

# What's happening in Petone?

## 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](http://teawakairangihealth.org.nz)  
or phone 04 566 5320



## Smoking Support

- Ring Quitline 0800 778 778 for support, advice and information. Or go to [www.quit.org.nz](http://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 939 4630  
**Email:** [info@kokiri-hauora.org.nz](mailto:info@kokiri-hauora.org.nz)

## Support groups

- **Alicetown Community Garden**  
**Contact:** Karen Wick  
**Address:** 38 Victoria Street, Alicetown  
**Phone:** 589 2646



## Local food bank Providers

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

- Petone - Te Huinga O Te Whanau, 451 Jackson St – Monday 9am
- Petone Community House, 6 Britannia St – Monday 10am

## Pools

### McKenzie Summer Pool

Day	Time
Mon, Tues, Wed, Fri	12pm-6pm
Thurs	12pm-4pm
Sat & Sun	10am-6pm

### 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

### Cityfitness Petone

Ph. 939 8700, 1<sup>st</sup> floor, Corner Gear St & Jackson St.

### Jetts Fitness Petone

Ph: 04 979 4931. 132 Jackson Street, Petone.

# What's happening Petone?



## Exercise Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	<b>Enliven Tai Chi</b> 9.45-10.45am Petone Working Mens Club \$5 Beginners				
	<b>Enliven Tai Chi</b> 10.45-11.15am Petone Working Mens Club \$5 Advanced				
<b>Boxing Group</b> 7pm Petone Boxing Club \$5		<b>Boxing Group</b> 7pm Petone Boxing Club \$5		<b>Boxing Group</b> 6pm Petone Boxing Club \$5	
<b>Liquid Fitness</b> 7.05pm Huia Pool \$7		<b>Liquid Fitness</b> 7.05pm Huia Pool \$7			

(Please see nearby areas for more exercise classes (Waiwhetu/Moera and Central Lower Hutt))

### 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>

#### Hutt 5 Bridges (August)

Lower Hutt – Adults: from \$18, Children: \$10 - For more details: <http://capitalmultisportsrunwalks.co.nz/default.asp?PageID=25821>

#### Pelorus Trust Run & Walk (September)

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

#### Hutt City Triathlon/Duathlon & Shoe Clinic 5km Run (November)

Lower Hutt – Adults: \$15-40, Student: \$10-25 - For more details: <http://huttcitytri.co.nz/default.asp?PageID=11046>

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