

Useful Christmas Information



Emergency contact numbers

Police, fire and rescue service and coast guard: 999

NHS Choices: 111 (call 111 when you need medical help fast but it's not a 999 emergency)

Electrical problems: 0800 668877

Gas leaks: 0800 111 999

Floods: 0345 988 1188

Mental Health Initial Response Team: 0303 123 1145

Police: 0191 454 7555 or 101

South Tyneside Hospital: 0191 404 1000

South Tyneside Council emergencies:

Minor emergencies (for example repairs): Out of hours: 0191 455 6111

Social Care and Health 0191 456 2093

Environmental Health Out of hours: 0191 427 2090

Samaritans: 116 123

South Tyneside Lifecycle Mental Health Service: 0191 283 2937

South Tyneside Homes: 0300 123 6633 (If you need to report an emergency repair that is an immediate risk to people or a property it can be reported using this 24 hour contact number)

Water leaks: 0800 393 084

Age Concern South Tyneside: 0191 456 6903

Citizens Advice Bureau Advice Line: 0344 4994 715

National Domestic Violence Helpline: 0808 2000 247

South Tyneside Adult Recovery Service: 0191 917 1160

South Tyneside Sexual Health Service: 0191 402 8191

The Silver Line: 0800 470 80 90 (helpline for older people)

Veterans Wellbeing, Assessment and Liaison Service: 0191 441 5974

Wellbeing Info: wellbeinginfo.org

Children's emergency services at South Tyneside District Hospital

Overnight emergency care for children up to the age of 16 is now provided from the Children's Emergency Department at Sunderland Royal Hospital. Children's emergency care will still be available every day from 8am until 10pm at South Tyneside District Hospital and there are no changes to adult emergency care services which will continue to operate 24/7.

Food banks

Food banks provide for individuals and families in crisis for example sudden unemployment, delays in benefit payments, benefits sanctions and financial problems. They supply food parcels to people while they get help to resolve their crisis. To receive a food parcel you will need to be referred to a food bank by a professional such as a housing officer, social worker, CAB advisor, doctor or health advisor. For details about food banks contact Hospitality and Hope on 0191 420 3336, Key 2 Life Foodbank on 07833 613393 or Hebburn Helps on 0191 489 9707.

Low Cost Meals

Low cost meals in South Shields

Colliery Café, Action Station,
Boldon Lane, South Shields,
NE34 0LZ

Monday - Friday 8am - 2pm
0191 455 8122

Boldon Community Association
New Road, Boldon Colliery
NE35 9DZ

Mon & Fri lunch club, 2 courses
£5, Thurs breakfast club £2.50-
£5, Sunday carvery £5-£7.
0191 536 8085

Living Waters Church
St Jude's Terrace, Laygate,
South Shields, NE33 5PB
Wednesday 9:30am - 11:30am
Full Breakfast £3.70
0191 427 5284

Hospitality and Hope
Hampden Street, South Shields
NE33 4JR
Sunday 2pm - 3pm
Wednesday 11am - 12pm
Free soup kitchen
0191 420 3363

Salvation Army
Wawn Street, South Shields
NE33 4EB

Tuesday 10:00am - 12:30pm
2 Course Hot Meal, 50p
(donation optional)
0191 496 7511

Westoe Road Baptist Church
Romilly Street, South Shields,
NE33 2SP

Tuesday 10:00am - 11:30am
Donations, Coffee and cake,
Over 50's only
0191 427 9359

Low cost meals in Jarrow and Hebburn

Grange Road Baptist Church
Grange Road, Jarrow, NE32 3JA
Wednesday 10:00am - 11:30am
Friday 10.00am - 11.30am
Coffee Stop - free tea or coffee
and a biscuit Bacon Sandwiches,
teacake, scones or cakes
available for a small charge
0191 421 7987

Independent Methodist Church
80 Victoria Road, Hebburn, NE31
1LR
Monday - Friday 10:00am -
1:00pm
Free/Small Donation
Tea/Coffee/Toast/Sandwich
0191 422 3889

Primrose Community Association
Lambton Terrace, Jarrow, Tyne
& Wear, NE32 5QY
Monday 9:00am - 12:30pm
Full English Breakfast Tea and
Coffee all for £4.00
Thursday 12-2pm, dinner £3.50
0191 424 9977

Hebburn Helps
South Tyneside Children's
Centre, Campbell Park Road,
Hebburn, NE31 1QY
Monday - Friday 10am - 3pm
0191 489 9707

St John's Church
Canning Street, Hebburn, NE31
2UF
Tuesday 10:00am - 12:00pm
Small donation Refreshments
and light lunch
info@stjohnshebburn.co.uk

Christ Church
Ellison Street, Jarrow, NE32 3JU
Tuesday 10:30am - 12:30pm
Small Charge Soup and
Sandwich
info@stjohnshebburn.co.uk

Hedworthfield Community
Association
Cornhill, Jarrow, NE32 4QD
Open daily
Small Charge Hot Snacks
0191 519 6700

**Please contact the organisers direct to check their Christmas
opening hours**

Feeling low or worried this Christmas season?

You're not alone.

**If you have feelings of loneliness, anxiety or feel
down over this Winter period, talk to someone who
can help. Contact your GP or telephone South
Tyneside Lifecycle Primary Care Mental Health
Service on: 0191 283 2937**

If your enquiry is urgent call: 0303 123

Christmas isn't always merry

If you're finding it difficult to cope over the festive season, there are people who can help.

If you need to ask for support, are thinking of harming yourself, or are worried about someone else, you can contact:

Samaritans 116 123 **Email:** jo@samaritans.org

CALM Anonymous and confidential helpline & webchat, open 5pm to midnight every day 0800 58 58 58 **www.thecalmzone.net**

Shout 24/7 crisis text support service. **Text:** 85258

Childline 0800 1111 **www.childline.org.uk**

Papyrus HopelineUK. For young people under the age of 35.

Call: 0800 068 4141 **Text:** 07860039967 **Email:** pat@papyrus-uk.org

You can also ring your GP and ask for an emergency appointment.

Call NHS 111 if you urgently need medical help or advice, but it's not a life threatening situation.

If you or someone else is at immediate risk of suicide or serious self harm or injury, call 999.

North East and North Cumbria Suicide
Prevention Network **@StopSuicideNENC**

Suicide EVERY LIFE
MATTERS
Prevention