

North Tyneside:

■ **Battle Hill Health Centre Walk-in Service**, Belmont Close, Wallsend.

A GP led service. Tel: 0191 295 8520.

www.battlehillhc.co.uk

Open 8am to 8pm, seven days a week.

* **Minor Injuries Clinic, Shiremoor Health Resource Centre**, Earsdon Road.
Tel: 0191 297 9000.

Open Monday to Friday 9am to 6pm,
closed bank holidays.

Northumberland:

Minor injuries units at:

● **Alnwick Infirmary** ● **Berwick Infirmary**
and ● **Rothbury Community Hospital**.

Tel: 08448 118111 and ask for either
Alnwick, Berwick or Rothbury minor injuries.
Open 24 hours a day, seven days a week.

● **Haltwhistle War Memorial Hospital
Minor Injuries Unit**. Tel: 01434 320225.
Open 24 hours a day, seven days a week.

● **Minor Injuries Unit, Blyth Community
Hospital**. Tel: 08448 118111 and ask for
Blyth minor injuries.
Open Monday to Wednesday, 9am to 5pm.

◆ **Wansbeck Primary Care Access Centre**,
based next to A&E at Wansbeck General
Hospital. Tel: 01670 529205.
Please call ahead to make an appointment.
Open Monday to Friday, 8.30am to
6.30pm, closed bank holidays.

A&E or 999 – for health emergencies

Please **ONLY** use the 999 service for serious health emergencies which include: a major accident, broken bones, breathing problems, severe chest pains, unconsciousness, suspected stroke and severe blood loss.

There are accident and emergency (A&E) services at both Hexham and Wansbeck General Hospitals in Northumberland, the Royal Victoria Infirmary (RVI) in Newcastle and North Tyneside General Hospital in North Shields.

NHS
Direct

▶ www.nhsdirect.nhs.uk
▶ Digital TV
▶ Telephone 0845 4647

Available 24 hours

If you would like a copy of this leaflet in alternative formats or languages please contact us on 0191 217 2599

NHS

NHS North of Tyne

Choose well to get the right treatment

Information on
your local NHS services



NHS North of Tyne - working on behalf of Newcastle and North Tyneside Primary Care Trusts and Northumberland Care Trust

February 2012

If you are injured or unwell there are a number of different NHS services that you can access. If you are unsure if a service can treat your condition, just call ahead and ask.

Self-care

Minor ailments such as hangovers, upset stomachs, headaches, sore throats and coughs can all be treated at home with a well stocked medicine cabinet and plenty of rest. If you take prescription medication for a long term health condition, don't forget to plan ahead and make sure you have enough medication to last over bank holiday periods.

Pharmacist

Your local pharmacy provides expert advice on common health problems and many pharmacies have early and late opening hours. Details of these are available at www.northoftyne.nhs.uk and from NHS Direct on 0845 4647.

GP practices and out of hours GP services

Your GP practice treats the majority of your healthcare needs and is usually the first point of contact for most medical issues. Everyone should be registered with a GP practice - if you are not registered, you can find information about local GP practices at www.nhs.uk

GP practices are usually open Monday to Friday (excluding bank holidays). Many now open extended hours - sometimes earlier in the morning, later in the evening and some are open on a Saturday. Please check with your practice for details.

If you need to see a GP when your own practice is closed, contact the out of hours GP service – Northern Doctors Urgent Care on: 0300 123 4343. Open 6.30pm to 8am on normal weekdays and 24 hours a day over weekends and bank holidays.

Urgent dental treatment and out of hours access

You can contact the out of hours dental service on 0845 608 0324. If you do not have a dentist or are experiencing problems accessing treatment, ring NHS Direct on 0845 4647.

NHS Walk-in Centres or NHS Minor Injuries Units

For treatment of minor illnesses or injuries without an appointment choose an NHS Walk-in Centre or Minor Injuries Unit.

Children under two can only be treated at GP led walk-in centres – see the following key for details or ring ahead to check.

Key:

- Can treat children under two years old
- * If your child is under two years old, please call ahead to confirm they can be treated
- ◆ This service does not treat children under two years old
- If your child is under one year old, please call ahead to confirm they can be treated

Newcastle:

■ Ponteland Road Health Centre Walk-in Service, Blakelaw.

A GP led service. Tel: 0191 271 9030.

www.pontelandroadhc.co.uk

Open 8am to 8pm, seven days a week.

◆ Molineux Street Walk-in Centre, Byker. Tel: 0191 275 5862.

Open 8am to 8pm, seven days a week.

◆ Westgate Walk-in Centre, Westgate Rd. Does not treat **injured** children under six. Tel: 0191 282 3000.

www.newcastle-hospitals.nhs.uk

Open 8am to 8pm, seven days a week.

■ Royal Victoria Infirmary Minor Injuries Unit next to the RVI Emergency Dept., Richardson Road. Tel: 0191 282 0531.

www.newcastle-hospitals.nhs.uk

Open 8am to 9pm, seven days a week.

Please note - children under 14 should go to the paediatric emergency department, also next to the RVI emergency department.