Healthworks
the community health charity

Research Projects and Partnerships



Working with partners and communities to improve health through research and innovation.

Healthworks Current and Recent Research Projects and Programmes and Involve North East at Healthworks

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Research at Healthworks

Research helps us improve health and wellbeing, tackle health inequalities and develop better services for communities across Newcastle and the North East.

We work with universities, the NHS and community partners to deliver practical research shaped by local needs and experiences.

As a National Institute for Health and Care Research (NIHR) recognised research site, we contribute to regional and national research, helping turn evidence into improvements in services and everyday practice.

NIHR | National Institute for Health and Care Research

Our research also helps us demonstrate impact, share learning and ensure community voices influence future health services and policies.

This brochure highlights some of our current and recent research projects, demonstrating how we work with partners and communities to turn research into practical improvements.

You can explore more of our research, partnerships and published findings on the Healthworks website.

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PERFORM Trial

Personalised Exercise-Rehabilitation for People with Multiple Long-Term Conditions

In collaboration with the National Institute for Health Research (NIHR), the University of Leicester, and Northumbria University

PERFORM

UNIVERSITY OF LEICESTER

Northumbria University NEWCASTLE

We are working with the University of Leicester, Northumbria University and the National Institute for Health and Care Research (NIHR) to support the PERFORM Trial in Newcastle.

The PERFORM Trial is a ground breaking research project designed to support people living with multiple long-term health conditions.

This study is developing a personalised exercise-based rehabilitation program tailored to individual needs

This research project explores how personalised exercise and rehabilitation could improve the health and wellbeing of people living with multiple long-term conditions.

The goal is to help people feel better, stay active, and reduce hospital visits through safe and effective rehabilitation.

The PERFORM Trial works with people in Newcastle who are living with two or more long-term health conditions. These could include diabetes, arthritis, asthma, chronic pain, heart or lung conditions, or high blood pressure.

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PURE-EX

EXpanding into communities to imProve physical activity sUpport foR womEn after breast cancer

In collaboration with Newcastle University -
PURE-EX: Supporting Physical Activity After Breast Cancer.

Breast cancer and its treatment can affect physical and mental health long after treatment ends.

Being active can improve health and wellbeing, but support isn't always available.

Funded by Breast Cancer Now, Healthworks is working with Newcastle University on the PURE-EX programme to improve access to physical activity support for women after breast cancer.

PURE-EX
Supporting women with physical activity and diet after breast cancer

PURE-EX will co-develop, refine, and test a programme that aims to integrate physical activity referrals into standard care for women after breast cancer treatment.

Healthworks, Newcastle University and the NHS will be working together over the coming years to co-develop and test the feasibility of the programme to improve diet and physical activity support in breast cancer care.

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Keep Exercising, Stay Steady

KESS: A collaborative research project with Northumbria University

Developing and testing a digital health intervention to support ongoing exercise maintenance for individuals who have completed falls prevention exercise programmes.



Helping Older People Stay Active and Prevent Falls

As we get older, reduced muscle strength and balance can increase the risk of falls and injuries.

Group-based falls prevention exercise programmes (FaME) can improve strength, balance and mobility, helping to reduce falls.

However, many people become less active after completing these programmes, meaning the benefits can fade and the risk of falling can increase again.

This research aims to create and assess the feasibility of a digital intervention to support continued exercise engagement for FaME programme participants, helping them to maintain the benefits of their physical progress and reduce future fall risks.

The goal of the study is to design and evaluate the feasibility and user acceptance of a digitally supported exercise maintenance intervention for individuals who have participated in FaME classes.

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Home-Based Exercise for Hypertension

A Healthworks funded PhD research project with Northumbria University

This research project is exploring whether home-based isometric exercise and lifestyle changes can help manage high blood pressure (hypertension).

The study focuses on simple exercises, such as wall squats, combined with healthy lifestyle changes including physical activity, diet and reduced alcohol intake.



The research will test a 12-week remote intervention to assess feasibility and acceptability, with the aim of developing a low-cost, accessible approach to hypertension management.

Findings will inform future large-scale studies and support evidence-based solutions to reduce cardiovascular risk and NHS costs.

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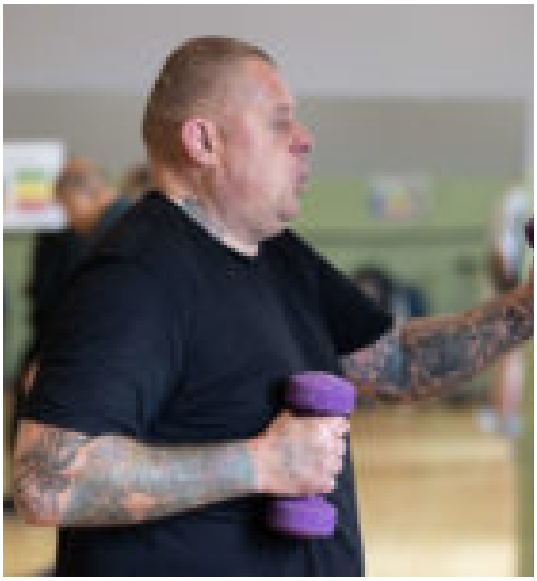
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Recent Research Project: TEXT PAD

A research project in collaboration with Northumbria University and NHS Newcastle trust

This research, delivered in partnership with Northumbria University and Newcastle NHS Trust, explored the feasibility of a 12-week, home-based virtual exercise programme for people with Peripheral Arterial Disease (PAD).



The programme combined supervised aerobic circuits, strength exercises and behaviour change support to help participants become more active and improve their health and wellbeing.

The study also explored how acceptable and accessible this approach was for people living in socioeconomically disadvantaged communities.

Findings from the study were published in the Journal of Vascular Surgery – Vascular Insights, contributing to research into more accessible exercise support for people with PAD.

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Involve North East

Health Research, Community Engagement and Insight Across the North East

Involve North East, now part of Healthworks, helps organisations understand the needs and experiences of the communities they serve.

involve northeast
Amplifying Community Voices
Now part of Healthworks

With over 30 years' experience, Involve North East works with the NHS, universities, charities, local authorities and businesses to ensure community voices influence research, services and decision-making.

Expertise includes:

- Health research and evaluation
- Community engagement and consultation
- Patient and public involvement (PPIE)
- Co-production and service design
- Impact measurement and reporting

By combining research expertise with Healthworks' frontline experience, Involve North East helps turn community insight into practical improvements that support healthier, fairer communities.

Scan the code to find out more and to get in touch with us.

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Involve NE

www.healthworksne.org.uk

Patron: Professor Sir Michael Marmot

Involve North East - What We Do

Involve North East at Healthworks helps organisations listen to people, understand their experiences and use their feedback to improve services.

Research and Evaluation

Helping charities and organisations understand their impact through research, feedback, evaluation and reporting. Capturing patient & service user voices to inform service design and redesign.

Student GP Registration

Our online service helps students in Newcastle and Gateshead find and register with a GP.

Over 70,000 students registered since launch.



Supporting Professionals

Training, tools and resources to help professionals involve people and improve services

Resources for Patients

Co-designed accessible health information, animations and resources to help people understand and access services

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Other Research Projects

Understanding Long Covid in Northern England: A Growing Challenge

This research explored the impact of Long Covid on health, wellbeing and employment across Northern England, highlighting significant regional inequalities.

nhsa Northern Health Science Alliance
A Health Partnership for Northern England

HEALTH EQUITY NORTH

The North West reported the highest rates (5.5%), followed by the North East and Yorkshire (5.1%), with up to 20% of patients affected in some GP practices. Long Covid also had a significant impact on people's ability to work, including reduced hours and job loss.



Community Voices on Local Health Issues and Research

This research explored health challenges across the North East and how communities can be better involved in research.

Key barriers included poor access to services, limited awareness of local support, financial pressures and lack of time.

Recommendations focused on improving access to information, strengthening partnerships with community organisations and demonstrating how research makes a difference.

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Explore More of Our Research

Healthworks works with universities, the NHS and community partners on a wide range of research projects aimed at improving health, reducing inequalities and developing better services.

Visit our website or scan the code below to explore more of our current and previous research, partnerships, evaluations and published findings.



Other projects and collaborations include:

- **Home-Based Exercise for Hypertension** – Exploring exercise and lifestyle changes to help manage high blood pressure.
- **iPREPWELL** – Developing digital support to help people prepare for and recover from major surgery.
- **Cervical Screening Uptake** – Exploring barriers to screening in disadvantaged communities.
- **AAA Virtual Health Programme** – Home-based exercise and lifestyle support for people with abdominal aortic aneurysms.
- **Alternatives to Sunbed Use** – Exploring healthier choices among young adults.
- **Pre-Op DREAMS** – Supporting people to improve diabetes management before surgery.
- **ACCEPT** – Developing accessible, community-based Long Covid rehabilitation.
- **Child Mental Health** – Exploring social prescribing to support children's mental wellbeing.
- **Staying Steady Evaluation** – Assessing the impact of community-based falls prevention programmes.

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VIDA: Making Impact Visible

Helping organisations demonstrate their impact and social value through data and digital innovation.

VIDA
Making impact visible

VIDA is an affordable digital tool that helps charities, voluntary and community organisations bring together their data, understand their impact and demonstrate the difference they make.

Many organisations collect valuable information about the people they support and the services they deliver, but turning this into meaningful evidence can be time-consuming and challenging. **VIDA helps make this easier.**

How VIDA Works:

VIDA helps organisations understand local needs, demonstrate their impact and improve services. It also helps funders and commissioners see the difference their funding makes.

1. Bring data together

VIDA connects booking, service delivery and case management data in one place.

2. Prove impact

VIDA combines an organisation's own data with trusted external information to show impact and social value through clear reports, maps and visuals.

3. Turn evidence into action

VIDA helps organisations use their data to improve services, demonstrate impact, support funding applications and inform future planning.

Find our more about VIDA:

Scan the code, visit www.healthworksne.org.uk or email research@hwn.org.uk to explore how VIDA could support your organisation.

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Interested in Working With Us?

We welcome opportunities to collaborate on research projects, evaluations and programmes that aim to improve health and wellbeing.

Our experience includes:

- Research partnerships: Working with universities, the NHS and other organisations on research projects.
- Community engagement: Helping researchers connect with local people and understand their needs and experiences.
- Research participation: Supporting local people to get involved in research.
- Developing and testing programmes: Exploring new ways to improve health and wellbeing.
- Evaluation and impact: Helping organisations understand what works and improve services.



Through Involve North East at Healthworks, we also provide research, evaluation, community consultation and engagement, and support organisations to involve people in shaping services.

We've worked with partners including Newcastle University, Northumbria University, the University of Leicester and NHS organisations on a wide range of research projects.

Our research partnerships help us share learning, strengthen services and ensure community experiences influence future research and healthcare.

Explore how we can work together:

Whether you're developing a research proposal, looking for a community partner, planning an evaluation or exploring opportunities to involve local people in research, we'd be pleased to hear from you.

Get in touch to discuss how we could work together to improve health and wellbeing across our communities: Research@hwn.org.uk

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

www.healthworksne.org.uk

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