

Ways to Wellness

Ways to Wellness is a charity based in Newcastle that works with partners to test and produce evidence around new ways of working in health. Its focus is to promote changes in the health system that help those people most affected by health inequalities to better manage their health and wellbeing.

Its current projects involve pairing people that have pain, persistent physical symptoms, or other chronic conditions with a link worker who will work with them to:

- gain confidence and motivation
- get involved in local groups and activities
- access specialist services and support
- eat more healthily and get more active
- get support around benefits and welfare rights

Ways to wellness project include [PROSPeR](#), the [Persistant Physical Symptoms](#) service, and [SPACE Pilot](#)

Last updated: June 30, 2025

Telephone: 0191 816 3540

Telephone note: For general queries

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Email: info@waystowellness.org.uk

Twitter: <https://x.com/ways2wellnessUK>

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

Youtube: <https://www.youtube.com/@ways2wellnessUK>

Opening Hours: Monday to Friday 9am to 5pm

Cost: Free

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