

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)

Electrical problems: 0800 668877

Gas leaks: 0800 111 999

Floods: 0845 988 1188

Mental Health Initial Response Team: 0303 123 1145

Police: 0191 454 7555 or 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

Environmental Health Out of hours: 0191 427 2090

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)

Veterans Wellbeing, Assessment and Liaison Service: 0191 441 5974

Water leaks: 0800 393 084

Age Concern South Tyneside: 0191 456 6903

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

Wellbeing Info: wellbeinginfo.org

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

If your enquiry is urgent call: 0303 123 1145

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, the Key Project on 0191 496 9710 or Hebburn Helps 0191 489 9707.

Low Cost Meals

Low cost meals in South Shields

Salvation Army
Wawn Street, South Shields
NE33 4EB
Tuesday 10:00am - 1:00pm
2 Course Hot Meal, 50p
(donation optional)
0191 496 7511

Westoe Road Baptist Church
Romilly Street, South Shields,
NE33 2SP
Tuesday 10:00am - 11:30am
Donations, Coffee and cake,
Over 50's only
0191 427 9359

Hospitality and Hope
Hampden Street, South Shields
NE33 4JR
Sunday 2pm - 3pm
Wednesday 11am – 12pm
Free soup kitchen
0191 420 3363

Living Waters Church
St Jude's Terrace, Laygate,
South Shields, NE33 5PB
Wednesday 9:30am - 12pm
Wednesday: Full Breakfast £3.70
0191 427 5284

Colliery Café
Action Station, Boldon Lane,
South Shields, NE34 0LZ
Monday - Friday 9am - 2pm
Bacon sandwiches £1.50,
medium breakfast £2.50, daily
small meal £2.50
0191 455 8122

Low cost meals in Jarrow and Hebburn

Grange Road Baptist Church
Grange Road, Jarrow, NE32 3JA
Wednesday 10:00am - 11:30am
Friday 10.00am - 11.30am
Coffee Stop - free tea or coffee
and a biscuit Bacon Sandwiches,
teacake, scones or cakes
available for a small charge
0191 421 7987

Independent Methodist Church
80 Victoria Road, Hebburn, NE31
1LR
Monday - Friday 10:00am -
1:00pm
Free/Small Donation
Tea/Coffee/Toast/Sandwich
0191 422 3889

St John's Church
Canning Street, Hebburn, NE31
2UF
Tuesday 10:00am - 12:00pm
Small donation Refreshments
and light lunch
07941 073378

Primrose Community Centre-
Jarrow
Lambton Terrace, Jarrow, Tyne
& Wear, NE32 5QY
Monday 9:00am - 12:30pm
Full English Breakfast Tea and
Coffee all for £3.25
0191 424 9977

Christ Church
Ellison Street, Jarrow, NE32 3JU
Friday 10:00am - 12:00pm
Small Charge Soup and
Sandwich
07941 073378

Hebburn Helps
South Tyneside Children's
Centre, Campbell Park Road,
Hebburn, NE31 1QY
Monday - Friday 10am - 4pm
0191 489 9707

Hedworthfield Community
Association
Cornhill, Jarrow, NE32 4QD
Saturday Mornings 9:30am -
1:00pm
Small Charge Hot Snacks
0191 519 6700

Please contact the organisers direct to check their Christmas opening hours

ACTS
age concern
TYNESIDE SOUTH

Age Concern Tyneside South aims to support older people in South Tyneside aged 50+. We can offer advice and guidance on a range of issues including keeping warm and well over the winter, access to local groups and activities, volunteering, getting online and a range of support to help you remain independent. For more information on our local services contact us on 0191 4566903, email info@ac-ts.org.uk or visit our website at www.ac-ts.org.uk

Pharmacy Opening Times

Christmas Day (Tuesday 25th December)

12:00-14:00

Ashchem Chemists (Campbell Park Road)

Hebburn Health Centre, Campbell Park Road, Hebburn. NE31 2SP Tel: 0191 483 4371

16:00-18:00

Cleadon Park Pharmacy

Cleadon Park Medical Centre, 10 Prince Edward Road, South Shields. NE34 8PS
Tel: 0191 456 4158

20:00-22:00

Whiteleas Pharmacy

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

Boxing Day (Wednesday 26th December)

9:00-18:00

Asda Pharmacy

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

9:00-18:00

Asda Pharmacy

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

10:00-14:00

Boots (King St South Shields)

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

New Year's Day (Tuesday 1st January)

10:00-17:00

Asda Pharmacy

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

10:00-17:00

Asda Pharmacy

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

You are advised to telephone the pharmacy prior to attending.

If you require advice out of hours, please contact: 111.

For the full Christmas and New Year list:

<http://www.southtynesideccg.nhs.uk/pharmacyopening>

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.