

What's happening in Stokes Valley?

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 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 services

- **Koraunui Stokes Valley Community hub**
 - Monday – Friday: 9am – 7pm
 - Saturday & Sunday: 10am – 6pm
 - The hub aims to be the heart of the Stokes Valley community - a one stop shop -creating a strong community and a positive future for all in it.
- **Taita Library**
 - Monday – Friday: 9am – 7pm
 - Saturday & Sunday: 10am – 6pm
- **Taita Clubhouse**
 - Monday – Friday: 3 – 7pm
 - Saturday & Sunday: closed
 - The Clubhouse mission is to provide a creative and safe out-of-school learning environment where young people work with adult mentors to explore their own ideas, develop new skills, and build confidence in themselves through the use of technology.

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



Local foodbank Providers

Stokes Valley Foodbank

Monday 10 – 11:30am,
162 Stokes Valley Road, Stokes Valley

St. Vincent de Paul – Bread and Vegies:

- Friday 11:30am, Stokes Valley community hall
- Saturday 11:30am, Koraunui marae
- Saturday 1:30pm Samoan Gospel Choir
- Sunday 12:30pm, Tongan Church

Food options

Stokes Valley New World offers cheap healthy packed lunches from \$3.

Stokes Valley Pool

Opening Hours

Day	Time
Monday	7am - 8pm
Tuesday/Wednesday/Friday	7am – 7pm
Thursday	7am - 8pm
Saturday and Sunday	10am – 6pm
Public Holidays	10am – 6pm

Half price cash swim entries Monday – Friday 6 – 7pm

Stokes Valley Leisure Suite (Gym)

Opening Hours

Tue, Wed, Fri	7am-7pm
Mon, Thur	7am-8pm
Sat – Sun	10am-6pm
Public Holidays	10am-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.

What's out there in Stokes Valley?



Exercise Groups



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Group fitness 7:30 – 8:15am Walter Nash Centre koha	Group fitness 7:30 – 8:15am Walter Nash Centre koha	Group fitness 6:15-6:45am Walter Nash Centre koha		Pilates 7:30 – 8:15am Walter Nash Centre koha	
Korikori kids 9-10:30am Walter Nash Centre \$3	Korikori kids 9-10:30am Walter Nash Centre \$3	Korikori kids 9-10:30am Walter Nash Centre \$3	Nifities 9-10am Stokes Valley Pool \$4.00		Zumba Sat 9:30am SV community hub
Nifities 9-10am Stokes Valley Pool \$4.00	Steady as you go 11am – 12pm SV community hub koha		Group fitness 11-11:45am Walter Nash Centre koha		
Social table tennis 11 – 12:30pm Walter Nash Centre \$2	Zumba Gold 11 – 11:45am Walter Nash Centre koha	Social table tennis 10-11:30am Walter Nash Centre \$2	Whanau ora fitness 6pm Delaney Park Free		
Pilates 7:15 – 8:00pm Walter Nash Centre koha		Zumba Gold 6:30 – 7:15pm Walter Nash Centre koha	Yoga 6:15-7:15pm Walter Nash Centre koha		
Whanau ora fitness 6pm Delaney Park Free			Liquid Fitness 7-8pm Stokes Valley Pool Shallow water \$5.50		
Thai box group fitness 6:30 – 7:30pm SV community hub \$4	Zumba 6:45 – 7:45pm SV community hub		Boxing with Marting Degan 7 – 8pm SV community hub		