

Healthworks

Healthworks support people of all ages to lead a healthier life; from being more active, to eating healthily, giving up smoking, managing diabetes and improving your mobility. They offer a range of services including:

- Community Health Trainers who support you to improve your health
- Physical activities including two accessible gyms with reduced rates and classes from just £3
- Long covid support service: a 6 week programme to help improve your symptoms, strength and stamina
- Staying Steady Programme – improve your balance and mobility (free and by referral only)
- Food skills sessions to learn new affordable and healthy recipes
- Breastfeeding peer support
- Group exercise and Yoga sessions (make a call to book or use the App on their website)
- ESCAPEpain (contact directly for information and venues)
- Type 2 diabetes support
- [**The Lemington Centre**](#)

This is a designated [**Safe Reporting Centre**](#) where people can report [**hate crime**](#) or hate incidents without having to contact the Police directly.

Healthworks is also a Wellbeing Hub. They're a warm welcoming place to spend time in Newcastle. They offer a range of support such as hot drinks, free Wi-Fi, place to charge your devices, information, advice and more. [**Visit Newcastle.gov.uk to see what's available at this hub.**](https://www.newcastle.gov.uk)

Healthworks is commissioned by Newcastle City Council for, children and young people services, NHS Health checks, wellbeing and health improvement

Last updated: March 14, 2024

Telephone: 0191 272 4244

Telephone note: West End Resource Centre

Telephone 2: 0191 264 1959

Telephone 2 note: Lemington Centre

Telephone 3: 0191 273 8889

Telephone note 3: Community Health Trainers

Website: <https://www.healthworksne.org.uk/>

Fax: 0191 272 4248

Email: enquiries@hwn.org.uk

Twitter: <https://twitter.com/TeamHealthworks>

Facebook: <https://www.facebook.com/pages/Healthworks-Newcastle/610289325701297>

Cost: There may be a cost to this service/support

Address:

West End Health Resource Centre
Adelaide Terrace
Benwell
Newcastle upon Tyne
NE4 8BE

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[10 Tips for good health](#)

[Benefits of being physically active](#)

[Healthy eating and drinking](#)

[Keeping your brain active](#)

[Fitness Activities](#)

[Weight management](#)

[Hate crime](#)

[Support for Asylum Seekers and Refugees](#)

[Support Groups](#)

[Warm spaces and places in Newcastle](#)