

Crawcrook & Greenside Medical Centre

Useful local numbers

Please check our website for more up-to-date patient resources

Medical Advice

NHS Direct – Out of Hours Service: 111
Emergency – Fire/Police/Ambulance: 999

NHS Walk-in-Centres

Urgent Care Centres treat a wide range of conditions from cuts and grazes to bites and minor burns. Choosing well ensures you receive the best possible treatment, leaving A&E for people who are badly injured or very ill.

Blaydon Primary Care Centre

Shibdon Road, Blaydon on Tyne NE21 5NW Tel: 0191 4436302
Open 8am to 8pm, 7 days a week, 365 days a year.

Gateshead Walk-in-Centre (at the QE Hospital EEC)

Sherriff Hill, Gateshead, NE9 6SX Tel: 0191 4455454
Open 7am to 10pm, 7 days a week, 365 days a year.

Hospitals

Hexham General Hospital: 08448 118 111 **(Minor Injuries Unit 8am—midnight)**
Queen Elizabeth Hospital: 0191 482 0000 **(24 hour A&E)**
Newcastle Hospitals (RVI, Freeman): 0191 233 6161 **(RVI 24 hour A&E)**
Nuffield Hospital: 0191 281 6131
Spire Washington Hospital: 0191 415 1272

Local Chemists

Lloyd's, Crawcrook: 0191 413 2234
Lloyd's, Greenside: 0191 413 2484
Boots, Elvaston, Ryton Village: 0191 413 2479
Boots, Main Road, Ryton: 0191 413 2130
Boots, Blaydon Precinct: 0191 4143194
ASDA, Metro Centre: 0191 4619510

Local GP's

Elvaston Road, Ryton Village: 0191 4133459
Grange Road, Ryton: 0191 4131399
Chainbridge Surgery: 0191 4990965

Residential Homes

Addison Court: 0191 4133333
Hadrian House: 0191 414 3330
Lindisfarne: 0191 413 7081
Red Brick House, Prudhoe: 01661 830677
Ryton Towers: 0191 413 8518
Tynedale House: 0191 413 0210

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Funeral Directors

E Peart Ltd: 0191 413 2318

Cooperative Funeral Services: 0191 413 9271

Useful Services

- Alcoholics Anonymous National Helpline: 0854 769 7555
- Advocacy in Gateshead and South Tyneside: This service is for people with learning difficulties. 0191 478 6472 www.aigst.com
- Age UK (formally Age Concern): 0191 477 3559
- Al-Alon - support for families and friends of those struggling with alcohol issues. Confidential Helpline available 10 am to 10 pm, 365 days a year 0207 403 0888 Find your local Al-Alon Family Groups meeting here <http://www.al-anonuk.org.uk/meetings>.
Email for all departments: enquiries@al-anonuk.org.uk
Literature sales: literature@al-anonuk.org.uk
- Blaydon Minor injury and illness unit: 0191 443 6302
- Broken Rainbow Helpline: 0845 260 4460 Website: www.lgbt-dv.org This service provides helpline and information and sign posting to services for Lesbian, Gay, Bisexual and transgender people experiencing domestic violence
- Carers Association (Gateshead): 0191 490 0121 www.Gatesheadcarers.com
- Child Line: 0800 1111
- Citizens Advice Bureau (Gateshead) 0191 478 5100 or text 07786 206006
- Cruse Bereavement Care: 0191 276 5533
- Drinkline: 0800 917 8282
- Domestic Abuse Support Team (Gateshead): 0191 433 2622
- Emotional Well Being Team. Support for children aged between 4 and 19, suffering any kind of emotional distress: 0191 433 6555
- Eating Disorders Distress Service: 0191 221 0233
- Family Lives formally Parentline Plus: This service offers a free confidential 24 hour helpline for parents. There are support groups for both face to face and over the phone. Free, confidential, helpline on 0808 800 2222 www.familylives.org.uk
- Forced Marriage Unit: Offers confidential advice and assistance to those who have been, or are at risk of being, forced into marriage and friends, relatives or professionals who are concerned about actual or potential victims.
Tel No: 0207 008 0151 Out of hours emergency (limited service): 020 7008 1500
- Gateshead Council Children and Families: This service provides an expanding directory of information about the services available to children, young people and their families in the North East. 0191 433 3251 or 0191 433 2542
- Gateshead Mental Health is accessed via Adult Social Care Direct provided by Gateshead PCT: This service provides advice and signposting for resident in the Gateshead area. 0191 433 7033
- Gateshead Social Services: 0191 433 3000
- Gateshead Women's Services: This service provides emergency housing and support for women and children who are fleeing domestic violence 0191 477 9309
- Give Blood: 0845 769 7555 www.blood.co.uk
- Helpline: Confidential Emotional Support & Guidance telephone/freephone 0800 085 1719 from 5pm to 9am weekdays and 24 hours weekends. If you are hearing or speech impaired dial 18001 before the Helpline number to use Text Relay Services. Facebook: UK Helplines
- Jewish Women's Aid: 0800 591 203 E-mail: info@jwa.org.uk
- Mankind: Support for men suffering from domestic abuse: 01823 334244
- Mental Health Carer Support Service; Crossroads Care Gateshead. 01207 549780

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- MIND (Mental health charity): 0191 4774545
- Muslim Women's Helpline: 020 8904 8193
- NECA (North East Council on Addictions): 0191 4901045
- Newcastle GUM Clinic New Croft Centre 0191 229 2999
- Northumberland Women's Refuge: 01670 820 199
- OCD Support Group Open to anyone over the age of 17 who has OCD (obsessive compulsive disorder) or suffers from an OC spectrum disorder such as compulsive skin picking; and body dysmorphic disorder. Tel: 0191 4778310; 01661 836694
- Pregnancy Options Counseling: Self referral for pregnancy counseling at the RVI 0191 2829300
- Pregnancy Options Service: 0191 2831586 or 07931 414994
- Physioline: (self refer for physiotherapy): 0191 4452643
- R.E.A.C.H. (Rape, examination, advice, counselling and help): 0191 221 9222
- Relate: 0191 232 9109
- Ryton Community Angel Community website: www.rytoncommunityangel.co.uk
- Safer Families: Safer Families is a domestic violence intervention service, which seeks to increase the safety of women and children as well as providing perpetrators with opportunities for change. It offers both a crisis intervention service and long term work for women and children. Safer Families also facilitates groups for perpetrators who wish to change their behavior. 0191 433 5600
E-mail: saferfamilies@gateshead.gov.uk
- SomeOne Cares: Counselling service for survivors of physical, emotional and sexual abuse aged 18 and over. www.someonecares.org.uk Email: mail@someonecares.org.uk Tel: 0191 273 2233 ext 2020 or write to Teresa Dorritt, SomeOne Cares, Lynnwood i8, Lynnwood Terrace, Newcastle Upon Tyne, NE4 6UL
- St Oswald's Hospice, Newcastle: 0191 285 0063
- Sure Start Toy Library (Gateshead): 0191 433 5055
- Sure Start. Greenside Children's Centre Services: 0191 413 9893
- Victim Support: 0191 477 8395
- Women's Aid National Domestic Violence 24hr Helpline 0808 2000 247
- Women's Health: 0191 477 7898 www.tynesidewomenshealth.org.uk
- Young Women's Outreach Project: 0191 477 7759 The Project offers supportive, empowering, learning opportunities for young women aged 13 - 19 years, plus supported referral to other agencies if appropriate.

Patient Participation Group

We have a patient participation group who meet every two months. Its aim is to improve communication between us and the Practice population. Find out more on our website or contact jean.ward4@nhs.net.

Please check online at

www.crawcrookmedicalcentre.nhs.uk

for updates.