



Healthworks
the community health charity

IMPACT REPORT

2021 - 2022

WELCOME FROM OUR CHAIR

This last year has been one of consolidation and growth. Building on our achievements of previous years, we have increased our range of services by developing new relationships with local NHS services to promote pre-op health. Last year I was pleased to announce that Healthworks had been selected for a GSK IMPACT award and in the past year we have worked closely with the King's Fund as part of the training element of the award, which has proved extremely valuable to our senior leadership team.

As always, thanks go to our staff and volunteers who have continued to dedicate themselves to the organisation and work flexibly to meet the needs of our service users as we enter a post-Covid world. Under Paul's excellent leadership, Healthworks is going from strength to strength as our staff team expands and our presence in the West End of Newcastle means that we are a valuable provider of essential jobs and services.

Thanks also go to the Healthworks board who have continued to provide their strategic support. I am pleased to say that Healthworks have also welcomed two new trustees in this past year – Charlie Burton and Michelle Henderson. Both bring a range of skills which will serve to strengthen the board and the organisation going forward.

Healthworks is in a very strong position to support our service users with the challenges they will inevitably encounter as a consequence of rising inflation and the cost of living crisis. As a result, we will be broadening the range of services we provide and I anticipate that 2022/23 will be one of the best years of our 25 year history.

Joel Marks
Chair





A MESSAGE FROM OUR CHIEF EXECUTIVE

This year continued to present challenges that tested the resilience of our staff and many of our key partners across the health and social care sector. As the world started to reopen, Healthworks emerged from the pandemic, stronger financially with a broader portfolio of interventions and commissions.

This is reflective of the support Healthworks has been able to offer those most disadvantaged or living with long term conditions over the last couple of years and how we are able to strongly evidence the impact of our interventions.

We continued to work in collaboration with partners across Public Health and the NHS, to develop new initiatives and services to support people across the region. We have continued exploring innovative research alongside our region's world class Universities and supported with the delivery of the trials and concepts. As we further develop our aspiration to develop this work, Healthworks is now a core member of the regional Newcastle Health Innovation Partners.

We have a dynamic new leadership team who are building on what we learned during the pandemic in order to grow, invest and capitalise on our reputation as an organisation that delivers. As we look to launch our new strategy at the end of 2022, we will take a bolder approach to scaling up service areas across the region.

Of course, the coming year will also present challenges through the cost of living crisis. Across the charitable and voluntary sector, we will once again need to be resilient. I'm incredibly proud of our team and how, time after time, they have responded to the challenges. We will continue to navigate our way through these uncertain times and I'd like to thank them for their commitment, hard work and dedication to supporting the communities we work with.

I hope you find our Impact Report useful and informative as we reflect on what we have been able to do to support our service users and communities across the region during 2021-2022.

Paul Court
Chief Executive



Healthworks is an award-winning charity, working across the North East region with people of all ages to enable them to lead longer, happier and healthier lives.

From the antenatal period onwards, we offer a range of services that help and support people to; reduce the risk of preventable ill-health, become more active, eat more healthily, give up smoking, improve mobility, reduce the risk of a fall, improve mental wellbeing, have a healthier lifestyle and manage existing medical conditions.

We're committed to promoting equality, valuing diversity and championing inclusion. We include these principles in all of our behaviours and everything we do – as an employer, as a provider of services and as a partner organisation. Equality, diversity and inclusion is at the heart of all our processes, policies, practices and behaviours.

REGIONAL CHALLENGES

2.6m

people live in the North East of England

34%

of people live in places classified as being in the 20% most deprived areas in England

7

out of 12 local authorities are within the 25% LA's with the highest deprivation score overall

59 years

Healthy Life Expectancy for males is 59.1 and 59.7 for females (the England average is 63.1 (for male and female))

16%

of adults in the North East smoke which is almost 2% higher than the England average

15.7%

of pregnant women smoke compared to only 10.6% across England

59%

breastfeeding initiation compared with 74.5% in England

63.5%

of adults do the recommended 150 mins of weekly physical activity compared with 65.9% in England

69.7%

of adults are classified as overweight or obese, compared to 63.5% in England

53.7%

eat the recommended '5-a-day' compared with the England rate of 55.4%

1 in 4

adults reported feeling high anxiety compared to 1 in 5 in 2016-17

1133

per 100,000 emergency hospital admissions due to falls in people aged 65-79 compared to 937 in England

Our goals



Increase recognition and understanding of the wider determinants of health



Reduce health inequalities and enable people to overcome challenges and barriers to good health



Support communities across the North East to improve their health, wellbeing and life outcomes



Build the capacity of individuals to identify and act on issues that impact on their health and wellbeing



Work in partnership with other organisations to develop new services across the region to meet emerging need



Achieve a wide reach into communities traditionally seen as "hard to reach"



Recruit, train and upskill a local workforce and volunteer team



Explore new funding opportunities and secure commissions to develop and expand our service delivery



Develop and deliver a range of inclusive health improvement and health promotion services



Provide local access to regular exercise via high quality and low cost community gyms and classes



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WHAT WE DO

Our Health Improvement Team are here to offer people the advice and guidance they need to make good choices that can help improve their health and wellbeing.

They offer:

- NHS Health Checks,
- Healthy lifestyle advice
- Stop smoking support
- A Staying Steady falls prevention programme
- Support with a range of conditions
- Improving wellbeing support



Research

Healthworks is a core partner of Newcastle Health Innovation Partners. We work alongside the region's universities to develop innovative interventions, some are highlighted in this report.

Our Amazing Start Team work with key agencies to support families from conception to age 19.

They work with parents and families, to provide antenatal, breastfeeding and family support through a team of trained staff and volunteers.

Our Pre-school in Lemington offers nursery places for two, three and four year-olds.



We also offer a range of physical activity opportunities, including for those with an existing medical or long term conditions such as diabetes, vascular conditions and Long Covid.

The Health Promotion Team deliver a range of activities and training including:

- Accredited Royal Society For Public Health training,
- Cancer Awareness sessions and activities,
- Community Cancer Champion training,
- Healthy eating information and activities,
- Healthy cooking sessions,
- Activities for parents/carers and their children,
- Holiday activities for families.



Zone West

Delivers health, education and community support around the individual needs of children.

We have two fully equipped gyms and a weekly programme of exercise classes.

We also have activity spaces and meeting rooms for hire.

**A quick guide
to our
2021-2022 in
numbers**



35,851

Total service
attendances by



6,464 Unique
individuals



36%

Identified as
male

64%

Identified as
female



32%

of people engaged in
our services identified
within minority
ethnic groups



61% of people
using our services
live in <30% IMD
areas



84 staff in our team

65 FTE

71% live locally

Of our staff team

14% Identified as male

86% Identified as female

6% Identified within
minority
ethnic groups



Our turnover for the
financial year was

£1,681,716



26

Amazing volunteers
supported us



Giving a yearly
total of

1,141 hours



Which based on the ONS
figure for 2015 has an
economic value of

£13,555.08



8 Trustees
6 Board meetings
1 AGM

MAKING A DIFFERENCE

Research undertaken by Dilupa Samarakoon, Senior Research Fellow in Health Economics, Northumbria University recently published an evaluation of the work we do. The report highlighted:

“

It is evident from the Return On Investment tools and scoping review of the available literature that all programmes are of benefit to the Healthworks enrolled population and community. As mentioned before, benefits can be gained in the short-run and long-run, especially due to opportunity cost savings. The programmes have delayed the onset of diabetes cases, led to fewer inpatient admissions thus freeing up hospital beds, reduced the burden on GPs, A&E departments and ambulance services, reduced falls, and reduced anxiety and loneliness. While these benefits may not always result in cost-savings that can be quantified immediately, the resource allocation can potentially relieve pressures on the NHS and Local Authority.

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Making a difference to the health and wellbeing of people in the region



1,766 unique people accessed our Health and Wellbeing programmes, ranging from Cardiac Rehab to Lifestyle interventions



2,758 support telephone and video support calls were made to individuals, equating to 1501 hours of remote lifestyle support



224 individual NHS Health Checks completed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia



60% of completers of our Staying Steady programme improved their 4-Point Balance test with an average improvement of 1.3 points



87% improved their Timed-up-&-Go test with an average improvement of 31%



80% of completers improved their Sit-to-Stand test by an average of 47%.



99% of completers plan to continue to exercise at home and at other venues.



92% of clients report an increase in their Physical Activity Levels
Based on PPAQ questionnaire



92% of clients reported they had achieved their Goals, across a range of Health and Wellbeing projects



In our Diabetes management pilot 16 clients reduced their HbA1c reading.
Average loss on 11.06mmol



97% of clients asked would recommend the programmes to friends and family



110 people completed the Cancer champion Courses.
94% found the course informative and useful.
60% of those fulfilled their "Pledge"



We participated in 70 Cancer Awareness events attended by 1,174 people.
63% of those attending resided in the lowest 30% areas of deprivation



80% of those that attended Cancer Awareness events reported that they are now likely to attend a screening appointment and 96% found the presentation informative and useful



299 meetings with local businesses to promote key Cancer awareness messages.
153 unique business displaying promotional materials



393 individuals accessed our Stop Smoking service and were given 1-2-1 support to set their Quit date

Of the people accessing our Stop Smoking service, 48% of all clients successfully quit smoking

In addition:

- 49% of all clients who live with children quit
- 61% of all male clients quit and
- 51% of all clients residing in the most deprived areas quit



60% of those that Quit Smoking continued to be smoke free at 12 weeks



56% of clients employed in 'Routine and Manual' occupations setting a quit date quit smoking

Around 1 in 4 people in this group smokes, compared with 1 in 10 people in managerial and professional occupations



92% of clients have increased their physical activity levels from inactive to active
based on on GPPAQ



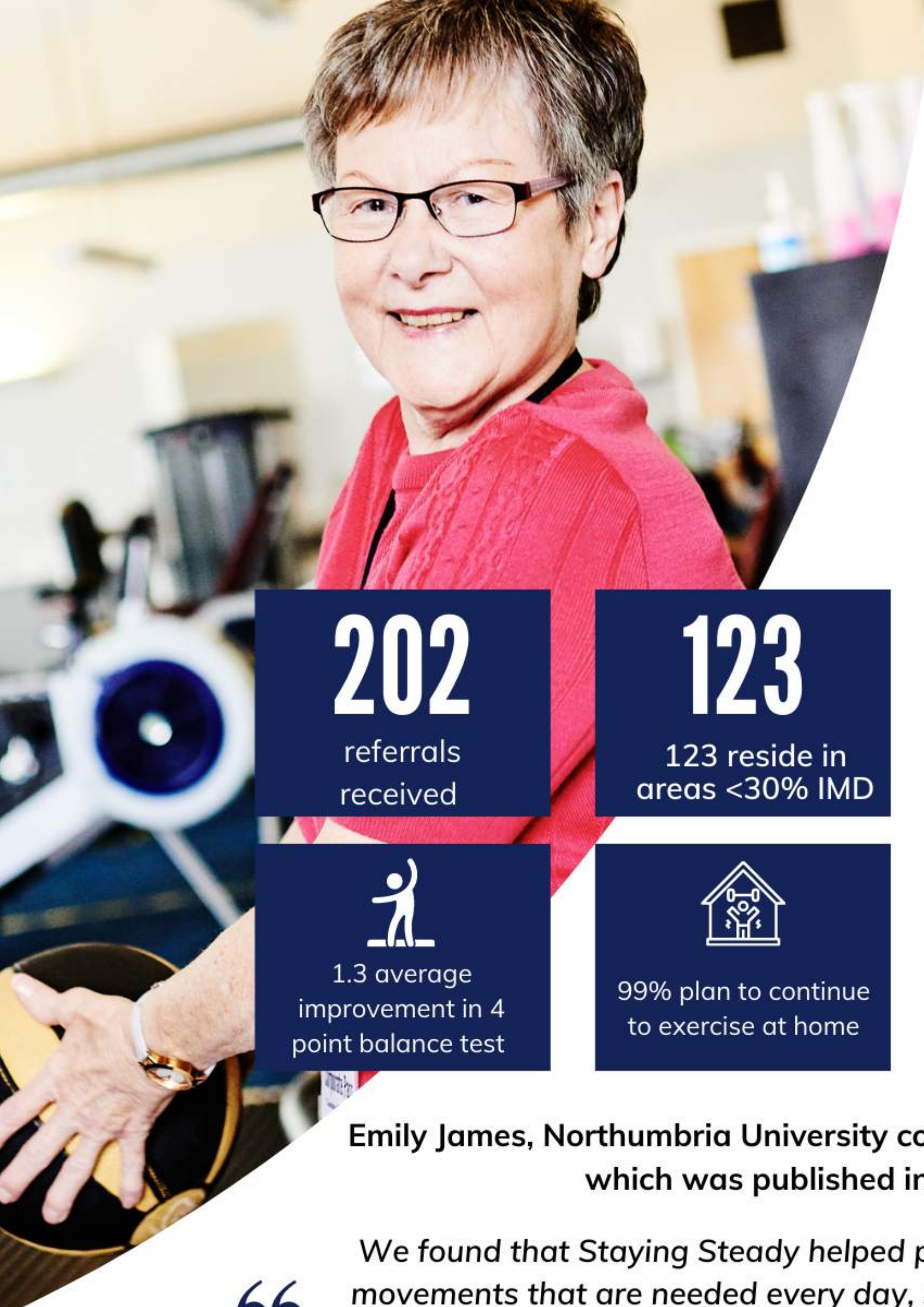
A total of 649kg (102.2st) weight loss was reported between 168 clients



A total of 321cm lost from waist measurements with an average loss of 6.29cm per client



67 unique people reduced their BMI to a healthy range
Average reduction of 1.79



Spotlight on Staying Steady

a community-based falls prevention programme

Staying Steady is a 28 week specialist physical activity programme for people who have recently fallen or are afraid they might fall.

Sessions are delivered in 4 community venues across Newcastle and aim to:

- improve balance and strength
- increase social engagement
- increase confidence
- improve health literacy

202

referrals received

123

123 reside in areas <30% IMD

70%

clients completed

1290

attendances

99%

of clients would recommend the programme



1.3 average improvement in 4 point balance test



99% plan to continue to exercise at home



98% found the educational sessions beneficial



51% participants fully achieved their goals



91% of participants felt they benefited from the programme

Emily James, Northumbria University completed an evaluation on the effectiveness of Staying Steady which was published in the BMC Public Health Journal. She reported:

“

We found that Staying Steady helped people with a range of different health problems to carry out movements that are needed every day, such as standing from a chair, walking and balancing. Being able to carry out these movements well means we are less likely to fall and more able to live without help as we get older. People who finished Staying Steady were happy with the result, saying that they were less worried about falling and were able to manage day to day activities more easily.”

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Making a difference to children and families



77 families were provided with antenatal support from practitioners and/or volunteers



We introduced new weekly family sessions at Health Resource Centre: Boogie Bairns (for children 0-2) and Sensory Baby (for children up to 12m).



Our 'Breastfeeding Mams Newcastle' dedicated social media support pages have 3088 followers on Facebook and 519 Instagram followers and provides support, information and guidance to families



Our Amazing Start Team reached and engaged with 1072 new carers and families



5 Breastfeeding Social sessions per week across the city, one virtual group and four face to face groups which take place in each of the locality areas.



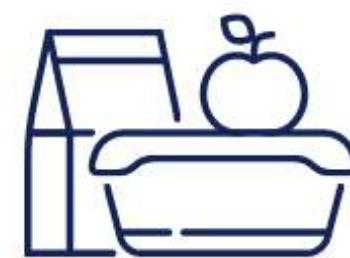
59 children attended our Pre-school 3,960 times between them.



We delivered family workshops for the first time over the Christmas holiday period, and engaged with 124 unique children in 6 venues over 4 days



We now have a Family Services Co-ordinator, coordinating the children and families offer and engaging local families, working closely with our partners providing a wide range of resources and sessions



We prepared and supplied 1164 individual healthy packed lunches to our partners in line with the current school meal guidelines.



137 unique children across 6 venues engaged in our Spring Holiday Activity. The children had the opportunity to develop their skills while cooking and eating together.



We continue to develop a range of digital family resources which are accessible to families and workers for free - these included family activity eBooks, play and learn videos and family cooking activities

Client reported health and wellbeing outcomes



85% of our clients reported an improvement in Life Satisfaction
Personal Wellbeing ONS4 questionnaire



65% of our clients report improvement in Pain.
75% improvement in managing their Musculoskeletal conditions better
HOOs & KOOs PROMs



94% of our clients reported an improvement in their management of their long term condition
PROMs



82% of our clients told us they had improved mental wellbeing from their starting point
EQ-5D-5L



76% of our clients reported an improvement in their diet after being supported by us
EQ-5D-5L: VAS



PEOPLE'S STORIES

These are the stories of just a few of the people who have improved their health and wellbeing as a result of the support our team provided this year.

You can read more People's Stories on our website.



John's Story: Referred to Pre-Op DREAMS Programme

John was referred to the Dreams pilot before having surgery. He had prostate cancer and received injections for this. His partner was also receiving treatment for terminal cancer.

He looked after his partner and took care of the house, his diet mainly consisted of convenience foods and sandwiches. John would pick on biscuits and crisps throughout the day. He was inactive, taking the car everywhere. His alcohol intake has been increasing since his and his partner's diagnoses. He wanted to lose some weight and get his diabetes under control.

During the programme John was able to improve his eating routine to avoid eating too late. He reduced his carbohydrate intake to the recommended level. John increased oily fish and fruit and vegetables in his diet. He cut down his snacks of crisps and biscuits. John set and achieved goals to increase exercise. He started going for short walks to the shops a couple of times a week and by the end of the programme he was attending the gym at work regularly.

As a result of the support he received, John's HbA1c reduced from 54 to 42 in 12 weeks.


Both John and his partner have benefited from the programme and have healthier meals with fish and vegetables. He feels he can deal with stress a lot better now and his wellbeing has improved since the programme started. He said he would never forget these sessions and they have really helped him for life now. His fitness has improved a lot and he says he can keep up with the grandchildren a lot better now.



Steven's Story: Support with Peripheral Arterial Disease

Steven was diagnosed with Peripheral Arterial Disease at the end of 2021 and was referred to The Freeman Hospital where he met with Dr Prentis who explained his condition fully and explained what could happen if he did not make lifestyle changes, such as the risk of losing a leg.

This conversation motivated Steven to get involved in the TEXT PAD study. This involves Healthworks delivering two weekly exercise sessions and one lifestyle support call each week, with ongoing support from the NHS. The lifestyle calls with Steven focused on diet, stop smoking support and also other wider health determinants including housing.



When we started working with him, Steven was sleeping in his car and didn't have a place of his own. We made a referral to North Tyneside Council who helped him get a bungalow. He reports that this has had a major impact on his mental health and that his depression and relationships with his family have improved. In addition, Steven also quit his 60 a day smoking habit with our support and remains smoke-free! He now reports that he can take stairs more easily and does not get out of breath during normal daily activities as he previously did. When he started TEXT PAD, Steven could only walk 10 metres, yet on his post-programme test he could walk 20 laps.

“

The support I received was outstanding, I can't praise the staff enough and I knew I could ring them if I was worried about anything, I'm totally different to what I was, and I feel better in body and mind. If you have PAD, get help from this service - it will change your life!

”

Gary's Story: 12 week healthy lifestyle support and support to manage diabetes

Gary was waiting for a knee operation. He was taking insulin but was having several hypos a week and wasn't sure how to eat in a way to control his blood sugar levels.

He said his alcohol intake was increasing daily but he felt unable to do anything about this. Gradually, over the 12 weeks, he managed to change his diet so that he was having smaller portions of carbohydrates, more protein and vegetables and choosing higher fibre foods. He also learned more about which foods were affecting his blood sugars so that he could better manage his insulin.



At the end of the programme Gary reported having much fewer hypos. His Hba1c reduced from 64 to 45 in 12 weeks.

He has reduced his drinking to weekends only and dramatically changed his diet. Gary has also been referred to the PCN Pharmacist for insulin help and support. In addition to the 7.5kg reduction in body weight and reducing his Hba1c, Gary said that his breathing has improved so that he has greatly reduced the use of his inhaler. Gary said he was desperate for help when we contacted him and can't thank his Lifestyle coach enough.

Mai Linh's Story: Breastfeeding support upon discharge from hospital after having a baby

Our Amazing Start team started working with Mai Linh when she was discharged from hospital following the birth of her baby. Although she wanted to breastfeed she was finding it very challenging.

Our Amazing Start team made telephone contact to offer support when she returned home. Initially we provided telephone support and then we supported her to come along to one of our weekly Breastfeeding Social groups, which enabled her to continue to breastfeed her baby successfully.

“

Without this support I would have given up breastfeeding after the first week. Having breastfeeding support over the telephone and at The Nunsmoor breastfeeding social group has made me feel more relaxed, increased my confidence and made me happier about breastfeeding!

It's lovely to get out of the house to attend the group and meet other breastfeeding mams too.

”



Sarah's Story: Participant in our ESCAPE-Pain programme

Sarah, 68 a retired School teacher was referred to us from TIMS (Tyneside Integrated Musculoskeletal Service) to participate in our ESCAPE-pain programme.

ESCAPE-pain is a funded, 6 week, twice weekly evidenced based rehabilitation programme, designed to reduce pain and disability for people with chronic joint pain. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.

Sarah suffered from extreme joint pain which was preventing her from doing routine tasks like shopping, gardening and sometimes getting out of bed. She experienced numerous falls and felt very anxious about starting the programme.

Sarah never missed a session and upon completing the programme she noticed a positive improvement in her mobility without the constant pain. Most importantly Sarah's quality of life has improved and now attends our 'Next Steps' exercise class weekly with those she met in the Escape-pain classes.

“

I initially thought it wouldn't work and actually make my pain worse! But in fact, I can honestly say I was wrong! I never thought of thinking of how the pain killers I was taking were only masking the problem and not improving it! The instructor made the sessions so enjoyable to come to, and my pain is a lot more manageable now. Its changed my life!

”



Jim's Story: Support and advice with possible signs and symptoms of prostate cancer

We met Jim when our Cancer Awareness team were out and about doing community engagement work in the West of Newcastle. He came up to our team seeking advice and information about some health issues he was worried about.

Jim advised us that he was having trouble going to the toilet, especially at night, and that he had noticed other health issues such as swollen limbs. Jim had not wanted to bother his GP and so had just put up with these issues. Our team advised that while the signs and symptoms he was describing may not be anything to worry about, there was a chance that it could be something more serious. We advised Jim to contact his GP for a check- as soon as possible in order to rule out any possible illness or, if there was a problem identified, to get an early diagnosis and appropriate treatment.

Without our support Jim told us he would not have contacted his GP and would have lived with his symptoms thinking that this is a normal feeling of getting older. As a result of contacting his GP, Jim was diagnosed with an enlarged prostate and he is now being monitored for cancer, has medication to reduce symptoms and is awaiting surgery.

“

Men, like most people put stuff down to age (getting older). I thought I was just putting on extra weight and the symptoms were normal for someone my age. Once I spoke to the Healthworks staff and getting support from them, I felt like I could confidently go to the GP and explain my issues.

”



FINAL THOUGHTS FROM OUR PATRON, PROFESSOR SIR MICHAEL MARMOT

The last couple of years has increasingly shown that not everyone has the same pressures or opportunities in life. This makes it harder for some people to live healthily or increases barriers to seeking healthcare.

The combination of these factors leads to a 'health gap' between the most and least deprived in society, with the most disadvantaged more likely to suffer from worse health and have a lower life expectancy.

'The Health Gap-the challenge of an unequal world' was the title I gave to my book on health inequalities, which although accurate, isn't the full picture. It's accurate in the sense that, if you look at the North East, you consistently have some towns and cities with the lowest life expectancy. But the real issue exists as a gradient.

So, those differences in money, power and resources between different groups mean that the lower social and financial position someone finds themselves in, the more likely they are to suffer from worse health, with outcomes getting worse the further they are from the top.

Ultimately, these inequalities are profoundly unfair. But they are also avoidable. We need social and economic policy to move in the direction of reducing health inequalities. But we also need organisations like Healthworks that work with local communities to help them lead healthier lives.



Professor Sir Michael Marmot is Professor of Epidemiology at University College London, Director of the UCL Institute of Health Equity.

He has led research on health inequalities for over 40 years and is known worldwide for his research and policy advice to the World Health Organization and has advised many local and national governments and organisations throughout Europe and the rest of the world.

He is the author of *Fair Society, Healthy Lives (The Marmot Review 2010)*, *Health Equity in England: The Marmot Review 10 Years On (2020)* and *The Health Gap: The Challenge of an Unequal World (2015)*.

Thank you to all of our past and present staff, volunteers, trustees, funders, partners and friends who have supported us in improving health outcomes for people across the region, including:



www.healthworksnewcastle.org.uk