

What's happening in Waiwhetu/Moera?

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

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

Support groups

- **Moera Community Garden – Meet 1:30pm Sun**
Contact: Martin de Jong
Time: Sat 10-11.130
Address: 105 Randwick Crescent
Phone: 021909688
- **Eastbourne Menz Shed**
Contact: Mike
Time: Tues, Thurs 9-12pm
Address: Williams Park, Days Bay
Phone: 5628688
Email: mikeandcarolynparker@gmail.com
Cost: free



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	Time
Mon / Wed / Fri	6am-10am, 12pm-8pm
Tue & Thur	6am-10am, 12pm-7pm
Sat & Sun	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

Waiwhetu Fitness Centre

Ph. 560 4650, 170 Whites Line East (Big Red Building on Te Whiti Park).

Exercise Groups

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	Sit and Be Fit 1:30-2:30pm Moera Community House Gold Coin		Sit and Be Fit 1:30-2:30pm Moera Community House Gold Coin	Zumba 9.30 Moera Community House \$6	
Hula Active 6.45pm Moera Hall Gold Coin (every 3 rd Monday class starts at 6.30)		Hula Active 6pm Te Aroha Clubrooms \$2			
Lina's FitFlex 6-7pm Moera Community House Gold Coin				Lina's FitFlex 6.30-7.30pm Moera Community House Gold Coin	
Liquid Fitness 7.05pm Huia Pool \$7		Liquid Fitness 7.05pm Huia Pool \$7			

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 Run (May)

Eastbourne – Adults: from \$20, Children: from \$8 - For more details: <http://capitalmultisportsrunwalks.co.nz/default.asp?PageID=24916>

King of the Hill (June)

Wainuiomata Hill – Adults: \$20, Children: \$10 - For more details: <http://www.kingofthehill.co.nz/default.asp?PageID=25329>

Pelorus Trust Run & Walk (September)

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**