



Healthworks
the community health charity

A Collaborative Approach to Support Research and Innovation in Health

RESEARCH

Examples of Recent Projects

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30 **Healthworks**
CELEBRATING 30 YEARS

PERFORM Trial

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

In collaboration with the National Institute for Health Research (NIHR),
the University of Leicester, and Northumbria University



We're excited to be part of the PERFORM Trial at Healthworks – a ground breaking research project designed to support people living with multiple long-term health conditions.



In collaboration with the National Institute for Health Research (NIHR), the University of Leicester, and Northumbria University, this study is developing a personalised exercise-based rehabilitation program tailored to individual needs



Our goal is to help people feel better, stay active, and reduce hospital visits through safe and effective rehabilitation.

Research shows that exercise-based rehabilitation can greatly improve quality of life for those managing multiple health conditions.

However, access to the right support is often limited.

That's why we're working closely with patients, caregivers, and healthcare professionals to create a programme that's both effective and accessible for NHS implementation.

Funded by NIHR Programme Grants, this study will evaluate how well the programme works and how it can benefit people in the long run.

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PURE-EX

**EXpanding into communities to imProve physical activity sUpport foR
womEn after breast cancer**

**Co-development of a programme to improve physical activity support for women
after breast cancer treatment**

Breast cancer and its treatment can have long-term adverse effects on physical and mental health.

Evidence-based guidelines recommend that healthcare professionals (HCPs) advise women with breast cancer to engage in physical activity to improve health outcomes. However, support to be active is not standard care.

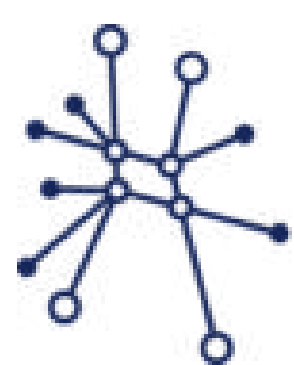
Funded by Breast Cancer Now, Healthworks is working with Dr Sam Orange at Newcastle University on the PURE-EX (EXpanding into communities to imProve physical activity sUpport foR womEn after breast cancer) programme which aims to address this knowledge-practice gap.



PURE-EX will co-develop, refine, and test a programme that aims to integrate physical activity referrals into standard care for women after breast cancer treatment.

Healthworks, Newcastle University and the NHS will be working together over the next 3 years to co-develop and test of the feasibility of the programme to improve diet and physical activity support in breast cancer care.

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Keep Exercising, Stay Steady

KESS: A collaborative research project with Northumbria University

Developing and testing a digital health intervention to support ongoing exercise maintenance for individuals who have completed falls prevention exercise programmes.



As people age, declines in muscle strength and balance become major risk factors for falls and serious injuries.

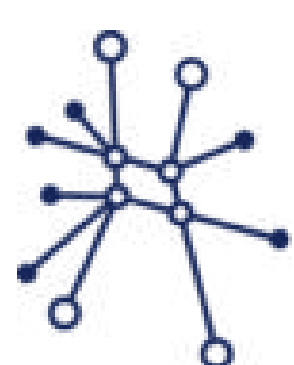
Evidence shows that completing group-based falls management exercise (FaME) programmes leads to significant improvements in muscle strength, balance, and overall function, while also reducing falls and injury rates in older adults.

However, many people reduce or stop exercising within 6 to 24 months of completing these programmes. Without continued activity, the physical benefits fade, and the risk of falls and injuries rises.

This research aims to create and assess the feasibility of a digital intervention to support continued exercise engagement for FaME programme participants, helping them to maintain the benefits of their physical progress and reduce future fall risks.

The goal of the study is to design and evaluate the feasibility and user acceptance of a digitally supported exercise maintenance intervention for individuals who have participated in FaME classes.

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SCAN ME

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Long COVID

Understanding Long Covid in Northern England: A Growing Challenge

Co-development of a programme to improve physical activity support for women after breast cancer treatment

This research explored the impact of Long Covid on the health, wellbeing and employment prospects of adults living in Northern England.

The report revealed that Long Covid is affecting up to a fifth of patients in certain areas of the North of England.

It highlights the alarming inequalities in Long Covid rates, showing a clear divide between the North and South of the country.



Key Findings:

- The North West of England has the highest percentage of people reporting Long Covid symptoms, with 5.5% of the population affected. The North East and Yorkshire follow closely with 5.1%.
- In certain GP practices in the North, up to 20% of patients have reported symptoms of Long Covid, underscoring the severity of the condition in these regions.
- Many people suffering from Long Covid have faced significant challenges at both personally and at work. Including demotion, job loss, or the need to switch to part-time employment.

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A Healthworks research project to develop an understanding of health issues that affect people within the North East region.



The project also explored people's views on research and what good research practice should look like.

Key barriers identified included poor access to services, low awareness of local resources, financial pressures, and lack of time.

This report outlines practical suggestions to help improve engagement with communities that are currently under-served by both services and research.

Recommendations Included:

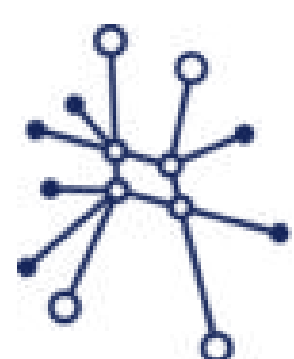
- *The need for open access resources including offline options.*
- *Better partnership work with Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations. Raising awareness about available resources and research.*
- *Evaluation of research from the point of view of people and better accountability for this. This could include more work on showing the outcomes of research.*

Scan the code to read the full report



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