

West End Health Resource Centre

The Centre provides activities and services for people to help them keep well, to get better after being ill, and also to improve their fitness as part of the Healthworks initiative. The atmosphere at the Centre is informal and welcoming and facilities include a small gym and exercise studio with a programme of different classes. There are special health and fitness sessions for particular groups of people, including women only sessions, men only sessions, sessions for people who suffer from anxiety and stress, and sessions for the over 50s.

You can be referred from your GP to the centre for exercise on referral, cardiac rehabilitation and Type 2 diabetes support. The centre also provides healthy eating advice, information and practical sessions. It also employs health trainers who can offer support and advice to groups and individuals about health and healthy activities.

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Telephone: 0191 272 4244

Website: www.healthworksnewcastle.org.uk/our-centres/health-resource-centre

Email: hwn@hwn.org.uk

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

Facebook: <https://www.facebook.com/Healthworks-Newcastle-610289325701297/?fref=ts>

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