

Member Clubs



Poneke Football Club Inc.
www.ponekerugby.com



Poneke Kilbirnie Softball Club
pksoftball.org.nz



Wellington Darts Association
wellingtondartsassociation.co.nz



Wellington Diving
wellingtondiving.org.nz



SMOG Netball
www.smognetball.org.nz



Wellington South Fencing Club
wellingtonsouthfencingclub.com

hubnews

thehub
toitū pōneke community
and sports centre

JULY / AUGUST 2022

Winter's back! Back again...

Wellington certainly has been living up to its reputation and pouring down with rain and wind in the last couple of months. Luckily we're confident you're all seasoned experts at this point. We're happy to tell you our heating systems are working well at thehub. As always, we are ready to welcome you through our doors should you need it. Better yet, even if you should just want it.

Our doors are always open to you and your whanau at thehub.

Try Something Tuesdays coming soon to thehub

We are very excited to introduce a new program at thehub,
Try Something Tuesdays!

From August, the first Tuesday of every month thehub will be open at 7pm for any community members and their friends to come **Try Something New!** We'll have acro yoga, capoeira and darts each ready to welcome you to give their sports a try.

A little bit about each activity to help you decide what you'd like to try first:

Acro Yoga – Acroyoga is a physical practice that combines yoga and acrobatics. Acroyoga includes many types of partner and group acrobatics in which at least someone is lifted. It's also a great place to come and stretch and make new friends!

Darts – a member of the New Zealand Darts Association, and the club has been playing darts in Wellington for over 50 years

Capoeira – Capoeira is a Brazilian martial art that combines elements of dance, acrobatics and music



Rent our spaces! Our spaces are available to rent for your function, hui, dance class, and more! With meeting spaces at \$33 an hour and active spaces at \$25 an hour, as well as affordable AV packages and food and beverage services, look no further than thehub for your next event.

Contact Rebecca at 027 586 5871 or toituhub.ops@gmail.com for more information

Vaccines are back at thehub

Well it's hard to believe we were ever without them, and so we are happy to announce the team at Waikanae Pharmacy are back at thehub contributing to our country's vaccination efforts. We couldn't be happier to once again be sharing space with their familiar faces. Furthermore they have taken on some additional work and will also be distributing the flu shot, and MMR vaccines. Restrictions are in place for all vaccines—please contact your GP or trusted health authority to find out if you are entitled to a vaccine.

In case anyone needs reminding, here's what a local health worker had to say about the importance of vaccines:

I got vaccinated because as a health worker I want to protect myself and the people I work with from COVID-19 and vaccination is the best way to do that. I believe we have not just a personal but also a collective responsibility to get vaccinated.

- Annabel, she/her, Hospital Administrator



What to do if you have COVID-19

- Stay home if unwell with symptoms
- Get a test – Rapid Antigen Test (RATs) or if required by public health, a Polymerase Chain Reaction (PCR) test.
- Report your Rapid Antigen Test (RAT) result through mycovidrecord.health.nz or by calling 0800 222 478. If you had a PCR test, you will get a text message from 2328 with the result.
- Self-isolation for 7 days if you test positive or live with someone who has COVID-19.
- If you are still unwell after your 7 day isolation period, you should stay home until you are well and for 24 hours after your symptoms resolve.
- Household contacts need to test on day 3 and day 7. If you test positive for COVID-19, isolate for 7 days. If you test negative on day 7, you can leave isolation.
- A recovered case is exempt from becoming a Household Contact for 90 days after their recovery (this means they don't have to re-isolate as a household contact for 90 days).
- Most people will be able to manage self-isolation with help from whānau and friends, but help is available if you need it. **More information on [COVID19.govt.nz](https://www.covid19.govt.nz)**

Venue for Hire

We have a variety of spaces available for hire from 6am until 10pm, 7 days a week. We cater for meetings, conferences, parties, weddings, functions, training and so much more. Minutes from the airport and city, modern facilities with views over Kilbirnie Park. Spaces can be hired by the hour and there are special rates for community and non-profit organisations. E-mail Rebecca today to enquire at toituhub.ops@gmail.com or visit www.toituponeke.com



