

# PALS



The people at **PALS** can help you with any questions you have about your healthcare.

North of Tyne PALS – working within NHS Services in Newcastle, North Tyneside, Northumberland and the North East Ambulance Service.



We will try to help you to sort out problems or get answers to your questions.



We can help you to talk to doctors, nurses or other people who might be able to answer your questions.



# Appointments and meetings



We can come with you when you talk to people about your healthcare.



We will only tell other people what you have told us if they need to know.

If you want to talk to us you can ring us on:



**0800 032 02 02**

You can write to us at:



**FREEPOST  
RLTC-SGHH-EGXJ  
North of Tyne PALS  
The Old Stables, Grey's Yard,  
Morpeth, NE61 1QD**

You can fax us on:



**01670 511260**

You can email us on:



**[northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)**

You can text us on:



**01670 511098**

