



Healthworks
the community health charity



Supporting better health in communities and workplaces 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.

WHO WE ARE

Healthworks supports people of all ages to lead a healthier life; from the antenatal period, support with breastfeeding, being more active, eating healthily, giving up smoking, improving mobility and managing existing medical conditions. Our objective is to preserve, protect and improve the health and life outcomes of communities across the North East region of England.

We achieve this by:

- providing information about health and health improvement
- providing resources for local communities in order to improve their understanding of health issues and to have access to information that enables them to make the best health choices for themselves
- offering a range of preventative approaches with an emphasis on collaboration between different agencies and professional groups
- promoting the health benefits of exercise, healthy eating and lifestyle changes
- providing health training opportunities for organisations and the community
- providing services aimed at reducing inequalities in health

Most of our work is in areas recognised as being largely disadvantaged where quality of life is reduced either by ill health or disability. These health inequalities are caused by low income, unemployment, lack of opportunity, lower education outcomes, poor housing and child poverty. The cost of this inequality is substantial, both in years of life lost and costs to the economy. These factors result in greater dependence on health, social care and other services.

Professor Marmot, in his influential report *Fair Society, Healthy Lives, The Marmot Review into health inequalities in England* and his 10 year review (*Health Equity in England, The Marmot Review 10 Years On*) expressed significant concern about poverty and social inequality, and the negative effect this can have on physical health, mental health, and life expectancy and on a population often described as hard-to-reach and excluded. His *Build Back Fairer* report identified inequalities in social and economic conditions before the pandemic contributed to the high and unequal death toll from COVID-19, measures to control the virus also impacted on health and the widening of health inequalities.

It is against this background that we work to support and enable communities, through advocacy, challenge and delivery to improve life outcomes.

Our goals



Increase recognition and understanding of the wider determinants of health



Reduce health inequalities and enable people to overcome challenges and barriers to good health



Support communities across the North East to improve their health, wellbeing and life outcomes



Build the capacity of individuals to identify and act on issues that impact on their health and wellbeing



Work in partnership with other organisations to develop new services across the region to meet emerging need



Achieve a wide reach into communities traditionally seen as "hard to reach"



Recruit, train and upskill a local workforce and volunteer team



Explore new funding opportunities and secure commissions to develop and expand our service delivery



Develop and deliver a range of inclusive health improvement and health promotion services



Provide local access to regular exercise via high quality and low cost community gyms and classes



Healthworks
the community health charity

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 have already supported many businesses and organisations across the North East to achieve a healthier workplace and we can support your organisation too.

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.



Better Health
at Work Award



Our staff are trained to carry out NHS Health Checks, 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 visit our website for more information or e-mail us at enquiries@hwn.org.uk

ROYAL SOCIETY OF PUBLIC HEALTH TRAINING WE OFFER



Nutrition

Level 1: This qualification is for those who wish to obtain a basic knowledge and understanding of how nutrition 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 2

This qualification will 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, improving communication and providing advice to consumers.

RSPH Level 2 Award in Encouraging a Healthy Weight and Healthy Eating

This qualification is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle. Learners will increase their knowledge and understanding of why individuals may not be at a healthy weight, the effect on health, the principles of healthy eating and how individuals can be helped and supported to achieve a healthy weight and eat healthily.

If you would like further information about the Royal Society Of Public Health and other training we offer, please visit our website or send an 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 visit our website or contact us at enquiries@hwn.org.uk if you would like to find out more about or research work.

OUR PARTNERS

We work in partnership with multiple agencies across the region, if you are interested working with us, please contact us at enquiries@hwn.org.uk



OTHER WAYS TO GET INVOLVED IN OUR WORK

VOLUNTEER

We have some great volunteering opportunities for the right people to get involved in supporting our work. Our trained Breastfeeding Peer Support and Antenatal Support volunteers really do play a vital role in the work of our Amazing Start team and enable us to reach and offer support to many families in Newcastle. Many have used our services previously and found the support invaluable and so they have wanted to offer support to other women too. Successful applicants will receive a free 10 week training course to prepare them for their role within the Amazing Start team.

BECOME A TRUSTEE

We have some amazing Trustees but we are always pleased to hear from others who might be interested in being a Healthworks Trustee. Being a Trustee is one of the most powerful ways in which you can contribute to your local community or to a cause you really care about. As a Healthworks Trustee, you play an integral part in the good governance of a charity, not only ensuring that Healthworks remains viable and sustainable but ensuring that we follow our aims and objectives in the interests of our beneficiaries. If you would like more information about becoming a Trustee, please get in touch.

MAKE A DONATION OR FUNDRAISE

Making a donation to or fundraising for Healthworks is a great way to help and support health and wellbeing in North East communities. Every penny counts! No matter how small, Healthworks really values every donation. You can take action right now and know that you will immediately help and support our work. We will use any money raised to:

- Reach out to the most vulnerable members of your community to improve health education
- Replacing equipment and provide more physical activities for everyone
- Develop more services for people with long term conditions

Please visit the 'Get Involved' section of our website for more information about volunteering, becoming a Trustee and donating. You'll also find our latest employment opportunities there too.

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