

What's happening in Wainuiomata?

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
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

- **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

- **Community Garden – Whai Oranga Health Centre**
Contact: Beau and Sisi
Address: 7 The Strand
Phone: 045646966
- **Kaumatua Group – Wednesday 10am–12pm**
Contact: Linda Olsen
Address: Wainuiomata Marae
Phone: (04) 564 8305
- **Wainuiomata Menz Shed – Monday 10am–1pm**
Contact: Barry
Address: 82 Moohan Street, Old Wainuiomata Intermediate, Block B
Phone: 045647335



Local food bank Providers

Whanau n Arms (St. Vincent de Paul)

Wainuomata Community Centre, 1A Queen Street.
Every Wednesday for those in need (Stocks are limited)

Sign up at 8.30 and then come back between 10am-12:30pm to collect your box.

Wainuiomata food bank

Food parcels available Tuesday to Thursday. To order ring 972 8799 between 10.30am - 12.30pm for pick up between 1 - 2pm.

Life City Church, 1-3 Parkway, Wainuiomata, Lower Hutt, 5014

Wainuiomata fruit & Vege Co-op

8kg of fresh fruit and vegetables for \$10 a week paid in advance. You can pay by cash or internet banking. Pickups are on Tuesday between 4pm and 5pm. For more information call Andrew on 02108665019.

Pools

Wainuiomata Summer Pool – Opening Hours November to March ONLY

Day	Time
Mon & Wed	6:30am-5:45pm
Tue/ Thur / Fri	6:30am-7pm
Sat & Sun	9am-6pm

Lane swimming & aqua-jogging only between:

Mon to Fri	6:30am-9am
Sat & Sun	9am-10am

Huia Pool – Opening Hours

Day	Time
Mon -Wed	6am-8pm
Tue & Thur	6am-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	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

'Way of Life' Community Fitness Centre

Ph: 909 0385, 15B Queen St, Wainuiomata

Muscle break training center

Ph:, 920 6467 17 Fraser Street, Wainuiomata

Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Dance Fit Life City Church 6pm Free		Dance Fit Life City Church 6pm Free	Muscle break training center 17 Fraser street Xtraining/circuit 6am	Yoga 6.30pm Way of Life Gym FREE for members, \$5 for non-members	
Whanau Dance Fit 6pm St Peter Church Free		Whanau Boot Camp 6pm St Peters Church Free	Dance Fit Life City Church 6pm Free	Enliven Tai Chi 9.30-10.30am Wainuiomata Union Church \$5	
		Muscle break training center 17 Fraser street Xtraining/circuit 6.30pm	Patu Drumming Life City Church 6pm Free		
	Muscle break training center 17 Fraser street Xtraining/circuit 6am		Whanau Dance Fit 6pm St Peter Church Free		

Multi-Sport Events

Te Aroha TRYathlon (September)

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

Brookfield Butt Busta Challenge (13 November 2016)

Wainuiomata – Adults: \$15-42, Junior:\$23-27 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 04 560 0307**