



**Healthworks**  
the community health charity

# Healthworks For Children and Families



Healthworks Best Start Pregnancy and Breastfeeding Support  
Healthworks Children and Family Activities  
Healthworks Pre-school  
Healthworks Useful Vision

# Welcome to Healthworks Children and Family Services

Healthworks offers a wide range of supportive, fun and engaging services for children, young people and their families across Newcastle. Our services and activities are delivered in a variety of local community settings and are available to families living in the city.

We are committed to helping children thrive by providing free opportunities for play, learning and development. Everything we offer is designed to bring families together, build confidence, and support the development of important life skills - all while having fun.

Visit our [website for more information](#) about all of our services.

## What We Offer Children, Young People and Families

### Healthworks Best Start:

Brings together our [Pregnancy](#) and [Breastfeeding Peer Support](#) services for families living in Newcastle.

Our trained staff and volunteers work alongside midwives and health visitors to give extra help when people need it. We offer both group sessions and one-to-one support.

Call the team on **07826 531575 for support.**

### Healthworks Children and Family Activities:

Our activities for babies include Sensory Baby, Boogie Bairns and Baby Massage.

Our weekly family sessions include Cook, Play and Learn and Messy Play sessions. Many run continuously throughout the year (please check each session for details).

We also offer a monthly Saturday Session and Holiday Activities for children and families.

Find a session by visiting our [What's On page](#).

### Healthworks Useful Vision:

Healthworks Useful Vision provides accessible, positive opportunities and activities to visually impaired children and their families throughout the North East region.

Find out more about [Healthworks Useful Vision](#).

### Healthworks Pre-school:

Childcare for 2, 3, and 4-year-olds at The Lemington Centre - open Monday to Friday, 8.45am to 3.30pm, during term time. If you have a two, three, or four-year-old, you could be entitled to a fully funded place at our Pre-school. Find out more about [Healthworks Pre-school](#).

Take a look at the following pages to find our What's On and where - our sessions sometimes change at short notice, so we'd also recommend [checking our website](#) for the most up to date information.

# What's On?

## Children, Young People and Families at Healthworks

### Healthworks Best Start:

- Breastfeeding Peer Support Groups - page 4

### Healthworks Children and Family Activities:

- Venues - page 5
- Timetable - page 6
- Useful Vision - page 7

### Contact Us / What's On - page 8

### Information and Support - page 9

### Find out more - back page



**Healthworks**  
Best Start

## BREASTFEEDING PEER SUPPORT GROUPS

# Free Breastfeeding Peer Support Groups

Our free Breastfeeding Peer Support Groups are for families living in Newcastle, and are relaxed, informal and friendly.

They are a great way to meet other breastfeeding mams, get handy tips and information and are an opportunity to get peer support from one of our members of staff or a volunteer.

Pregnant families are welcome at our groups.

We offer the following weekly Breastfeeding Peer Support Groups:

| Monday                                                                 | Wednesday                                                            | Thursday                                               | Friday                                                        |
|------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------|
| 10 to 11.30am                                                          | 1 to 2.30pm                                                          | 1 to 2.30pm                                            | 10 to 11.30am                                                 |
| Health Resource<br>Centre, Adelaide<br>Terrace, Benwell<br><br>NE4 8BE | Charlton<br>Street Hub,<br>Charlton St,<br>Lemington<br><br>NE15 8RN | The Haven<br>Halewood<br>Avenue, Kenton<br><br>NE3 3RX | St Martin's<br>Centre<br>Roman Avenue<br>Byker<br><br>NE6 2RJ |

For more information, send us a message or call us on 07826531575.

You can also pop over to our [Breastfeeding Mams Facebook page](#) for ongoing information and support.



Please check the What's On page on the Healthworks website for the most up to date session information  
[www.healthworksne.org.uk/event](http://www.healthworksne.org.uk/event)





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## OUR VENUES

# Free Family Activities

We offer a range of free weekly, monthly and holiday activities for families with children in Newcastle, held at venues across the city.

For more information, call or text 07961 734298.

For all activities, except Baby Massage, you don't need to book a place, just pop along.  
Call/ Text 07961734298 for Baby Massage bookings or for enquiries.

### Inner West Venue Details

- **The Health Resource Centre:** Adelaide Terrace, Benwell, NE4 8BE
- **Nunsmoor Centre:** Studley Terrace, Newcastle upon Tyne NE4 5AH

### Outer West Venue Details

- **Galafield Family Hub:** Newbiggin Lane, Newcastle upon Tyne NE5 1LZ
- **Charlton Street:** Charlton St, Lemington, Newcastle upon Tyne NE15 8RN
- **Throckley Community Hall:** Back Victoria Terrace, Throckley, NE15 9EL
- **Newburn Library:** High Street, Newburn, NE15 8LN

### East Venue Details

- **Byker Sands Centre:** 19 Raby Cross, Newcastle upon Tyne , NE6 2FF
- **Pottery Bank Community Centre:** Yelverton Cres, Walker, NE6 3SW
- **Walker Park Community Centre:** Walker Park, Scrogg Road, Walker, NE6 3HR

### North Venue Details

- **Fawdon Family Centre:** Cairns Way, Newcastle upon Tyne NE3 2SN
- **The Haven:** Halewood Avenue, Kenton, NE3 3RX
- **Dinnington Social Club:** 1a Beech Avenue, NE13 7JT
- **Gosforth Library:** Regent Farm Road, NE3 3HD
- **Woodlands Pre School :** Newton Place, High Heaton, NE7 7HD



Please check the What's On page on the Healthworks website for the most up to date session information  
[www.healthworksne.org.uk/events](http://www.healthworksne.org.uk/events)



# HEALTHWORKS FAMILY ACTIVITIES - MORNING

| Monday                                                                                                | Tuesday                                                                                                       | Wednesday                                                                                                     | Thursday                                                                                                 | Friday                                                                                                                 |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>Cook, Play &amp; Learn</b><br><b>9.30 to 11am</b><br><b>Nunsmoor Centre</b><br>Throughout the year | <b>Cook, Play &amp; Learn</b><br><b>10 to 11.30am</b><br><b>Health Resource Centre</b><br>Throughout the year | <b>Boogie Bairsns (Under 2s)</b><br><b>10 to 11am</b><br><b>Health Resource Centre</b><br>Throughout the year | <b>Sensory Baby (Under 1)</b><br><b>10 to 11.30am</b><br><b>Health Resource Centre</b><br>Term time only | <b>Messy Play</b><br><b>10 to 11.30am</b><br><b>Health Resource Centre</b><br>Term time only                           |
| <b>Baby Massage</b><br><b>10 to 11.30am</b><br><b>Dinnington</b><br>Term time only                    | <b>Sensory Baby (Under 1)</b><br><b>10 to 11.30am</b><br><b>Fawdon /Gosforth</b><br>Term time only            | <b>Baby Massage</b><br><b>10 to 11.30am</b><br><b>Charlton Street or Galafield</b><br>Term time only          | <b>Messy Play</b><br><b>10 to 11.30am</b><br><b>The Haven</b><br>Term time only                          | <b>Sensory Baby</b><br><b>10 to 11.30am</b><br><b>Galafields</b><br>Term time only                                     |
| <b>Messy Play</b><br><b>9.30 to 11am</b><br><b>Byker Sands</b><br>Term time only                      | <b>Baby Massage</b><br><b>10 to 11.30am</b><br><b>Gosforth Library</b><br>Term time only                      | <b>Cook, Play &amp; Learn</b><br><b>10 to 11.30am</b><br><b>The Lemington Centre</b><br>Throughout the year   |                                                                                                          |                                                                                                                        |
|                                                                                                       | <b>Baby Massage</b><br><b>10 to 11.30am</b><br><b>Byker Sands</b><br>Term time only                           | <b>Sensory Baby</b><br><b>10 to 11.30am</b><br><b>Newburn Library</b><br>Term time only                       |                                                                                                          | <b>First Saturday each month</b>                                                                                       |
|                                                                                                       |                                                                                                               | <b>Baby Massage</b><br><b>10 to 11.30am</b><br><b>Pottery Bank, Walker</b><br>Term time only                  |                                                                                                          | <b>Family Sessions (0-8 year olds)</b><br><b>10 to 11.30am</b><br><b>Health Resource Centre</b><br>Throughout the year |

# HEALTHWORKS FAMILY ACTIVITIES - AFTERNOON

| Monday                                                                                             | Tuesday                                                                                        | Wednesday                                                                                        | Thursday                                                                                          | Friday                                                                                 |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>Cook, Play &amp; Learn</b><br><b>1 to 2.30pm</b><br><b>Fawdon/Kenton</b><br>Throughout the year | <b>Messy Play</b><br><b>1 to 2.30pm</b><br><b>Galafields</b><br>Term time only                 | <b>Baby Massage</b><br><b>1 to 2.30pm</b><br><b>Health Resource Centre</b><br>Term time only     | <b>Boogie Bairsns</b><br><b>1 to 2pm</b><br><b>Walker Park Community Centre</b><br>Term time only | <b>Baby Massage</b><br><b>12.30 to 1.30pm</b><br><b>Woodlands</b><br>Term time only    |
| <b>Messy Play</b><br><b>1 to 2.30pm</b><br><b>Dinnington</b><br>Throughout the year                | <b>Baby Massage</b><br><b>1 to 2.30pm</b><br><b>Throckley Community Hall</b><br>Term time only | <b>Cook, Play &amp; Learn</b><br><b>1.30 to 3pm</b><br><b>Byker Sands</b><br>Throughout the year | <b>Baby Massage</b><br><b>1 to 2.30pm</b><br><b>FAR Centre</b><br>Term time only                  | <b>Sensory Baby (Under 1)</b><br><b>2 to 3pm</b><br><b>Woodlands</b><br>Term time only |
|                                                                                                    | <b>Sensory Baby (Under 1)</b><br><b>1 to 2.30pm</b><br><b>Byker Sands</b><br>Term time only    | <b>Baby Massage</b><br><b>1 to 2.30pm</b><br><b>The Haven</b><br>Term time only                  | <b>INNER WEST</b>                                                                                 | <b>OUTER WEST</b>                                                                      |
|                                                                                                    |                                                                                                | <b>Messy Play</b><br><b>1 to 2.30pm</b><br><b>Gosforth Library</b><br>Throughout the year        | <b>NORTH</b>                                                                                      | <b>EAST</b>                                                                            |



# Healthworks Useful Vision:

Activities October to December 2026

Tuesday 27 October  
Newham Grange Farm

Thursday 29 October  
Newcastle Climbing Centre

Sunday 15 November  
Police Horse Riding and  
Stable Management

Saturday 19 December  
Pantomime - Snow White

Saturday 19 December  
DJ and Music with Scottie A

## Book a place:

Call: 0191 264 1959

Email: [usefulvision@hwn.org.uk](mailto:usefulvision@hwn.org.uk)

Web: <https://www.healthworksne.org.uk/service/useful-vision/>



[www.healthworksne.org.uk](http://www.healthworksne.org.uk)



# Contact Us



- **The Health Resource Centre: 0191 272 4244**  
*Adelaide Terrace, Benwell, NE4 8BE*
- **The Lemington Centre: 0191 264 1959**  
*Tyne View, Lemington, Newcastle upon Tyne NE15 8RZ*
- **[www.healthworksne.org.uk/contact](http://www.healthworksne.org.uk/contact)**



# What's On

Each week we offer a range of activities at The Health Resource Centre in Benwell, The Lemington Centre and other venues.

To find out the details of all of our activities, please visit the [What's On](#) events section on our website.



# Information, Advice and Support

NHS Direct 111

National Domestic Abuse Helpline 0808 2000 247

**Information Now:** <https://www.informationnow.org.uk/>

**Children and Families Newcastle - Help and support for children aged 0-19**

<https://childrenandfamiliesnewcastle.org.uk/>

**MoneyHelper:** 0800 138 7777 (English) 18001 0800 915 4622 (text relay)

[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) Provides free and impartial money advice.

**Free and Emergency Food:** <https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

**Benefit Advice** <https://newcastle.gov.uk/services/welfare-benefits>

**Citizens Advice Bureau (CAB)** <http://www.citizensadvice-newcastle.org.uk/>

## Energy Advice:

- **Energy Savings Trust:** <https://energysavingtrust.org.uk/energy-at-home/>
- **Newcastle City Council:** <https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>
- **CAB:** <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>
- **Government Green Deal:** <https://www.gov.uk/green-deal-energy-saving-measures>

## Partners

- **Action for Children:** <https://www.actionforchildren.org.uk/>
- **Barnardos:** <https://www.barnardos.org.uk/>
- **Children North East:** <https://www.children-ne.org.uk/>
- **Riverside Community Health Project:** <https://www.riversidechp.org.uk/>

Helping people of all ages across the  
North East live longer, healthier and  
happier lives since 1995

## Read Our Latest Impact Report



[www.healthworksne.org.uk](http://www.healthworksne.org.uk)

0191 272 4244

[enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)

