



Healthworks
the community health charity



OUR

25:25

COOKBOOK

**25 of our favourite recipes
to celebrate 25 fantastic years of
Healthworks**



25 Healthworks

CELEBRATING 25 YEARS



Healthworks is a charity based in Newcastle working with local communities across the North East to improve their health, wellbeing and life outcomes.

We believe that everyone, regardless of the challenges they face- low income, unemployment or poor housing, should have the same opportunity to live in good health.

2020 marks our 25th anniversary year and we have produced this 25:25 Cookbook to mark the occasion.

We hope that you and your family will enjoy these quick, easy and tasty recipes.

Find out more about our work by following us on facebook and twitter and by visiting our website

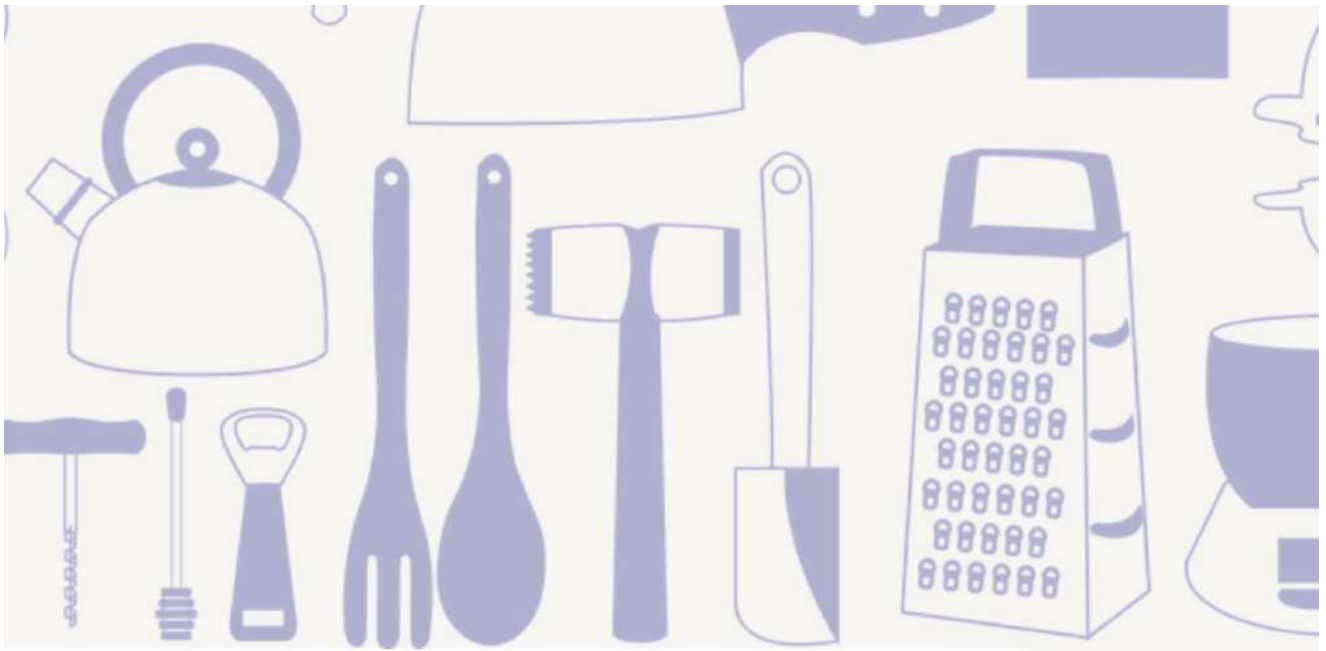
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Thank you for your ongoing support from everyone at Healthworks.

Enjoy!

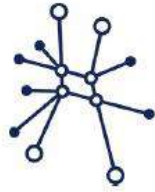


**The recipes in this book normally serve a family of four,
please adjust ingredient amounts as required.**



SNACKS AND MAINS





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Bang Bang Chicken Salad

What you need:

- 120g mixed salad
- 2 chicken breasts – sliced
- 60ml sesame oil
- 130g crunchy peanut butter

Substitute as necessary if you have an allergy to any of the ingredients.



How to prepare:

1. Place salad onto the plate.
2. Coat the chicken with the sesame oil and grill for 2-3 minutes on each side or until tender.
3. Remove from the heat and rest to cool before lying on top of the salad.
4. Microwave the peanut butter with 2 tablespoons of water, stirring every 30 seconds until runny.
5. Drizzle over the chicken and salad.

Top tips:

- You can use shredded Chinese cabbage and a variety of fresh chopped vegetables for extra colour and texture.

Enjoy!

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Quick Chilli Tuna

What you need:

- 2 cups of cooked boiled rice (white or brown)
- 220g tuna
- 2 tablespoons natural yoghurt
- 4 tablespoons sweet chilli sauce



Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

1. Stir tuna through the rice.
2. Combine the yoghurt and sweet chilli sauce together.
3. Mix all the ingredients together, then chill until ready to serve.

Top tips:

- This is lovely with a green salad for a tasty lunch!

Enjoy!

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Gnocchi and Tomato Bake

What you need:

- 1 tbsp olive oil
- 1 onion, chopped
- 1 red pepper, deseeded and finely chopped
- 1 garlic clove, crushed
- 400g can chopped tomatoes
- 500g pack gnocchi
- handful basil leaves, torn
- half a 125g ball mozzarella, torn into chunks



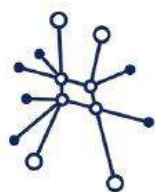
Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

1. Heat grill to high. Heat 1 tbsp olive oil in a large frying pan, then soften 1 chopped onion and 1 finely chopped red pepper for 5 mins.
2. Stir in 1 crushed garlic clove, fry for 1 min, tip in 400g chopped tomatoes and 500g gnocchi, then bring to a simmer.
3. Bubble for 10-15 mins, stirring occasionally, until the gnocchi is soft and the sauce has thickened.
4. Season, stir through a handful of torn basil leaves, then transfer to a large ovenproof dish.
5. Scatter with torn chunks of half a 125g mozzarella ball, then grill for 5-6 mins until the cheese is bubbling and golden.

Enjoy!

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Indian Fish Bake

What you need:

- 4 white fish fillets (any type)
- 4 tablespoons garam marsala
- 2 tins chopped tomatoes with herbs
- 250g Greek yoghurt

Substitute as necessary if you have an allergy to any of the ingredients



How to prepare:

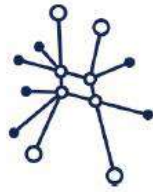
1. Pre heat oven to 180°C.
2. Place the fish in a baking tray and sprinkle with garam marsala evenly.
3. Pour over the tomato mixture, season and bake for 1 hour.
4. Remove and drizzle with the yoghurt and serve.

Top tips:

- You can buy chopped tomatoes with herbs or you can add your own herbs to a tin of plain chopped tomatoes.

Enjoy!

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Quick and Easy Fried Rice

What you need:

- Quick cook rice
- 2 eggs—whisked
- 1 cup of frozen mixed vegetables
- 1 white onion—diced
- 2-3 spring onions
- 1-2 garlic cloves (crushed)
- 2 tablespoons soy sauce
- Olive oil (Sesame oil if you have available and no allergies)



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

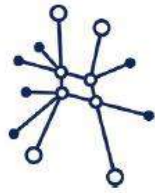
1. Cook your rice (follow packet instructions)
2. Add oil to frying pan or wok, once it is hot, fry white onion and garlic
3. Add mixed vegetables and rice to the pan and continue to fry while mixing
4. Push all ingredients to the side and turn heat down
5. Add whisked egg to the pan and mix until scrambled, mix everything together and add soy sauce
6. Serve straight away—Enjoy!

Top tips:

- Add in some leftover chicken or try prawns
- You can add in any of your favourite vegetables

Enjoy!

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Cheese Puffs

What you need:

- 1 egg
- 125ml milk
- 150g self-raising flour
- 200g strong cheddar
- 1tsp mustard or cayenne pepper (optional)



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

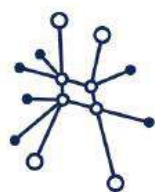
1. Pre heat oven 180 C / Fan 160 C / Gas 4
2. In a large bowl, beat together an egg and milk then add rest of
3. Ingredients, mix well
4. Drop tablespoon-sized dollops onto the baking tray and bake about 20 minutes.
5. Cool on a wire rack and enjoy

Top tips:

- Make a fruit puff using dried fruit or grated apple
- As a treat use chocolate drops
- Great as an after school snack, in packed lunches or for a picnic

Enjoy!

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Geordie Pizza

What you need:

- Cheese (grated)
- Tomato puree
- Selection of toppings; peppers, mushrooms, sweetcorn, onions, sliced meats, olives
- Basil (fresh or dried)
- Bread product—pitta, English muffin, stottie, wrap, baguette



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

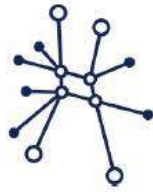
1. Spread your tomato puree onto your bread base
2. Slice and chop your vegetable toppings small and put on your base
3. Grate cheese and sprinkle over the top of your vegetables
4. Sprinkle a pinch of basil
5. Cook in a pre heated oven on 180°C / Gas mark 4 for 8-10 minutes

Top tips:

- Try using a sauce to flavour your pizza such as BBQ or Sweet chilli
- Make a easy base from scratch with 100g flour and 100ml fat free natural yogurt with a pinch of black pepper

Enjoy!

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Speedy Biryani

What you need:

- 200g microwave rice
- 2 chicken breast or Quorn pieces about 260g
- 1 onion
- 100g green beans
- 4 tbsp Balti curry paste
- 130ml water
- 4 tomatoes or tin tomatoes



Substitute as necessary if you have an allergy

How to prepare:

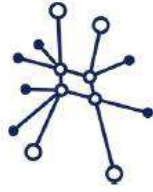
1. Dice the chicken into small pieces and put into the pan with the curry paste and cook for 5 minutes
2. Cut the onions into chunks and add to the pan with the green beans and cook for a further 3 minutes
3. Add the tomatoes and cook for 3 minutes.
4. Next add the rice and simmer for 3—5 minutes

Top tips:

- You can also use any vegetable you have at home

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Crunchy Wedges

What you need:

- 2 large washed potatoes
- 60ml olive oil
- 240g cornflakes
- 1 tablespoon mixed herbs

Substitute as necessary if you have an allergy to any of the ingredients



How to prepare:

1. Pre heat oven to 200°C.
2. Cut the potatoes into wedges and place in a large bowl.
3. Pour in the oil and coat the potatoes.
4. Coat the potatoes with the cornflakes and herbs.
5. Place onto a flat baking tray.
6. Cook for 20 minutes and then turn the potatoes and cook for another 20 minutes.

Top tips:

- You can also use sweet potatoes.
- Add parmesan cheese and paprika for extra taste.

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Chilli Chicken

What you need:

- 2 chicken breasts sliced
- 2 peppers sliced
- 1 large onion
- 150ml water
- 3tbs tomato puree
- 4tbs soy sauce
- Red chilli to taste
- 3 garlic cloves
- Optional ingredients sugar snap peas, baby corn, mushrooms, bean shoots or green beans



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

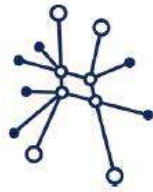
1. Fry chicken then add vegetables until cooked remove from pan and set aside
2. Add garlic, chilli to the pan and fry for 1 minute
3. Add all other ingredient and simmer until sauce thickens
4. Add chicken and vegetables back to the pan and mix together
5. Serve and enjoy!

Top tips:

- You can serve with rice, noodles or even a jacket potato or in a wrap
- Add leftover vegetables you have to make the recipe go further
- Try using turkey or lean pork instead of chicken

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Roasted Spiced Chickpea Snacks

What you need:

- 1 x 400g tin chickpeas drained and rinsed
- 1/2 tsp ground coriander
- 1/2 tsp medium or hot chilli powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tbsp oil (Rapeseed if you have it)



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

1. Pre heat the oven to 200°C /180°C Fan/ Gas 6
2. Put all the spices and seasoning into a small mixing bowl mixing together with the oil and add the drained chickpeas. Place in a single layer on a baking tray
3. Roast in the oven for 30 minutes until golden brown and crunchy, stirring half-way through to ensure they don't stick together
4. Remove from the oven and leave to cool to room temperature before eating.
5. Store in an air tight container and they will last for up to 5 days

Top Tips:

- Try different flavours such as black pepper, smoked paprika or curry powder

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Slow Cooker Chicken and vegetables

What you need:

- 1 bag frozen or fresh vegetables
- 4 chicken thighs or drumsticks
- 2 pint of chicken stock (cubes or slow cooker granules)
- 4 large potatoes

Substitute as necessary if you have an allergy to any of the ingredients.



How to prepare:

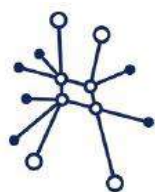
1. Place the vegetables in the slow cooker
2. Peel and slice the potatoes and add to the vegetables.
3. Add the chicken.
4. Make up 2 pints of chicken stock and pour over the chicken and vegetables.
5. Stir, then cook on LOW for 8 hours or HIGH for 5 hours.

Top tips:

- You can also use diced beef instead of the chicken and replace the chicken stock for beef .

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Easy Carbonara

What you need:

- 2 rashers of smoked streaky bacon
- olive oil
- 2 eggs
- 30g Parmesan cheese, plus extra for grating

Substitute as necessary if you have an allergy to any of the ingredients



How to prepare:

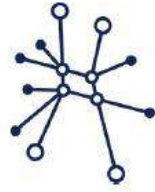
1. Cook pasta following packet instructions
2. Slice the bacon and place in a non-stick frying pan on a medium heat with half a tablespoon of olive oil and a really good pinch of black pepper.
3. Leave it to get super-golden and crispy, tossing occasionally, then turn off the heat.
4. Meanwhile, beat the eggs in a bowl, then finely grate in the Parmesan and mix well.
5. Use tongs to transfer your pasta straight into the pan and toss with the bacon.
6. Pour the Parmesan eggs into the pan, and keep everything moving, loosening with splashes of the pasta cooking water until you have a silky sauce. Make sure the pan isn't too hot otherwise the eggs will scramble.
7. Plate up the pasta, and finish with an extra grating of Parmesan.

Top tips:

- Freeze small pieces of cheese or unused grated cheese to save waste and use

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Mince 4 Ways

What you need:

- 1 onion
- 1 clove garlic
- 1 pint water, beef stock cube
- 400g lean mince
- 1 tin of tomatoes
- Dried mixed herbs
- Beef stock cube



Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

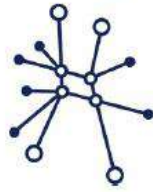
1. Chop peel and chop the onion and garlic.
2. Put the mince in the pan, break it up and fry until brown.
3. Add the onions and garlic and cook for 5 minutes.
4. Add the tomatoes, herbs, 1/2 pint of water, stock cube and bring to the boil, then simmer for 30 minutes, adding some of the extra water if needed, then serve.

Use this basic recipe to create three more meals:

1. **Bolognese sauce:** Add 100g of chopped mushrooms and tomato puree when adding the tomatoes.
2. **Chilli con carnie:** Add 1 tbsp of paprika, 1 tbsp chilli powder, 1 red pepper diced and 1 tin red kidney beans (or baked beans) when adding the tomatoes.
3. **Spicy mince:** Add 1 tsp curry powder and 1 potato (peeled and diced) when you cook the onions and garlic. Add 50g sultanas, 2 tbsp mango chutney

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Tuna and Courgette Fritters

What you need:

- 1 tin of tuna (160g) drained
- 1 courgette, grated
- 80g self raising flour
- 1 egg
- 1 tbsp oil
- Light soy sauce, to serve



Substitute as necessary if you have an allergy to any of the ingredients

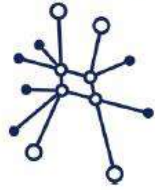
How to prepare:

1. Flake the tuna out of the tin into a bowl, then add the grated courgette, flour and egg.
2. Mix together to make a batter. If needed add a dribble of water to loosen the consistency until it resembles thick double cream
3. Melt a little oil in a frying pan over a medium heat. Spoon in large moulds of the batter, leaving some space between each one.
4. Aim for fritters about 7-8cm in diameter (this will make about 12 fritters)
5. Cook the fritters for about 2-3 minutes on each side before lifting them out the pan and draining on a paper towel

Top tips: Try adding 25g grated strong cheddar and serve with soy sauce and a wedge of lime

Enjoy!

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Easy Chicken Fajitas

What you need:

- 2 chicken breast, sliced
- 1 red onion, sliced
- 1 red pepper, sliced

Substitute as necessary if you have an allergy to any of the ingredients



- 1 tsp Chilli flakes
- 4 tortilla wraps
- 1 tbsp smoked paprika
- 1 tsp ground cumin

How to prepare:

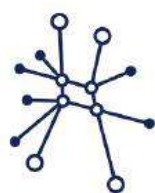
1. Heat oven to 200C/180C Fan/ Gas 6
2. Wrap tortillas in foil and place in oven
3. Mix all marinade ingredients together in a bowl
4. Add chicken slices and coat
5. Heat up frying pan and add chicken mixture, keep turning with tongs on the high heat until charred
6. Check to make sure chicken is cooked through, take tortillas out oven and fill with mixture
7. Add toppings and serve

Top tips:

- You could use cooked frozen chicken for a quick healthy meal or substitute for Quorn
- Top with grated cheese, salsa, sour cream or guacamole
- This dish goes nice with rice

Enjoy!

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Quick and easy pasta sauce

What you need:

- 2 cloves of garlic
- Olive oil
- 1 x 400g tin of good quality plum tomatoes
- optional: extra virgin olive oil
- 400g pasta

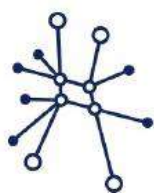


How to prepare:

1. Cook pasta following packet instructions. Peel and finely slice the garlic, then place in a non-stick frying pan on a medium heat with 1 tablespoon of olive oil. Stir regularly until lightly golden.
2. Pour in the tin of tomatoes, either scrunching them through your hands, or breaking them up with a wooden spoon. Let it simmer on a low heat until your pasta is cooked.
3. Use tongs to drag the pasta straight into the sauce, letting a little starchy cooking water go with it.
4. Toss well over the heat, then serve.
5. We like to finish with a drizzle of extra virgin olive oil.

Enjoy!

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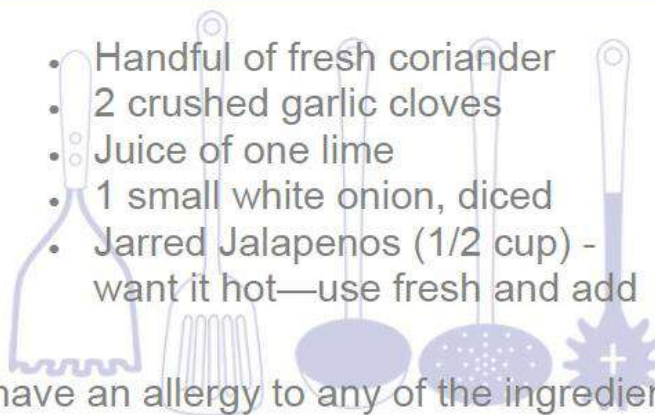
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Best Ever Salsa!

What you need:

- 2 tins of good quality plum tomatoes
- 1/2 tsp oregano
- 1/2 tsp ground cumin

- Handful of fresh coriander
- 2 crushed garlic cloves
- Juice of one lime
- 1 small white onion, diced
- Jarred Jalapenos (1/2 cup) - want it hot—use fresh and add



Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

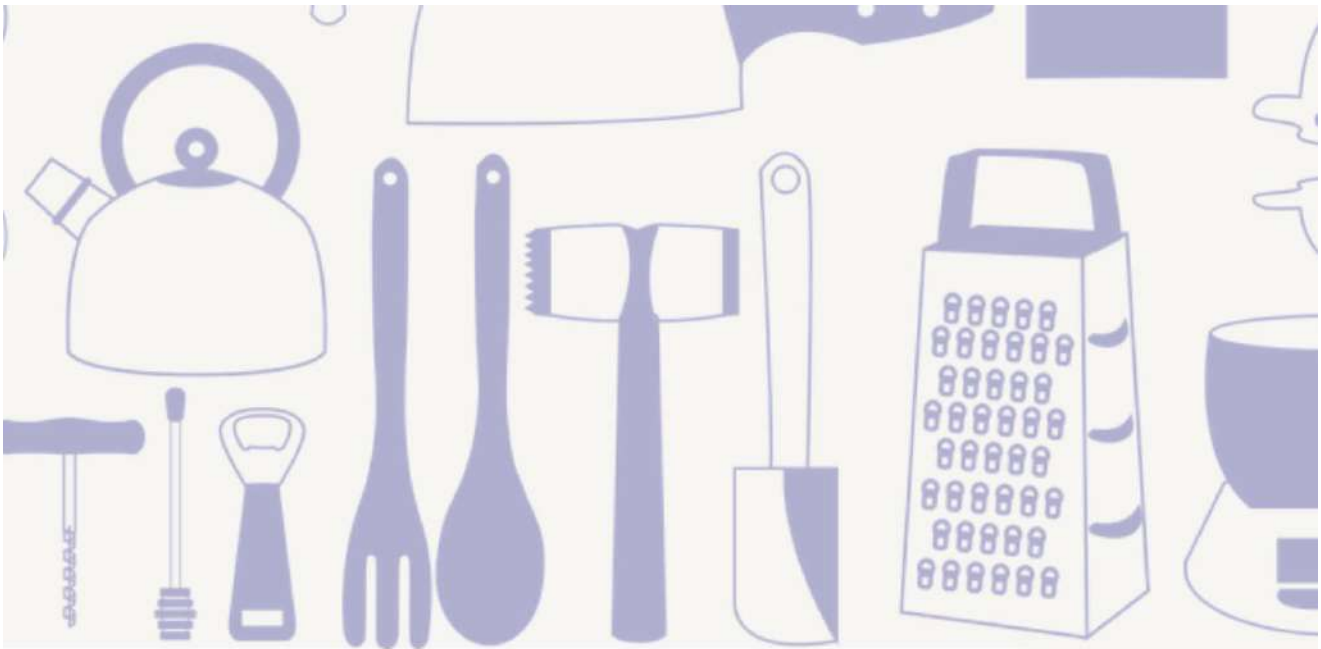
1. Place all ingredients in food processor and pulse till it is at the consistency you like

Top tips:

- Goes great with our Easy Chicken Fajita recipe
- Freezes really well and can be used as and when you need it
- Use as a sauce for a chicken dish
- Why not make some homemade tortilla chips, oil both sides of a tortilla wrap, season, cut up like as pizza and cook on 180°C for 10 minutes

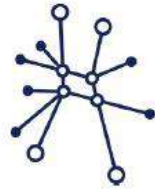
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SWEET TREATS





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3 Ingredients Fruit cake

What you need:

- 1kg dried mixed fruit
- 750ml orange juice
- 525g self raising flour

Substitute as necessary if you have an allergy to any of the ingredients



How to prepare:

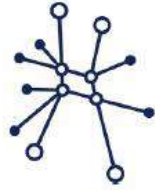
1. Soak the fruit in the juice overnight.
2. Pre heat the oven to 125°C.
3. Stir the flour into the soaked fruit and mix well.
4. Spoon the mixture into a 22cm lined cake tin.
5. Bake for 2 1/2 hours at the bottom of the oven or until cooked through.
6. Remove and leave to cool.

Top tips:

- This cake will keep nicely in an air tight container for 3 - 4 weeks

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Banana Cake

What you need:

- 4oz/100g low fat margarine
- 2oz/50g sugar
- 1 teaspoon baking powder
- 5oz/140g self raising flour
- 2 eggs beaten
- 4oz/100g sultanas
- 1 teaspoon mixed spice
- 3 bananas mashed



Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

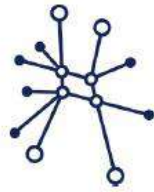
1. Pre heat oven to 180c/ 350f / gas mark 4
2. Beat low fat margarine and sugar together.
3. Stir in the eggs and bananas.
4. Add all of the remaining ingredients and mix well.
5. Place into 2lb loaf tin and bake for 40 – 45 minutes.

Top tips:

- This is a great way to use your ripe bananas.

Enjoy!

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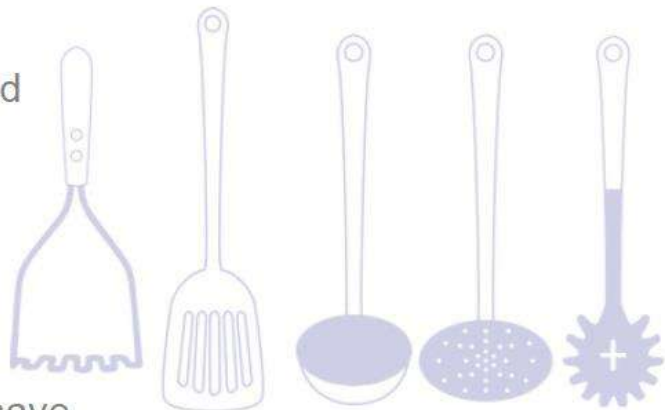


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Bread and Butter Pudding

What you need:

- Slices of white or brown bread
- Margarine to spread
- 50g sultanas
- 2 Eggs
- 1/2 pint milk
- 2 tbsp. sugar



Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

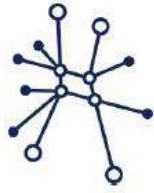
1. Pre heat the oven to 180°C.
2. Spread the slices of bread with the margarine and cut into triangles.
3. Arrange the of bread in an ovenproof dish.
4. Sprinkle the sultanas over the bread.
5. Mix the sugar, egg and milk together and pour slowly over the bread and fruit.
6. Place in the oven and cook until the egg and milk has set, approximately 20— 30 minutes.

Top tips:

- Use can any dried fruit you have at home.
- Or you can use chocolate spread instead of margarine to make a chocolate bread and butter pudding

Enjoy!

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Pancakes

What you need:

- 75g plain flour*
- 1 medium egg
- 100ml semi-skimmed or 1% fat milk
- Oil to fry
- 1 tsp caster sugar (optional)

*To make American pancakes use self raising flour instead of plain flour



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

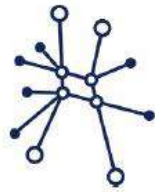
1. Beat with a wire whisk or a hand-held electric beater to make a smooth batter.
2. Heat a pancake pan or non-stick frying pan. Add 2-3 drops of vegetable oil. Pour in a quarter of the batter, and tilt the pan so that it flows evenly over the surface.
3. Cook over a medium heat for 1-2 minutes until set, then flip over to cook the other side. Make 4 pancakes in total, adding 2-3 drops of oil to the pan for each one.
4. Keep the pancakes in a warm place until all of them are cooked.

Top tips:

- You could use half plain and half wholemeal flour for a healthier version
- If you have time, leave the batter to stand for 10 minutes, though stir before adding to the pan
- Add fresh fruit, or top with yogurt and honey or squeeze lemon juice over
- Don't fancy sweet? Try a savoury option with ham, cheese or spinach

Enjoy!

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Apple crumble cookies

What you need:

- 50g dried apple
- 100g self raising flour
- 50g unsalted butter
- 50g caster sugar
- 1 large egg



Substitute as necessary if you have an allergy to any of the ingredients.

How to prepare:

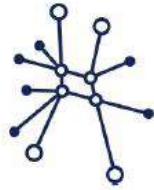
1. Pre heat oven to 200°C.
2. Line two baking trays with grease proof paper
3. Chop the apple into small pieces.
4. Rub together the butter and the flour until it looks like fine crumbs.
5. Add the sugar and the apple, then mix together.
6. Add the egg little by little until the mix is combined into a dough.
7. Separate into balls, place onto the tray and flatten them down a little
8. Bake for about 10 minutes until golden brown.
9. Leave to cool.

Top tips:

- You can use any other dried fruit that you have at home.

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk



Healthworks
the community health charity

Oaty Bars

What you need:

- 100g or ½ cup (125ml) butter
- 40g or ¼ cup (50ml) sugar
- 175g or 2 cups (500ml) rolled oats

Add in 2 of the following

- 50g or 1/4 cup raisins
- 50g or ¼ cup (50 ml) banana chips



Substitute as necessary if you are allergic to any of the ingredients

How to prepare:

1. Place the butter or margarine in a large microwave safe bowl. microwave on high power for 1 minute.
2. Add the sugar and oats to the butter or margarine. Stir in up to 4 of the add-ins. Press the mixture in to a 9 inch or 23cm square microwave safe dish.
3. Microwave on high power for 3 ½ minutes cool, then refrigerate for a least 30 minutes.

Enjoy!

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Chocolate and Beetroot Cakes

What you need:

- 100g Drinking Chocolate
- 125g Margarine
- 100g Dark Chocolate – minimum 60% cocoa solids
- 100g Caster Sugar
- 230g Self Raising Flour
- 250g Cooked Beetroot – not pickled
- 3 Large Eggs Beaten
- Cake Cases



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

1. Pre heat oven to 180°C / gas mark 4.
2. Arrange cake cases onto a baking tray.
3. Put the drinking chocolate, flour and sugar into a mixing bowl and mix.
4. Melt the chocolate and the margarine together in a bowl over hot (not boiling) water.
5. Grate the beetroot in a food blender, then whisk in the beaten eggs.
6. Add the beetroot and chocolate mixtures to the dry ingredients and mix together thoroughly.
7. Spoon the mixture into the cases and bake for about 15 – 20 mins or until a skewer inserted in the centre comes out clean.
8. Remove from the oven and leave to cool.

Enjoy!

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Healthworks Healthy Eating Services

Our **Community Skills Team** have kindly provided all of the recipes for this cookbook.

This team deliver a range of sessions for parents/carers and children for Newcastle City Council's Community Family Hub West. These sessions cover a range of topics and themes including Starting Solids, parents and children cooking together, the Eat Well guide, portion sizes and how to cook healthier family meals.

We know that making just a few simple swaps to what you eat and drink can have a hugely positive effect on your health and weight and we also understand that it can be really difficult to know where to start or to keep going without personal support.

Our **Community Health Trainers** are here to offer you the advice and guidance you need to stay on track and to help you continue to make good choices that can help you improve your health and wellbeing.

This service is absolutely free and you will benefit from one to one support which is tailored to your own personal needs.

We also offer a range of group based activities through our **Change4Life Early Intervention Health Trainers** who work in early years settings to promote the three key Change4Life messages 'Eat Well, Move More & Live Longer' in the West and East of the city.

To find out more about our Healthy Eating Services please visit our website

www.healthworksnewcastle.org.uk



Healthworks

the community health charity

To find out more about
our work and how you
can get involved
please visit our website

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