



**Healthworks**

the community health charity

Est.1995

# HEALTHY LIFESTYLE

RESOURCE KIT

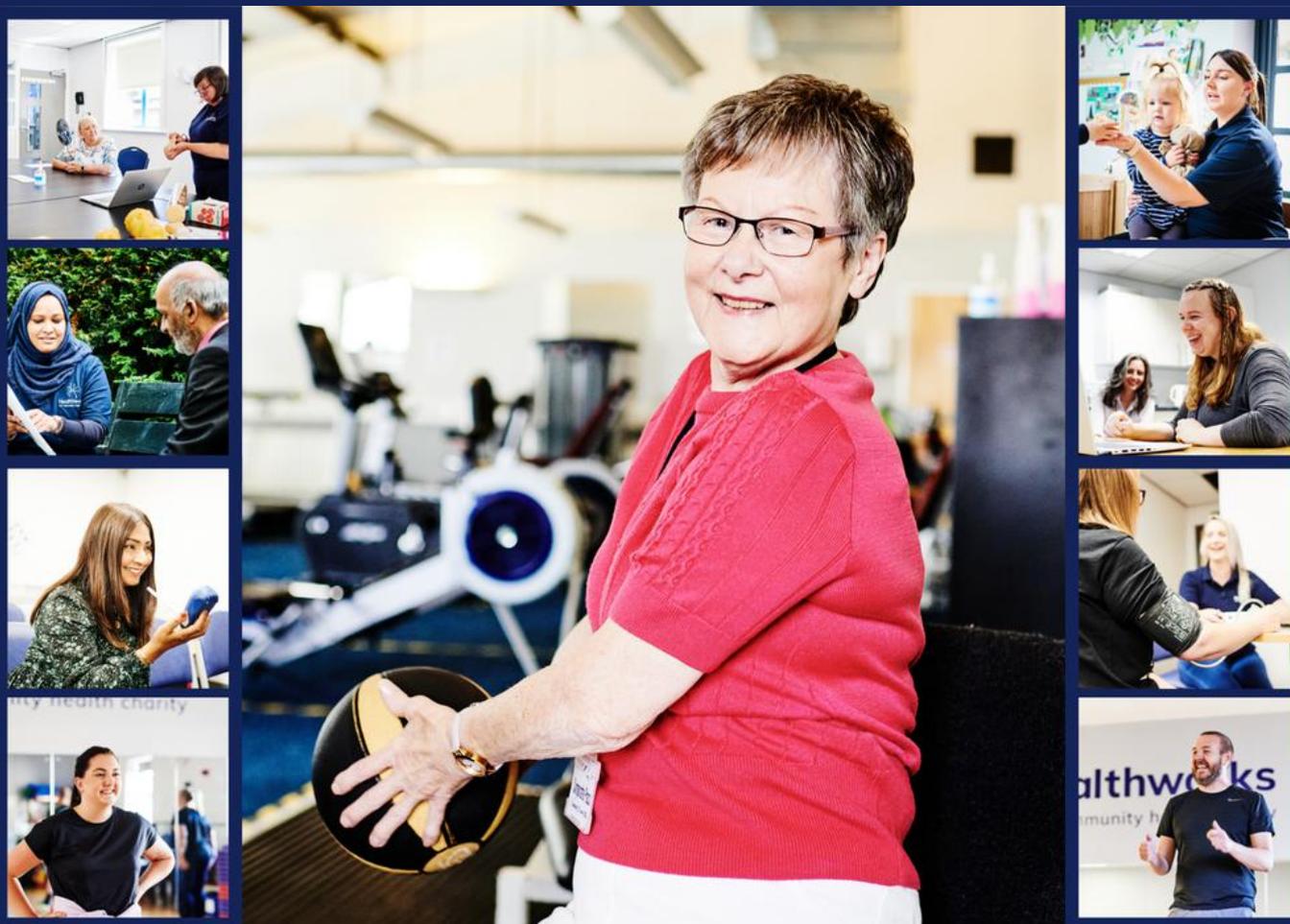


MARCH 2026

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

0191 2724244

# 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, clients, 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.

**Healthworks is an award-winning charity, working across the North East region with people of all ages to enable them to lead longer, healthier and happier lives since 1995**

**We offer a range of services including:**

**Eating Well activities**



**Getting Active services**

**Pregnancy and Breastfeeding support**



**Stop Smoking support**

**Workplace Health and Wellbeing**



**Supporting people with Existing Conditions**

**Pre-school, Early Years and Family activities**



**Raising Cancer Awareness**

**Falls Prevention Work**



**Training and Research**

**Healthworks Gyms and fitness classes**



**Improving Wellbeing activities**



**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 venues.

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



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## READ OUR LATEST IMPACT REPORT



SCAN ME



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# 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!



SCAN ME



## FREE ONLINE TRAINING



- increase your awareness of the signs, symptoms and risk factors associated with many common cancers
- find out more about screening and what to expect
- find out how to self-check your body and what to look for
- feel more confident to have impactful cancer conversations

Scan the code to enroll



# NHS and Social Care Savings

In 2024 - 2025 our interventions saved the Health and Social Care system an estimated



**Societal value:**  
**£325.98k\***

**Health Value:**  
**£37.91m\***

**Educational value:**  
**£37.76k\***

**Smoking cessation:**  
**£7.9m\*\***

\*Estimated cost savings calculated using Social Return on Investment (SROI) in Sport framework and [www.sportfin.io](http://www.sportfin.io) impact correlations algorithm based on 12 month continuous participation.

\*\*Estimated cost savings based on Healthworks Community Smoking Cessation, Social Value Report 2025.

Helping people live longer, healthier and happier lives since 1995



Better Health at Work Award Gold Award



Patron: Professor Sir Michael Marmot



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



# 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 Team is 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 121 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](#)



# Healthy Eating

The Eatwell Guide depicts a healthy, balanced diet, which includes:

- eating at least 5 portions of a variety of fruit and vegetables every day
- basing meals on potatoes, bread, rice, pasta or other starchy carbohydrates, ideally wholegrain
- having some dairy or dairy alternatives (such as soya drinks) choosing lower fat and lower sugar options
- eating some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- choosing unsaturated oils and spreads and consuming in small amounts
- drinking 6 to 8 cups or glasses of fluid a day

If consuming foods and drinks high in fat, salt and sugar then have these less often and in small amounts.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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# Why drink more water?

The NHS Eatwell Guide says we should drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

Other benefits include:

- It lubricates the joints: Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.
- It delivers oxygen throughout the body: Blood is more than 90 percent water, and blood carries oxygen to different parts of the body.
- It boosts skin health and beauty: With dehydration, the skin can become more vulnerable to skin disorders and premature ageing.
- It cushions the brain, spinal cord, and other sensitive tissues: Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.
- It regulates body temperature: Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up. As it evaporates, it cools the body.
- It helps your digestive system: The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation and an overly acidic stomach.
- It helps maintain blood pressure: A lack of water can cause blood to become thicker, increasing blood pressure.
- It helps your airways function: When dehydrated, airways are restricted by the body in an effort to minimize water loss. This can make asthma and allergies worse.
- It prevents kidney damage: The kidneys regulate fluid in the body. Insufficient water can lead to kidney problems.
- It flushes body waste: Water is needed in the processes of sweating and removal of urine and faeces.

# Easy ways to drink more water:

**Try drinking an additional glass of water before every meal:**

Not only will doing this will help give your hydration levels a boost, but water can also help with weight management too if it is consumed instead of sweetened juices and sodas.

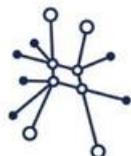
“Preloading” with water before meals can help prevent overeating by creating a sense of fullness.

**Drinking plain tea, fruit tea and coffee (without added sugar) can also help increase your water intake.**

**If you do not like the taste of plain water try sparkling water or add a slice of lemon or lime. Or heat the water and infuse a tea bag, some coffee or a slice of lemon.**

**Add some flavour such as no-added-sugar squash or fruit juice.**





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# Community Wellbeing Pathfinder Service

Looking for guidance on improving your health,  
wellbeing, and overall quality of life?

If you are over 18 and live in Newcastle, we can help!

We can support you one-to-one with:

- Achieving a healthier lifestyle
- Your physical health – managing symptoms and self-care
- Jobs and volunteering
- Housing and financial wellbeing
- Social support and reducing isolation
- Mental health and wellbeing



**Personal Signposting - Advice -  
Information - Referrals and Plans**

**Face-to-face, telephone or video sessions available**

**Get in touch with the Health  
Improvement Team**



SCAN ME

Scan the code or  
call 0191 2724244

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

For 30 years Healthworks has supported people of all ages across the North East to live longer, healthier and happier lives

**Newcastle**  
City Council 

# Make today the day you quit for good!

**If you are ready to quit smoking, then we can help!  
We offer free stop smoking support to adults  
living, working or studying in Newcastle.**

Giving up smoking is probably one of the best things you can do to improve your health. Smokers who get the right support are 3 times more likely to quit successfully.



Healthworks offers free one to one and group support to people who want to give up smoking,

One to one appointments can be arranged to fit in with your lifestyle and we can also offer group support in workplaces and community groups.



# It's never too late to quit smoking!

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

+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.



## 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 quit with support are 3 times more likely to succeed!**

**We offer free 1:1 support sessions which are open to all adults living, working or studying in Newcastle**

Get in touch with the team: today.  
Scan the code or visit [healthworksne.org.uk](http://healthworksne.org.uk)



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the community health charity



SCAN ME

# Sipping Smarter!

6 easy ways to reduce your drinking



## Set Goals:

Decide how many days a week you want to stay alcohol-free and stick to it.



## Choose Alcohol-Free Days:

Give your body a break by having regular alcohol-free days.



## Swap Your Drink:

Try tasty alcohol-free alternatives like mocktails, sparkling water, or herbal teas.



## Pace Yourself:

Sip slowly and alternate alcoholic drinks with water.



## Avoid Triggers:

Plan activities that don't involve alcohol, like a fitness class or a movie night.



## Seek Support:

Talk to friends, family, or Healthworks



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the community health charity

Contact Health Improvement  
[www.healthworksne.org.uk](http://www.healthworksne.org.uk)  
0191 272 4244



# 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. 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.

# Know your alcohol units?

It's recommended to drink no more than 14 units of alcohol a week, spread across 3 days or more

There's no safe level of drinking, but sticking within these guidelines can lower your risk of harm

## 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!



Alcopop or can/bottle of regular lager



A can of premium lager or strong beer contains 2-3



A 175ml glass of wine



A standard 750ml bottle of wine

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



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# BOOST YOUR FEELGOOD! AND LOWER YOUR STRESS LEVELS

## #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**



# Physical Activity: Government guidelines

## Physical Activity Adults (19 to 64 years)

For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.

Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.

Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.

## Older Adults (65 years and over)

Older adults should participate in daily physical activity to gain health benefits, including maintenance of good physical and mental health, wellbeing, and social functioning. Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary, while more daily physical activity provides greater health and social benefits.

Older adults should maintain or improve their physical function by undertaking activities aimed at improving or maintaining muscle strength, balance and flexibility on at least two days a week. These could be combined with sessions involving moderate aerobic activity or could be additional sessions aimed specifically at these components of fitness.

Each week older adults should aim to accumulate 150 minutes (two and a half hours) of moderate intensity aerobic activity, building up gradually from current levels. Those who are already regularly active can achieve these benefits through 75 minutes of vigorous intensity activity, or a combination of moderate and vigorous activity, to achieve greater benefits. Weight-bearing activities which create an impact through the body help to maintain bone health.

At Healthworks we believe in fitness for all, and our gyms and fitness classes are friendly, welcoming, inclusive and accessible. All activities we offer can be tailored to the individual and are suitable for beginners. We also offer specialist programmes to help people manage existing conditions such as Long Covid, Diabetes and Arthritis.

**We have gyms in Lemington and Benwell and offer a range of exercise classes throughout the week in various locations**

*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 persons 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.

**Join Healthworks Gym online or visit our What's On page to find and book an exercise class**

# GYM MEMBERSHIP



**Healthworks  
Gym**  **FITNESS FOR ALL**

**Low-cost membership plans  
and pay as you go options  
mean you can enjoy our gyms  
without breaking the bank!**



**SCAN ME**

**Scan to view prices, join our  
gym and explore our weekly  
class timetable  
or visit our website**



**[www.healthworksne.org.uk](http://www.healthworksne.org.uk)**

# FITNESS CLASSES



**Healthworks  
Gym**  **FITNESS FOR ALL**

- Weekly programme**
- Range of activities**
- Low cost**
- Suitable for beginners**
- Friendly and supportive**



**SCAN ME**

**Scan to find your fitness class  
or visit our website**



**[www.healthworksne.org.uk](http://www.healthworksne.org.uk)**

# Our ten tips for a healthier heart!

## #1 Give up smoking

If you're a smoker, quit. It's the single best thing you can do for your heart health. Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker. Our staff are here to help and support you to quit - it's never too late!

## #2 Get active

Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. The NHS recommend 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling to work and check out our Get Active At Home playlist on YouTube for some great home workouts.

## #3 Manage your weight

Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity. Take a look at our Healthy Eating page on our website for ideas and inspiration.

## #4 Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

## #5 Cut down on saturated fat

Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease. Choose leaner cuts of meat and lower fat dairy products like 1% fat milk over full-fat (or whole) milk.



# Our ten tips for a healthier heart!

## #6 Get your 5 A Day

Eat at least 5 portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals. There are lots of tasty ways to get your 5 A Day, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

## #7 Cut down on salt

To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely. Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy. Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about 1 teaspoon.

## #8 Eat fish

Eat fish at least twice a week, including a portion of oily fish. Fish such as pilchards, sardines and salmon are a source of omega-3 fats, which may help protect against heart disease. Pregnant or breastfeeding women should not have more than 2 portions of oily fish a week.

## #9 Drink less alcohol

Do not forget that alcohol contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline. Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your health, including risks to your heart health.

## #10 Read the food label

When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains. Understanding what's in food and how it fits in with the rest of your diet will help you make healthier choices. The Change4Life website has lots of information to help you make healthier choices for you and your family.



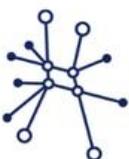
# FREE WEEKLY HealthWalk



**Join us for a free community  
HealthWalk every Wednesday  
10am to 11am in the west end of Newcastle**

Get out and about - meet other people - socialise -  
improve your fitness - manage your weight

**Call us on 0191 272 4244 to book a place**



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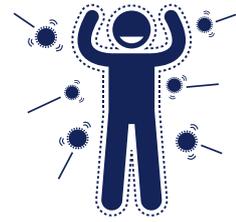
# Getting plenty of sleep improves your health and wellbeing!



**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.healthworksne.org.uk) and information.



**Best Start**  
Healthworks



# Pregnant or Breastfeeding?

We offer groups and one to one support to women who are pregnant and / or breastfeeding living in Newcastle



**Scan the code or call us on  
07826531575 to find out more**



Find us on social media:



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





# usefulvision

**Creating opportunities for visually impaired children across the North East**



We offer a wide range of accessible activities and events for visually impaired children, and their families, throughout the North East.

[www.usefulvision.org.uk](http://www.usefulvision.org.uk)  
[usefulvision@hwn.org.uk](mailto:usefulvision@hwn.org.uk)  
0191 264 1959

**Register your child today to attend our FREE activities**

Scan the code or visit  
[www.usefulvision.org.uk/register](http://www.usefulvision.org.uk/register)



# CANCER AWARENESS WORK

Seven good reasons to help us spread the word about cancer...

- 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



Find out [how to get involved in our cancer awareness work](#)



# FREE CANCER AWARENESS SESSIONS



Healthworks Cancer Awareness Sessions are designed to raise awareness of the signs, symptoms and risks of many common cancer types. They also help people feel more confident to spread the word and have important cancer conversations with others.

Sessions are delivered either in-person or virtually\* and a free online Cancer Conversations course is available too\*\*

**We get great feedback about our Cancer Awareness sessions...**

“ I thought I knew enough about preventing cancer, however this session captured my interest from the onset and informed me of signs, symptoms and facts that I hadn't even thought about it. ”

If you would like to find out more or request a session:

- visit our website [hwn.org.uk](http://hwn.org.uk),
- call us 0191 264 1959
- email [cancerawareness@hwn.org.uk](mailto:cancerawareness@hwn.org.uk)



# Easy Energy Saving Tips



**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.**



# Test your knowledge with our Energy Quiz!

1. If the average household replaced all bulbs with LEDs, how much could it save on bills a year - £20, £30 or £40?

2. Universal plugs fit all sinks, helping you to use only the water you need. Using one could save you up to...  
- 25 litres a day, 30 litres a day or 35 litres a day?

3. If everybody in a family of four replaces one bath a week with a five-minute shower, how much could be saved on gas bills a year  
- Up to £5, Up to £10 or Up to £15?

4. How much could a four-person household save each year on gas for water heating if they replaced their shower head with water efficient one  
- £18, £28 or £38?

5. When making a cup of tea or coffee, only fill the kettle with the amount of water you need. You'll not only save water but could also save how much on your energy bill - £4, £6 or £8?

6. Washing your laundry at 30°C can help you use less electricity than at higher temperatures.  
What percentage could you save - 37%, 47% or 57%?

7. Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to...£15 a year, £17 a year or £19 a year?

8. How much money could you save on your annual energy bill by insulating under the floorboards - £20, £40 or £60?

9. Installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you how much a year  
- £55, £65 or £75?



# Energy Quiz answers

## **1. If the average household replaced all bulbs with LEDs, how much could it save on bills a year - £40**

In the UK, lighting makes up around 16% of total electrical use (excluding heating), accounting for 6% of a typical household's energy bill if you include the cost of heating your home. You can save between £2 and £3 per year for every traditional or halogen bulb you switch to an LED bulb with similar brightness. So, if the average household replaced all bulbs with LEDs, it would cost around £145 and save around £40 a year on bills.

## **2. Universal plugs fit all sinks, helping you to use only the water you need. Using one could save you up to...30 litres a day**

If you don't have a washing up bowl, using a plug in your kitchen sink can save you water when doing the dishes or washing fruit and vegetables.

Universal plugs fit all sinks, helping you to use only the water you need and saving you up to 30 litres a day.

## **3. If everybody in a family of four replaces one bath a week with a five-minute shower, how much could be saved on gas bills a year - Up to £10**

If everybody in a family of four replaces one bath a week with a five-minute shower, up to £10 a year could be saved on gas bills and up to £10 on water bills (if you have a water meter).

## **4. How much could a four-person household save each year on gas for water heating if they replaced their shower head with water efficient one -£38**

Replacing your shower head with water efficient one could save a four-person household as much as £38 a year on gas for water heating, as well as a further £53 a year on water bills if they have a water meter. That's a total annual saving of around £91.

## **5. When making a cup of tea or coffee, only fill the kettle with the amount of water you need. You'll not only save water but could also save how much on your energy bill - £6**

Kettles are one of the most used appliances in the kitchen – and given that most of us are still working from home due to lockdowns, their usage has risen even more over the past year. Look for ECO kettles, as these only boil the amount of water you need, using less energy than a conventional electric kettle.

# Energy Quiz answers

## **6. Washing your laundry at 30°C can help you use less electricity than at higher temperatures. What percentage could you save -57%**

Make sure that your washing machine is full before you use them, and ensure you always use the most efficient water and energy settings.

Wash at 30 degrees or use the ECO setting if your machine has one to save electricity and reduce your energy bills.

## **7. Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to...£17 a year**

Many of us will be sitting in front of a desktop or laptop five days a week.

Laptops typically use 85% less electricity over a year than desktop PCs, saving you up to £17 a year.

## **8. How much money could you save on your annual energy bill by insulating under the floorboards - £40**

Insulating your ground floor if you live in a house, bungalow or ground floor flat is another great way to keep your property warm. Usually, you only need to insulate the ground floor – so if you live on an upper floor, you don't need to insulate your floor space. Insulating under the floorboards could save you around £40 a year by preventing the heat from escaping through the ground.

## **9. Installing and correctly using a programmer room thermostat and thermostatic radiator valves could save you how much a year - £75**

It's very tempting to turn the dial to 27°C and hope for the best at this time of year, but this will also trigger a massive energy bill.

In a home without any controls, installing and correctly using a programmer room thermostat and thermostatic radiator valves could :  
carbon dioxide emissions by 320kg.



**Healthworks**  
the community health charity

# Jargon Busting: A to Z of Common Community and Public Health Terms

A photograph showing five wooden blocks arranged in a row on a light-colored wooden surface. The blocks are light-colored wood and have the letters J, A, R, G, O, N printed on them in a bold, black, sans-serif font. The blocks are slightly offset to the right. A trail of red dots of varying sizes is scattered around the blocks, starting from the top left and curving around the blocks towards the bottom right. In the background, a small green succulent plant in a white pot is visible on a wooden surface against a light blue wall.

**J A R G O N**

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

# A to Z of common health terms

- **Active Travel** – Using walking or cycling instead of driving to improve physical health and reduce pollution.
- **Antenatal Care** – Healthcare and support for pregnant women before birth, including check-ups, scans, and advice.
- **Cancer Screening** – Regular tests to detect cancer early, before symptoms appear, improving the chances of successful treatment. Examples include mammograms for breast cancer and "smear test" for cervical cancer.
- **Care Pathway** – The co-ordinated process of care a patient follows, from initial diagnosis to treatment and ongoing support, ensuring all health needs are met.
- **Chronic Disease Management** – Ongoing care for long-term conditions like diabetes, asthma, or heart disease to help people manage their health.
- **Co-morbidities** – When a person has two or more health conditions at the same time, like diabetes and high blood pressure. This can make treatment more complicated.
- **Collaboration** – Working together with others to share resources, ideas, and expertise to improve health services or address a health issue. Collaboration helps build stronger support networks and more effective solutions.
- **Community Health Charity** – A non-profit organisation that works to improve health and well-being in local communities, often through programmes, education, and support services.
- **Community Health Needs Assessment (CHNA)** – A process where healthcare providers study the biggest health challenges in a community to improve services.
- **Commissioned Services** – Health and care services that are planned and paid for by public authorities (like local councils or the NHS). These services are often chosen or "commissioned" to meet the specific needs of a community.

## A to Z of common health terms

- **Cost-Effective Solutions** – Strategies or programmes that provide good value for money while improving health outcomes. These solutions aim to make the best use of available resources to tackle health issues effectively.
- **Determinants of Mental Health** – Factors that influence mental well-being, such as relationships, job security, and social support.
- **Determinants of Physical Health** – Factors that affect physical well-being, including diet, exercise, access to healthcare, and the environment. Poor conditions or unhealthy habits can lead to long-term health problems.
- **Early Intervention** – Identifying and addressing health problems as soon as possible to prevent them from getting worse. For example, early support for mental health issues can prevent more serious conditions later.
- **Environmental Health** – How things like pollution, climate change, and clean water impact health.
- **Food Insecurity** – When people struggle to afford or access enough nutritious food, leading to poor health and malnutrition.
- **Health Coaching** – Personal support to help people make healthy lifestyle changes, such as quitting smoking or managing weight.
- **Health Conditions** – Illnesses or diseases that affect an individual's health, such as diabetes, hypertension, asthma, or mental health conditions.
- **Health Disparities** – Differences in health outcomes between groups, often due to social or economic factors.
- **Health Equity** – Ensuring everyone has a fair chance to be as healthy as possible by removing barriers like poverty and discrimination.
- **Health Impact** – How different factors - such as lifestyle, environment, or government policies - affect people's health.
- **Health Improvement** – Helping people make healthier choices and improve their overall well-being.
- **Health Literacy** – The ability to understand and use health information to make good decisions about one's health.
- **Health Promotion** – Programmes and campaigns that encourage healthy behaviours, like healthy eating and exercise.

## A to Z of common health terms

- **Health Surveillance** – Tracking health trends and disease outbreaks to prevent further illness.
- **Health Training** – Teaching people about health topics so they can care for themselves and others.
- **Healthy Life Expectancy** – The number of years a person is expected to live in good health, without the limitation of disease or disability.
- **Healthy Lifestyle** – A way of living that promotes overall health, including balanced nutrition, regular exercise, good sleep, and stress management.
- **Inhibited Quality of Life** – When health conditions, such as chronic illness, disability, or mental health issues, limit a person's ability to enjoy life fully or participate in daily activities.
- **Index of Multiple Deprivation (IMD)** – A way to measure how deprived (disadvantaged) an area is by looking at things like income, education, crime, and access to healthcare. Areas with higher deprivation tend to have poorer health outcomes.
- **Infant Mortality Rate** – The number of babies who die before their first birthday per 1,000 live births, used as a measure of healthcare quality.
- **Integrated Care** – When different services (like doctors, hospitals, and social workers) work together to provide better patient care.
- **Interventions** – Actions or programmes designed to improve health outcomes, such as smoking cessation programmes, mental health support services, or vaccination campaigns.
- **Life Expectancy** – The average number of years a person is expected to live, based on current mortality rates. This figure can vary by factors such as gender, location, and lifestyle.
- **Life Outcomes** – The long-term impact of health, education, and socio-economic factors on a person's quality of life. People facing challenges like poverty or poor housing may experience poorer life outcomes in areas like health, education, and employment.

# A to Z of common health terms

- **Long-Term Health Conditions** – Ongoing health issues, such as diabetes, arthritis, or heart disease, that require long-term management and care. These conditions can significantly impact a person's day-to-day life and may require ongoing treatment, medication, and lifestyle changes.
- **Maternal Health** – The health of a woman during pregnancy, childbirth, and the postnatal period.
- **Mental Wellbeing** – A state of good mental health where individuals can cope with stress and enjoy life.
- **Postnatal Care** – Support for mothers and babies after birth, including recovery advice, mental health support, and support with breastfeeding.
- **Preventative Services** – Services designed to prevent disease or injury, such as regular health screenings, immunisations, and lifestyle interventions.
- **Primary Care** – The first place people go for healthcare, such as GPs (family doctors), dentists, and pharmacists.
- **Primary Care Networks (PCNs)** – Groups of general practices (GPs) working together in a local area to provide more coordinated care. This helps make healthcare more accessible and efficient.
- **Population Health** – Looking at the health of entire communities to help prevent illness and improve overall well-being.
- **Preventative Healthcare** – Healthcare focused on stopping illnesses before they happen, such as vaccinations, cancer screenings, and health check-ups.
- **Public Health** – The science and art of preventing disease, prolonging life, and promoting health through the organised efforts of society, such as health policies and population-wide health interventions.
- **Resilience** – The ability of individuals or communities to recover from health challenges, such as pandemics or disasters.
- **Self-Care** – Steps people take to manage their own health, such as eating well, exercising, and taking medications properly.

## A to Z of common health terms

- **Smoking Cessation** – Support and programmes to help people quit smoking, such as counselling, nicotine replacement therapy, and medication.
- **Social Determinants of Health** – Our health is influenced by where we live, how much money we have, our education, jobs, and access to things like clean air, healthy food, and safe housing.
- **Social Isolation** – Feeling lonely or disconnected, which can harm both mental and physical health.
- **Social Prescribing** – Non-medical activities, like exercise classes or support groups, to help people improve their mental and physical well-being.
- **Sustainable Health Impact** – Long-lasting, positive effects on health that continue to benefit individuals and communities over time, such as changes in behavior or access to services that prevent illness.
- **Targeted Services** – Services aimed at specific groups of people who may need extra help due to factors like age, income, or health conditions. For example, support programmes for elderly people or those with long-term health conditions.
- **Tertiary Care** – Highly specialised medical care, like cancer treatment or organ transplants.
- **Universal Healthcare** – A system where everyone has access to healthcare, regardless of their background or income.
- **Universal Services** – Services that are available to everyone in a community, regardless of their background or income. Examples include vaccinations, public health information, and basic healthcare services. These services aim to improve overall health for all.
- **Vaccination Coverage** – The percentage of people in a community who have received a specific vaccine, helping prevent disease outbreaks.
- **Wellness** – A holistic approach to health that focuses on achieving balance in physical, mental, and social well-being.
- **Wellbeing Hubs** – Community based centres offering health advice, mental health support, and exercise programmes.



# Workplace Health and Wellbeing Services

Healthworks is a regional community health charity. We offer businesses and organisations of all sizes a range of services to help improve the health and wellbeing of their workforce.

The health and wellbeing services and training we offer can help employers:

- improve the health and wellbeing of their workforce
- reduce staff sickness levels and absenteeism
- increase productivity
- attract and retain employees

We are different from many of other occupational health businesses because we are non-profit making. This means that the income we raise is reinvested as appropriate in additional services that help reduce health inequalities and improve health outcomes for people in the North East.

Many local businesses and organisations have engaged us to deliver training, cancer awareness sessions, stop smoking sessions and NHS Health Checks.

**Visit the Workplace Health and Wellbeing section on our website for more information**



# 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.

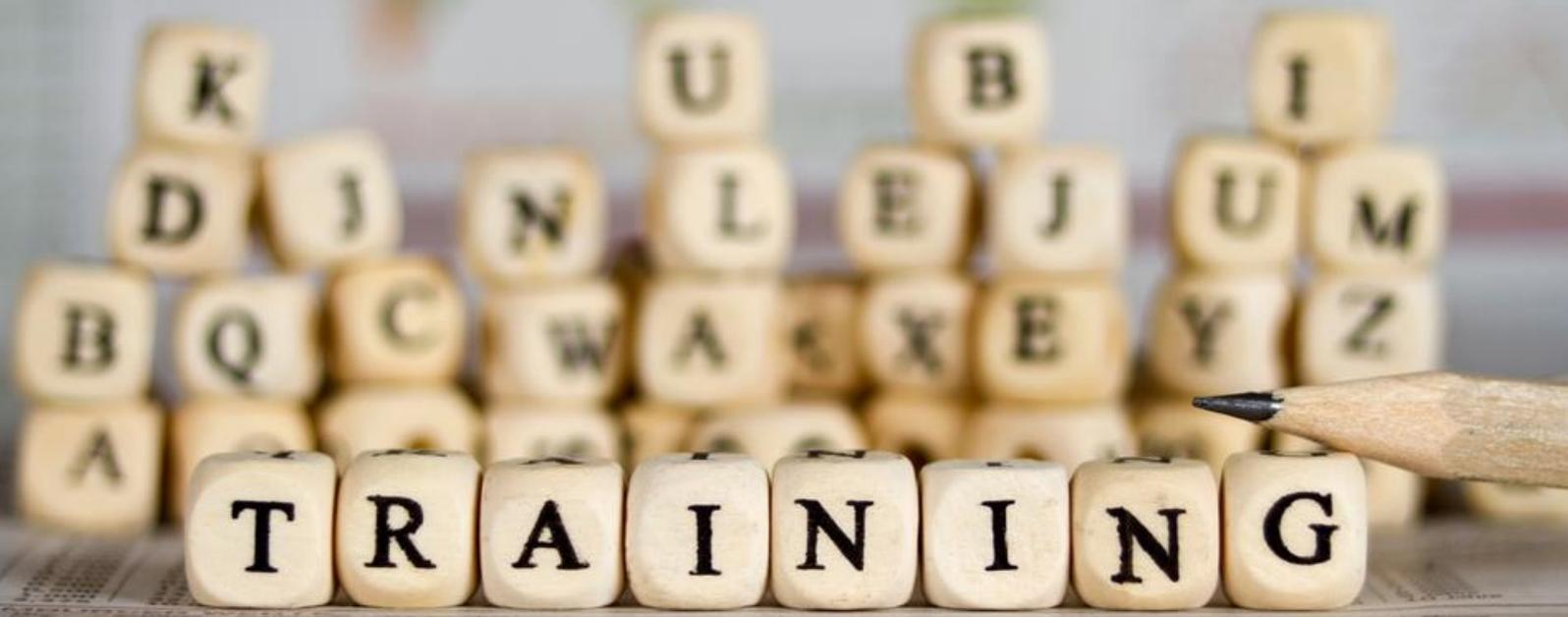


## Take a lunch break

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.healthworksne.org.uk) tips and information.





# 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 - Food Hygiene and Food Allergy Awareness
- Cancer Champion Training
- Cancer Awareness sessions
- Online Cancer Awareness training
- Breastfeeding friendly business training



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



# Where to get more health and wellbeing information

## Physical Activity

- [Healthworks: Getting Active](#)
- <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>
- [NHS: Exercise](#)

## Health Eating

- [Healthworks: Eating Well](#)
- <https://www.gov.uk/government/news/new-eatwell-guide-illustrates-a-healthy-balanced-diet>
- [NHS: The Eatwell Guide](#)

## Smoking

- [Healthworks: Stop Smoking](#)
- <https://www.gov.uk/government/publications/smoking-and-tobacco-applying-all-our-health/smoking-and-tobacco-applying-all-our-health>
- [NHS: Stop smoking](#)

## Alcohol

- <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention/chapter-12-alcohol>
- [NHS: Alcohol advice](#)

## Weight Management

- <https://www.gov.uk/government/collections/weight-management-guidance-for-commissioners-and-providers>
- [NHS: Obesity](#)

## [Blood Pressure](#)

[NHS: Blood Pressure](#)

## [Cholesterol](#)

[NHS: High cholesterol](#)

## [Wellbeing](#)

[NHS: Every Mind Matters](#)

[Healthworks: Cancer information and resources list](#)

[Healthworks: Family Support and advice list](#)

[Action for Children: Useful contact numbers](#)

[UK Government](#)



# Where to get Information, Advice and Support



**Healthworks**  
the community health charity

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

# Useful Telephone Numbers

- List of useful contact numbers
- Samaritans 116 123
- NHS Direct 111

## National Support Lines

**FOR WOMEN** experiencing domestic violence and abuse Call the National Domestic Abuse Helpline (Freephone,24/7)

**0808 2000 247**

**FOR MEN** experiencing domestic violence and abuse England, Call the Men's Advice line(freephone, Monday-Friday: 9am-8pm)

**0808 801 0327**

## Other helplines

Freephone 24-Hour National Domestic Violence Helpline	0808 200 0247
Men's Advice Line	0808 801 0327
National Lesbian, Gay, Bisexual and Trans* (LGBT) Domestic Violence Helpline	0300 999 5428
England and Wales Rape Crisis helpline	0808 802 9999
The Dash Charity Helpline	01753 549865
ManKind Initiative	01823 334244
SurvivorsUK – Support for Male Rape and Sexual Abuse	020 3598 3898
National Stalking Helpline	0808 802 0300
Karma Nirvana (Honour based abuse)	0800 5999 247
Paladin National Stalking Advocacy Service	0203 866 4107
National NSPCC FGM Helpline	0800 028 3550
Finding Legal Options for Women Survivors (FLOWS)	0203 745 7707
Revenge Porn Helpline	0345 6000 459
The National Centre for Domestic Violence (NCDV)	0844 8044 999
The Survivors Trust	0808 801 0818
Safeline – The National Male Helpline for males.	0808 800 5005
Safeline – Young People	01926 402 498
Stop it Now! Child sexual abuse prevention Helpline	0808 1000 900
NSPCC Helpline	0808 800 5000
Childline	0800 1111

# Advice and support services

- List of useful contact numbers
- Samaritans 116 123
- NHS Direct 111

- Best Start Pregnancy and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Best 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>

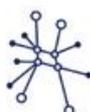
- Information Now <https://www.informationnow.org.uk/>

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>



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# Support Organisations

- **Age UK (England)** 0800 678 1602 [www.ageuk.org.uk](http://www.ageuk.org.uk) Information and support for older people. Age UK's English helpline is open 8am to 7pm, every day of the year.
- **Beat** 0808 801 0677 (England) [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) Offers information and advice on eating disorders, and runs a supportive online community. Also provides a directory of support services at HelpFinder. Beat's helplines are open 365 days a year from 1pm to 9pm during the week, and 5pm to 9pm on weekends and bank holidays.
- **Campaign Against Living Miserably (CALM)** 0800 58 58 58 [www.thecalmzone.net](http://www.thecalmzone.net) Provides listening services, information and support for anyone who needs to talk, including a web chat. CALM's helpline and webchat are open from 5pm to midnight, every day of the year.
- **Combat Stress** 0800 1381 619 [www.combatstress.org.uk](http://www.combatstress.org.uk) Treatment and support for armed forces veterans who have mental health problems. Combat Stress's helpline is open 24 hours a day, every day of the year.
- **The Compassionate Friends** 0345 123 2304 [www.tcf.org.uk](http://www.tcf.org.uk) Provides support to bereaved families after the death of a child. The Compassionate Friends helpline is open from 10am to 4pm, and 7pm to 10pm, every day of the year.
- **Cruse Bereavement Support** 0808 808 1677 [www.cruse.org.uk](http://www.cruse.org.uk) Information and support after a bereavement. The Cruse helpline is open Monday to Friday, from 9:30am. The closing time varies per day, from 5pm to 8pm.
- **LGBT Foundation** 0345 3 30 30 30 [www.lgbt.foundation](http://www.lgbt.foundation) Advice, support and information for people identifying as LGBTQ+. The LGBT Foundation helpline is open on weekdays 9am to 9pm and weekends 10am to 5:30pm.
- **Men's Advice Line** 0808 801 0327 [www.mensadvice.org.uk](http://www.mensadvice.org.uk) Confidential advice and support for men who have experienced domestic violence and abuse by a current or ex-partner or family member. The Men's Advice Line is open Monday to Friday, 10am to 5pm.
- **MoneyHelper** 0800 138 7777 (English) 18001 0800 915 4622 (text relay) [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) Provides free and impartial money advice.



# Support Organisations

**The MoneyHelper helpline** is open Monday to Friday, 8am to 6pm. The helpline is closed on bank holidays.

**Samaritans 116 123** (freephone) [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)  
Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans' helplines are open every day of the year.

**Shout 85258** (text SHOUT) [www.giveusashout.org](http://www.giveusashout.org) Confidential 24/7 text service offering support if you're in crisis and need immediate help. Shout are open 24 hours a day, every day of the year.

**The Silver Line 0800 4 70 80 90** [www.thesilverline.org.uk](http://www.thesilverline.org.uk) Provides support, information, friendship and advice for anyone aged over 55 who may feel lonely or isolated. The Silver Line is open 24 hours a day, every day of the year.

**Stand Alone** [www.standalone.org.uk](http://www.standalone.org.uk) Charity supporting adults who are estranged (not in contact) from their family. Stand Alone's festive guide to the Christmas period.

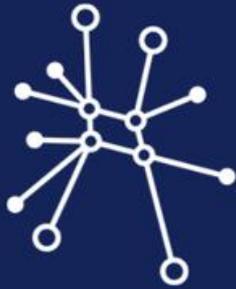
**Survivors of Bereavement by Suicide (SOBS)** [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) Emotional and practical support and local groups for anyone bereaved or affected by suicide.

**Tommy's** [www.tommys.org](http://www.tommys.org) Information and support for people affected by stillbirth, miscarriage and premature birth. Tommy's advice on coping with Christmas when you've suffered the loss of a baby

**The Trussell Trust 0808 208 2138** (Help through Hardship helpline) [www.trusselltrust.org](http://www.trusselltrust.org) Emergency food and support for people in need. Includes a searchable list of local foodbanks. The Help through Hardship line is open Monday to Friday, 9am to 5pm. The helpline is closed on public holidays.



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



# Healthworks

the community health charity

Helping people of all ages across the  
North East live longer, healthier and  
happier lives since 1995

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

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[enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)

