

Here4U Programme APPLY NOW!



Here4U is a Health and Wellbeing initiative for BHSCCT staff. A range of free activities such as pilates, football, music and arts are available FREE via a registration process

Spring Programme April 13th - June 19th 2026
Registration open from 9th March 2026

Scan the QR Code to Register



New Spring Programme includes HIIT, Latin & Ballroom Dancing, Reflexology and Physio led Pilates at the Royal

For More Information visit :
The Loop-Corporate Information - bWell- Here4U
or contact E: Here4U@belfasttrust.hscni.net