



Healthworks
the community health charity

Healthworks For Children and Families



Healthworks Best Start Pregnancy and Breastfeeding Support
Healthworks Children and Family Activities
Healthworks Pre-school
Healthworks Useful Vision

Welcome to Healthworks Children and Family Services

Healthworks offers a wide range of supportive, fun and engaging services for children, young people and their families across Newcastle. Our services and activities are delivered in a variety of local community settings and are available to families living in the city.

We are committed to helping children thrive by providing free opportunities for play, learning and development. Everything we offer is designed to bring families together, build confidence, and support the development of important life skills - all while having fun.

Visit our [website for more information](#) about all of our services.

What We Offer Children, Young People and Families

Healthworks Best Start:

Brings together our [Pregnancy](#) and [Breastfeeding Peer Support](#) services for families living in Newcastle.

Our trained staff and volunteers work alongside midwives and health visitors to give extra help when people need it. We offer both group sessions and one-to-one support.

Call the team on **07826 531575 for support**.

Healthworks Children and Family Activities:

Our activities for babies include Sensory Baby, Boogie Bairns and Baby Massage.

Our weekly family sessions include Cook, Play and Learn and Messy Play sessions. Many run continuously throughout the year (please check each session for details).

We also offer a monthly Saturday Session and Holiday Activities for children and families.

Find a session by visiting our [What's On page](#).

Healthworks Useful Vision:

Healthworks Useful Vision provides accessible, positive opportunities and activities to visually impaired children and their families throughout the North East region.

Find out more about [Healthworks Useful Vision](#).

Healthworks Pre-school:

Childcare for 2, 3, and 4-year-olds at The Lemington Centre - open Monday to Friday, 8.45am to 3.30pm, during term time. If you have a two, three, or four-year-old, you could be entitled to a fully funded place at our Pre-school. Find out more about [Healthworks Pre-school](#).

Take a look at the following pages to find our What's On and where - our sessions sometimes change at short notice, so we'd also recommend [checking our website](#) for the most up to date information.

What's On?

Children, Young People and Families at Healthworks

Healthworks Best Start:

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Healthworks
Best Start

BREASTFEEDING PEER SUPPORT GROUPS

Free Breastfeeding Peer Support Groups

Our free Breastfeeding Peer Support Groups are for families living in Newcastle, and are relaxed, informal and friendly.

They are a great way to meet other breastfeeding mams, get handy tips and information and are an opportunity to get peer support from one of our members of staff or a volunteer.

Pregnant families are welcome at our groups.

We offer the following weekly Breastfeeding Peer Support Groups:

Monday	Wednesday	Thursday	Friday
10 to 11.30am	1 to 2.30pm	1 to 2.30pm	10 to 11.30am
Health Resource Centre, Adelaide Terrace, Benwell	Charlton Street Hub, Charlton St, Lemington	The Haven Halewood Avenue, Kenton	St Martin's Centre Roman Avenue Byker
NE4 8BE	NE15 8RN	NE3 3RX	NE6 2RJ

For more information, send us a message or call us on 07826531575. You can also pop over to our [Breastfeeding Mams Facebook page](#) for ongoing information and support.



Please check the What's On page on the Healthworks website for the most up to date session information www.healthworksne.org.uk/event





NORTH



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Free Family Activities

We offer a range of free weekly, monthly and holiday activities for families with children in Newcastle, held at venues across the city.

For more information, call or text 07961 734298.

For all activities, except Baby Massage, you don't need to book a place, just pop along.
Call/ Text 07961734298 for Baby Massage bookings or for enquiries.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baby Massage 10 to 11.30am Dinnington Term time only</p>	<p>Sensory Baby (Under 1) 10 to 11.30am Fawdon Term time only</p>	<p>Baby Massage 1 to 2.30pm The Haven Term time only</p>	<p>Messy Play 10 to 11.30am The Haven Term time only</p>	<p>Baby Massage 12.30 to 1.30pm Woodlands Term time only</p>
<p>Cook, Play & Learn 1 to 2.30pm Fawdon Throughout the year</p>	<p>Baby Massage 10 to 11.30am Gosforth Library Term time only</p>	<p>Messy Play 1 to 2.30pm Gosforth Library Throughout the year</p>		<p>Sensory Baby (Under 1) 2 to 3pm Woodlands Term time only</p>
<p>Messy Play 1 to 2.30pm Dinnington Throughout the year</p>				

North Venue Details

- **Fawdon Family Centre:** Cairns Way, Newcastle upon Tyne NE3 2SN
- **The Haven:** Halewood Avenue, Kenton, NE3 3RX
- **Dinnington Social Club:** 1a Beech Avenue, NE13 7JT
- **Gosforth Library:** Regent Farm Road, NE3 3HD
- **Woodlands Pre School :** Newton Place, High Heaton, NE7 7HD



Please check the What's On page on the Healthworks website for the most up to date session information
www.healthworksne.org.uk/events





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Free Family Activities

INNER WEST

We offer a range of free weekly, monthly and holiday activities for families with children in Newcastle, held at venues across the city.

For more information, call or text 07961 734298.

For all activities, except Baby Massage, you don't need to book a place, just pop along.
Call/ Text 07961734298 for Baby Massage bookings or for enquiries.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cook, Play & Learn 9.30 to 11am Nunsmoor Centre Throughout the year</p>	<p>Cook, Play & Learn 10 to 11.30am Health Resource Centre Throughout the year</p>	<p>Boogie Bairns (Under 2s) 10 to 11am Health Resource Centre Throughout the year</p>	<p>Sensory Baby (Under 1) 10 to 11.30am Health Resource Centre Term time only</p>	<p>Messy Play 10 to 11.30am Health Resource Centre Term time only</p>
		<p>Baby Massage (Under 1) 1 to 2.30pm Health Resource Centre Term time only</p>		<p>First Saturday each month</p>
				<p>Family Sessions (0-8 year olds) 10 to 11.30am Health Resource Centre Throughout the year</p>

Inner West Venue Details

- **The Health Resource Centre:** Adelaide Terrace, Benwell, NE4 8BE
- **Nunsmoor Centre:** Studley Terrace, Newcastle upon Tyne NE4 5AH



Please check the What's On page on the Healthworks website for the most up to date session information
www.healthworksne.org.uk/events





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OUTER WEST

Free Family Activities

We offer a range of free weekly, monthly and holiday activities for families with children in Newcastle, held at venues across the city.

For more information, call or text 07961 734298.

For all activities, except Baby Massage, you don't need to book a place, just pop along.
Call/ Text 07961734298 for Baby Massage bookings or for enquiries.

Tuesday	Wednesday	Friday
<p>Messy Play 1 to 2.30pm Galafield Term time only</p>	<p>Baby Massage 10 to 11.30am Charlton Street or Galafield Throughout the year</p>	<p>Sensory Baby (Under 1) 10 to 11.30am Galafield Term time only</p>
<p>Baby Massage* 1 to 2.30pm Throckley Community Hall Term time only</p>	<p>Cook, Play & Learn 10 to 11.30am The Lemington Centre Throughout the year</p>	
	<p>Sensory Baby* 10 to 11.30am Newburn Library Term time only</p>	

*Please note:
Sessions in Throckley and
Newburn start week
commencing 1 June 2026

Outer West Venue Details

- **Galafield Family Hub:** Newbiggin Lane, Newcastle upon Tyne NE5 1LZ
- **Charlton Street:** Charlton St, Lemington, Newcastle upon Tyne NE15 8RN
- **Throckley Community Hall:** Back Victoria Terrace, Throckley, NE15 9EL
- **Newburn Library:** High Street, Newburn, NE15 8LN



Please check the What's On page on the Healthworks website for the most up to date session information
www.healthworksne.org.uk/events





EAST



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Free Family Activities

We offer a range of free weekly, monthly and holiday activities for families with children in Newcastle, held at venues across the city.

For more information, call or text 07961 734298.

For all activities, except Baby Massage, you don't need to book a place, just pop along.
Call/ Text 07961734298 for Baby Massage bookings or for enquiries.

Monday	Tuesday	Wednesday
<p>Messy Play 9.30 to 11am Byker Sands Term time only</p>	<p>Baby Massage 10 to 11.30am Byker Sands Term time only</p>	<p>Cook, Play & Learn 1.30 to 3pm Byker Sands Term time only</p>
	<p>Sensory Baby (Under 1) 1 to 2.30pm Byker Sands Term time only</p>	

East Venue Details

- **Byker Sands Centre: 19 Raby Cross, Newcastle upon Tyne , NE6 2FF**



Please check the What's On page on the Healthworks website for the most up to date session information
www.healthworksne.org.uk/events





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Baby Massage

BABY MASSAGE

During term time, we offer Baby Massage sessions for families living in Newcastle with non mobile babies.

They are free to attend and booking is required on 07961734298

Baby Massage sessions can offer a range of benefits to both mother and baby, it supports bonding and is a relaxing time for both.

There are 5 sessions which will end with the parent being able to give their baby a safe and soothing massage. Other benefits include helping with colic, teething and snuffles and can improve circulation.

Monday	Tuesday	Wednesday	Friday
10 to 11.30am Dinnington Social Club	10 to 11.30am Gosforth Library	10 to 11.30am Charlton Street or Galafield	1 to 2pm Woodlands
	10 to 11.30am Byker Sands Centre	1 to 2.30pm The Haven (Kenton)	
	1 to 2.30pm Throckley Community Hall	1 to 2.30pm Health Resource Centre	

Please check the What's On page on the Healthworks website for the most up to date session information

www.healthworksne.org.uk/events



HEALTHY BABIES



Healthworks Useful Vision:

Activities July to September 2026

Sunday 19 July

Elswick Pool Splash Party

Thursday 23 July

Bill Quay Farm

Thursday 30 July

Sir Charles Parson Swimming Pool

Friday 7 August

Pegswood Fire Station

Thursday 13 August

Durham Cricket Ground

Friday 14 August

Happy Hands and Soft Play at Galafields

Thursday 27 August

A Day in the life of a Police Officer

Saturday 12 September

Air Trail

Saturday 26 September

Roller Skating



www.healthworksne.org.uk

Venue Details



North Venue Details

- **Dinnington Social Club:** 1a Beech Avenue, NE13 7JT
- **Fawdon Family Centre:** Cairns Way, Newcastle upon Tyne NE3 2SN
- **The Haven:** Halewood Avenue, Kenton, NE3 3RX
- **Gosforth Library:** Regent Farm Road, NE3 3HD
- **Woodlands Pre School :** Newton Place, High Heaton, NE7 7HD

Inner West Venue Details

- **The Health Resource Centre:** Adelaide Terrace, Benwell, NE4 8BE
- **Nunsmoor Centre:** Studley Terrace, Newcastle upon Tyne NE4 5AH

Outer West Venue Details

- **Galafield:** Newbiggin Ln, Newcastle upon Tyne NE5 1LZ
- **Charlton Street:** Charlton St, Lemington, Newcastle upon Tyne NE15 8RN
- **Throckley Community Hall:** Back Victoria Terrace, Throckley, NE15 9EL
- **Newburn Library:** High Street, Newburn, NE15 8LN

East Venue Details

- **Byker Sands Centre:** 19 Raby Cross, Newcastle upon Tyne , NE6 2FF
- **St Martin's Centre:** Roman Avenue, Byker, Newcastle upon Tyne , NE6 2RJ

Information, Advice and Support

NHS Direct 111

National Domestic Abuse Helpline 0808 2000 247

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

Children and Families Newcastle - Help and support for children aged 0-19

<https://childrenandfamiliesnewcastle.org.uk/>

MoneyHelper: 0800 138 7777 (English) 18001 0800 915 4622 (text relay)

www.moneyhelper.org.uk Provides free and impartial money advice.

Free and Emergency Food: <https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>

Citizens Advice Bureau (CAB) <http://www.citizensadvice-newcastle.org.uk/>

Energy Advice:

- 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>

Partners

- Action for Children: <https://www.actionforchildren.org.uk/>
- Barnardos: <https://www.barnardos.org.uk/>
- Children North East: <https://www.children-ne.org.uk/>
- Riverside Community Health Project: <https://www.riversidechp.org.uk/>

Contact Us



- **The Health Resource Centre: 0191 272 4244**
Adelaide Terrace, Benwell, NE4 8BE
- **The Lemington Centre: 0191 264 1959**
Tyne View, Lemington, Newcastle upon Tyne NE15 8RZ
- **www.healthworksne.org.uk/contact**



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

www.healthworksne.org.uk

30 Healthworks
CELEBRATING 30 YEARS

IMPACT REPORT
2024 - 2025

**READ OUR
LATEST
IMPACT
REPORT**

Scan Me

Healthworks Impact Report

0191 272 4244

enquiries@hwn.org.uk

