

What's happening in Upper Hutt?

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

- **Activation Upper Hutt** – For information on activities happening in the area.
<http://www.upperhuttcity.com/page/792/ProgrammesandEvents.boss>
- **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

Support groups

- Hutt Valley Diabetes Support Group
 - First Tuesday of every month
 - 10am
 - Location: Hapai Club UH
 - Contact Irene on 9388020

If you know of any other low-cost exercise groups (\$5 or under)

Please contact Sarah 04 576 8601 or Dan 04 576 8617



Local food bank Providers

The Salvation Army

Tuesday/Thursday, 10am-12pm, 695 Fergusson Drive, Upper Hutt

Upper Hutt Foodbank

Mon/Wed/Fri, 9am-12pm, 64 Martin Street, Upper Hutt

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

10am Wed, Timberlea Community Centre, 72 Norana Road, Upper Hutt

10am Wed, Trentham Star, Community Centre, 541 Fergusson Drive

It's recommended that you sign in 1½ - 2 hours before the stated time. Also bring own plastic bags to take food away in.

Upper Hutt Citizens Advice Bureau

Mon-Fri, 12.30-4.30pm, 18 Logan Street, Upper Hutt

Pools

H2O Xtream

Ph. 5272113, Corner of Brown & Blenheim Streets

Opening Hours

Day	Time
Monday-Thursday	6am-9pm
Friday	6am-10pm
Saturday	8am-7pm
8am-11am Lane Swimming, Aqua jogging only	
Sunday	8am-6.30pm
Women ONLY (Sunday)	7-9pm

Gyms

YMCA Upper Hutt

Ph. 5273380, Somme Road, Trentham

Jetts Fitness

Ph. 2126637, 808 Fergusson Drive, Upper Hutt

Cityfitness Upper Hutt

Ph. 5279571, 26 Princes Street, Upper Hutt

Lifestyle Upper Hutt

Ph. 5277540, 32 Goodshed Road, Upper Hutt

What's happening Upper Hutt?

Exercise Groups

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Women's Yoga 7.30-8.30am Anita's Dance Academy \$5					
Women's Yoga 8.45-9.45am Anita's Dance Academy \$5					
Xtream Hydro 9.20am-10.20am H2O Xtream \$6.10		Xtream Hydro 9.20am-10.20am H2O Xtream \$6.10		Aqua Zumba 9.30-10.15am H2O Xtream \$5	Xtream Hydro 9am- 10am Sunday H2O Xtream \$6.10
Senior Hydro 10.30-11.30am H2O Xtream \$5.10	Zumba Gold 11- 11.45am Anita's Dance Academy \$5	Senior Hydro 10.30-11.30am H2O Xtream \$5.10	UH Arthritis Exercise group 10.30am 2 nd and 4 th Thur of month Cossie Club \$3	Seniors Hour 12pm The Weights Room, Silverstream \$5	Zumba 11am-12pm Saturday Anita's Dance Academy \$5
Zumba 10.30-11am Anita's Dance Academy \$5		Zumba 10-11am Anita's Dance Academy \$5	Zumba Gold 10.30-11.30am Cossie Club Upper Hutt \$5	Xtream Hydro 10.30-11.30am H2O Xtream \$5.10	Zumba with Susan 11-11.45am Configure Express \$5
Tai Chi for Women 10.30-11.30 UH Bridge Club Rooms \$5			Tai Chi for Women 10.45-11.45 UH Bridge Club Rooms \$5	Yoga for Neurological Conditions 2-3pm UH Women's Centre \$5	
Zumba with Susan 10.30-11.15pm Configure Express		Valley Fit 11am-12pm YMCA gym, Some Road Free	Xtream Hydro 7.35-8.35pm H2O Xtream \$6.10		YMCA Master class Sat 9am Thai fit/Boxing Style classes
Enliven Tai Chi 1.30pm 879 - 881 Fergusson Drive \$5	Zumba 6.45-7.45pm St Brendan School Hall \$5	Zumba with Susan 7pm Totara Park School \$5	Zumba Fitness 6.45-7.45pm St Brendan's School Hall \$5		
Women's Yoga 6.15-7.15am Anita's Dance Academy \$5				Women's Yoga 6.15-7.15am Anita's Dance Academy \$5	
Xtream Hydro 7.35-8.35pm H2O Xtream \$6.10		Zumba 7.30-8.30pm Anita's Dance Academy \$5			
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