

What's happening in Waiwhetu/Moera?

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

Support groups

- **Moera Community Garden – Meet 1:30pm Sun**
 - Contact: Martin de Jong
 - Time: Sat 10am – 12pm
 - Address: 105 Randwick Crescent
 - Phone: 021909688
- **Eastbourne Menz Shed**
 - Contact: Mike
 - Time: Tues, Thurs 9-12pm
 - Address: Williams Park, Days Bay
 - Phone: 5628688
 - Email: mikeandcarolynparker@gmail.com
 - Cost: free

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

Day	Time
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

Waiwhetu Fitness Centre

Ph. 560 4650, 170 Whites Line East (Big Red Building on Te Whiti Park).

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Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Pilates Gold 9:30am Hutt Rec Grandstand \$6		Huia pool Easy Move class 9:15-10am Huia hydro pool \$5.50	Pilates Gold 9:30am Hutt Rec Grandstand \$6	Zumba 9.30am Moera Community House \$6	
Stretch and Flex 10:45am Hutt Rec Grandstand \$6		Yoga Gold 9:30am Hutt Rec Grandstand \$6		Cardio+Toning 11:30am Woburn apartments \$6	
		Chair yoga 11:30am Woburn apartments \$6	Steady as you go exercise 1pm War memorial library	Pilates Gold 11:45am Hutt Rec Grandstand \$6	
	Sit and Be Fit 1:30-2:30pm Moera Community House Gold Coin		Sit and Be Fit 1:30-2:30pm Moera Community House Gold Coin		
Pacifit (Hula Active) 6.30-7.30pm Moera Hall \$5			Yoga 6pm Hutt Rec Grandstand \$5	Sit and Be Fit 6-7pm Moera Community House Gold Coin	Huia pool Easy Move class 4-4:45pm Sat Huia hydro pool \$5.50
Liquid fitness 7-7:45pm Huia Pool \$5.50		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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