Information NOW
Information for people in Newcastle upon Tyne

Introduction to First Aid

Would you know what to do in an accident or an emergency? Everyone should learn at least some basic first aid to give them the knowledge and confidence to deal with a medical emergency before professional help arrives.

First aid skills are easy to learn and will hopefully stay with you for life. Your knowledge could save someone's life and it is likely to be those closest to you who will benefit from your skills.

First Aid Advice

You can find more general information on basic first aid including;

- **Bleeding**
- **Choking**
- **Heart attacks**
- **Hyperventilation**
- **Shock**

You can learn much more by taking a basic first aid course. St Johns Ambulance has a first aid website that is kept up to date with the latest **guidance**. You could also look at the **NHS.UK**.

For details of where your nearest courses are being held, contact the **British Red Cross** or **St. John Ambulance Northumbria** for more information.

Other Useful Organisations

- **NHS 111** is the new telephone service which has replaced NHS Direct. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.
- **NHS.UK** is a website providing health and medicines information and you can search for local services.

> **Please note** – The content on this website is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact **NHS 111**. In an emergency, dial **999**.

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Useful Organisations

Newcastle Urgent Treatment Centre (Westgate Road)

Website: https://www.newcastle-hospitals.nhs.uk/hospitals/westgate-urgent-treatment-centre/

Telephone: 0191 282 3000

Address: Newcastle General Hospital, NE4 6BE

St. John Ambulance Northumbria

Email: countyhq@northumbria.sja.org.uk

Website: www.sja.org.uk

Telephone: 0191 273 7938

Address: St. John House, NE4 9PQ

Newcastle Urgent Treatment Centre (Ponteland Road)

Telephone: 0191 271 9030

Address: Ponteland Road Health Centre, NE5 3AE

Newcastle Urgent Treatment Centre (Molineux Street)

Website: https://www.newcastle-hospitals.nhs.uk/hospitals/molineux-street-urgent-treatment-centre/

Telephone: 0191 213 8566

Address: Molineux Street Urgent Treatment Centre, NE6 1SG

NHS 111

Website: www.nhs.uk/111

Related Articles

Your Doctor or GP

Pharmacy (or Chemists)

Bleeding

Burns and Scalds

Choking

Head injuries

Heart Attacks

Hyperventilation

Shock

Asthma

Walk-in centres (Urgent Treatment Centres)

Minor Injuries Units

Urgent medical help from NHS 111

Eye Casualty