



# **Introducing the PERFORM Trial:**

## **Personalised Exercise-Rehabilitation for People with Multiple Long-Term Conditions**

We're excited to launch the PERFORM Trial at Healthworks –  
a groundbreaking research project designed to support people living with  
multiple long-term health conditions.

**We are currently looking for people to take part  
in the study who have:**

**2 OR MORE LONG TERM HEALTH CONDITIONS  
and would like to take part in an  
exercise-based rehabilitation trial**



**You can ask to take part in this study if you  
think you have two or more long-term  
health conditions such as:**

Diabetes - Asthma - Arthritis - Long COVID -  
Hypertension - Pain condition - Cancer -  
Chronic Obstructive Pulmonary Disease -  
Heart and lung conditions

**Find out more and get involved**  
**research@hwn.org.uk**

**www.healthworksne.org.uk**

**0191 272 4244**

In collaboration with



# Join the PERFORM Trial and Get Expert Support For Your Health and Wellbeing

**You may be eligible to take part in our study if you have two or more long-term health conditions, such as:**

- Diabetes
- Arthritis
- Asthma
- Long COVID
- Heart or lung conditions
- Chronic Obstructive Pulmonary Disease
- Hypertension
- Chronic pain
- Cancer
- Polycystic Ovary Syndrome
- Endometriosis
- Neurological disorders or
- Mental health conditions

## What's Involved?

- An initial baseline Assessment
- A 8-week exercise-based rehab programme
- Follow-up visits at 3 and 12 months

## What to Expect

- Initial individual physical assessment
- Group sessions (twice a week for 8 weeks):
  - 1st hour: Guided exercise (warm-up, strength and aerobic training, cool-down)
  - 2nd hour: Health and wellbeing support, information and discussion
- Post-programme support
- Individual discharge appointment
- Group check-ins at 2 and 4 months

**Find out more and get involved**

**[research@hwn.org.uk](mailto:research@hwn.org.uk)**

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

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**Healthworks**  
the community health charity

**NIHR**  
National Institute for  
Health and Care Research

In collaboration with



**Northumbria  
University**  
NEWCASTLE

