

Community Wellbeing Pathfinder service

The Community Wellbeing Pathfinder service from [Healthworks](#) offers up to 8 1:1 sessions of personalised guidance face-to-face, over the phone, or by video.

Pathfinders can support people in areas such as:

- Achieving a healthier lifestyle
- Managing physical health and learning self-care techniques
- Finding jobs or volunteering opportunities
- Improving housing and financial wellbeing
- Reducing loneliness and building social support
- Mental health and emotional wellbeing support

Pathfinders will provide:

- Tailored action plans to help people move forward with confidence
- Personal signposting
- Referrals to local expert services
- Trusted advice and information

[You can refer using their Community Wellbeing Pathfinder Referral Form here](#)

Last updated: June 24, 2025

Telephone: 0191 272 4244

Website: <https://www.healthworksne.org.uk/service/improving-wellbeing/>

Email: jake.lightowler@hwn.org.uk

Opening Hours: Monday -Friday 8:00am-8:00pm

Saturday 9:00am-1:00pm

Sunday - CLOSED

Cost: Free

Address:

Health Resource Centre

Adelaide Terrace

NE4 8BE

Related Articles

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[Benefits of being physically active](#)

[Health Inequalities](#)