



Healthworks
the community health charity

A Quick Guide to
OUR
SERVICES

October 2024

A quick guide to Healthworks services

ESCAPE-Pain: a free 6-week rehabilitation programme for patients referred via TIMS (Tyneside Integrated Musculoskeletal Services) 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.

Waiting Well: 12 weeks of 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.

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.



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Health Improvement 12 week programme: A personalised 12-week Health Improvement Programme. Participants receive one-to-one support to reach their health goals - whether managing Type 2 Diabetes, adopting healthier eating habits, losing weight, increasing physical activity, improving mental wellbeing, or quitting smoking.

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 patients.

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

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.

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: Our Pre-school is open Monday to Friday term time only and we are registered to have 24 children each session.

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



What's On

What's On at Healthworks

www.healthworksne.org.uk

Call us on 0191 272 4244

Follow us on social media

Health Resource Centre, Adelaide Terrace, Benwell, NE4 8BE

The Lemington Centre, Tyne View, Lemington, NE15 8RZ



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