Where is the Galleries Day Unit?

The Day Unit is on the third floor of the Washington Galleries Health Centre next to the main shopping centre, opposite Washington Police Station and the Bingo.

Free parking is allowed in the shopping centre car parks for up to three hours. There are three disabled parking bays underneath the health centre itself and a drop off point for those with mobility difficulties.

However, the ambulance will also be picking up other patients to bring to the unit so we won’t be able to give a specific time when it will collect you.

You may want to bring a member of your family or carer along with you for support to the first appointment. Please tell us prior to your appointment to ensure that there will be room on the ambulance for them.

Further information please contact:
Galleries Day Unit
3rd Floor
Galleries Health Centre
Washington
NE38 7NQ
Tel: (0191) 502 6810
Monday - Friday 8.30am - 4.30pm

NHS South of Tyne and Wear
(serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request.

For further copies of this leaflet please contact tel: 0191 283 1438

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What is the Galleries Day Unit?
We deliver a range of rehabilitation services for patients. Staff at the Galleries Day Unit will assess your health and social care needs and plan a programme of rehabilitation. These services may include:

- 24 hour blood pressure recording
- rehabilitation
- falls assessment and treatment
- pulmonary rehabilitation
- progressive exercise

Any person over the age of 16 years registered with a Sunderland GP who requires any of the services can attend the unit. You can be referred by any health or social care professional such as GP, Community Matron, District Nurse, Practice Nurse, North East Ambulance Service and Social Worker.

Who works at the Day Unit?
- Nurses
- Physiotherapists
- Care support staff
- Exercise professionals

We have a range of skills to be able to support you through an individually planned programme of exercise to meet your needs.

We can also refer to other services if necessary, for example the Community Physiotherapy, Community Occupational Therapy or specialist clinics.

What does our team provide?
We can offer and arrange an assessment of your needs to support you during an illness or crisis. This aims to identify what problems you are having and who needs to be involved in your treatment. This can include:

- 24 hour blood pressure recordings
  Your GP or practice nurse may refer you for fitting of a monitor that will take a 24 hour blood pressure reading.

Rehabilitation
A programme of exercise and rehabilitation may be suitable following assessment by the nurse/physiotherapist to improve mobility problems that may be as a result of an accident, surgery or prolonged illness.

Falls
We can support you if you have fallen or are at increased risk of falling. This may include:

- Checking your blood pressure, heart tracing, blood tests
- Reviewing your medication
- Refer you to an optician
- Setting you exercises to improve your balance and mobility
- Referring you to hospital for further medical investigation

Pulmonary rehabilitation
If you have Chronic Obstructive Pulmonary Disease (COPD), your Respiratory Nurse may ask you to come to our 12 week programme of exercise and education.