



Healthworks
the community health charity

HEALTHY LIFESTYLE

RESOURCE KIT



www.healthworksnewcastle.org.uk

0191 2724244



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.



We offer a range of services to improve health and wellbeing outcomes of people across the region:

- Getting active
- Eating Well
- Stop smoking support
- NHS Health Checks
- Cancer awareness
- Falls prevention
- Antenatal and breastfeeding support
- Support to manage existing health conditions including Long Covid, diabetes and arthritis
- Royal Society For Public Health and other training
- Healthworks Pre-school at The Lemington Centre
- Healthworks Gyms and activity classes in Lemington and Benwell
- Room and activity space hire
- Zone Works (inc Zone West) children and young people project





Welcome to your Healthworks Healthy Lifestyle Resource Kit

Your Healthworks Healthy Lifestyle Resource Kit contains a range of digital resources that you can use with your organisation, customers, family, friends or group.

The resources can be used together as a complete e-book and/or as individual information sheets to use and share.

You'll find the following information in the resource kit:

- Healthy Lifestyle Support
- Stop Smoking information
- NHS Health Checks information
- Alcohol awareness and tips to help reduce weekly units
- Eat Healthy, Be Healthy
- Boost your Feelgood tips
- Sleep
- Getting active with Healthworks
- Long Covid support
- Falls prevention support
- What's on at Healthworks
- Cancer awareness
- Training
- Working from home health
- Energy saving tips
- Where to get advice and support
- How you can help us make a difference
- The Healthworks Corporate Partner programme
- Useful links



READY TO MAKE A CHANGE towards a healthier lifestyle?

We offer the following one-to-one support:

Action on Diabetes:

Giving you a better understanding of type 2 diabetes and how to manage it through diet and lifestyle.

Eating Well:

Supporting you to achieve a healthy, realistic diet that you can maintain over the long-term.

Getting Active:

Giving you support and motivation to increase your physical activity levels in a way that suits you.

Path to Wellbeing:

Providing you with information and tools to improve your mental health and wellbeing.

Stop Smoking:

Giving you support, information and treatment options to help you stop smoking for good.

How do you find out more?

Call us on 0191 272 4244 or visit our website



It's never too late to quit smoking?

The sooner you quit, the sooner you'll notice the benefits!

Let's take a look at what happens when you quit smoking

+8

After 8 hours

Your oxygen levels are starting to recover and harmful carbon monoxide levels in your blood will have halved.



20 min

After only 20 minutes

Your pulse rate will already be starting to return to normal.



48

After 48 hours

All carbon monoxide has now gone, your lungs are getting rid of mucus and your sense of taste and smell are improving.



After 72 hours

You might notice you are breathing easier as your bronchial tubes are starting to relax. You are likely to have more energy too!



After 2 to 12 weeks

Your circulation will now be improved and blood will be pumping through your heart and muscles better.



After One Year

Your risk of heart attack is halved compared with a smoker's.

After 10 Years

Your risk of death from lung cancer now half that of a smoker's!

Smokers who get the right support are 3 times as likely to quit successfully! We offer free 121 support sessions which are open to all adults living, working or studying in Newcastle.

Scan to find out more or visit our [website](#).



SCAN ME



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244



NHS Health Checks

The NHS Health Check is a health check-up for adults in England aged 40 to 74.

It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions.

An NHS Health Check (which includes blood pressure checks, BMI and cholesterol checks with same day results) helps find ways to lower a person's risk.

In Summer 2022 our team carried out NHS Health Checks at the Newcastle upon Tyne Hospital Trust sites for members of the staff team. We gathered feedback from those staff members who had a check, which was incredibly positive.

87%

enjoyed the NHS Health Check experience

98%

would recommend the NHS Health Check to colleagues

82%

of participants intended to make lifestyle changes as a result of the NHS Health Check

92%

would like further health and wellbeing sessions in the workplace

It was great to have the tests in the workplace, they were easy to book and convenient to attend. I was originally invited for health check at GP surgery 5 years ago and hadn't got round to going. The staff member was very friendly and reassuring.

Good overall general checks. Benefited from a check that I would not generally otherwise have had e.g. cholesterol check. Was good to get the opportunity to undertake this during the working day, with little impact on my working day, as the appointment was on-site. Having this sort of check at my GP would have wiped out a couple of hours minimum, as opposed to the half hour in work.

I found the process really easy. I enjoyed the discussion about what I was doing well, but also what changes I could make to improve my health and well being.

Our staff offer NHS Health Checks at a number of locations including workplaces and local community venues. You can find out more about NHS Health Checks, check your eligibility on our website or call us.



Do you know your alcohol units?

It's recommended to drink no more than 14 units of alcohol a week, spread across 3 days or more. That's around 6 medium (175ml) glasses of wine, or 6 pints of 4% beer.

There's no completely safe level of drinking, but sticking within these guidelines lowers your risk of harming your health.

One standard drink is...



Half a pint of regular beer



1 small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitif

One standard drink is not...

The following drinks contain more than one standard unit of alcohol.



Pint of regular beer/lager/cider
-Premium brands contain 3 units!



1.5

Alcopop or can/bottle of regular lager



A can of premium lager or strong beer. Super strength contains 4!



A 175ml glass of wine



A standard 750ml bottle of wine

This is a really helpful self-assessment tool from Drinkaware to help check if you are drinking too much.



Tips to help you cut down your alcohol intake

Drink and think in units: The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that means about six pints of lager or a bottle and a half of wine. Use this [handy unit calculator](#) to help you work out exactly what you're drinking.

Pace yourself: Enjoy each drink slowly, and remember that you don't have to join in every time someone else decides, give it a miss have water or a soft drink instead!

Watch your measures: Remember that the drinks you pour at home are often larger than those served in pubs.

It's fine to say no: Not everyone drinks alcohol, and it's fine to say no. It's surprising how many people think it's OK to pressure other people to drink – it's not!

Have a few days off every week: Having a few alcohol-free days each week is a good way to cut down and give your body a rest, boost your immune system and improve your mental health and wellbeing.

Don't binge and drink all of your units in one go: It's safest not to drink more than 14 units per week, spread over three or more days and with a few days off in between.

Eat before and while you drink: Have something to eat before you drink and, if possible, while drinking. It will slow down the alcohol being absorbed into your bloodstream and help you pace yourself.

Ask for help: Ask for help if you feel your drinking is getting out of control. There's nothing to be ashamed of; lots of people struggle with alcohol at some point in their lives and need support to turn things around. Talk to your GP or contact your local alcohol treatment service.



EAT HEALTHY

Be Healthy!

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.

We also understand that it can be really difficult to know where to start or to keep going without personal support.

Our Health Improvement Practitioners 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. They offer 1-2-1 support and group activities, find out and get in touch on our website.

Our team has developed a range of free downloadable recipe books and cooking videos to help, support and encourage people to get cooking and to enjoy healthy, low cost and tasty food with their families!

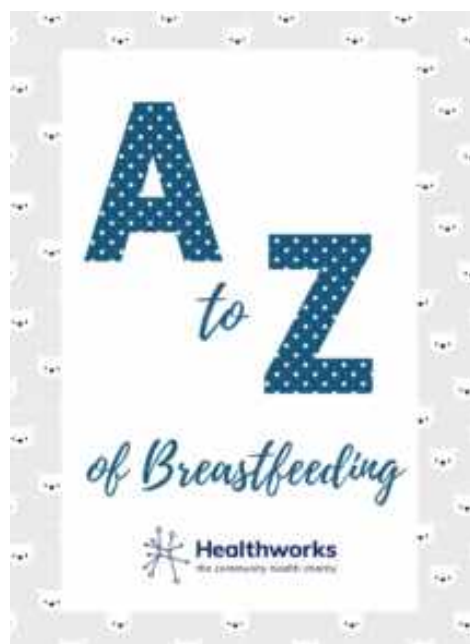
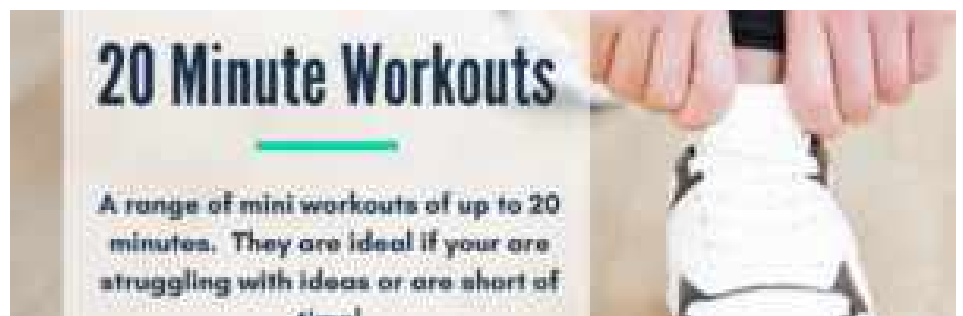
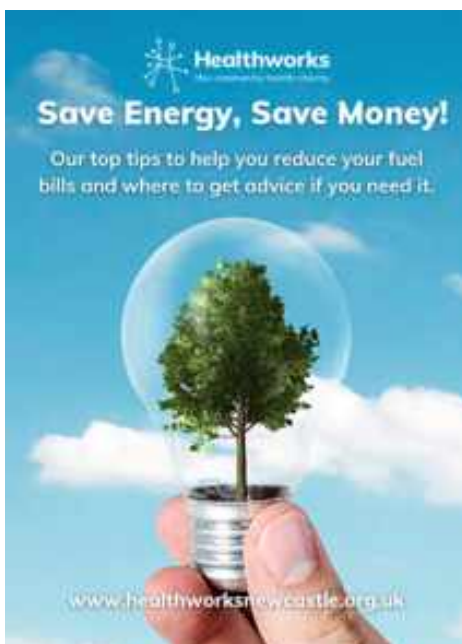
Visit our [Resource Library](#) on our website to get your downloads.





Access to our health and wellbeing digital resources

We have developed a library of digital resources to support and promote health and wellbeing – please use them and share them with anyone you think would find them useful!



BOOST YOUR FEELGOOD!



#1 Have a digital detox!

Turn off the technology, especially before bedtime, so you don't get overwhelmed with social media alerts, world news and work emails. Give yourself a break from it, pop the 'phone on silent and enjoy spending time with your family and friends in real time!

#2 Set aside and protect some "me-time" everyday

Make sure you take time out each day for you...think about things that bring you joy, things that energize you or relax you, and set aside (and protect) at least 20 minutes everyday to enjoy doing them!

#3 Get outdoors

Try and get out and about as much as you can. A walk, even if it is cold, is a great way to boost your mood.

#4 Eat well

You are what you eat! Too many unhealthy choices, for example too much sugar, can have an impact on your health and wellbeing in the short and longer term. Try to eat fruit and veg every day, and drink plenty of water (drinking a glass before every meal can help keep you hydrated).

#5 It's good to talk

If you are struggling, then talk to someone you trust about how you are feeling, whoever that may be. It can help improve your mood and help you deal with tough times. If things are getting too much for you and you feel you can't cope, ask for help. The Samaritans are available all year round, their new free helpline number is 116 123 and calls to this helpline number do not appear on phone bills.

#6 Take more exercise

Get some exercise...we have two low-cost gyms, a range of fitness classes, video home workouts and a selection of wellbeing walks you could try!

Our Improving Wellbeing webpage has some great information about things you can do to promote positive mental wellbeing and where you can get support and advice if you need it



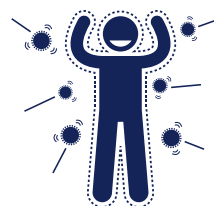
Getting plenty of sleep improves your health and wellbeing!



Keeps your heart healthy



Improves attention and concentration



Helps keep your immune system strong



Helps you maintain a healthy weight



It is good for your mental wellbeing



It reduces your stress levels



SEVEN STEPS TO BETTER SLEEP

Stay clear of stimulants late in the day



avoid alcohol and beverages and foods that contain caffeine

Stick to a consistent sleep schedule



try going to bed and waking up at the same time every day

Create a relaxing bedtime/pre-bedtime routine



any relaxing activity about an hour before bed helps create a smoother transition.

Unplug an hour before bed



keep screen use to a minimum, and switch off at least an hour before bed.

Take regular exercise



regular exercise routine can help contribute to improved sleep.

Avoid eating anything too heavy in the evening



when you lie down straight after a big meal, your digestive juices are still cranking.

Keep your room cool, dark and comfortable



keep your bedroom cool, quiet, and dark.

Visit our website for more [Improving Wellbeing tips](http://www.healthworksnewcastle.org.uk) and information.

Find your Zen with yoga



It improves flexibility

It has been shown that even the lowest intensity styles of yoga have been found to increase flexibility which can significantly improve your physical health.

It may help with stress relief

Prolonged stress affects a lot of people in the UK which can have a significant detrimental effect on health. Yoga sessions consist of Meditation, breath work and auditory rituals like chanting, which have all been shown to significantly lessen tension and relieve stress.

It can improve mental health

Movement-based yoga therapies and breathing-based practices have been shown to significantly improve mood which can help improve mental health.

It increases your strength

Yoga has been scientifically shown to improve people's strength levels across many age groups – so yoga is for all ages, not just young people!

It improves balance

Many yoga poses can help improve a person's balance, in addition movements such as getting up from floor, stretching and reaching can also improve balance and help everyday movement.

It improves bone health

Some Yoga poses which involve isometric holds have been shown to increase bone density.

It promotes better posture

Yoga focuses on improving mobility and flexibility which can help release muscles that are often tight and improving mobility. Additionally, adding yoga poses during breaks in your workouts can also promote better posture.

Try Yoga for yourself from only £3.50 per class:

Thursday 5.30 to 6.30pm: At The Health Resource Centre in Benwell

Friday 9.30 to 11.00am: At The Lemington Centre

Call us on 0191 272 4244 to book



We believe in fitness for all, and our gyms and fitness classes are friendly, welcoming, inclusive and accessible. All activities can be tailored to the individual and are suitable for beginners.



The other great thing about joining our gym, or coming to one of our fitness classes, is knowing that when you do, you are supporting a local charity and the community at the same time!

JOIN OUR GYM

- LOW COST**
- NO CONTRACT, NO JOINING FEE**
- MONTHLY AND ANNUAL PASSES**
- FRIENDLY, INCLUSIVE AND ACCESSIBLE**
- SUITABLE FOR BEGINNERS**
- ONLINE INDUCTION**
- OPEN UNTIL 8PM WEEKDAYS**
- NEARBY PARKING**



It doesn't matter whether you are new to exercise, or you are just looking to switch to a community based, low-cost gym, you'll always be welcomed by our friendly, qualified team!

We offer a range of low-cost fitness classes at The Health Resource Centre in Benwell and The Lemington Centre.

We also offer specialist activities to support people with existing conditions such as Long Covid, diabetes and arthritis.

Visit the [What's On](#) section of our website to find a class near you.

FITNESS CLASSES

- FITNESS FIX CIRCUITS**
- FITNESS FOUNDATIONS BOOTCAMP**
- YOGA**
- ZUMBA**
- WOMEN ONLY FITNESS FUSION**
- LEGS, BUMS AND TUMS**





The Healthworks Long COVID Programme

AS FEATURED IN THE EVENING CHRONICLE!



Healthworks
the community health charity

Research has shown Long COVID symptoms of tiredness and fatigue can be improved by increasing physical activity levels through moderate exercise and by adopting positive lifestyle changes.

We offer a free six week Long COVID Programme which includes appropriate exercise and healthy lifestyle advice and support.

This programme is based on a pilot project developed by Northumbria University and an expert advisory panel member for managing the long term-effects of COVID-19.

You can now refer yourself directly to Healthworks Long COVID Service. Alternatively, you can request to be referred by your GP or health professional. Find out more about the programme and our other [managing existing conditions services](#) on our website.



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244



Spotlight on Staying Steady

A community based falls prevention programme, recently featured in The Chronicle

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

People can self-refer to the programme or be referred by a health professional. Find out more on our website.

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. **”**



SCAN ME




Healthworks
the community health charity
What's On

Each week we offer a range of activities at The Health Resource Centre in Benwell, The Lemington Centre and other community venues.

Activities include:

- Breastfeeding social groups
- A weekday Pre-school
- Fully equipped gyms
- Fitness classes
- Children and family activities
- Healthy lifestyle sessions
- Cardiac Rehabilitation classes
- Staying Steady Falls Prevention programme
- Long Covid Programme

To find out the details of all of our activities, please visit the [What's On](#) events section on our website.



Healthworks

Cancer Awareness Work

We are on a mission to tell as many people as we can about the signs and symptoms of various cancers and the importance of taking up screening invites when received and you can play a huge part in this!

Did you know that every two minutes someone in the UK is diagnosed with cancer? That's a pretty shocking statistic and illustrates why our awareness raising work is so important in helping reduce people's risk of developing cancer!

Through Cancer Awareness Sessions and Community Cancer Champion Training in groups and workplaces, we are helping communities in the region become more informed about cancer and the importance of screening in reducing risk.

They are free, fun, informative and by taking part people help us save lives!



We offer:

- Free Cancer Awareness training online and in-person for groups and organisations*
- Free Cancer Champion training*
- Free Cancer Awareness resources
- Free Take a Minute Cancer Awareness video library
- Free access to our Cancer Awareness resource page
- Free Community Cancer Champion facebook page
- Interactive Cancer Awareness stall at events

*This training is free for people in some areas of the North East region please contact us to check if your area is covered.



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244

Why get involved in raising Cancer Awareness?

- 1** 1 in 2 people will get cancer in their lifetime
- 2** 4 in 10 cancer cases every year are preventable (135,000 every year)
- 3** There are around 375,000 new cancer cases in the UK every year, that's around 1,000 every day!
- 4** Every 2 minutes someone in the UK is diagnosed with cancer
- 5** Breast, prostate, lung and bowel cancers accounted for over half (53%) of all new cancer cases in the UK
- 6** There are more than 166,000 cancer deaths in the UK every year, that's more than 450 every day!
- 7** Early detection, through screening and knowing signs and symptoms, is key to survival rates

By helping us reduce people's risk of cancer through promoting screening, lifestyle changes and raising awareness of signs and symptoms, you will be helping save lives!

Visit our website for more information about our [Cancer Awareness work](https://www.healthworksnewcastle.org.uk)



TRAINING

Training Courses

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

We offer a range of in-person, virtual and online training, including:

- Accredited Royal Society For Public Health training courses
- Accredited Nuco training courses
- Safeguarding training sessions
- Cancer Awareness sessions
- Infant feeding training
- Breastfeeding friendly business training
- A range of organisational support training

Visit the [training page](#) on our website for more information



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244

Looking after yourself while working from home



Get ready for work

Shower, get out of your pyjamas, comb your hair and have breakfast - these all send a message to your brain to help you get into 'work mode'.



Set and stick to a daily work routine

Don't let the lines between work and personal time get blurred - set yourself a steady daily work schedule and stick to it.



Have a clock off time

Set a clocking on and clocking off time and make sure that when you do clock off you don't check work emails or take calls



Keep a consistent sleep schedule

Go to bed at your 'normal' time throughout your working week and set an alarm to get up at your normal work time too.



Have a 'home to work commute' time

Spend the time you'd normally use for commuting to do something you enjoy! Take a walk, do some exercise or read a book.



Take a lunch break

Eat a real lunch at a set lunchtime and make sure you have plenty of other breaks away from your screen throughout the day too.

Visit our website for more [Improving Wellbeing](https://www.healthworksnewcastle.org.uk) tips and information.



Energy Saving Tips

12 quick, easy and low cost things you can do to help save money and the planet!



Turning off standby mode on electrical appliances could save you around £35 per year!



A running tap wastes 3 litres of water a minute so turn off the tap while brushing your teeth or washing your face.



Make sure that dishwashers and washing machines are full before you use them.



Ensure you regularly use the most efficient water and energy settings on washing appliances.



Using a bowl to wash up rather than a running tap can save money and water.



Turning down your room thermostat by just one degree can save around £55 a year and reduce your carbon footprint.



Using a room thermostat and thermostatic radiator valves efficiently could save you around £70 a year



Turn your lights off when you're not using them and use natural light wherever possible.



Wash your clothes at a lower temperature and use cold water if you don't need hot.



Save around £22 a year from your energy bill just by using your kitchen appliances more carefully.



Fit a water efficient shower head as this will reduce your hot water usage.



Choose energy efficient appliances when replacing old ones wherever possible.

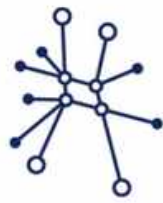


Where to get advice, information and support

- Amazing Start Antenatal and Breastfeeding
Healthworks has a dedicated team that works Citywide to provide Amazing Start Services: <https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>
- Children and Families Newcastle
Help and support for children aged 0-19
<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>
- Information Now <https://www.informationnow.org.uk/>
Online information about services for people who live in Newcastle
- Action for Children <https://www.actionforchildren.org.uk/>
- Barnardos <https://www.barnardos.org.uk/>
- Children North East <https://www.children-ne.org.uk/>
- Free and Emergency Food <https://www.informationnow.org.uk/article/food-banks-in-newcastle/>
- Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>
- Search Services for over 50's <http://www.searchnewcastle.org.uk/>
- Riverside Community Health Project <http://www.riversidechp.co.uk/>
- Citizens Advice Bureau (CAB) <http://www.citizensadvice-newcastle.org.uk/>

Energy Advice:

- Ofgem <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>
- Energy Savings Trust <https://energysavingtrust.org.uk/energy-at-home/>
- Newcastle City Council <https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>
- CAB <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>
- Government Green Deal <https://www.gov.uk/green-deal-energy-saving-measures>



Healthworks
the community health charity

You can help us make a difference by...



Visit the [Get Involved](#) page on our website for more information



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244



The aim of our Corporate Partnership Programme is to develop a mutually beneficial relationship with businesses who can support us to reduce health inequalities and improve the health and wellbeing of people living in the North East.

We are looking to develop Corporate Partnerships with local businesses, based on a shared ethos and values and a desire to really make a difference to people's lives.

As a Corporate Partner you will have some exclusive benefits including discounted room hire and gym membership for your staff, free training and recognition across our digital platforms.

Visit the [Get Involved](#) section on our website for more information

For more ideas, inspiration and information about our work and how you can get involved follow us on social media or visit

www.healthworksnewcastle.org.uk

Find out What's On at Healthworks



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244