



Motorway Overbridge

# The Green Island MoveMe Community Map

## Kia ora, Greetings!

Don't you love living in Green Island? There are many reasons to celebrate the wonderful community we live in. With help from MoveMe, we have put together this community map which we hope can be used by residents of all ages. We hope this map will inspire you to not only make use of all of the resources right here on our doorstep but also to include more physical activity in your lifestyle.

We bet you've heard it all before but as a quick recap, by incorporating physical activity in your daily schedule:

- You'll feel better
- You'll have more energy
- You'll have better concentration
- You'll have fun

There are a myriad of other health benefits, but in a nutshell, it will improve your wellbeing.

Research shows that doing some activity is better than doing nothing, so even getting moving just a little more will have positive effects. However, to start really reaping the rewards of getting fitter, having more energy, and feeling great, we recommend you try and do 30 minutes of moderate intensity activity most days. This doesn't mean doing the same thing day in, day out. It doesn't even mean doing the 30 minutes all in one chunk. You can break it up into three 10-minute bursts if that suits your schedule better. It will have the same results.

**Anyway, we're not here to make the case for being more active. We're here to show you how easy and enjoyable getting active can be right here in Green Island.**



Green Island Tae Kwon Do

Some of our favourite ideas for getting active in Green Island are:

- Take a walk around the Memorial Gardens and admire the roses and the wishing well
- Kick a ball around on Sunnyvale Park
- Walk to your local dairy or shops instead of taking the car
- See how many ducks are in the stream by Runciman Street
- Play around in the trees at Miller Park
- Try one of the many walks included on the map on the next page
- Help out at the Community Garden





### Map Key

- DCC Reserves
- Bus Stop
- Church
- Overbridge Walkway
- Toilets
- Play Area
- Dog Park
- Walkway

**Tunnel Walk.** Walk through the Tunnels and admire the murals.

**Dog Park Walk.** Start at the bottom of Edinburgh St. Walk uphill then along Rennie St to Green Island School. Have a play in the playground. Walk down to Shand St and call past the Community Garden. Continue along Burgess St to the Dog Park. On the way back stop at the Green Island Milk Bar for refreshments.

**Railway Walk.** Explore the old Fernhill branch railway.



- 1 Abbotsford School
- 2 Green Island School
- 3 St Peter Chanel School
- 4 Green Island Rugby Club
- 5 Sunnyvale Community Centre
- 6 Shand Dog Park
- 7 Green Island Police Station
- 8 Green Island Community Garden
- 9 Civic Hall
- 10 Green Island Presbyterian Church/St Margaret's Church
- 11 Janet Cameron Hall
- 12 Green Island Bowling Club
- 13 Green Island Tennis Club
- 14 Okinawan Goju Ryu Karate
- 15 Accent Physio
- 16 Physio Care
- 17 Green Island Wellness Centre
- 18 Green Island Dental Centre
- 19 Green Island Family Health Care
- 20 Green Island Medical Centre
- 21 St Mark's Church
- 22 Green Island Plunket
- 23 Memorial Garden
- 24 Green Island Milk Bar
- 25 Concord School
- 26 Te Kura Kaupapa Māori o Otepoti
- 27 Ducks in the Stream
- 28 Combat Zone Paintball
- 29 Larsons Pharmacy



Neighbours Day Lolly Scramble at Sunnyvale Park



Shand Street Playground



8 Green Island Community Garden



4 Green Island Rugby Club

Dunedin City Council Maps: The Dunedin City Council has a full set of maps for walking and cycling tracks in Dunedin. You can view these maps online on the Activity Maps page of the MoveMe website [www.moveme.org.nz](http://www.moveme.org.nz) or pick up your own copy at the Dunedin City Council Customer Service Reception.



# Getting Active

Here are some more opportunities for getting active in Green Island



Shand Dog Park



MoveMe is all about

getting out, getting active, and feeling good while doing it.

[www.moveme.org.nz](http://www.moveme.org.nz) is a Getting Dunedin Active initiative, led by the Dunedin City Council, providing all the information you need to get active, and stay active, in and around Dunedin. You will find many resources online, including our popular training programmes, a database to search for sports clubs and groups, access to Dunedin walking and cycling track maps, and much more.

[www.moveme.org.nz](http://www.moveme.org.nz)



Visit MoveMe on Facebook  
<http://www.facebook.com/MoveMeDunedin>

## Activities for Everyone

- **Greater Green Island Dog Walking Group:** Monday 1.30pm. Meet outside Green Island Police Station. For more information phone Lynda 470 0814
- **Greater Green Island Community Garden:** Access off Shand Street – behind St Peter Chanel School. Contact Marion 488 3243
- **Line Dancing:** Thursday 1pm–2.30pm. Green Island Civic Centre. Phone Lorna Williams 027 694 7477

## Opportunities for Seniors

- **Tai Chi (Age Concern) 65+:** Green Island Presbyterian Church. Wednesdays 1.15pm
- **Tai Chi (Age Concern) 65+:** Fairfield Community Hall. Tuesdays 1.30pm
- **Steady As You Go (Age Concern) 65+:** Simple leg strength & balance. Green Island Presbyterian Church and Fairfield Community Hall. Phone 477 1040
- **Fireside Club:** Thursdays at the Janet Cameron Room, Cater for 55+. Contact Keith 027 356 6534

## Activities for Youth

- **Green Island Scouts:** Contact Kat 488 0508. [www.scoutingotago.org.nz](http://www.scoutingotago.org.nz)
- **Green Island St John Youth:** Contact Cody Winiata 021 247 3817. [cody.winiata@stjohn.org.nz](mailto:cody.winiata@stjohn.org.nz). [www.stjohn.org.nz](http://www.stjohn.org.nz)
- **St John Penguins (ages 6–8):** Contact Glenys Riach. [glenys.riach@stjohn.org.nz](mailto:glenys.riach@stjohn.org.nz)
- **Leo Club:** Contact Jules Haldane 021 143 2974

## Playgroups

- **Oasis After School:** St Mark's Church, Shand Street, Green Island. Contact Catherine Caley 021 143 2974
- **Playgroup:** St Margarets Church Hall. Friday 9am–11.30am. Contact Ros 487 9399
- **Green Island Plunket Playgroup:** Green Island Plunket Clinic. Wednesday 10am–11am. Contact Sarah 488 5101

## Organised Sport

- **Cardinals Softball Club:** Contact Doug Hill. [doug@cardinalssoftball.info](mailto:doug@cardinalssoftball.info). Phone 027 224 3971
- **Green Island Bowling Club:** 183 Main South Road. Phone 488 3533
- **Green Island Cricket Club:** Jeremy Scott. [jeremyscott@clear.net.nz](mailto:jeremyscott@clear.net.nz). Phone 027 537 2466. [www.sportsground.co.nz/greenislandcricket](http://www.sportsground.co.nz/greenislandcricket)
- **Green Island Football Club:** Andrew Robert. Phone 027 448 2974
- **Green Island Junior Football:** Peter Cromb. Phone 021 351 057. [www.gijfc.co.nz](http://www.gijfc.co.nz)
- **Green Island Rugby Club:** Rachel Power. Phone 488 3113. [www.girugby.co.nz](http://www.girugby.co.nz)
- **Green Island Squash:** Martin Wilde. Phone 027 488 2230
- **Green Island Tae Kwon Do:** Grant Beel. Phone 027 436 3908
- **Green Island Tennis Club:** 181 Main South Road. Contact Elizabeth Grey 488 3767
- **Okinawan Goju Ryu Karate:** Brendan 021 115 3290. [Karatenz@gmail.com](mailto:Karatenz@gmail.com). [www.jundokan.co.nz](http://www.jundokan.co.nz)
- **Badminton:** Civic Hall Green Island Wednesday 10am–12pm, \$2.00. Contact Anne 488 1824
- **Sunnyvale Community Centre:** [www.sunnyvalecommunitycentre.co.nz](http://www.sunnyvalecommunitycentre.co.nz)

## Other

- **Accent Physio:** 195a Main South Road. Phone 488 5550
- **PhysioCare:** 2a Howden Street. Phone 488 3074
- **Mindsight Hypnotherapy:** Health Centre, 2 Jenkins Street. Phone 027 614 7975
- **Body in Tune Wellness Clinic:** SCENAR Pain Therapy. Bio Body Scan Therapy. Phone 027 723 2553
- **Balance and Hearing:** Ronnie Janke. 2 Jenkins Street. Phone 488 5491
- **One Nature:** Massage Therapist & Reiki Practitioner. 2 Jenkins Street. Contact Helen 022 037 0603
- **Kerrin Jardine Massage:** [kerrinjardine@gmail.com](mailto:kerrinjardine@gmail.com). Phone 022 634 7188
- **Russel McLean:** Holistic & General Practice Dentistry. 2 Jenkins Street. Phone 425 0006
- **A1 Smile Clinic:** 2 Jenkins Street. Phone 425 0006
- **Green Island Dental Centre:** 187a Main South Road. Phone 488 3129
- **Green Island Medical Centre:** 4 Howden Street. Phone 488 2997
- **Green Island Family Health Care:** 20 Shand Street. 488 2222
- **Combat Zone Paintball:** 11 Christie St, Green Island Dunedin. Phone 488 4448