

What's happening in Central Lower Hutt?

Services designed to help

- Te Awakairangi Health Network
 - Outreach Nurse Service
 - Wellbeing Service
 - Community Health Worker Service
 - Dietitian Service
 - Healthy Families Coach Service

<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,
 - 7-9 Barnes Street, Seaview, Lower Hutt
 - 920 1472 or 0221776262
- **Pacific Health Service** – 04-577 0394

Looking for a club or activity?

<http://www.sportwellington.org.nz/clubsearch>

If you know of any other low-cost exercise groups (\$5 or under) please contact 04 566 5320



Waiwhetu & Petone Fruit and Vege Co-Op

Healthy Eating at wholesale price. \$12 for ~8kg of vegetables and fruit.

Waiwhetu: Wendy 022 045 3739

Petone: Penny 04 971 6250

Maungaraki: Jenni 027 297 7702

Local food bank Providers

Lower Hutt Food Bank

Monday – Wednesday, Friday 9-11.30 am
27 Dudley Street, Lower Hutt

Salvation Army City Corps

Monday – Friday 12.00-2.45pm
Cnr Kings Cres and Cornwall St

Pools

Huia Pool – Opening Hours

Day	Time
Monday -Wednesday	6am-8pm
Tuesday & Thursday	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.

Hydrotherapy pool

Monday/Wednesday	6am – 3pm, 6:30 -8pm
Tue, Thu, Fri	6am – 3pm
Saturday and Sunday	1-6pm

Huia Leisure Suite (Gym)

Opening Hours

Monday - Friday	5.30am-8.30pm
Saturday – Sunday	8.30am-5pm
Public Holidays	9am-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.

Gyms

Jenkins Gym

Ph. 939 4449, 497 Hutt Road, Alicetown

Jetts Fitness

Ph. 212 6639, 423-425 High Street, Lower Hutt

Snap Fitness

Ph. 021626382, 99 Queen Street, Lower Hutt

City Fitness Lower Hutt

Ph. 569 6664, 36-52 High Street, Lower Hutt

What's happening in Central Lower Hutt?

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
		Huia pool Easy Move class 9:15-10am Huia hydro pool \$5.50			
Pilates Gold 9:30am Hutt Rec Grandstand \$6		Yoga Gold 9:30am Hutt Rec Grandstand \$6	Pilates Gold 9:30am Hutt Rec Grandstand \$6	Zumba Gold 9:30am Hutt Rec Grandstand \$6	Park Run 8am Saturday Meet on path just south of riverbank carpark. To register: http://www.parkrun.co.nz/register/ FREE
Stretch and Flex 10:45am Hutt Rec Grandstand \$6		Taoist Tai Chi 10.30am 330 High Street \$5	Taoist Tai Chi 10.30am 330 High Street \$5	Cardio+Toning 11:30am Woburn apartments \$6	Taoist Tai Chi 10am-12pm Sun 330 High Street \$5
Taoist Tai Chi 10.30am 330 High Street \$5		Chair yoga 11:30am Woburn apartments \$6	Steady as you go exercise 1pm War memorial library	Pilates Gold 11:45am Hutt Rec Grandstand \$6	
			Taoist Tai Chi 6.30pm Continuing class 330 High Street \$5	Yoga 6pm Hutt Rec Grandstand \$5	Huia pool Easy Move class 4-4:45pm Sat Huia hydro pool \$5.50
Liquid fitness 7-7:45pm Huia Pool \$5.50	Taoist Tai Chi 6.30pm 330 High Street \$5	Liquid fitness 7-7:45pm Huia Pool \$5.50		Broga (men's yoga) 7:15pm Hutt Rec Grandstand \$5	

Multi-Sport Events

Hutt News Fun Run and Walk (March)

Petone – Adults: \$25, Children: Gold Coin - For more details: <http://www.huttnewsfunrun.co.nz/>

Hutt 5 Bridges (August)

Lower Hutt – Adults: from \$20, Children: \$10 - For more details: <http://capitalmultisportsrunwalks.co.nz/>

Pencarrow Lighthouse Run (May)

Eastbourne – Adults: from \$20, Children: from \$8 - For more details: <http://capitalmultisportsrunwalks.co.nz/>

Pelorus Trust Run & Walk (September)

Petone – Adults: from \$15, Children: \$5 - For more details: <http://www.capitalmultisports.com/>

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