

Useful Christmas Information



Emergency contact numbers

Police, fire and rescue service and coast guard: 999

NHS Choices: 111 (call 111 when you need medical help fast but it's not a 999 emergency)

Covid Test Helpline: 119

Electrical problems: 0800 011 3332 or 105

Gas leaks: 0800 111 999

Floods: 0345 988 1188

Mental Health Initial Response Team: 0303 123 1145

Police: 101

South Tyneside Hospital: 0191 404 1000

South Tyneside Council emergencies: Minor emergencies (for example repairs): Out of hours: 0191 455 6111; Social Care and Health 0191 456 2093

Samaritans: 116 123

South Tyneside Lifecycle Mental Health Service: 0191 283 2937

South Tyneside Homes: 0300 123 6633 (If you need to report an emergency repair that is an immediate risk to people or a property it can be reported using this 24 hour contact number)

Water leaks: 0800 393 084

Age Concern South Tyneside: 0191 456 6903 (Open 28th, 29th and 30th December and 3rd January 10am-3pm)

Alzheimer's Society Dementia Support South Tyneside: 0191 427 5443 (Closed 25th and 26th December)

Citizens Advice Bureau Advice Line: 0344 4994 715

National Domestic Violence Helpline: 0808 2000 247

South Tyneside Adult Recovery Service: 0191 917 1160

South Tyneside Sexual Health Service: 0191 402 8191

The Silver Line: 0800 470 80 90 (helpline for older people)

Veterans' Mental Health Transition, Intervention and Liaison Service: 0800 652 2867

Wellbeing Info: wellbeinginfo.org

Victim Support: 0191 4546198

Action Fraud: 0300 1232040

South Tyneside Urgent Care for Children

This service is open every day from 9am until 9pm at South Tyneside District Hospital. The vast majority of children will be seen and treated by the nurse-led urgent care service. This is available for children from birth up to the age of 16, who attend hospital with urgent, but not life threatening, problems. Children with any major, life threatening problems will be cared for at Sunderland Royal Hospital.

Pharmacy Opening Times

Christmas Day (Sunday 25th December)

11:00-13:00 - Whiteleas Pharmacy (Whiteleas)

176 Whiteleas Way, Whiteleas, South Shields, NE34 8HF Tel: 0191 536 2830

14:00-16:00 - Asda Pharmacy (South Shields)

Coronation Street, South Shields, NE33 1AZ Tel: 0191 275 8030

19:30-21:30 - Dinnings Pharmacy (Jarrow)

Mayfield Medical Centre, Park Road, Jarrow, NE32 5SE Tel: 0191 489 7257

Boxing Day (Monday 26th December)

10:00-16:00 - Asda Pharmacy (Boldon Colliery)

North Road, Boldon Colliery, NE35 9AR Tel: 0191 537 7510

10:00-16:00 - Asda Pharmacy (South Shields)

Coronation Street, South Shields, NE33 1AZ Tel: 0191 275 8030

14:00-16:00 - Avenue Pharmacy (Whitburn)

7 North Guards, Whitburn, SR6 7EL Tel: 0191 529 2344

14:00-16:00 - Boots Pharmacy (South Shields)

Unit 1, 49-61 Kings Street, South Shields, NE33 1DA Tel: 0191 456 0616

19:30-21:30 - Boustead Pharmacy (Jarrow)

187 Albert Road, Jarrow, NE32 5AF Tel: 0191 489 7477

Bank Holiday (Tuesday 27th December)

10:00-16:00 - Asda Pharmacy (Boldon Colliery)

North Road, Boldon Colliery, NE35 9AR Tel: 0191 537 7510

10:00-16:00 - Asda Pharmacy (South Shields)

Coronation Street, South Shields, NE33 1AZ Tel: 0191 275 8030

10:00-16:00 - Morrisons Pharmacy (Jarrow)

20 The Viking Centre, Jarrow, NE32 3LQ Tel: 0191 489 8534

14:00-16:00 - Neil Pharmacy (South Shields)

95 Wenlock Road, South Shields, NE34 9BD Tel: 0191 455 5391

14:00-16:00 - Boots Pharmacy (South Shields)

327 Prince Edward Road, South Shields, NE34 7LZ Tel: 0191 456 1100

19:30-21:30 - Metro Pharmacy (Jarrow)

15 St James Mall, Hebburn, NE31 1LE Tel: 0191 483 3005

New Year's Day (Sunday 1st January)

10:00-16:00 - Asda Pharmacy (South Shields)

Coronation Street, South Shields, NE33 1AZ Tel: 0191 275 8030

10:00-16:00 - Asda Pharmacy (Boldon Colliery)

North Road, Boldon Colliery, NE35 9AR Tel: 0191 537 7510

10:00-16:00 - Morrisons Pharmacy (Jarrow)

20 The Viking Centre, Jarrow, NE32 3LQ Tel: 0191 489 8534

Bank Holiday (Monday 2nd January)

10:00-16:00 - Asda Pharmacy (Boldon Colliery)

North Road, Boldon Colliery, NE35 9AR Tel: 0191 537 7510

10:00-16:00 - Asda Pharmacy (South Shields)

Coronation Street, South Shields, NE33 1AZ Tel: 0191 275 8030

10:00-21:30 - Morrisons Pharmacy (Jarrow)

20 The Viking Centre, Jarrow, NE32 3LQ Tel: 0191 489 8534

14:00-16:00 - Vantage Pharmacy (South Shields)

60 Horsley Hill Square, South Shields, NE34 6RF Tel: 0191 455 2870

19:30-21:30 - D L Carter and Sons Ltd (South Shields)

114-116 Fowler Street, South Shields, NE33 1PZ Tel: 0191 455 2812

**You are advised to telephone the pharmacy prior to attending.
If you require advice out of hours, please contact: 111.**

Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as:
Low Back Pain, Eczema, Heartburn and Indigestion, Fever in Children, Constipation,
Headache, Coughs in Adults, Acne (spots), Sprains and Strains, Sore Throat, Ear
Ache, Common Cold and Sinusitis.

Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to
look out for which may suggest you do need a GP appointment or medical attention.

Food banks

Food banks provide for individuals and families in crisis for example sudden unemployment, delays in benefit payments, benefits sanctions and financial problems. They supply food parcels to people while they get help to resolve their crisis. To receive a food parcel, you will need to be referred to a food bank by a professional such as a housing officer, social worker, CAB advisor, doctor or health advisor.

For details about food banks contact:

Hospitality and Hope on 0191 420 3336

Hebburn Helps on 0191 489 9707

Key 2 Life Foodbank on 07833 613393 (23rd December 10am-1pm, Closed Mon 26th -Tue 27th, Wed 28th & Thur 29th December 11am-3pm, Fri 30th December 10am-1pm, closed 2nd Jan then back to normal hours from Tues 3rd January 2023 10am-4pm).

Bede's Helping Hands Food Bank: 0191 816 3021

Boldon CA Food Bank 0191 536 8085

Injured or unwell? Use the right service **NHS**

Self-care	Pharmacy	NHS 111	GP	Minor Injury Unit	A&E
<ul style="list-style-type: none">• Grazed knees• Sore throat• Coughs & colds Visit nhs.uk for self-care advice	<ul style="list-style-type: none">• Headaches• Upset stomach• Aches & pains• Bites & stings	Visit 111.nhs.uk or call 111 for advice and support 24 hours a day 7 days a week	Call your GP for symptoms that won't go away	Urgent but not life-threatening <ul style="list-style-type: none">• sprains• fractures• burns	<ul style="list-style-type: none">• Unconscious• Breathing difficulties• Stroke• Heart attack• Heavy bleeding• Severe burns

#ChooseWell

Feeling low or worried this Christmas season?

You're not alone.

If you have feelings of loneliness, anxiety or feel down over this Winter period, talk to someone who can help. Contact your GP or telephone South Tyneside Lifecycle Primary Care Mental Health Service on 0191 283 2937 or check out their website www.southtynesidelifecyclementalhealth.nhs.uk

If your enquiry is urgent call: 0303 123 1145