

Appointments

Appointments are available excluding bank holidays at:

One to One Centre (Main service base at Shiremoor)

Brenkley Ave, Shiremoor, NE27 0PR

Tel: 0191 297 0441

Monday, Tuesday, Wednesday: 9am – 7.30pm

Thursday: 12.30pm – 7.30pm

Friday: 9am – 7.30pm (Limited Service Friday 5pm – 7.30pm)

Saturday: 10.30am – 1.30pm (Limited Service - Queue and Wait Only)

IMPORTANT NOTICE: The one to one centre will be closed Saturday 29th August and Monday 31st August (Bank Holiday). For further information contact us on 0191 297 0441. Please go to your local pharmacy for emergency hormonal contraception or see your G.P. The service will re-open Tuesday 1st September at 9am.

Queue and Wait Sessions

You now have the opportunity to book a consultation on the day you are contacting us. These slots will be matched to the resources available on the day and therefore are limited.

You can telephone or walk in to discuss the availability. If you choose to walk in to book your slot you can choose to wait in the department or return at your allocated time. You will need to attend 15 minutes prior to your allocated time to complete a registration form. (Alternatively you can download the registration form below and bring it with you).

Please note this is not an allocated appointment but an approximate waiting time.

Sexual health drop-in sessions for young people

All of the sessions are drop-in unless stated otherwise. If you are a new patient please attend 45 minutes before the advertised closing time. For further information on the Outreach Young Person clinics please call the One to One Centre on 0191 297 0441.

****NB All Outreach Service is provided by one practitioner only and will be a limited service**

One to One at Monkseaton Clinic

Chapel Lane, Monkseaton, NE25 8AD

Tel: 0191 251 0859

Monday: 2pm – 6pm

(last arrival time 45 minutes before end of service)

One to One at Meadowell Clinic

Waterville Road, North Shields, NE29 6BT

Tuesday: 4.30pm – 7.30pm

(last arrival time 45 minutes before end of service)

One to One at Dudley

John Willie Sams Centre, Market St, Dudley, NE23 7HJ

Tel: 0191 643 2865

Wednesday: 2pm – 6pm

(last arrival time 45 minutes before end of service)

One to One at White Swan Centre

Citadel East, Killingworth, NE12 6SS

Thursday: 2pm – 6pm

(last arrival time 45 minutes before end of service)

One to One at Howdon Community Centre

Denbigh Avenue, Howdon, NE28 0PP

Tel: 0191 297 0441

Thursday: 4pm – 7.30pm

(last arrival time 45 minutes before end of service)

**There are also a number of sessions in schools and colleges across the borough.
Please ask your school nurse or college counsellor for details.**