# **Gym Newsletter**

# Latest news and updates

## About Us

Iuventus Limited & Best Care Whakapai Hauora



FAREWELL: Jim and Marianne sharing their journey to long-standing members and introducing new part owners Pete and Anj Butler (Iuventus Limited).

Kia Ora! Welcome to your first newsletter under new ownership of your favourite gym!

About us, Iuventus Ltd is committed to the health and wellbeing for young people and their whānau in the Manawatū with service arms such as Start Youth Service and Junior Youth Touch Module. As well as our branching organization Highbury Whānau Centre who offer specialized community services to our young people, their whānau and community development.

Best Care Whakapai Hauora provides a community based clinical and support service for children, adolescent, and adults with coexisting problems of mental health and alcohol and other drug use. This can include one-to-one counselling, assessments, goal planning, interventions, relapse prevention, education, group work, advocacy, and support.

Human Movements came under the co-ownership of Iuventus Ltd and Whakapai Hauora early July. Longstanding members were welcomed - to meet the new co-owners and farewell Jim and Marianne (see image above).

Comradery and friendship were the main experiences shared amongst the members being a part of Human Movements community.

Iuventus Ltd and Whakapai Hauora look forward to continuing this experience with the current members and weave in new members into this inclusive community.

Iuventus Ltd and Whakapai Hauora are extending their service delivery through Human Movements where they will support the health and wellbeing of their clients and staff during scheduled operating hours. They look forward to growing this community.

# Latest Updates

### He Mihi

Kia ora to current and new members to Human Movements Fitness Centre you may have noticed new faces and restructuring going on - around the gym as it operates under its new ownership under Iuventus Limited and Best Care Whakapai Hauora.

It's a privilege to meet with longstanding members to celebrate and support Jim and Marianne under this new transition period, it is a testament to their vision of *"the gym where everyone fits in"* being surrounded by all walks of life.

### Access Tags

The gym is preparing members to access the facility outside operational hours with access tags (see image below). Human Movements -



are expecting to have these access tags operational by the end of the year where they will phase out the long-standing membership cards and digitalize their membership management system.

#### How the Tags Work

You will see there are two access tag panels, one on the front of the entry doors and one on the front counter. These will allow you access into the premise and record when you've entered the gym.

The new membership system will require members to update their contact details to register into the system. Some of the contact details include phone number and email. Human Movements will assist in this process to allow for a smooth update for all members.

If you have any questions about this update, feel free to chat with Marianne, Jackie, Chris or Hitaua or email at <u>shailah@hwc.org.nz</u>

#### Health & Safety

CCTV has been installed around the premise for security and safety purpose as Human Movements prepare to extend their operating hours, to allow access to members during unmanned hours. The system CTTV system is operated by Iuventus Ltd, for more information contact 068256267 or speak with staff.

In addition, a first aid kit for members to use during unmanned hours, please ensure you fill out the notebook inside with the date, name item you used and the reason you used it. With all incidents, please report this to staff to fill out a report.



### **Meet the Team**

#### Manager

Reception/ PT

Jackie

Marianne



Iwi Rep/ PT Chris





Reception Hitaua



**Golden Rules** 

The best way to protect ourselves and our communities will be to remember: If you are sick, stay home, it is optional to wear face coverings in the gym, washing your hands is still the best way to kill the virus, sneeze and cough into your elbow, always sign in when entering the gym, it is optional to wear face coverings.



Opening Hours Monday to Thursday 7am to 2pm & 4pm to 8pm

Friday 7am to 2pm & 4pm to 7.30pm Saturday 9am to 12noon Contact

(06) 356 1570

nabba@inspire.net.nz

shailah@hwc.org.nz

Facebook: Human Movements Fitness Centre