



**Healthworks**  
the community health charity

Supporting people of all ages across  
the North East to live longer, healthier  
and happier lives

[www.hwn.org.uk](http://www.hwn.org.uk)



# We are an award-winning charity based in Newcastle working with local communities across the North East to improve their health, wellbeing and life outcomes



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

Our aim is to support people facing these issues, across the northeast to maintain and improve their health, wellbeing and life outcomes.

# WE OFFER A RANGE OF HEALTH AND WELLBEING SERVICES

Our Health Improvement Practitioners support community lifestyle changes and deliver change behaviour interventions, including NHS Health Checks, to reduce obesity, smoking and tobacco dependency with hospital in-patients and support healthy nutrition (including Type 2 Diabetes)

In addition, the team work with the NHS to support cardiac rehab, rehab for people with chronic joint pain, cancer awareness, reducing falls, long covid, peripheral arterial disease and a range of physical activity opportunities for those with an existing or ongoing condition.

We also deliver Waiting Well across the North East, a programme offering targeted support to certain groups of patients waiting for surgery in the North East.

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.

Healthworks is supporting Primary Care Networks (PCNs) and surgeries across Newcastle, Gateshead, North Tyneside and Northumberland to help address health inequalities and improve cancer outcomes, in line with The Northern Cancer Alliance workplan and the DES guidelines.

Working with parents and families, we provide antenatal and breastfeeding information and support through a team of trained staff and volunteers. The team are trained to provide practical and emotional support to women from conception to birth and we offer information to enable people to make informed choices about how to feed their baby.

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

We have two fully equipped gyms in Benwell and Lemington, and a weekly programme of exercise classes. We also have activity spaces and meeting rooms for hire

Zoneworks (inc Zone West) is a support programme to enable children to flourish in life for outcomes in education, health and community settings. The child is at the centre of a network of relationships and resources, and we work hard to make the organisation of resources reflect this core priority.

As well as realising improvements associated with specific conditions, these programmes showed cost savings and benefits to a healthcare and societal perspective.

Northumbria University evaluated the return on investment (ROI) for the key programmes run by Healthworks. This showed that our 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, weight loss and reduced anxiety and loneliness and improved mental wellbeing.

# OUR PRIORITIES



Increase recognition and understanding of the wider determinants of health



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



Achieve a wide reach into underserved communities in the North East



Deliver high quality and responsive, cost effective services to improve health and reduce health inequalities, working in collaboration with our partners



Continue to play a key role in supporting the NHS by improving the health and wellbeing of the people in our region, in line with core20PLUS5



Develop initiatives, test and pilot new interventions and explore data driven solutions



Reduce our climate impact and carbon footprint



Increase our focus on impact, evaluation, research and innovation with University partners



Explore new funding and income generation opportunities to develop and expand our service delivery

# SUPPORTING BETTER HEALTH IN WORKPLACES

Healthworks can offer businesses and organisations a range of health and wellbeing services to help improve the health and wellbeing of their workforce.

**Our staff are trained to carry out NHS Health Checks.** The NHS Health Check is free for eligible people aged 40 to 74\* and is 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, having an NHS Health Check helps find ways to lower this risk.

\*For people living in Newcastle or registered with a Newcastle GP. Some pre-existing medical conditions will mean a check is not appropriate

**Individual Health and Wellbeing Checks** are also available for many people not eligible for NHS Health Checks for a small charge.

**Our trained team can offer Stop Smoking support to people that wish to quit smoking.** One to one appointments can be arranged and we can also offer group support in workplaces and community groups.



## Workplace training

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

- Accredited Royal Society For Public Health training courses
- Safeguarding awareness sessions
- Cancer Champion Training
- Breastfeeding Friendly Business training

## Free Cancer Awareness online training course and in person sessions

Our in person or virtual sessions are available to anyone in a workplace or community group that lives or is based in Newcastle or Gateshead\*.

We also offer a free Cancer Conversations online awareness course.

Both help people develop skills and knowledge so they can have impactful cancer conversations with others in the workplace and their networks.

Please visit our [website](https://www.hwn.org.uk) for more information, or e-mail us at [enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)

\*If you are in other North Eastern locations, please contact us to see if we are able to offer you free sessions.

# GET INVOLVED

## **Volunteer:**

Our volunteers are an incredibly important part of what we do, many have used our services previously and found the support invaluable and so they have wanted to offer support to others. Breastfeeding Peer Support Volunteers are mothers who have breastfed or are breastfeeding and offer support to other families. We also have Antenatal Support Volunteers who promote good attitudes to pregnancy and parenting.

## **Become a Trustee:**

We have some amazing Trustees but we are always pleased to hear from others who might be interested in being a Healthworks Trustee. Being a Trustee is one of the most powerful ways in which you can contribute to your local community or to a cause you really care about. Healthworks Trustees play an integral part in our governance and ensure that Healthworks remains viable and sustainable, and that we follow our aims and objectives.

## **Make a donation or fundraise for us:**

When you donate, become a Corporate Partner or fundraise for Healthworks you will be helping us make a difference to the health, wellbeing and life outcomes of local people! There are many different ways that you can support our work. Whether you want to give a simple donation or be a bit more hands on by volunteering or fundraising we're truly grateful. If you're a daredevil you could do a charity challenge such as a sky-dive or if you prefer to keep your feet on the ground you could take part in a run...the possibilities are endless!

**Our [website](#) has more information about how you can get involved in our work and support us.**



We believe in partnerships that make a difference. By working collaboratively with our partners, we can reach and have a positive impact on the health and wellbeing of more people in the North East.

We'd like to thank the following organisations and businesses:





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