

What's happening in Taita?

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

- **Walter Nash Centre**
 - Monday – Friday: 8.30am – 8pm
 - Saturday & Sunday: 8:30am – 5pm
 - Public courts available at Walter Nash Centre
- **Taita Library**
 - Monday – Friday: 8.30am – 8pm
 - Saturday & Sunday: 8.00am – 5pm

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 food bank Providers

St. Vincent de Paul – Bread and Vegies:

- Wednesday 10:30am, Taita community hall, Taine Street.

Pomare-Taita Fruit and Vege Co-Op

Healthy Eating at wholesale price. \$10 for ~8kg of vegetables and fruit.

- Taita: Jill, 027 467 4000,
taitafruitveg.coop@gmail.com
- Pomare: Jasmine, 04 939 8345,
pomaretaitafruitveg.coop@gmail.com

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.

What's happening in Taita?



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 9.30-10.30 Naenae Pool \$4.00	Nifities 9.30-10.30am Naenae Pool \$4.00		Nifities 9.30-10.30am Naenae Pool \$4.00	
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	Group fitness 11-11:45am Walter Nash Centre koha		
Pilates 7:15 – 8:00pm Walter Nash Centre koha	Liquid Fitness 7pm - 7.45pm Naenae pool Shallow water \$5.50	Zumba Gold 6:30 – 7:15pm Walter Nash Centre koha	Yoga 6:15-7:15pm Walter Nash Centre koha		

Regular activities

Public courts available at Walter Nash Centre