

Healthworks - The Health Resource Centre

The Health Resource Centre offers a range of health, wellbeing and fitness activities for people of all ages. The centre has:

- small gym
- exercise studio with a range of classes
- family activities
- health and wellbeing programmes
- Fall prevention: Free Staying Steady classes to improve your balance and mobility
- Useful Vision support for children with visual impairment and their families
- gentle exercise to help recover from illness or injury
- women only classes
- support groups such as diabetes
- health checks
- meeting and training space to hire
- volunteering opportunities

At the centre there are: accessible toilets, baby changing facilities, a lift, tea and coffee making facilities, off street parking nearby, changing rooms with showers.

Healthworks Health Resource Centre is a [Good Things Foundation digital inclusion hub](#)

This service is ran by [Healthworks](#).

The Health Resource Centre is 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. Read more about [Wellbeing Hubs](#)

Wellbeing Hub open Monday to Friday 8am to 8pm, Saturday 8am to 1pm.

Last updated: December 18, 2025

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/>

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

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

Address:

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

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