

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

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



Local food bank Providers

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

Be there at 10am for delivery

- Taita - Great Start House - Thursday.
- Taita Community Hall - Friday.
- Taita - Samoan Methodist Church, 145 Molesworth Street - Saturday.

Pomare-Taita Fruit and Vege Co-Op

Healthy Eating at wholesale price. \$10 for 8kg of vegetables and fruit.

Ph: Stacey 04 9398345

Koha Kitchen

Community kitchen by Great Start: Fridays 10am-1.30pm, 111 Eastern Hutt Road, Taita, payment by donation.

Naenae Pool

Opening Hours including lane swimming

Day	Time
Monday	6am-4pm
Tuesday & Fridays	6am-8pm
Wednesday	6am-2.30pm
Thursday	6am -7.30pm
Saturday	9am-6pm
Sunday	8am-6pm

Aqua Jogging Hours

Day	Time
Monday-Tuesday	6am-4pm
Wednesday	6am-2.30pm
Thursday-Friday	6am-4pm
Saturday	10am-6pm
Sunday	11am-4pm

Taita Leisure Center Gym

Monday to Friday	6am to 8pm
Weekends	8.30am to 5pm
Public Holidays	9am to 3pm

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Exercise Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	Korikori Gold 11-11.45am Walter Nash Centre \$4			Korikori Gold 11-11.45am Walter Nash Centre \$4	
	Enliven Tai Chi 1-2pm Avalon Holy Trinity Church \$5				
	Fun Fitness Circuit 6pm Gold coin donation Walter Nash Centre. Ages over 12	Zumba 6.30pm - 7.20pm St Mathews Anglican Church Hall Free			
	Liquid Fitness Shallow water 7pm - 7.45pm \$7				

Monthly activities

Vision Active

Our afterschool care programme runs from the Walter Nash Stadium each Tuesday from 3pm - 5.30pm during school term for primary and intermediate age youth.

We play board games, teach craft, play sports and promote leadership and safety messages - this term the message is 'Road Safety'

Our overall goal is to *“Provide a safe environment where local children have the opportunity to develop their fitness, friendships, self-esteem and life skills. This happens in a fun environment through positive role modelling from a senior leadership team.”*

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