



A Quick Guide to

OUR

SERVICES

April 2025

A quick guide to Healthworks services

ESCAPE-Pain: a free 6-week rehabilitation programme for patients referred via TIMS 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.

Cancer Prrehabilitation Programme: An exercise-based programme aims to optimise physical and psychological wellbeing for patients before cancer treatment.

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.

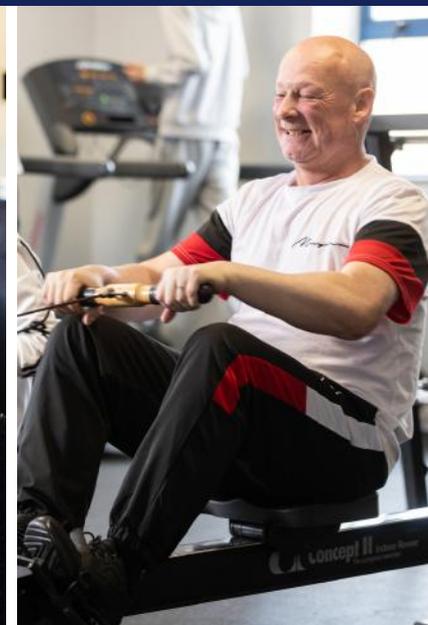
Keep Moving: A fun, low impact exercise class to help people stay healthy , active and independent - no referral is needed and there is a small charge.

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.

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

PERFORM Trial: Personalised Exercise-Rehabilitation for People with Multiple Long-Term Conditions – a groundbreaking research project designed to support people living with multiple long-term health conditions.



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Community Wellbeing Pathfinder Service: This service supports with a wide range of needs including mental health, physical health, loneliness, housing, finances, and lifestyle changes.

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 acute in-patients.

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.

Waiting Well: 12 weeks of free 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.

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: Registered to have 24 children each session.

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

Useful Vision: Work with visually impaired children and their families in the North East to give them the support they need to flourish.





Healthworks
the community health charity

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