

HOUGHTON PRIMARY CARE CENTRE

Tel: 0191 5025660

Address: Brinkburn Crescent, Houghton le Spring, DH4 5HB

Services:

Service / Provider	Opening Times	How to Access?	Service Outline
Urgent Care Centre (Northern Doctors Urgent Care Ltd)	Monday – Friday 10am - 10pm Weekends and Bank Holidays 8am - 10pm	Walk in or via appointment made by 111	Also commonly known as a walk in centre . A GP led service providing treatment and advice for a range of minor illnesses and injuries
Dietetics (City Hospitals Sunderland)	Consultation: Monday & Tuesday - pm Thursday - all day	Referral by Healthcare Professional	Helping people to understand their diet and its effects on their health to help prevent and treat disease
Orthopaedics (South Tyneside Surgical Services)	Wednesday pm & evening Thursday evening	Referral by Healthcare Professional	Treating injuries and diseases of the musculoskeletal system, which is made up of bones, joints, ligaments, tendons, muscles and nerves
IAPT Services (NTW Foundation NHS Trust)	Monday - am, pm & evening Tuesday - am, pm & evening Wednesday - am, pm & evening Thursday - am & pm Friday - am & pm	Self-referral or referral by a Healthcare Professional	IAPT services work alongside the Primary Care Mental Health teams offering a wider range of mental health services
Audiology (Boots)	Monday & Thursday - am & pm	Referral by Healthcare Professional	Free hearing tests, consultations and quotations provided by fully qualified dispensers.
Podiatry/Diabetic Foot Screening (City Hospitals Sunderland)	Tuesday - am Thursday – pm	Referral by Healthcare Professional	Feet and eye treatment for Diabetic patients.
Rehab/Elderly Medicine (City Hospitals Sunderland)	1 st Monday of month - pm Tuesday – am	Referral by Healthcare Professional	Self care advice for elderly patients .

Service / Provider	Opening Times	How to Access?	Service Outline
Sexual Health (City Hospitals Sunderland)	Tuesday – pm (x 3 rooms)	Referral by Healthcare Professional or drop in	A Sexual Health or Genitourinary Medicine (GUM) Clinic specialises in sexual health, giving tests and treatment for many sexually transmitted infections
AAA Screening (Gateshead Health NHS Foundation Trust)	Tuesday	Automatic referral once patient turns 65. If patient over 65, patient can self refer on 0191 4452554.	Abdominal Aortic Aneurysm Screening helps to prevent premature deaths from rupture aneurysms through early detection and appropriate monitoring and treatment
Childhood Weight Management (City Hospitals Sunderland)	Wednesday - am Weekly	Referral by Healthcare Professional	
Memory Protection Service (NTW Foundation NHS Trust)	Wednesday - am & pm (x 5 rooms) Friday - am & pm (x 1 room)	Referral by Healthcare Professional	This service works with existing dementia services by improving access to early specialist care, enabling patients and their families to plan for the future and get access to treatment
Carpal Tunnel Clinic (Matrix Health Services UK Ltd)	Monday - pm & evening Minor Ops - 1 st Wed Eve of month	Referral by Healthcare Professional	Treatment service for carpal tunnel syndrome
Diabetes Nurse (South Tyneside NHS Foundation Trust)	Tuesday - all day / Insulin Initiation Thursday - all day	Referral by Healthcare Professional	Advice given on self care and control of diabetes
Mental Health Day Services (Mind)	Friday - 10am – 12 noon Thursday – pm	Referral by Healthcare Professional	Providing specialist care to people with moderate to critical mental health needs
X-Ray Services (City Hospitals Sunderland)	Monday – Friday 9am – 12.30 / 2pm – 6pm Saturday & Sunday 9am – 6pm	Referral by Healthcare Professional	Xrays are used to produce images of the inside of the body. They are a very effective way of looking at broken bones, or to examine organs
Ultrasound (City Hospitals Sunderland)	Monday - Saturday 8am – 5pm	Referral by Healthcare Professional	A painless test that uses sound waves to create images of organs and structures inside your body.
ICAR/Intermediate Care Assessment and Rehabilitation (Gateshead Health NHS Foundation Trust)	For Visitors: 10am – 7pm	Referrals can be made by any Health or Social Care professional via the Intermediate Care (IC) Hub based within Houghton PCC	A 24 bed unit for patients who need a higher level of care than can be carried out in their own home. The unit will also help to support discharge from hospital for patients who require ongoing monitoring and rehabilitation to enable them to return home.

WASHINGTON PRIMARY CARE CENTRE

Tel: 0191 5027569

Address: Princess Anne Park, Parkway, Washington, NE38 7QZ

Services:

Service / Provider	Opening Times	How to Access?	Service Outline
Urgent Care Centre (Northern Doctors Urgent Care Limited)	Monday-Friday 10am - 10pm Weekends and Bank Holidays 8am - 10pm	Walk in or via appointment made by 111.	Also commonly known as a walk in centre. A GP led service providing treatment and advice for a range of minor illnesses and injuries.
IAPT Services (NTW Foundation NHS Trust)	Monday - Friday	Self-referral or via a GP or alternative healthcare professional	IAPT services work alongside the Primary Care Mental Health teams offering a wider range of mental health services
Care of the Elderly Doctors (City Hospitals Sunderland)	Monday - am	Referral by Healthcare Professional	Supporting the day to day care of elderly patients
Orthopaedics (Gateshead Health NHS Foundation Trust)	Monday - am & pm Wednesday - all day Friday - am	Referral by Healthcare Professional	Treating injuries and diseases of the musculoskeletal system, which is made up of bones, joints, ligaments, tendons, muscles and nerves
Dietetics (City Hospitals Sunderland)	Tuesday - pm Wednesday 2pm - 6pm Friday - am	Referral by Healthcare Professional	Helping people to understand their diet and its effects on their health to help prevent and treat disease
Physiotherapy (City Hospitals Sunderland)	Monday - Evening Tuesday - all day Wed, Thurs & Sat - am Friday - pm	Referral by Healthcare Professional	Helping to restore movement and function when someone is affected by injury, illness or disability
Substance Misuse (Counted4)	Tuesday - am until 2pm	Referral by Healthcare Professional	Providing treatment for those suffering from substance misuse

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Sunderland Carers	1 st Tuesday of Month Friday - pm	Referral by Healthcare Professional	
Family Planning (City Hospitals Sunderland)	Thursday - all day (x 3 rooms)	By appointment or walk in.	A Sexual Health or Genitourinary Medicine (GUM) Clinic specialises in sexual health, giving tests and treatment for many sexually transmitted infections
AAA Screening (Gateshead Health NHS Foundation Trust)	Friday only (infrequent)	Automatic referral once patient turns 65. If patient over 65, patient can self refer on 0191 4452554.	Abdominal Aortic Aneurysm Screening helps to prevent premature deaths from rupture aneurysms through early detection and appropriate monitoring and treatment
Renal (permanent unit) (City Hospitals Sunderland)	Monday – Friday and Saturday am	Referral by Healthcare Professional	Dialysis unit with 20 haemodialysis stations on site.
Chemotherapy (permanent unit) (City Hospitals Sunderland)	Tuesday, Wednesday & Thursday – all day	Referral by Healthcare Professional	A form of cancer treatment using anti-cancer drugs to destroy cancer cells.
Community Dental South Tyneside NHS Foundation Trust)	Monday – Thursday 9am – 5pm Friday pm – 4.30pm	Referral by Healthcare Professional	Dental treatment for patients referred by a Healthcare Professional
Ultrasound City Hospitals Sunderland	Monday – Friday 8.30am – 5pm	Appointment only	A painless test that uses sound waves to create images of organs and structures inside your body.

BUNNYHILL PRIMARY CARE CENTRE

Tel: 0191 5195800

Address: Hylton Lane, Downhill, Sunderland, SR5 4BW

Services:

Service / Provider	Opening Times	How to Access?	Service Outline
Urgent Care Centre (Northern Doctors Urgent Care Limited)	Monday-Friday 10am - 10pm Weekends and Bank Holidays 8am - 10pm	Walk in or via appointment made by 111	Also commonly known as a walk in centre. A GP led service providing treatment and advice for a range of minor illnesses and injuries.
Community Psychiatric Nurse (NTW Foundation NHS Trust)	Monday – Wednesday all day	Referral by Healthcare Professional	Mental Health services including cognitive behavioural services
Dermatology (South Tyneside NHS Foundation Trust)	Daily	Referral from GPs and other health professionals	A service that diagnoses and manages patients with a range of skin conditions whose treatment does require a trip to hospital
X-Ray (City Hospitals Sunderland)	Monday - Sunday 9am – 10pm	Referral by Healthcare Professional	Xrays are used to produce images of the inside of the body. They are a very effective way of looking at broken bones, or to examine organs

GRINDON LANE PRIMARY CARE CENTRE

Tel: 0191 5252300

Address: Grindon Lane, Sunderland, SR3 4DE

Opening Hours: Monday-Sunday 8am - 8pm

Please note: No Urgent Care Centre (Walk in Centre) at this site

Services:

Service / Provider	Opening Times	How to Access?	Service Outline
X-Ray (City Hospitals Sunderland)	Monday - Friday 9am-12.30pm & 2pm - 4pm)	Referral by Healthcare Professional	Xrays are used to produce images of the inside of the body. They are a very effective way of looking at broken bones, or to examine organs
Ultrasound (City Hospitals Sunderland)	Monday - Friday 9am – 4pm	Referral by Healthcare Professional	A painless test that uses sound waves to create images of organs and structures inside your body.
Cardiology South Tyneside NHS Foundation Trust)	Monday - pm	Referral by Healthcare Professional	Providing a wide range of investigations on the heart, including ECG, BP Monitoring, Echocardiograms and Pacemaker function tests.
Community Psychiatric Nurse (NTW Foundation NHS Trust)	Monday - Wednesday all day	Referral by Healthcare Professional	Mental Health services including cognitive behavioural services.
IAPT Services (NTW Foundation NHS Trust)	Monday - Friday am, pm & evening	Self-referral or via a GP or alternative healthcare professional	IAPT services work alongside the Primary Care Mental Health teams offering a wider range of mental health services
Cognitive Behavioural Therapist (NTW Foundation NHS Trust)	Monday evening	Referral by Healthcare Professional	Counselling Service.
Dietetics (City Hospitals Sunderland)	Monday - Friday all day	Referral by Healthcare Professional	Helping people to understand their diet and its effects on their health to help prevent and treat disease

Service / Provider	Opening Times	How to Access?	Service Outline
Physiotherapy (Connect)	Monday- Friday all day	Referral by Healthcare Professional	Helping to restore movement and function when someone is affected by injury, illness or disability.
Diabetics Nurse Specialist (South Tyneside NHS Foundation Trust)	Monday & Wednesday - am Tuesday - all day Friday - pm	Referral by Healthcare Professional	Self care advice and support available to Diabetic patients.
Titration Clinic (South Tyneside NHS Foundation Trust)	Monday, Tuesday, Thursday - am	Referral by Healthcare Professional	
Podiatry/Diabetic Foot Screening (City Hospitals Sunderland)	Monday, Tuesday, Wednesday - all day	Referral by Healthcare Professional	Feet and eye treatment for Diabetic patients.
Respiratory Nurse/re VAS Clinic (South Tyneside NHS Foundation Trust)	Tuesday - all day Wednesday & Thursday - pm	Referral by Healthcare Professional	
Respiratory/on Clinic (South Tyneside NHS Foundation Trust)	Wednesday - pm	Referral by Healthcare Professional	
Continence Bladder and Bowel (South Tyneside NHS Foundation Trust)	Alternate Thursdays	Referral by Healthcare Professional	Service for children.
Rapid Access/Community Geriatrician (City Hospitals Sunderland)	Thursday - all day	Referral by Healthcare Professional	
AAA Screening Gateshead Health NHS Foundation Trust)	Friday - all day (x 2 rooms)	Automatic referral once patient turns 65. If patient over 65, patient can self refer on 0191 4452554.	Abdominal Aortic Aneurysm Screening helps to prevent premature deaths from ruptured aneurysms through early detection and appropriate monitoring and treatment.
Community Dental (South Tyneside NHS Foundation Trust)		By Appointment only	Dental treatment for patients referred by a Healthcare Professional.
Out of Hours Dental (Dencol)	Saturday & Sunday - 3pm for 1 hour	By Appointment only	Service providing emergency dental care.