How do I get there?

The Walk-in Centre is on the Bensham Hospital site, near Team Valley. Some car parking is available in pay and display car parks.

The Centre is easily accessible by foot from Lobley Hill Road as well as surrounding areas.

Location:

From Bensham Bank, head south onto Victoria Road and continue to the end of the road. At the T-junction turn left onto Armstrong Road. Then turn right before the railway bridge, down Wetherby Grove and follow the path on to the end of Fontwell Drive.

Follow the footpath/road round to the main entrance of Bensham Hospital and follow the site signs to the Walk-in Centre.

Public Transport:

Go North East bus from:

Gateshead Metro
• No 53, 6 mins past the hour, then every 10 mins after that
• No 29, running at hourly intervals, starting at 9.20am and finishing at 1.20pm

Eldon Square, Newcastle
• No 28, 18 mins past the hour

Travel Enquiries 0871 200 2233
**Gateshead Walk-in Centre at Bensham Hospital** is a nurse led service providing health advice and treatment for minor injuries and illnesses.

No appointment is necessary and the Centre is open from 7.00am to 10.00pm every day of the year.

Patients do not need to be registered with a GP or live in the Gateshead area to use the services provided by the Walk-in Centre.

The nursing team at the Walk-in Centre can also provide advice and information on other local health services.

X-ray facilities are available for limb injuries from 9.00am to 5.00pm every day except Christmas day.

**Gateshead Walk-in Centre provides treatment for minor injuries and illnesses such as:**
- Sprains and strains
- Broken bones – arms and lower leg
- Minor cuts and bruises
- Minor burns and scalds
- Minor eye conditions and infections
- Urine problems
- Skin rashes
- Ear and throat infections
- Stomach upsets
- Bites and stings

The Centre can also provide emergency contraception.

Usually, all your treatment will be carried out at the Centre at the time of your visit. However, you may be required to return to the Centre for further treatment, for example, to change a dressing on a wound.

If your condition is more serious we will arrange for you to attend the A & E department or be admitted to hospital if required.

**Gateshead Walk-in Centre is unable to help with:**
- Chest pain
- Overdose of drugs or accidental drinking of chemicals
- Dental abscesses
- Ear syringing/irrigation
- Doctors’ certificates
- Repeat prescriptions

**Children under two**

This Centre is unable to treat children under two years old. However, treatment is available at Blaydon Minor Injury and Illness Unit, tel: 0191 443 6302. Alternatively, patients are advised to make an appointment with their GP.

In the case of an emergency, please visit local Accident & Emergency department (A & E).

**Choose well**

If you are injured or become unwell, make sure you choose the right NHS service.

Choosing well ensures that you receive the best possible treatment, leaving emergency services for those who need them most.