

Social Prescribing Team Healthworks

This is a Newcastle city wide service, which will support you to better understand and manage your health and wellbeing. They will help you

- lose weight
- stop smoking
- increase physical activity
- access services
- get out in your community
- make friends
- manage your long term conditions

You can self-refer to this service.

Last updated: February 4, 2020

Telephone: 0191 273 8889

Website: <https://www.healthworksnewcastle.org.uk/services/>

Email: enquiries@hwn.org.uk

Opening Hours: Monday to Friday 9am to 4.30pm

Address:

The Health Resource Centre
Adelaide Terrace
Benwell
Newcastle
NE4 8BE

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[10 Tips for good health](#)

Giving up smoking