

## Tyneside Integrated Musculoskeletal Services (TIMS)

Tyneside Integrated Musculoskeletal Services (TIMS) offers self-care and fast access to expert opinion, diagnosis and treatment of a variety of muscle, joint and soft tissue conditions and chronic pain. Helping you to manage and treat some of the conditions that cause aches and pains in your own home. This includes: back, neck, knee, hip, ankle and elbow pain, arthritis, persistent pain and health in pregnancy. They provide:

- advice and information
- self help information on their website
- option to make a self referral to the service for more support if needed
- telephone, video and face to face consultations after referral is made
- **ESCAPE – Pain rehabilitation programme** to help people manage their hip and knee pain through education and exercise. You can attend 10 to 12 sessions over 6 weeks across Gateshead and Newcastle or virtual classes

Tyneside Integrated Musculoskeletal Service is a partnership between Gateshead Health NHS Foundation Trust and The Newcastle Upon Tyne Hospitals NHS Foundation Trust.

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**Telephone:** 0191 445 2643

**Telephone note:** Enquiries about making a referral and making your first appointment

**Telephone 2:** 0191 213 8800

**Telephone 2 note:** Enquiries from existing patients about follow-up appointments

**Website:** <https://www.tims.nhs.uk/>

**Email:** [nuth.tims@nhs.net](mailto:nuth.tims@nhs.net)

**Website 2:** <https://www.tims.nhs.uk/escape-pain/>

**Twitter:** [https://twitter.com/nhs\\_tims](https://twitter.com/nhs_tims)

**Facebook:** [https://www.facebook.com/nhs\\_tims](https://www.facebook.com/nhs_tims)

**Address:**

Royal Victoria Infirmary (RVI)  
Queen Victoria Road  
Newcastle upon Tyne  
NE1 4LP

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