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 28, 32 mins past the hour
• No 53, 6 mins past the hour, then every 10 mins after that

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

Travel Enquiries 0871 200 2233

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.

For further copies of this leaflet
Tel: 0191 445 5454

This information can be made available in another format or language on request. Please contact the Communications and PR Team
Tel: 0191 529 7118
Email: mopil@sotw.nhs.uk
Gateshead Walk-in Centre at Bensham Hospital is a nurse led service providing health advice and treatment for minor illnesses and minor injuries for all patients over two years old.

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

X ray facilities are also provided for limb injuries and these are available from 9.00am to 5.00pm every day except Christmas day.

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. Emergency contraception services are also provided from the Centre.

The Centre is unable to treat children under two years old. In this instance patients will need to make an appointment with their GP or, in the case of an emergency, at the local hospital Accident & Emergency department.

Gateshead Walk-in Centre will provide treatment for minor illnesses and injuries which include:

- Stomach upsets
- Coughs, colds and flu like symptoms
- Cuts and bruises
- Minor scalds and burns
- Bites and stings
- Minor eye conditions and infections
- Minor skin infections and rashes
- Ear and throat infections
- 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 Accident & Emergency 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
- Doctor’s certificates
- Repeat prescriptions