Your confidential and friendly service at the

one to one centre

The one to one centre offers all aspects of sexual health advice and support:

- Holistic sexual health service
- Contraception service
- Screening for sexual infections
- Pregnancy decision making
- Cervical smears
- Emergency contraception
- Chlamydia screening (urine test)
- Teenage pregnancy support team
- Counselling

There are appointments and a new walk-in service

**Opening Hours:**

Monday to Wednesday 9am to 7.30pm
Thursday: 12.30pm- 7.30pm
Friday 9am to 7.30pm
Saturday 10.30am to 1.30pm

Please attend 15 minutes before your appointment or slot
Young Persons Contraception & Sexual Health queue & wait Sessions now at
(please attend at least 45 minutes before the end of sessions)

Monkseaton Clinic
Chapel Lane, NE25 8AD

Youth Village
Hudson St, North Shields, NE30 1DL

Meadowell Clinic
Waterville Road, North Shields, NE29 6BT

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

Howdon Community Centre
Denbigh Ave, Howdon, NE28 0PP

TyneMet College
Wallsend, NE28 9NJ

White Swan Centre
Floor 1, Citadel East, Killingworth, NE12 6SS

Monday: 14.00 - 18.00
Tuesday: 13.30 - 17.00
BY APPOINTMENT ONLY
Tuesday: 16.30 - 19.30
Wednesday: 14.00 - 18.00
Thursday: 16:00-19:30
(As of 19.02.15)
Thursday: 11.00 - 14.00
BY APPOINTMENT ONLY
Thursday: 14.00 - 18.00

For further information please contact:
One to One Centre Outreach Team:
07775547017