

What's happening in Upper 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

- **Activation Upper Hutt** – For information on activities happening in the area.
<https://activation.org.nz/>
- **Mana Wahine** – Contact: Tira Albert,
 - 7-9 Barnes Street, Seaview, Lower Hutt
 - 920 1472 or 0221776262
- **Pacific Health Service** – 04-577 0394

Community support

- **Jumpstart:** 10 week lifestyle programme for people with diabetes
 - YMCA Trentham, Somme Road, Trentham
 - www.jumpstartprogramme.co.nz
 - 04 527 3380
- **Menz Shed**
Ward Street, Upper Hutt
Tuesday nights 7 – 9pm,
Wednesdays 9 – 3pm
Contact Phil on 5289897 or email prcmk@xtra.co.nz

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

Upper Hutt Fruit and Vege Co-Op

Healthy Eating at wholesale price.
\$12 for ~8kg vegetables and fruit. Pick-up Tuesday

Wallaceville: uh.vege.coop@gmail.com, 0272640446
Trentham: uh.vege.coop@gmail.com, 0273064816

Local food bank Providers

The Salvation Army

Tuesday/Thursday: 10am-12pm
695 Fergusson Drive, Upper Hutt, Phone: 528 6745

Upper Hutt Foodbank

Monday/Wednesday/Friday: 9am-11:45am
64 Martin Street, Upper Hutt, Phone: 528 9057

Upper Hutt Citizens Advice Bureau

Monday-Friday, 12.30-4.30pm,
18 Logan Street, Upper Hutt, Phone: 528 9040

The local Café

Monday/Wednesday/Friday: 10am – 2pm
59 Merton Street, Trentham, Upper Hutt
Cheap meals, this café aims to help people into employment training in hospitality.
<http://www.thelocal.org.nz/cafe.html>

Pools

H2O Xtream www.h2oxtream.com

Ph. 5272113, Corner of Brown & Blenheim Streets

Opening Hours

Day	Time
Monday-Thursday	5:30am-9pm
Friday	5:30am-10pm
Saturday	8am-7pm
8am-11am Lane Swimming, Aqua jogging & swim school only	
Sunday	8am-6.30pm
Women ONLY (Sunday)	7-9p

Gyms

YMCA Upper Hutt

Ph. 5273380, Somme Road, Trentham

Jetts Fitness

Ph. 2126637, 808 Fergusson Drive, Upper Hutt

Cityfitness Upper Hutt

Ph. 5279571, 26 Princes Street, Upper Hutt

Lifestyle Upper Hutt

Ph. 5277540, 32 Goodshed Road, Upper Hutt

PrimeFit, Upper Hutt

Ph: 020 4144 0448, 4 Wakefield Street, Upper Hutt

FXU Vibration training, Upper Hutt

Ph: 5288401, 4 Queens Street, Upper Hutt

What's happening Upper Hutt?

Exercise Groups

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Xtream Hydro 9.20am-10.20am H2O Xtream \$5.10	Pilates 9:15-10:15am Anita's Dance academy \$5				
Lively walk group 10-11am Meet by Brendon Foot motors FREE		Xtream Hydro 9.20am-10.20am H2O Xtream \$5.10	Community cycling 9:30am Various locations FREE Healthier.jean@paradise.net.nz	Stroll and Roll 9:30-10:30am Various locations FREE activation@uhcc.govt.nz	Xtream Hydro 9-10am Sunday H2O Xtream \$5.10
Zumba 10.30-11am Anita's Dance Academy \$5	Ever active class 10:45-11:45am Lifestyle gym \$5		Ever active class 10:45-11:45am Lifestyle gym \$5	Tai Chi 10:30-11:30 Hapai Club \$8	
Senior Hydro 10.30-11.30am H2O Xtream \$4.10		Senior Hydro 10.30-11.30am H2O Xtream \$4.10		Xtream Hydro 10.30-11.30am H2O Xtream \$5.10	
Nordic Walking 12:30-1:30pm Meet by rugby club Railway Ave FREE		Petanque 1:30pm Silverstream bowling club FREE			Petanque 1:30pm Sunday Silverstream bowling club FREE
		Tai Chi 6-8:15pm Silverpine Scout, Pinehaven Reserve, FREE		Tai Chi 6:30-8pm Trentham School	
Social Badminton 7-9pm Expressions Whirinaki hall \$5		Zumba with Susan 7pm Totara Park School \$5			
Xtream Hydro 7.35-8.35pm H2O Xtream \$5.10	Xtream Hydro 7.35-8.35pm H2O Xtream \$5.10	Zumba 7.30-8.30pm Anita's Dance Academy \$5	Xtream Hydro 7.35-8.35pm H2O Xtream \$5.10		