

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: 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

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 (10am-3pm normal weekdays)

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:
0303 123 1145

Wellbeing Info: wellbeinginfo.org

Children's emergency services at South Tyneside District Hospital

Overnight emergency care for children up to the age of 16 is now provided from the Children's Emergency Department at Sunderland Royal Hospital. Children's emergency care will still be available every day from 8am until 10pm at South Tyneside District Hospital and there are no changes to adult emergency care services which will continue to operate 24/7.

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, Key 2 Life Foodbank on 07833 613393 or Hebburn Helps on 0191 489 9707.

Low Cost Meals

Low cost meals in South Shields

Colliery Café, Action Station,
Boldon Lane, South Shields,
NE34 0LZ

Monday - Friday 8am - 2pm
0191 455 8122

Boldon Community Association
New Road, Boldon Colliery
NE35 9DZ

Mon & Fri lunch club, 2 courses
£5, Thurs breakfast club £2.50-
£5, Sunday carvery £5-£7.
0191 536 8085

Living Waters Church
St Jude's Terrace, Laygate,
South Shields, NE33 5PB
Wednesday 9:30am - 11:30am
Full Breakfast £3.70
0191 427 5284

Hospitality and Hope
Hampden Street, South Shields
NE33 4JR
Sunday 2pm - 3pm

Wednesday 11am - 12pm

Free soup kitchen

0191 420 3363

Salvation Army

Wawn Street, South Shields
NE33 4EB

Tuesday 10:00am - 12:30pm

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

Low cost meals in Jarrow and Hebburn

Grange Road Baptist Church
Grange Road, Jarrow, NE32 3JA
Foodbank available

Monday & Thursday 9:15am to
11am

0191 421 7987

Primrose Community Association
Lambton Terrace, Jarrow, Tyne
& Wear, NE32 5QY
Monday 9:00am - 12:30pm
Full English Breakfast Tea and
Coffee all for £4.00
Thursday 12-2pm, dinner £3.50
0191 424 9977

Hebburn Helps
South Tyneside Children's
Centre, Campbell Park Road,
Hebburn, NE31 1QY
Monday - Friday 10am - 3pm
0191 489 9707

St John's Church
Canning Street, Hebburn, NE31
2UF
Tuesday 10:00am - 12:00pm
Small donation Refreshments
and light lunch
info@stjohnshebburn.co.uk

Christ Church
Ellison Street, Jarrow, NE32 3JU
Tuesday 10:30am - 12:30pm
Small Charge Soup and
Sandwich
info@stjohnshebburn.co.uk

Hedworthfield Community
Association
Cornhill, Jarrow, NE32 4QD
Open daily
Small Charge Hot Snacks
0191 519 6700

Please contact the organisers direct to check their Christmas opening hours

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

Pharmacy Opening Times

Christmas Day (Friday 25th December)

11:00-13:00 - Boots (Hebburn)

15 St James Mall, Hebburn, NE31 1LE Tel: 0191 483 2332

16:00-18:00 - Neil Pharmacy (South Shields)

95 Wenlock Road, South Shields, NE34 9BD Tel: 0191 451 6576

19:30-21:30 - D L Carter and Sons Ltd

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

19:30-21:30 - Asda Pharmacy (Boldon Colliery)

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

Bank Holiday Monday (Monday 28th December)

9:00-18:00 - Asda Pharmacy (South Shields)

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

09:00-18:00 - Asda Pharmacy (Boldon Colliery)

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

11:00-13:00 - S E Gill Chemists Ltd (Cleadon Village)

35 Front Street, Cleadon Village, SR6 7PG Tel: 0191 554 3297

19:30-21:30 - J Dinning Ltd (Jarrow)

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

New Year's Day (Friday 1st January)

10:00-17:00 - Asda Pharmacy (South Shields)

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

10:00-17:00 - Asda Pharmacy (Boldon Colliery)

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

11:00-13:00 - Neil Pharmacy (Jarrow)

47 Fellgate Avenue, Jarrow, NE32 4LZ Tel: 0191 536 4640

16:00-18:00 - Lloyds Pharmacy

The Medical Centre, New George Street, South Shields, NE33 5DU Tel: 0191 427 1850

19:30-21:30 - Cohens Chemist (The Medical Centre)

The Medical Centre, Gibson Court, Boldon Colliery, NE35 9AN Tel: 0191 536 4789

**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.