

What's happening in Wainuiomata?

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

Community Support

- **Community Garden – Whai Oranga Health Centre**
 - 7 The Strand
 - 045646966
- **Kaumatua Group – Wednesday 10am–12pm**
 - Linda Olsen
 - Wainuiomata Marae
 - (04) 564 8305
- **Wainuiomata Menz Shed – Monday 10am–1pm**
 - Barry, 82 Moohan Street, Old Wainuiomata Intermediate, Block B
 - 045647335, barryrenshaw7@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

Wainuiomata Fruit and Vege Co-Op

Healthy Eating at wholesale price
\$12 for ~8kg of vegetables and fruit
Valley church: 02108665019
wainuiomatafruitandveg.coop@gmail.com
Arakura school: 021322569

Local food bank Providers

Wainuiomata food bank

Food parcels available Tuesday to Thursday. To order ring 972 8799 between 10.30am - 12.30pm for pick up between 1 - 2pm.

Life City Church:

Tuesday-Friday, 9.30am-12pm
1 Parkway, Wainuiomata, 972 8799

Whānau and arms

Tuesday sign in between 9 – 10am
1A Queen Street, 564 5262
Fruit and vegetable provider, bring own box

Pools

Wainuiomata Summer Pool – Opening Hours November to March ONLY

Day	Time
Monday – Friday	7am – 9pm
Saturday and Sunday	10am-6pm

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

Gyms

'Way of Life' Community Fitness Centre
Ph: 909 0385, 15B Queen St, Wainuiomata

What's happening in Wainuiomata?

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
		Steady as you go exercise 10:30am Wainuiomata marae			
	Yoga 6:45pm Wainuiomata hall \$5	Huia pool Easy Move class 9:15-10am Huia hydro pool \$5.50			Pilates 11am Saturday Way of Life gym \$10
Whanau Boot Camp 6pm St Peters Church Free			Whanau Dance Fit 6pm St Peter Church Free		Huia pool Easy Move class 4-4:45pm Sat Huia hydro pool \$5.50
Wainui pool liquid fitness 6:30pm Wainui pool (Nov - ~March) \$5.50					
Huia pool liquid fitness 7-7:45pm Huia Pool \$5.50	Pilates 6:30pm Way of Life gym \$10	Huia pool liquid fitness 7-7:45pm Huia Pool \$5.50	Wainui pool liquid fitness 7pm Wainui pool (Nov - ~March) \$5.50		

If you know of any other low-cost exercise groups (\$5 or under) please contact 04 566 5320