

HERE4U

A HEALTH AND WELLBEING INITIATIVE THAT'S
FREE FOR TRUST STAFF

**WHATS ON -
GROSVENOR RECREATION CENTRE**

SEPT - NOV 2026

TUESDAYS

**FOOTBALL
5 - 6PM**

THURSDAYS

**FOOTBALL
5 - 6PM**



**SCAN QR CODE FOR REGISTRATION FORM OR
EMAIL: HERE4U@BELFASTTRUST.HSCNI.NET**

**FOR MORE INFORMATION ON WHATS ON /
TIMETABLES & REGISTRATION FORM CHECK OUT -
BWELLBELFAST.HSCNI.NET**