

# What's happening in Naenae?

## 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](http://www.quit.org.nz)
- Ring Takiri Mai Te Ata Whanau Ora Collective 0800 926257 for a free face to face service.

## Other Health Services

- **Mana Wahine** – Contact: Tira Albert,
  - 7-9 Barnes Street, Seaview, Lower Hutt
  - 920 1472 or 0221776262
- **Pacific Health Service** – 04-577 0394

## Community Support

- **Naenae Community Gardens**  
Mondays 10am-12.30pm (weather dependent) or help yourself if vegies are ready.  
[teamnaenae@gmail.com](mailto:teamnaenae@gmail.com)
- **Naenae Coffee and chat**  
Tuesday, Naenae Community Hall, 10.30-12pm,
- **Naenae Knitting Natters**  
Wednesday, Naenae Community Hall, 10-12pm,
- **Naenae Crafty Chat**  
Wednesday, Naenae Community Hall, 12:30pm,
- **Ukulele Group**  
Thursday, Naenae community hall, 1-2.30pm,  
Entry a donation/Koha
- **Menz Shed**  
Treadwell Street, Naenae  
Tuesday - Friday 9am-12pm, Monday afternoon 1.30-3pm and learners 7-9pm.  
Contact Archie on 569 7069 or email [menzshednaenae@gmail.com](mailto:menzshednaenae@gmail.com)

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



## Naenae Fruit and Vege Co-Op

Healthy Eating at wholesale price.  
\$10 for ~8kg of vegetables and fruit.  
Ph: Jill on 027 467 4000  
Email [naenaefruitveg.coop@gmail.com](mailto:naenaefruitveg.coop@gmail.com)

## Local food bank Providers

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

Thursdays, from 11:30am, Naenae Community Hall  
It's recommended that you be there from 11am to sign in. Also bring own plastic bags to take food away in.

### Naenae market

A healthy kai pop-up market. Fridays 4 – 7pm

## Naenae Pool

### Opening Hours including lane swimming

Day	Time
Monday	6am-4pm
Tuesday - Friday	6am-8pm
Saturday	9am-6pm*
Sunday	8am-6pm*

\* Funzone runs between 12-3:30pm Sat and Sun

### Aqua Jogging Hours

Day	Time
Monday-Friday	6am-4pm
Saturday	10am-6pm
Sunday	10am-4pm

\*\*These times do change so please check with pool office 04 567 5043

## Naenae 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.

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## Exercise Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Spectrum play group</b> 9am – 12pm St David's church			<b>Social badminton</b> 9-11am Badminton hall \$5 racquet provided	<b>Pilates with Shirley</b> 9 – 11am St David's church	
<b>4 Ever Active</b> 9.30-10.30am Naenae Community Hall \$6 per class	<b>Nifities</b> 9.30-10.30 Naenae Pool \$4.00	<b>Nifities</b> 9.30-10.30am Naenae Pool \$4.00		<b>4 Ever Active</b> 9.30-10.30am Naenae Community Hall \$6 per class	
<b>Pacific Lifestyle Aerobics</b> 12-1pm Naenae Community Hall FREE	<b>Tai Chi</b> 2-3pm St David's church	<b>Pacific Lifestyle Aerobics</b> 12-1pm Naenae Community Hall FREE		<b>Nifites</b> 9.30-10.30am Naenae Pool \$4.00	
<b>Yoga</b> 6 – 7pm Naenae community hall \$10 – first class free	<b>Whanau Ora Boot Camp</b> 6-7pm Treadwell street Hall FREE		<b>Dance Fit</b> 6-7pm Treadwell street hall FREE	<b>Pacific Lifestyle Aerobics</b> 12-1pm Naenae Community Hall FREE	
	<b>Windy Whirlers dance group</b> 7pm – 9:30pm St David's church			<b>Line dancing</b> 1.30 – 3pm St David's church	
	<b>Liquid Fitness</b> Shallow water 7pm - 7.45pm \$5.50				

### Naenae boxing academy

- For young people 9+ years, but they can add people younger to their waitlist
- \$5.00 per week or \$50.00 per school term
- Cnr Treadwell & Sladden Streets, Naenae.
- 04 528 7717