

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/Gonorrhoea screening (urine test)
- Counselling
- C-Card
- Vasectomy
- HIV testing

There are appointments and a new book on the day service that provides allocated time slots.

## Opening Hours:

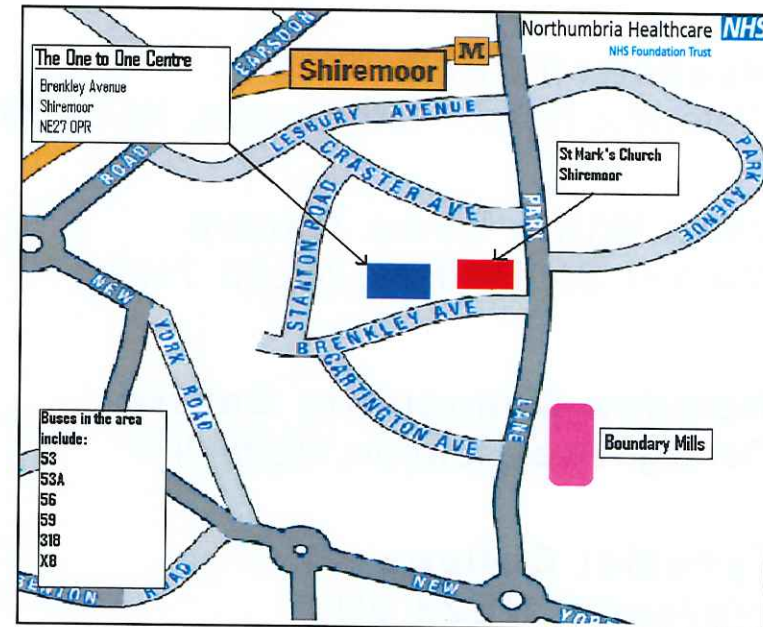
Monday to Wednesday: 08.30 - 19.30

Thursday: 12.30 - 19.30

Friday: 08.30 - 19.30

Saturday: 09.30 - 13.30

Northumbria Healthcare **NHS**  
NHS Foundation Trust



For further information  
please telephone:

**0191 2970441**

**one to one centre**  
Brenkley Avenue  
Shiremoor  
NE27 0PR



Plan B