Healthworks
the community health charity

A Quick Guide to

OUR SERVICES

Supporting people across the North East to live longer, healthier and happier lives since 1995

February 2026

For 30 years Healthworks mission has been clear:
to reduce health inequalities and improve health outcomes across the North East

A quick guide to Healthworks services

ESCAPE-Pain: a free 6-week rehabilitation programme for patients referred via TIMS with long-term knee and/or hip arthritis.

Staying Steady: a free 28 week programme for people who have had a fall, or who feel at risk of falling - it is scientifically proven to improve strength and balance. People can self-refer or be referred by a health professional.

RENEW: a free 8 week programme delivered in partnership with Trekstock of small group classes for people who are living with or recovered from cancer - people can self refer or be referered by a health professional via Trekstock.

Cancer Prehabilitation Programme: An exercise-based programme aims to optimise physical and psychological wellbeing for patients before cancer treatment.

Next Steps: a fun and inclusive exercise group that is suitable for people with a range of medical conditions - no referral is needed and there is a small charge.

Keep Moving: A fun, low impact exercise class to help people stay healthy, active and independent - no referral is needed and there is a small charge.

Healthworks Gym: We have two low-cost community gyms and a range of fitness classes suitable for all abilities. Our Gyms are in Benwell and Lemington.

One to one fitness support: Customised fitness programmes are available at our Gym, empowering participants to begin or progress their individual fitness journey.

Weekly HealthWalk: A free and inclusive community health and wellbeing walk.

PERFORM Trial: Personalised Exercise-Rehabilitation for People with Multiple Long-Term Conditions – a groundbreaking research project designed to support people living with multiple long-term health conditions.

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Community Wellbeing Pathfinder Service: This service supports with a wide range of needs including mental health, physical health, loneliness, housing, finances, and lifestyle changes.

Stop Smoking support: Our trained team offer free one-to-one support to people are over 18 who live, work or study in Newcastle - people can self-refer.

The Tobacco Dependency Treatment Service (TDTS) is a joint initiative with Newcastle Hospitals offering stop smoking support to all acute in-patients.

Cancer awareness work: Our team work with communities and workplaces across the North East to help people become more informed about the signs and symptoms of cancer and the importance of screening in reducing risk.

Waiting Well: 12 weeks of free one-to-one support addressing to enhance individuals' overall health, ensuring they are better prepared for successful surgeries, have quicker recoveries and spend less time in hospital.

Pregnancy and breastfeeding support: Our Best Start team of trained practitioners and volunteers work alongside midwives and health visitors to offer additional support to families in Newcastle.

Children and families activities: We offer a weekly programme family activities to support bonding, health promotion and early learning.

Healthworks Pre-school: Registered to have 24 children each session.

Workplace Health: Free and low-cost services to promote better health at work.

Useful Vision: Work with visually impaired children and their families in the North East to give them the support they need to flourish.

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What's On

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SCAN ME

Research and Innovation in Health

At Healthworks, we believe research is integral to better health outcomes and we are a key partner in health inequalities research and innovative interventions with our colleagues across the region's Universities and NHS.

Formally recognised by the National Institute of Health and Care Research (NIHR) as a research site, we collaborate, co-design and deliver on some truly groundbreaking and important research which is making a real difference to people's lives.

Key partnership research projects include:

- **PERFORM -** This study explores personalised exercise-based rehab for people with multiple long-term conditions. Led by Leicester University and supported by Northumbria University, it aims to demonstrate improved quality of life and reduced hospital visits through tailored support.

- **Cervical Screening -** Healthworks is supporting the study at Northumbria University into increasing timely cervical screening participation in areas of high socio-economic deprivation.

- **PURE-EX -** Funded by Breast Cancer Now, Healthworks is working with Newcastle University to co-develop and test the feasibility of a programme to improve diet and physical activity support in standard breast cancer care.

- **KESS -** This study, in partnership with Northumbria University, is focused on developing and testing a digital health intervention designed to support ongoing exercise maintenance for individuals who have completed falls prevention exercise programmes.

Interested in partnering with us on research that makes a real impact? Whether you're a university, NHS team, community organisation, or funder, we'd love to hear from you - contact Paul Court via enquiries@hwn.org.uk

NIHR National Institute for Health and Care Research | **Health Innovation** North East and North Cumbria | **Northumbria University** NEWCASTLE | **Newcastle University** | **Durham University** | **UNIVERSITY OF LEICESTER**

IMPACT REPORT 2024 - 2025

30 Healthworks
CELEBRATING 30 YEARS

READ OUR LATEST IMPACT REPORT

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Supporting Healthworks is as easy as 123...

Last year over 18,000 people attended our services more than 83,000 times in total.
Your support means that we can reach even more people across the North East to help them to live longer, healthier and happier lives.

Three ways you can support us - which works best for you?

1

Donate direct to us online

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2

Leave us a gift in your will

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3

Support us when you shop online

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