

What's happening in Stokes Valley?

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 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

The Stokes Valley Community House

Anyone can come and ask for information about Stokes Valley and benefit from the range of activities held at the house e.g. weekly mental health users' support group with Oasis, weekly foodbank, school holiday programmes, before- and after-school care, budget advice, learner driver courses, computer courses, Plunket, B4 school check and more.

Location: 212 Stokes Valley Road, Stokes Valley, Lower Hutt

Contact: 04 972 5758

Open hours: Mon - Fri 9.30am - 2.30pm



Local food bank Providers

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

Be there at 11am for delivery on Friday or alternatively contact Frank on 563 9026 for food bags.

- Stokes Valley Community House, 212 Stokes Valley Road - Friday.

Free kai going to good homes! All welcome. Come & join the community spirit, chat & catch up on what's happening.

Food options

Stokes Valley New World offers cheap healthy packed lunches from \$3.

Stokes Valley Pool

Opening Hours

Day	Time
Monday	7am - 8pm
Tuesday/Wednesday/Friday	7am – 7pm
Thursday	7am-8pm
Saturday and Sunday	10am – 6pm
Public Holidays	10am – 6pm

Stokes Valley Leisure Active Suite (Gym)

Opening Hours

Tue, Wed, Fri	7am-7pm
Mon, Thur	7am-8pm
Sat – Sun	10am-6pm
Public Holidays	10am-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 in Stokes Valley?



Exercise Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Enliven Tai Chi 9.30-10.30am Stokes Valley Hall \$5			Whanau Boot Camp 6pm Delaney Park Free		
Whanau Boot Camp 6pm Delaney Park Free			Nifties 7-8pm Stokes Valley Pool \$7		

Multi-Sport Events

HVDRT Triability Triathlon (March)

Wainui – Adults: from \$40 - For more details: <http://www.triabilitytriathlon.com/>

King of the Hill (June)

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

Brookfield Bog Challenge (winter) & Butt Buster (spring/summer)

Wainuiomata - Prices from \$29 - For more details: <http://capitalmultisportsrunwalks.co.nz/default.asp?PageID=24238>

Te Aroha TRYathlon (September)

Waiwhetu – Price: \$20 - For more details: <https://www.facebook.com/pages/Te-Aroha-TRYathlon/174797742682326>

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