

What's happening in Central Lower Hutt?

Services designed to help

- Te Awakairangi Health Network
 - Outreach Nurse Service
 - Wellbeing Service
 - Community Health Worker Service
 - Dietitian Service
 - Healthy Families Coach Service

For more information visit teawakairangihealth.org.nz
or phone 04 566 5320

Support to quit smoking

- Ring Quitline 0800 778 778 for support, advice and information. Or go to www.quit.org.nz
- Ring Takiri Mai Te Ata Whanau Ora Collective 0800 926257 for a free face to face service.

Other Services

- Mana Wahine – Contact: Tira Albert,
Address: 7-9 Barnes Street, Seaview, Lower Hutt
Phone: DDI 920 1472 or Cell 0221776262
- Pacific Health Service – 04-577 0394

Waiwhetu & Petone Fruit and Vege Co-Op

Healthy Eating at wholesale price. \$12 for 8kg of vegetables and fruit.

Waiwhetu Ph: Wendy 022 045 3739

Petone Ph: Megan 04 971 62 50

Local food bank Providers

Lower Hutt Food Bank

9-11.30 am pick up Mon, Tues, Wed, Fri

- 27 Dudley street, Lower Hutt

Salvation Army City Corps

12.00-2.45pm pick up Mon, Wed, Thurs, Fri

- Cnr Kings Cres and Cornwall St

Pools

Huia Pool

Opening Hours

Day

Mon / Wed / Fri

Tue & Thur

Sat & Sun

Time

6am-10am, 12pm-8pm

6am-10am, 12pm-7pm

8am-6pm

Note: the main pool will be used for swimming lessons and public lane swimming only between 3.30pm and 6pm on weekdays.

Aqua Jogging hours:

Mon – Fri 6am-7pm,

Sat – Sun 8am-6pm

Note: There is limited space from 3pm-6pm weekdays and all day weekends. Please call the pool office for the best times to aqua jog

Gyms

Jenkins Gym

Ph. 939 4449, 497 Hutt Road, Alicetown

Jetts Fitness

Ph. 212 6639, 423-425 High Street, Lower Hutt

Snap Fitness

Ph. 021626382, 99 Queen Street, Lower Hutt

City Fitness Lower Hutt

Ph. 569 6664, 36-52 High Street, Lower Hutt



Exercise Groups

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Classical Pilates 9:30am Epuni Baptist Church \$5	Boxing Class 6pm Petone Boxing club \$5	Taoist Tai Chi 10.30am Beginners class 330 High Street \$5	Taoist Tai Chi 10.30pm Continuing class 330 High Street \$5		Park Run 8am Saturday Meet on path just south of riverbank carpark. To register go to: http://www.parkrun.co.nz/register/ FREE
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Liquid Fitness 7.05pm Huia Pool \$7		Liquid Fitness 7.05pm Huia Pool \$7			

Monthly Events

Hutt City Church arranges a monthly walking group. Walks are usually around 9-10kms and is free of charge. The group meets around 2pm at the designated track. Check out the Facebook page for more information

<https://www.facebook.com/groups/41642305944/?ref=nf>

Multi-Sport Events

Hutt News Fun Run and Walk (March)

Petone – Adults: \$25, Children: Gold Coin - For more details: <http://www.huttnewsfunrun.co.nz/>

Pencarrow Lighthouse Fun Run (May)

Lower Hutt – Adults: from \$20, Children: from \$8 - For more details: <http://capitalmultisportsrunwalks.co.nz>

Hutt 5 Bridges (August)

Lower Hutt – Adults: from \$20, Children: \$10 - For more details: <http://capitalmultisportsrunwalks.co.nz/default.asp?PageID=25821>

Pelorus Trust Run & Walk (11 September 2016)

Petone – Adults: from \$15, Children: \$5 - For more details: <http://www.capitalmultisports.com/default.asp?PageID=14428>

**If you know of any other low-cost exercise groups (\$5 or under)
please contact Sarah 04 576 8601 or Dan 04 576 8617**