

## 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 £3.00
- Staying Steady Programme – improve your balance and mobility (free and by referral only)
- food skills sessions – learn new affordable and healthy recipes
- breastfeeding peer support
- group exercise sessions (make a call to book or use the App on their website)
- ESCAPEpain (contact directly for information and venues)
- [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 commissioned by Newcastle City Council for

- children and young people services
- NHS Health checks
- wellbeing and health improvement

Last updated: October 21, 2021

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**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.healthworksnewcastle.org.uk>

**Fax:** 0191 272 4248

**Email:** [enquiries@hwn.org.uk](mailto: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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## Related Articles

[Falls prevention](#)

[10 Tips for good health](#)

[Benefits of being physically active](#)

[Healthy eating and drinking](#)

[Keeping your brain active](#)

[Fitness activities](#)

[Weight management](#)

[Hate crime](#)