement while boosting your physical and mental wellbeing in a fun, high-energy session open to all.

► TO BOOK CLICK HERE ◀

Group Workout + Personal Trainer

Mon 9 June, 5 - 6pm
BodyScape, Great Victoria St

Join our small group for an energising workout session led by a certified personal trainer! This high-energy class is designed to boost your fitness, improve strength, and keep you motivated in a fun and supportive environment. Whether you're a beginner or a regular gym-goer, our trainer will tailor exercises to all levels. Come along, get moving, and feel the benefits of training together!

► 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 ◀

Vinsaya Yoga: Flow & Stress Relief

Tue 10 June, 8 - 9am
BodyScape, Great Victoria St

Take a break and unwind with our relaxing yoga session, open to all levels.

Guided by experienced instructors, this class will help improve flexibility, reduce stress, and restore mental clarity—perfect for recharging your body and mind during Health Week.

► TO BOOK CLICK HERE ◀

5K Running Club

Tue 10 June & Fri 13 June,
1 - 1.30pm
Pure Gym, 22 Adelaide Street

Lace up and hit the pavement Pure Gym's 5K Running Club! Whether you're a seasoned runner or just getting started, this group run is a great way to boost your fitness, clear your mind, and connect with others. Enjoy the fresh air, set your own pace, and celebrate every step toward a healthier you. All levels welcome!

► TO BOOK CLICK HERE ◀

Breathwork Blueprint

Wed 11 June, 8 - 9am
BodyScape, Great Victoria St

Discover the power of your breath in this guided Breathwork class designed to reduce stress, boost energy, and enhance mental clarity.

Through simple yet effective techniques, you'll learn how intentional breathing can support your overall well-being and bring calm to your day.

► TO BOOK CLICK HERE ◀

Core Resore:

Pilates Class

Thu 12 June, 8 - 9am
BodyScape, Great Victoria St

Our Pilates class is designed for everyone—no matter your fitness level! Led by expert instructors, each session offers tailored variations to suit all abilities. Strengthen your core, improve flexibility, and leave feeling refreshed and balanced.

► TO BOOK CLICK HERE ◀

Flexibility & Strength Class

Thu 12 June, 12 - 1pm
BodyScape, Great Victoria St

Enhance your mobility and build lean strength with our Flexibility & Strength class, a perfect balance of stretching and toning exercises designed to improve posture, prevent injury, and leave you feeling stronger and more agile. Suitable for all fitness levels.

► TO BOOK CLICK HERE ◀

SPECIAL OFFER HEALTH CHECKS

Mon 9, Tue 10 & Thu 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 **LQB25**

LIFESAVING TRAINING

AED Training

Mon 9 June, 9 - 1pm

First Aid Training

Tue 11 June, 9 - 4pm
Maldron Hotel, 20 Brunswick St

Back by popular demand, Bisp will be delivering accredited CPR and AED training on Monday 9-10th 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

Bike Markings for Confident Cycling

Thu 12 June, 3 - 5pm
Belfast Grand Central Station

Protect your ride! Join the PSNI for a free bike marking session—an easy, effective way to deter theft and help recover stolen bikes. Ride safe, ride smart.

► TO BOOK CLICK HERE ◀





BIKE WEEK 9-15 JUNE 2025

**LINEN QUARTER HEALTH WEEK
COINCIDES WITH THE 102ND 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 Active Travel Hackathon and bike marking with the PSNI which can help prevent theft.

ACTIVE TRAVEL HACKATHON

**MON 9 JUNE
17.30 - 20.00
VOCO HOTEL, BELFAST**

Come along to a fun and friendly social event where we'll explore ways to improve parking, make our streets safer for walking and cycling, and bust the myth that weather is a barrier to getting active. Let's work together to make our neighbourhood better for everyone!

Drinks, food, music and solving problems. What could be more enticing on a summer evening in Belfast City Centre.

[▶ TO BOOK CLICK HERE ◀](#)



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 opportunity to our members who wish to purchase their own AED device.

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

Lawrence@linenquarter.org



Examples of AED Co-funded by LQ BID



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FOR FREE
IN JUST
15 MINUTES
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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.



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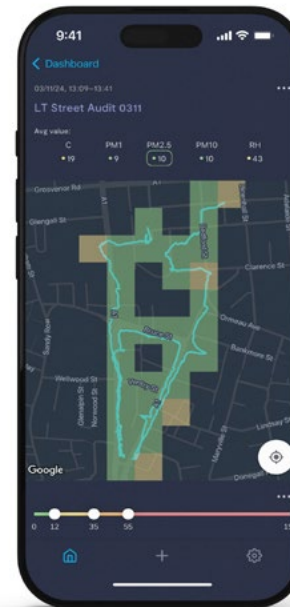
When paired with the AirCasting platform or a custom solution, AirBeam empowers community groups, educators, researchers, city officials, and citizen scientists to map pollution, raise awareness, and take action for cleaner, healthier air.

Help us collect air quality data, borrow an Airbeam today!

Employees in the Linen Quarter can now borrow an AirBeam, our easy-to-use air quality monitor to measure the quality of air you breathe in real time. Track particulate matter, temperature, and humidity, and gain insight into your environment.

Interested?

Email Lawrence@linenquarter.org



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@bodyscapedbelfast.com
W: bodyscapedbelfast.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, or discuss corporate opportunities for your organisation.

For more information, contact:
charlotte@linenquarter.org

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

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

Translink

Translink is a public corporation providing public transport in Northern Ireland. NI Railways, Ulsterbus, Goldliner, Metro and Glider are all part of Translink.

W: translink.co.uk



USEFUL CONTACTS

LINEN QUARTER **HEALTHY DISTRICT**

Linen Quarter BID

411 Scottish Provident Building
Donegall Square West
Belfast BT1 6JH

linenquarter.org

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