

What's happening in Naenae?

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

<http://www.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 Health 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

Community Support

- **Naenae Community Gardens**
Come along to help out on Mondays 10-12.30am (weather dependent) or help yourself if veges are ready.
teamnaenae@gmail.com
- **Naenae Knitting Natters**
Every Wednesday at the Naenae Community Hall 10-12pm, morning tea and cuppa provided. Free, all materials provided, beginners - pro's!
- **Ukulele Group**
Meets on Thursday during the school term from 1-2.30pm. You can learn new songs and have fun with the Ukulele. Entry a donation/Koha
- **Menz Shed**
Treadwell Street, Naenae
Mon, Tues, Wed, Thursday 9-12. Friday from 1.30-16.00
Cost \$2 a week
Contact Archie on 569 7069 or email
menzshednaenae@gmail.com



Naenae Fruit and Veg Co-Op

Healthy Eating at wholesale price.

\$10 for 8kg of vegetables and fruit.

Ph: Gill on 027 467 4000

Email naenaefruitveg.coop@gmail.com

Local food bank Providers

St. Vincent de Paul – Bread and Veg's:

Thursdays, from 11am, Naenae Community Hall
It's recommended that you be there from 11am to sign in. Also bring own plastic bags to take food away in.

Koha Kitchen

Community kitchen by Great Start: Wednesday 12.30-2pm, Naenae community Hall, payment donation by koha

Naenae Pool

Opening Hours including lane swimming

Day	Time
Monday	6am-4pm
Tuesday	6am-8pm
Wednesday	6am-7.30pm
Thursday & Fridays	6am-8pm
Saturday	9am-6pm
Sunday	8am-6pm

Aqua Jogging Hours

Day	Time
Mon, Tues, Thurs, Fri	6am-4pm
Wed	6am-2pm
Saturday	10am-4pm
Sunday	12am-2am

**These times do change so please check with pool office 04 567 5043

Naenae Leisure Active Suite (Gym)

Opening Hours

Day	Time
Mon - Fri	5.30am-8.30pm
Sat - Sun	8.30am-5pm
Public Holidays	9am-6pm

Membership Prices

Talk to staff for current membership deals.

Or

\$7 for the first 3month then \$10 thereafter for all patients referred via Green prescription or Healthy Families Coach Service.

What's out there to support my patients in Naenae?



Exercise Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
4 Ever Active 9.30-10.30am Naenae Community Hall \$6 per class	Nifities 9.30-10.30 Naenae Pool \$4.00	Nifities 9.30-10.30am Naenae Pool \$4.00		4 Ever Active 9.30-10.30am Naenae Community Hall \$6 per class	
Pacific Lifestyle Aerobics 12-1pm Naenae Community Hall		Pacific Lifestyle Aerobics 12-1pm Naenae Community Hall		Nifites 9.30-10.30am Naenae Pool \$4.00	
	Enliven Tai Chi 1-2pm Avalon Holy Trinity Church \$5			Pacific Lifestyle Aerobics 12-1pm Naenae Community Hall	
	Whanau Ora Boot Camp 6-7pm Treadwell street Hall Free		Dance Fit 6-7pm Treadwell street hall Free		
	Liquid Fitness Shallow water 7pm - 7.45pm \$7				

Weekly Activities

HV Disabled Resource Trust

Come and enjoy a cup of tea and find out more of what's on in your community for people with disabilities. Runs every Monday from 11.30-1.30 at the Naenae Community Hall. For more information ph (04) 5693091

Monthly activities

Active Kids in the Park sessions

During the January, April and October school holiday periods. Aimed at introducing kids aged 5-12yrs to sport and movement skills. It's free and fun for the whole family, so come along and get active. No bookings required....just come along and join the fun! For more information email recreation@huttcity.govt.nz or contact Leisure Active on 560 0307.

Creative Cooking with Leftovers

Learn to cook nutritious meals with you left over food! Classes are held at the Naenae Community Hall and run from 10.30-12.30. Dates for 2016 are the 13th of Sep, 11th Oct, 15th Nov and 13th of Dec. Session are free for all to attend you just need to bring your left over food. Please contact Christine on Ph: 04 5677446 or cell 0210746062.

Multi-Sport Events

King of the Hill (July)

Wainuiomata Hill – Adults: \$10, Children: \$5 - For more details: <http://www.kingofthehill.co.nz/default.asp?PageID=25329>

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