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 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:

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BREASTFEEDING PEER SUPPORT GROUPS

Healthworks
Best Start

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 Centre, Adelaide Terrace, Benwell NE4 8BE	Charlton Street Hub, Charlton St, Lemington NE15 8RN	The Haven Halewood Avenue, Kenton NE3 3RX	St Martin's Centre Roman Avenue Byker NE6 2RJ

For more information, send us a message or call us on 0782631575. You can also pop over to our Breastfeeding Mams Facebook page for ongoing information and support.

BEST START IN LIFE

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

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Healthworks Breastfeeding Support



OUR VENUES

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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*

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BEST START IN LIFE

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

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HEALTHWORKS FAMILY ACTIVITIES - MORNING

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

HEALTHWORKS FAMILY ACTIVITIES - AFTERNOON

Monday	Tuesday	Wednesday	Thursday	Friday
Cook,Play & Learn **1 to 2.30pm** **The Haven** Throughout the year	**Messy Play** **1 to 2.30pm** **Galafields** Term time only	**Baby Massage** **1 to 2.30pm** **Health Resource Centre** Term time only	**Boogie Bairns** **1 to 2pm** **Walker Park Community Centre** Term time only	**Baby Massage** **12.30 to 1.30pm** **Woodlands** Term time only
Messy Play **1 to 2.30pm** **Dinnington** Throughout the year	**Baby Massage** **1 to 2.30pm** **Throckley Community Hall** Term time only	**Cook, Play & Learn** **1.30 to 3pm** **Byker Sands** Throughtout the year	**Baby Massage** **1 to 2.30pm** **FAR Centre** Term time only	**Sensory Baby (Under 1)** **2 to 3pm** **Woodlands** Term time only
	Sensory Baby (Under 1) **1 to 2.30pm** **Byker Sands** Term time only	**Baby Massage** **1 to 2.30pm** **The Haven** Term time only		
		Messy Play **1 to 2.30pm** **Gosforth Library** Throughout the year		

INNER WEST | **OUTER WEST**

NORTH | **EAST**

For the most up to date information please visit our website or scan the code

www.healthworksne.org.uk

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Healthworks What's On

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Free Family Activities

School Holidays

We offer a range of weekly, monthly and holiday activities for families with children who live in Newcastle. The activities are free and take place in a range of venues. Call/ Text 07961734298 for queries.

Monday	Tuesday	Wednesday	Saturday
Cook, Play and Learn (up to 8) 9.30 to 11am **Nunsmoor Centre**	Cook, Play and Learn (up to 8) 10 to 11.30am **Health Resource Centre**	Boogie Bairns (0 to 2) 10 to 11am **Health Resource Centre**	First Saturday each month Family Sessions (0 to 8) 10am to 11.30am **Health Resource Centre**
Cook, Play and Learn (up to 8) 1 to 2.30pm **The Haven, Kenton**		Cook, Play and Learn (up to 8) 10 to 11.30am **The Lemington Centre**	
Messy Play (up to 8) 1 to 2.30pm **Dinnington Social Club**		Messy Play (up to 8) 1 to 2.30pm **Gosforth Library**	
		Cook, Play and Learn 1.30 to 3pm **Byker Sands Centre**	

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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
Winter Wonderland at The Lemington Centre

Book a place:

Call: 0191 264 1959

Email: usefulvision@hwn.org.uk

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

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www.healthworksne.org.uk

Contact Us

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**

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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.

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Healthworks What's On



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 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/

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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

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