

Healthworks

Healthworks is a long-established community health charity helping people in Newcastle and across the North East live longer, healthier and happier lives through preventative health programmes and interventions, community wellbeing services, lifestyle support, research projects and accessible health information.

We have two Centres and use a variety of community venues to deliver our activities:

- [The Health Resource Centre](#)
- [The Lemington Centre](#)

Our services and activities include:

- [Falls prevention: Free Staying Steady](#) classes to improve your balance and mobility
- [Pregnancy and breastfeeding](#) support for families in Newcastle
- [Children, young people and family activities](#) for people living in Newcastle
- [Community Gyms and exercise classes](#) for all levels of fitness
- [ESCAPEpain](#): free pain management classes
- [Useful Vision](#) support for children with visual impairment and their families
- [Stop Smoking Support](#): free stop smoking support in Newcastle, including one-to-one and group sessions for anyone aged 18 or over who lives, works, or studies in the city
- [The Community Wellbeing Pathfinders service](#) gives one to one support for people aged 18 or older living in Newcastle. Support includes information, advice, signposting, support planning, self-care skills to manage health symptoms and more. You can refer yourself or professionals can refer you to this service.
- [Waiting Well](#): a free 12-week one-to-one support programme designed to help you improve your health and wellbeing while you wait for planned surgery
- [Cancer awareness work](#): free, interactive talks, training sessions, online courses and support to individuals, groups, and organisations across the community
- [Workplace health and wellbeing](#): a variety of free and low-cost services to help reduce sickness absence, improve morale, and boost performance in your workforce.
- [Pre-school](#): Childcare for 2, 3, and 4-year-olds at 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.

They also offer room hire and meeting spaces: Audio-visual equipment and catering are available on request.

The buildings are wheelchair accessible and there is nearby parking both on-street and in a car park.

Healthworks is commissioned by Newcastle City Council for, children and young people services and the community wellbeing pathfinder service.

Last updated: April 10, 2026

Telephone: 0191 272 4244

Telephone note: Health 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://x.com/HealthworksNE>

Facebook: <https://www.facebook.com/HealthworksNE>

Youtube: <https://www.youtube.com/@HealthworksNE>

Opening Hours: Monday to Friday 8am to 8pm
Saturday 9am to 1pm

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

Address:

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

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](#)

[Support for Asylum Seekers and Refugees](#)

[Support Groups](#)

[Warm spaces and places in Newcastle](#)

[Wellbeing Hubs](#)

[Services commissioned by Newcastle City Council](#)

[Physical and leisure activities](#)

[Baby, children and young people's health](#)