



IMPACT REPORT

2025 - 2026

www.healthworksne.org.uk

Welcome from Paul Court, Chief Executive of Healthworks



Paul Court,
Healthworks Chief Executive

As Chief Executive, I am delighted to present our 2025/26 Impact Report and reflect on another remarkable year for Healthworks.

This year was particularly special as we celebrated our 30th Anniversary. We held an event that brought together partners, colleagues, communities and supporters who have helped shape Healthworks over the past three decades.

We were especially honoured to welcome our inspirational guest speakers Professor Sir Michael Marmot and Professor Bola Owolabi, alongside others who continue to champion action on health inequalities and community wellbeing. You can still see our video online.

The anniversary event was a powerful reminder of how far we have come and, more importantly, of the work still to do. We continue to evolve and innovate in line with the NHS 10 Year Health Plan, ensuring our services meet the changing needs of our communities whilst remaining rooted in prevention, early intervention and reducing inequalities.

This year we have continued to demonstrate our values as a Marmot organisation through partnership working, innovation and a relentless focus on improving outcomes for those most at risk of poor health. We remain committed to delivering responsive, person-centred services that place people and communities at the heart of everything we do.

Whether through face-to-face support, digital innovation, research, prevention programmes or integrated partnerships, Healthworks continues to demonstrate the impact that collaborative working can have on health, wellbeing and life outcomes across our region.

I am immensely proud of what our staff, volunteers, partners and participants have achieved together. Thank you to everyone who continues to support our mission and share our vision for healthier, fairer communities. And a special thanks to Joel, who, after 9 years as Chair of Healthworks, will be stepping down from the role to pursue new ventures and opportunities.

A Message from Our Patron, Professor Sir Michael Marmot

As Patron of Healthworks, I was delighted to join you last year in celebrating not only your 30th anniversary, but also the fantastic work being delivered across the region to improve health, reduce inequalities and strengthen communities.

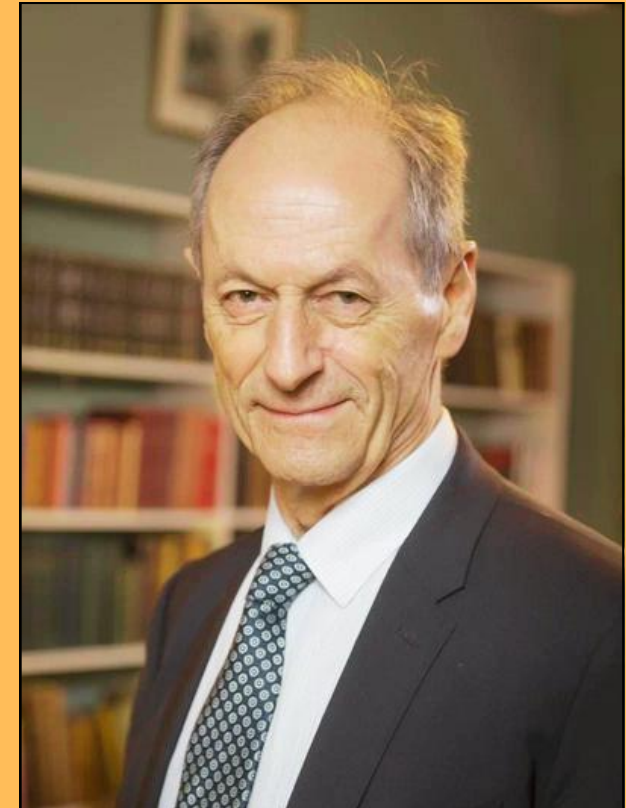
Over the past three decades, Healthworks has consistently demonstrated the power of community-led, preventative approaches in addressing the social determinants of health. The celebration event was a powerful reminder of the impact Healthworks has across the North East and of the strong partnerships you have built with the NHS, local authorities, universities and the voluntary sector. I was particularly pleased to see how your values continue to translate into practical action and innovation that directly improves lives.

The challenges facing our communities remain significant. My work on health equity has consistently shown that people living in deprived communities in the North East still experience some of the poorest health outcomes and shortest life expectancy in the country. These inequalities are persistent, avoidable and deeply rooted in the social determinants of health.

That is why the work of organisations such as Healthworks is more important than ever. Your continued commitment to early intervention, prevention and place-based solutions aligns strongly with the principles of the Marmot approach and with the ambitions set out in the new NHS 10 Year Health Plan.

As you look ahead, you should be immensely proud of the difference you continue to make. Healthworks remains an outstanding example of how evidence-based, community-focused services can reduce inequalities, improve wellbeing and deliver lasting social value.

Professor Sir Michael Marmot is Professor of Epidemiology at University College London and Director of the UCL Institute of Health Equity. He has spent more than 40 years researching health inequalities. He authored Fair Society, Healthy Lives (The Marmot Review, 2010), The Health Gap: The Challenge of an Unequal World (2015) and Health Equity in England: The Marmot Review 10 Years On (2020).



**Professor Sir Michael
Marmot, Healthworks Patron**

Health and Wellbeing Challenges in the North East and North Cumbria

58 years

Average healthy life expectancy in the NENC
Among the lowest in England.

33%

Of the population we work with live in the most deprived communities**

35%

Of children are living within low-income families*

27%

4-5 year olds are overweight or living with obesity.
Rising to 38.8% by 10-11**

70%

Of adults are classified as overweight or obese, the highest in England (64%)*

16%

Of adults in the NENC are smokers compared to the England average of 11.6%.**

20%

Of adults have multiple cardiovascular risk factors**

28%

Of adults live with multiple long-term conditions*

16.3%

People in NENC living with depression, higher than the England average (14.3%).**

36,400

A&E attendances for Back Pain in the last 2 years
(37% of these have anxiety and 31% have depression)**

7.8%

Of pregnant women in the NE smoke during pregnancy.
(1.7% above the England average of 6.1%)**

38.5%

Of NE babies were receiving breast milk at 6 - 8 weeks.
One of the lowest rates in England**

12,735

Emergency hospital admissions due to falls in people aged 65 and over

These figures highlight the persistent health inequalities in our region, influenced by poverty, poor housing, low employment, and barriers to healthy choices.

We are delivering preventative services and interventions, alongside partners and communities, in order to change this story

Data Sources: *NENC Health & Care Partnership: Health Inequalities report 24-25 **Report and Public Health Outcomes Framework (Fingertips)

***North East Child Poverty Commission 2024

Cost Savings to NHS and Social Care in 2025 - 2026



Using the SROI framework*, SportFin assessed the financial and social value of Healthworks activities and interventions.

Health value by outcomes

Cardiovascular Disease Risk Reduction	£6.78m
Diabetes Risk Reduction	£898.91k
Breast Cancer Risk Reduction	£16.65m
Colon Cancer Risk Reduction	£9.28m
Injuries & Long-term effects	-£24.0k
Depression Risk Reduction	£314.03k
Dementia Risk Reduction	£11.76m
Life Satisfaction (Subjective)	£5.14m

Educational value by outcomes

Educational Attainment Improvement	£6.3k
Employability	£57.29k

Societal value by outcomes

Social integration	£159.15k
Volunteering intent	£159.15k
Anti-social behaviour reduction	£16.79k
Recidivism	£61.60k

Healthworks Smoking Cessation Programme £4.71m



£33.59m*
Physical Health Value



£17.21m*
Mental Health Value



£4.71m**
Smoking Cessation



£318.3k*
Societal Value



£61.62k*
Crime Value



£63.5k*
Educational Value

*Estimated lifetime cost savings calculated using Social Return on Investment (SROI) in Sport framework and www.sportfin.io impact correlations algorithm based on annual continuous participation.

**Estimated cost savings based on Healthworks Smoking Cessation, Social Value Report 2026.

Our Year in Numbers

This year, Healthworks staff and volunteers supported thousands of people across the North East through prevention, wellbeing and community-based services.



78,218

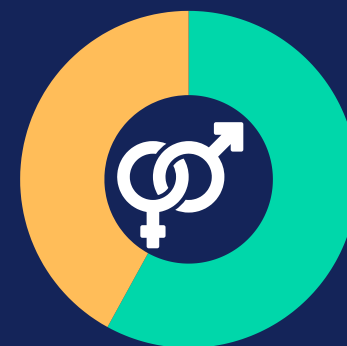
ATTENDANCES



17,899

INDIVIDUALS

MALE 42%



FEMALE 58%



68%

People had a
long term health
condition



42.7%

People were
ethnically diverse



53%

People were from
30% lowest
IMD Areas



59 ACTIVE
VOLUNTEERS



3,262
VOLUNTEER HOURS



£46.8k
ECONOMIC VALUE

Making a Difference to Regional Health and Wellbeing



Reach



17,899 individuals.
7,938 referrals
to Health Improvement
targeted programmes



1,419 virtual physical
activity, health
improvement and training
sessions delivered



8,140 people were
referred to Healthworks'
Tobacco
Dependency Treatment
Services



Client Outcomes

76% of completers
improvement in TUG
Functional test
by 34%(avg.)

74% of completers
improvement in Sit to
Stand Functional test
by 39%(avg.)

95% of clients
maintained or improved
their reported activity
level

82% of clients
improved their mental
wellbeing

71% Achieved a
Positive Behaviour
Change

97% Cancer Awareness
attendees told us they
were now likely to attend
their screening

66% of Community
Stop Smoking clients
successfully quit at 4
weeks

67% of those that quit
smoking continued to be
smoke free at 12 weeks

77% of clients lost a total
of 397kg Average weight
loss of 2.7kg per client

"The support I received from the team was personalised rather than robotic, and I looked forward to our sessions. I can't sing their praises enough."

Waiting Well with NENC Integrated Care Board



Waiting Well is an NHS-funded prehabilitation service that supports people waiting for planned surgery to improve their health before their operation.

Through one-to-one coaching, people benefit from personalised support with physical activity, nutrition, weight management, smoking cessation, mental wellbeing and managing long-term health conditions, helping them become fitter, healthier and better prepared for surgery.

Preparing people for surgery improves their health, confidence and recovery. Waiting Well helps reduce complications, cancellations and longer hospital stays, while supporting lasting lifestyle changes and reducing pressure on NHS services.



397

patients received personalised support to improve their health before surgery



103

personal health goals achieved, supporting healthier lifestyles and improved surgical readiness

Contributed to an estimated

£2.27 million

**Health,
Wellbeing and
Social Value**



125

improvements recorded across the five EQ-5D health domains, including mobility, self-care, daily activities, pain and anxiety



43

participants lost weight and **31 reduced their BMI**, helping improve fitness for surgery and long-term health

"If I hadn't taken part in the programme, I may not have been able to have my hip operation and be pain free like I am now."

Our Impact in Action: Waiting Well Programme

Elena (name changed), aged 70, was referred to the Waiting Well Physical Activity programme to improve mobility before surgery. Living with knee osteoarthritis, she struggled with pain, balance and everyday activities, including climbing stairs and walking. A language barrier also made accessing support more challenging.

What we did:

Over 12 weeks, we delivered tailored one-to-one exercise sessions focused on improving strength, balance and mobility. We provided education on managing osteoarthritis, adapted exercises to suit Elena's needs and confidence, and developed a personalised programme she could continue independently.

Outcomes:

Elena achieved all of her initial goals, including climbing stairs with greater confidence and managing her condition independently.

Her 30-second Sit-to-Stand improved from 12 to 15 repetitions (25% improvement) and her EQ VAS score increased from 50 to 80 (60% improvement). She also reported improved balance, reduced pain and greater confidence in everyday activities.



At a Glance:

Programme duration: 12 weeks

30-Second Sit-to-Stand: +25% improvement

EQ VAS: +60% improvement

Goals achieved: Improved stair climbing, balance and confidence

Support: Personalised exercise programme and osteoarthritis education

"The programme has given me the confidence to move again. My balance has improved, everyday tasks are easier and I now know how to manage my knee condition so I can keep making progress."

Tobacco Dependency Treatment and Stop Smoking Services



Smoking remains a major cause of preventable illness and health inequalities. In North East and North Cumbria, 16% of adults smoke, compared with an England average of 11.6%, with smoking continuing to have the greatest impact on communities experiencing poorer health and wider inequalities.

Healthworks provides specialist Stop Smoking support across community and hospital settings, combining personalised behavioural support, nicotine replacement therapy and ongoing one-to-one support to help people quit and remain smoke-free.

Supporting people to quit helps prevent smoking-related illness, improve recovery and long-term health, reduce health inequalities and ease future pressure on NHS services.



9,383

people received specialist stop smoking support across community and hospital services.



67%

people successfully quit smoking at four weeks with specialist support.

Contributed to an estimated

£4.71 million

in potential long-term healthcare value



65%

of community clients lived in the 20% most deprived communities, ensuring support reached those who need it most.



117

estimated hospital readmissions prevented within one year through tobacco dependency treatment*

"The support came at exactly the right time. Quitting smoking before my treatment has made me feel healthier, more confident and in control of my future."

*Estimated using the Action on Smoking and Health (ASH) Tobacco Dependency Treatment Services Impact Model.

Our Impact in Action: Stop Smoking Service

Susan (name changed), aged 62, had smoked for more than 40 years, smoking over 30 cigarettes a day. Living with COPD, asthma, high blood pressure, and mental ill health, she was highly nicotine dependent and wanted to quit after experiencing serious health complications.

What we did:

Healthworks provided personalised behavioural support and nicotine replacement therapy.

Working closely with Susan and her sister, as a household approach to quitting, we helped her manage cravings, cope with periods of hospitalisation and recover from temporary relapses following family bereavement.

Outcomes:

Susan successfully quit smoking and remained smoke-free at 4, 12 and 52 weeks.

By the end of the programme, Susan had overcome more than four decades of smoking, significantly reducing her risk of further smoking-related illness and improving her prospects for long-term health.



At a Glance:

Years smoked: 41–50 years

Daily cigarettes: 31+

Support provided: Personalised behavioural support and NRT

Nicotine dependence: Very high (Fagerström Score: 9/10)

Outcome: Smoke-free at 4, 12 and 52 weeks

"I'd smoked for most of my life and never thought I'd be able to stop. The support kept me going through some really difficult times, and I'm proud to finally call myself smoke-free."

ESCAPE-pain Programme



ESCAPE-pain is an evidence-based programme that helps people living with long-term joint pain. Through group sessions combining education and gentle exercise, participants learn how to manage their condition, reduce pain, improve mobility and build confidence..

By improving strength, function and confidence, ESCAPE-pain helps people remain active, independent and engaged in their communities. The programme supports long-term behaviour change, enhances quality of life and helps reduce the impact of musculoskeletal conditions on individuals and the wider health and care system.



76%

of participants improved their mobility and physical function, helping them move more confidently in everyday life



74%

improved lower-body strength, making everyday activities such as standing, climbing stairs and walking easier

6 x Return on Investment

Every £1 invested results in a £6 return.

**Based on published ESCAPE-pain Social Return on Investment evidence*



79%

Improved musculoskeletal health, enabling people to remain active and better able to manage everyday activities.



72%

Experienced less back pain, reducing the impact of persistent musculoskeletal pain and improving quality of life

"I was struggling to get through a working day because of my back pain. ESCAPE-pain gave me the confidence and practical skills to manage my condition, and I'm now back in work without letting pain control my life."

Our Impact in Action: ESCAPE-Pain

Michael was referred to ESCAPE-pain after persistent back pain and osteoporosis began affecting his daily life. He was struggling with pain, stiffness and mobility, and was concerned his health would impact his ability to care for his brother, who has dementia.

What we did:

Michael participated in the 12-session ESCAPE-pain programme, taking part in supervised exercise and education to improve his strength, mobility and confidence. We also helped to develop a home exercise routine for him and encouraged him to continue exercising through Healthworks' Next Steps classes

Outcomes:

By the end of the programme, Michael reported that his back had "freed up" and he was experiencing significantly less pain and stiffness, particularly in the mornings.

His outcome measures showed improvements in 11 of 14 musculoskeletal health categories. Feeling healthier also gave Michael the confidence that he could remain active and continue caring for his brother.



At a Glance:

- **Condition:** Persistent back pain and osteoporosis
- **Attendance:** 100% (12 of 12 sessions)
- **Key improvement:** Reduced pain and morning stiffness
- **MSK-HQ outcome:** Improved in 11 of 14 categories

"The exercises have made such a difference. My mornings are much easier now and I'm moving with far less pain. Most importantly, I feel well enough to continue looking after my brother, and I've got the confidence to keep exercising and looking after my own health."

Staying Steady Falls Prevention



Staying Steady is a 28-week evidence-based falls prevention programme for older people at risk of falling.

Through weekly exercise sessions, education and home-based activities, the programme helps improve strength, balance and confidence, supporting people to stay active, safe and independent for longer.

By reducing the risk of avoidable falls, Staying Steady can improve quality of life while helping to reduce pressure on health and social care services.



76%

of participants improved their walking speed and mobility, with an average **34%** improvement in the Timed Up and Go functional test.



74%

of participants improved lower-body strength, achieving an average **39%** improvement in the Sit-to-Stand test.

Contributed to an estimated

£3.2 million

in long-term savings to **NHS and Social care systems**



96%

planned to continue exercising at home or in their community after completing the programme.



100%

of participants would recommend the programme, with **95%** saying they benefited from taking part.

"The programme gave me the confidence to move around safely again. I'm no longer as afraid of falling and feel much more independent."

Our Impact in Action: Staying Steady Falls Prevention

Margaret (name changed), aged 80, was referred to Staying Steady after concerns about poor balance and an increased risk of falls. She had lost confidence going out alone and had adapted by walking slowly to avoid falling. She wanted to improve her balance and remain independent.

What we did:

Margaret attended the Staying Steady programme, where she took part in evidence-based strength, balance and mobility exercises, received falls prevention education and practised techniques for safely getting up from the floor, an important skill for maintaining independence. She was also encouraged and supported to continue exercising at home and in her community.

Outcomes:

Margaret reported feeling steadier and more confident, and was able to go out independently more often. She was more mobile and able to get up and down from the floor unaided.

Margaret has also joined a local exercise class with friends she made through the programme. Her mobility has also improved, with Timed Up & Go reducing from 25 to 21 seconds and Sit-to-Stands increasing from 5 to 8 repetitions.



At a Glance:

- **Timed Up & Go:** 16% improvement
- **30-second Sit-to-Stand:** 60% improvement
- **PROMs:** Maintained or improved in 4 of 5 outcome areas
- **Next Steps:** Continued home exercises and joined a community exercise class

"The exercises really helped my balance and confidence. I'm now going to another exercise class with friends I made on the programme and I'll keep doing the exercises at home."

Community Wellbeing Pathfinder Service



Community Wellbeing Pathfinders provide personalised one-to-one support to help people improve their physical health, mental wellbeing and overall quality of life.

They help people identify their goals, overcome barriers and access the support they need to make lasting positive changes.

90% of participants who completed the programme achieved the goals they set, with many also reporting improved mental wellbeing, healthier lifestyles and greater confidence in managing their own health.

For every £1 invested, the service generated an estimated £11.80 in social value.



1,465

one-to-one support
sessions delivered



90%

of people completing the
programme achieved the
goals they set with their
Pathfinder

Contributed to an
estimated

£2 million

in long-term savings
for the NHS and Social
Care system



182

people made progress
in one or more areas of
their wellbeing.



103

people achieved a
meaningful improvement in
mental wellbeing, measured
using the SWEMWBS
questionnaire.

"The support I received helped me put things into perspective, manage my anxiety and rebuild my relationship with my family."

Our Impact in Action: Community Wellbeing Pathfinders

Daniel (name changed) was referred to the Community Wellbeing Pathfinder service following a recent diagnosis of Multiple Sclerosis (MS). Living in one of Newcastle's most deprived communities, he was experiencing poor mental wellbeing, financial difficulties and increasing social isolation, leaving him unsure where to turn for support.

What we did:

Over four one-to-one sessions, Daniel worked with a Community Wellbeing Pathfinder to identify his priorities and build confidence. He received personalised support, was connected with mental health and financial advice services, and was introduced to local MS support groups to help reduce isolation and improve his wellbeing.

Outcomes:

Daniel developed a stronger support network, improved his mental wellbeing and gained the confidence to better manage his condition. He now attends an MS support group, has formed new friendships and feels more positive about the future.

His wellbeing score improved, alongside positive progress across multiple Outcome Star domains.



At a Glance:

- **Support provided:** One-to-one Pathfinder sessions
- **Primary needs:** Mental wellbeing, financial support and social isolation
- **Wellbeing outcome:** SWEMWBS improved from 20 to 23
- **Long-term impact:** Connected to local MS support groups and built a lasting support network

"The support I received has been invaluable. It gave me the confidence to access the right services, connect with others living with MS and feel much more positive about managing my condition and my future."

Raising Cancer Awareness



Healthworks delivers cancer awareness sessions, information events and community activities across the North East to help people recognise the signs of cancer, take up screening and seek help earlier. We work with community organisations, employers and healthcare partners to bring trusted health information directly to local communities, especially those most affected by health inequalities.

By increasing awareness, promoting earlier presentation and supporting informed conversations about cancer, the service helps improve access to screening, encourages healthier behaviours and contributes to earlier diagnosis, when treatment is often more effective and outcomes are significantly better.



5,767

people attended cancer awareness events and information sessions across the North East



275

Community events delivered, including awareness talks and information stalls

Contributed to an estimated

£1.14 Million

in potential annual NHS health savings through earlier detection



56

new Cancer Champions trained, extending our ability to improve cancer awareness, increase screening uptake



60

community pledges to promote cancer awareness

"The session gave me the confidence to speak to my GP about symptoms I'd been putting off. It also reminded me how important screening is, and I've encouraged my family to attend their appointments too."

Our Impact in Action: Cancer Awareness Work

Mark (name changed) attended a Healthworks cancer awareness session delivered to staff at Gateshead Citizens Advice.

What we did:

Delivered an interactive session, Healthworks covered the signs and symptoms of breast, cervical, prostate, bowel, testicular and head and neck cancers, alongside screening, early diagnosis and practical ways of reducing cancer risk.

We encouraged participants to feel comfortable talking about cancer and to recognise when changes should be checked by a healthcare professional.

Outcomes:

After the session, Mark began talking to friends about checking their bodies for changes and seeking medical advice if they noticed something unusual. He later shared how the session had given him the confidence to talk openly about cancer, something he had never done before, and described the information as something "everyone should be aware of."

The session had not only increased his awareness; it had given him the confidence to pass that knowledge on to other people, extending the reach of the original cancer awareness session into his own community.



At a Glance:

- **Setting:** Gateshead Citizens Advice staff awareness session
- **Topics covered:** Signs, symptoms, screening and cancer prevention
- **Behaviour change:** Shared cancer awareness messages with friends outside the workplace
- **Lasting impact:** Increased confidence to have potentially life-saving conversations about cancer

"After the session, I spoke to my friends about checking for changes to their bodies and getting anything unusual checked. It's something I'd never talked about before, but now I know how important it is."

Making a Difference to Children and Families in Newcastle

Healthworks supports children and families from pregnancy through to early childhood, helping to give every child the best possible start in life.

Through breastfeeding support, family activities, early years programmes and healthy lifestyle initiatives, we help families build confidence, develop healthy habits and support their children's growth and development.

By providing early support where it is needed most, we help reduce inequalities, build strong foundations for lifelong health and wellbeing, and create healthier futures for children and families.



707
Women benefited from
One-to-One
Breastfeeding Support



Breastfeeding Social
sessions accessed by 656
unique people, a total of
2,036 times



2,034 different people,
attended our family
activities 9,144 times



993 people accessed
Useful Vision activities
for visually impaired
children

98%
Of parents reported
increased confidence
in breastfeeding
following our support

100%
Of parents asked said
they benefited from
meeting and
connecting with other
parents.

563
Participants asked
reported
improvements in life
satisfaction and
wellbeing.

31% transitioned from
Pre-school to school,
while 69% continued
their learning and
development at Pre-
school

Our Impact in Action: Best Start

Amina (name changed), accessed the Best Start Pregnancy Support service during her first pregnancy. She was feeling anxious, socially isolated and lacked confidence about preparing for birth and becoming a new parent.

What we did:

Through the Healthworks Best Start Pregnancy Support service, Amina received personalised one-to-one pregnancy support, practical information and regular wellbeing calls. She was supported to access NHS antenatal classes, joined a Healthworks breastfeeding group and was introduced to other expectant and new mums to help build a supportive peer network.

Outcomes:

Over two months, things began to change. Amina felt less anxious, more confident and better prepared for motherhood.

She developed a stronger bond with her baby during pregnancy, increased her knowledge of breastfeeding and made new friendships that helped reduce the isolation she had been experiencing.

She reported feeling more relaxed and positive about her pregnancy, and, importantly, more ready and excited to welcome her baby.



At a Glance:

- Personalised support over several months
- Pregnancy anxiety, preparation for birth and social isolation
- Key outcomes: Increased confidence, reduced anxiety and improved breastfeeding knowledge
- Connected with local peer support and feeling ready to welcome her baby

"Best Start has made this pregnancy journey worthwhile. I feel much less anxious, more relaxed and excited to meet my little one. The support and encouragement I received made such a positive difference."

Supporting Visually Impaired Children and their Families



Useful Vision supports visually impaired children, young people and their families across the North East through inclusive activities, peer support and tailored opportunities that build confidence, independence and life skills.

Working alongside families and partners, the programme creates safe spaces where children can develop friendships, try new experiences and reach their full potential.

By reducing social isolation and improving confidence, independence and participation, Useful Vision helps children and young people develop the skills needed to thrive while providing reassurance and support for parents, carers and siblings.



993

People accessed activities for visually impaired children, young people and their families across the North East.



97%

Were from the most deprived communities who face the greatest inequalities

Contributed to an estimated

£1.04 million

potential social value through supporting visually impaired children and their families



44

Inclusive experiences provided to help VI children develop confidence, independence and new friendships.



10

iPads provided through our partnership with British Wireless, supporting learning, independence and digital inclusion.

“For a visually impaired child, the right support can transform a future.

The Useful Vision project empowers children and young people to develop the skills, confidence and independence to thrive, creating life-changing benefits that extend to parents, siblings and the whole family.”

Research and Innovation in Health



Healthworks is a recognised leader in applied research and innovation focused on reducing health inequalities and improving health outcomes across our communities.

As an **NIHR-recognised research site**, we work with universities, NHS partners and communities to develop, test and deliver innovative approaches to prevention, rehabilitation and long-term condition management.

Our research is embedded within real community settings, ensuring innovation is shaped by lived experience and delivers practical, measurable impact.

Some of our Research in Action

PERFORM Programme

Community-based rehabilitation research exploring how physical activity and tailored support can improve outcomes for people living with multiple long-term conditions.

KESS Digital Engagement Pilots

Testing digital delivery models within community wellbeing and falls prevention programmes to improve access and maintain engagement.

PURE-EX

A partnership with Breast Cancer Now, Newcastle University and NHS partners integrating physical activity support into cancer recovery pathways.

Hypertension Research Study

Exploring whether home-based isometric exercise and lifestyle changes can help support the management of high blood pressure.

Using Digital to Improve Health and Wellbeing

Digital is helping Healthworks remove barriers and make support easier to access. Virtual sessions, one-to-one support, our website, social media, online training and digital resources give people more flexible ways to access health and wellbeing information and services.

Through our Digital Inclusion Champions we are helping people build the digital skills and confidence they need to access online information and support, helping to make sure no one is left behind.



1.13 million
Facebook
views



62,000
LinkedIn
impressions



32,000
Online resource
views



15,000+
Social Media
followers



16,000
New website
users



1,419
Virtual health,
wellbeing and
training sessions



1,773
Hours of one-to-one
remote lifestyle
support given



484
People have
accessed online Cancer
Awareness training



800
People supported
through Facebook
group communities



2,500+
People reached by our
e-newsletters



9 Digital Inclusion Champions
Helping people build confidence
and ability to access digital
information and services.



2 Digital Inclusion Hubs
People can access support with
getting online and using digital
services from both of our venues.



2 National Databank locations
Our venues provide free data SIMs to
eligible people who need help staying
connected and accessing online
services.

Our Commitment to Sustainability

Our Environmental Priorities and Actions

Healthworks is committed to reducing its environmental impact while improving health and wellbeing across the North East.

By delivering services closer to where people live, embracing digital solutions and improving energy efficiency, we're reducing our carbon footprint and making services more accessible and sustainable.

We have cut our greenhouse gas emissions from 83 tCO₂e in 2023 to 62 tCO₂e in 2025 - 26

We are Investors In The Environment Silver Award holders and are continuing to take practical action to achieve Net Zero by 2040.



Make sustainability a core consideration in every procurement decision



Continuously assess and minimise resource use through green practices



Embed green practices organisation-wide to reduce our impact on the environment



Promote greener travel initiatives to minimise travel impact



Drive "digital-first" communications to reduce paper use, waste and unnecessary travel



Plan all events and activities with a focus on sustainability



Save energy with LEDs, sensors, energy efficient appliances and smarter energy use



Empower staff with regular liE updates, training, and guidance to drive impact



Reduce waste by improving recycling facilities, signage, and staff and public awareness

Investing in Our People



Healthworks is committed to being a great place to work.

As a Real Living Wage employer, we value our staff and are committed to building a diverse workforce that reflects the communities we serve.



A healthy, supported workforce is essential to delivering high-quality services.

By investing in staff wellbeing, flexible working and an inclusive workplace, we help our team stay healthy, thrive and continue making a difference in our communities.

Alongside this, we work with employers and partners to improve workforce health, support people facing barriers to employment and create healthier workplaces through prevention, early intervention and health awareness.

Together, these actions help more people access and stay in good work, improving health and reducing inequalities across the North East.



77 total team members equating to 60.2 Full Time Equivalents



44% Live in the Lowest 30% IMD Areas



10% identified as LGBTQIA+



93 Workplace Health Checks completed



151 unique organisations engaged Cancer Screening & Awareness



76 individuals engaged through Jobcentre outreach

Final Thoughts from Joel Marks, Healthworks Chair



Healthworks would like to thank these organisations and businesses for their ongoing support this year

Last year, we proudly celebrated 30 years of Healthworks, marking three decades of growth, innovation and community impact.

Throughout that time, Healthworks has shown that prevention works, community-led care matters and partnership is essential to creating healthier futures.

After nine years as Chair, I will be stepping down from the role. It has been a privilege to support Healthworks through a period of significant growth and transformation, and I leave knowing it is stronger than ever and well placed for the future.

My sincere thanks go to our dedicated staff, volunteers, trustees and partners, whose passion and commitment have made Healthworks the trusted and respected organisation it is today.

I'd also like to thank our Chief Executive, Paul Court, whose vision and leadership have been central to Healthworks' success and commitment to improving health and reducing inequalities across our communities.

Joel Marks, Healthworks Chair





Healthworks

the community health charity

Est.1995

www.healthworksne.org.uk

0191 272 4244

enquiries@hwn.org.uk

