Healthworks

Healthworks support people of all ages to lead a healthier life. They offer a range of services including:

- support you to improve your health
- 2 low cost accessible gyms and exercise classes
- The Health Resource Centre
- **The Lemington Centre**
- Fall prevention: Free Staying Steady classes to improve your balance and mobility
- Breastfeeding peer support
- exercise classes
- ESCAPEpain: free pain management classes
- Useful Vision support for children with visual impairment and their families
- The Health Improvement Team support you to better understand, manage and improve your health and wellbeing. They can help you to be more active, eat healthily, give up smoking, manage diabetes and improve your mobility
- The Community Wellbeing Pathfinders service gives one to one support for people aged 18 or older. Support includes information, advice, signposting, support planning, self-care skills to manage health symptoms and more. You can refer yourself or professionals can refer you to this service.

This is a designated **Safe Reporting Centre** where people can report **hate crime** or hate incidents without having to contact the Police directly.

Healthworks is also 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.

They also have meeting space for up to 20 people available to hire. Audio-visual equipment and catering are available on request. The building is wheelchair accessible and there is nearby parking both on-street and in a car park.

> Healthworks is commissioned by Newcastle City Council for, children and young people services, wellbeing and health improvement

Last updated: October 10, 2025

Telephone: 0191 272 4244

Telephone note: Health Resource Centre

Telephone 2: 0191 264 1959

Telephone 2 note: Lemington Centre

Telephone 3: 0191 273 8889

Telephone note 3: Community Health Trainers

Website: https://www.healthworksne.org.uk/

Fax: 0191 272 4248

Email: enquiries@hwn.org.uk

Twitter: https://twitter.com/TeamHealthworks

Facebook: https://www.facebook.com/pages/Healthworks-Newcastle/610289325701297

Opening Hours: Monday to Friday 8am to 8pm
Satruday 9am to 1pm

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

Address:
Health Resource Centre
Adelaide Terrace
Benwell
Newcastle upon Tyne
NE4 8BE

Related Articles

Falls prevention

10 Tips for good health

Benefits of being physically active

Healthy eating and drinking

Keeping your brain active

Fitness Activities

Weight management

Hate crime

Support for Asylum Seekers and Refugees

Support Groups

Warm spaces and places in Newcastle

Wellbeing Hubs

Services commissioned by Newcastle City Council

Physical and leisure activities

Baby, children and young people’s health