

# Useful Contacts

## **NHS 111**

**Telephone 111**

**[www.111.nhs.uk](http://www.111.nhs.uk)**

Available 24 hours a day, 365 days a year. Provides urgent medical help or advice. They can also book appointments with local GPs or the urgent treatment centre and get prescriptions sent direct to a pharmacy.

## **North Tyneside Council Social Care Gateway Team**

**0191 643 2777**

**[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)**

First point of contact for adult social care needs.

## **SIGN North Tyneside**

**[www.sign-nt.co.uk](http://www.sign-nt.co.uk)**

General information about public and community activities, events, support and services available across North Tyneside.

## **Healthwatch North Tyneside**

**0191 263 5321**

**[www.hwnt.co.uk](http://www.hwnt.co.uk)**

Provides information about health and care services in North Tyneside. Healthwatch is also the independent voice for people using local services, listening to and sharing your feedback to help improve care.

## **Patient Advice and Liaison Service (PALS)**

**0800 032 0202**

**Email: [northoftynepals@northumbria.nhs.uk](mailto:northoftynepals@northumbria.nhs.uk)**

Confidential and independent advice and support, helping you with concerns you may have about any aspect of your NHS care.

**Find more useful contacts and space to write your own over the page.**

# Useful Contacts

## North Tyneside Carers' Centre

**0191 643 2298**

[www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)

Provides information, advice and guidance for carers.

Including: one-to-one support; peer support; support for carers in employment; advocacy; mental health support; counselling service and support for young carers.

## VODA's Good Neighbours Project

**0191 643 2626**

[www.voda.org.uk](http://www.voda.org.uk)

Provides volunteers to help with practical tasks commonly associated with those carried out by a good neighbour.

These tasks include running small errands and assistance with shopping.

## Age UK North Tyneside

**0191 280 8484**

[www.ageuk.org.uk/northtyneside](http://www.ageuk.org.uk/northtyneside)

For people aged 50 plus, services include: free independent information and advice; befriending; social prescribing, activities, clubs and groups; support for people living with dementia and support for carers.

## Citizens Advice North Tyneside

**0300 330 9047**

[www.ntcab.org.uk](http://www.ntcab.org.uk)

Independent, free, confidential and impartial advice across a wide range of issues including specialist advice around debt and money, welfare and benefits, housing, relationships and lots more.

**Write your own useful contact details here:**