



Healthworks
the community health charity



An introduction to our work with communities and organisations across the North East



We are a charity based in Newcastle working with local communities and organisations across the North East to improve health, wellbeing and life outcomes.



OUR SERVICES

Our Health Improvement Team are here to offer people the advice and guidance they need to stay on track and make good choices that can help improve their health and wellbeing.

Services include:

- NHS Health Checks,
- Healthy eating advice,
- Stop smoking support,
- Staying Steady falls prevention programme,
- Diabetes and long term condition support
- Improving wellbeing support
- A range of opportunities to be more active even for those with an existing medical or long term condition.

The Health Promotion Team deliver a range of activities including: cancer awareness sessions, Community Cancer Champion training, accredited Public Health training, healthy cooking sessions and activities for parents/carers and children.

Our Amazing Start Team work with key agencies to support families from conception to age two. They work with parents and families, to provide antenatal and breastfeeding information and support through a team of trained staff and volunteers.



We also have two fully equipped community gyms in Benwell and Lemington, a Pre-school (for two, three and four year-olds) in Lemington, rooms for hire and a programme of low-cost weekly exercise classes and activities.

SUPPORTING BETTER HEALTH IN WORKPLACES

We offer a range of services that support and promote improved health in workplaces. Many local businesses and organisations have engaged us to deliver training, awareness sessions, staff support sessions and NHS Health Checks as part of their working towards the Better Health At Work Award.



Our staff are trained to carry out NHS Health Checks. These are for adults in England aged 40 to 74. The NHS Health Check is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions, having an NHS Health Check helps find ways to lower this risk. We can also offer Stop Smoking support to members of staff that wish to quit smoking. One to one support can be arranged and we can also offer group support in workplaces.

Our team can also deliver Talk Cancer Awareness Sessions and Cancer Champion training either in-person or virtually.

If you would like to join the many businesses and organisations we have already helped and are interested in finding out more about how we can help you achieve a healthier workplace, or if you are working towards the Better Health At Work award, we'd love to hear from you.



Please contact us via our website or by e-mail to enquiries@hwn.org.uk

ROYAL SOCIETY OF PUBLIC HEALTH TRAINING



We offer Royal Society of Public Health accredited training in:

Nutrition

Level 1: This qualification is for those who wish to obtain a basic knowledge and understanding of human nutrition and how it affects health.

Level 2: This qualification covers the key role of nutrition in health and wellbeing. Its objective is to provide learners with knowledge and understanding of the relationship between diet and health and wellbeing, as well as the role of food labelling and other factors in food choices.

Food Hygiene

Level 1 and Level 2: These qualifications will enable participants to have basic knowledge and understanding of the importance of food hygiene, associated food hazards, good hygiene practice and controls based upon an awareness of food safety management systems.

Food Allergy Risks

Level 1: This qualification is to provide learners with an understanding of why food allergens need to be controlled and strategies for control, such as keeping and making available information about allergen ingredients, reducing cross contamination and providing advice.

Encouraging a Healthy Weight and Healthy Eating

Level 1: This qualification is to provide learners with the ability to help individuals develop a healthier lifestyle by encouraging them to eat healthily and attain/maintain a healthy weight.

If you would like further information about the Royal Society Of Public Health training we offer, please contact us via our website or by e-mail to enquiries@hwn.org.uk

RESEARCH PROJECTS

Healthworks is a core member of Newcastle Health Innovation Partners (NHIP). NHIP is one of eight Academic Health Science Centres in the UK and brings together world-class research, education and clinical practice for the benefits of the region, you can find out more about NHIP here: [Newcastle Health Innovation Partners](#)

Healthworks is a key partner in developing health inequalities research with our colleagues across the region's Universities and NHS. We have secured funding from NIHR Applied Research Collaboration and we're delivering the interventions involved in 'Multimodal tele-health behavioural intervention in patients with peripheral arterial disease from low socio-economic areas: a feasibility and pilot randomized controlled trial with embedded process evaluation.

Healthworks have recently supported a long Covid research project ACCEPT- Accessible Community COVID-19 Education and Physical Therapy with Ioannis Vogiatzis Ph.D. FERS, Professor of Rehabilitation Sciences at Northumbria University. This is currently being evaluated.

We're currently delivering interventions as part of Pre-operative uncontrolled diabetes reversal before elective and major surgery – Pre-Op DREAMS for the NHS as well as wider prehab and research interventions (with universities as part of the ARC Open Call).



In addition, we are supporting Zone West/Newcastle University research in evidencing beneficial change in the mental health and development of primary school children as a result of linkworker support.

Zone West is the social prescribing service for children and young people hosted by Healthworks. This well evaluated service is currently active in Newcastle and Teesside, Zone West is a mentoring and signposting service for children helping to improve their lives and focused on the achievement of developmental goals.

Please contact us at enquiries@hwn.org.uk if you would like to find out more about or research work.

Evidence shows the positive impact of our work on the health and wellbeing of people and we were delighted to win a GSK Impact Award for 2021 in partnership with The King's Fund.

This award was for our outstanding work to improve health and wellbeing in communities across the region.



Thanks to all of our past and present staff, volunteers, trustees, funders, partners and friends who have supported us in improving health outcomes for people across the region

www.healthworksnewcastle.org.uk