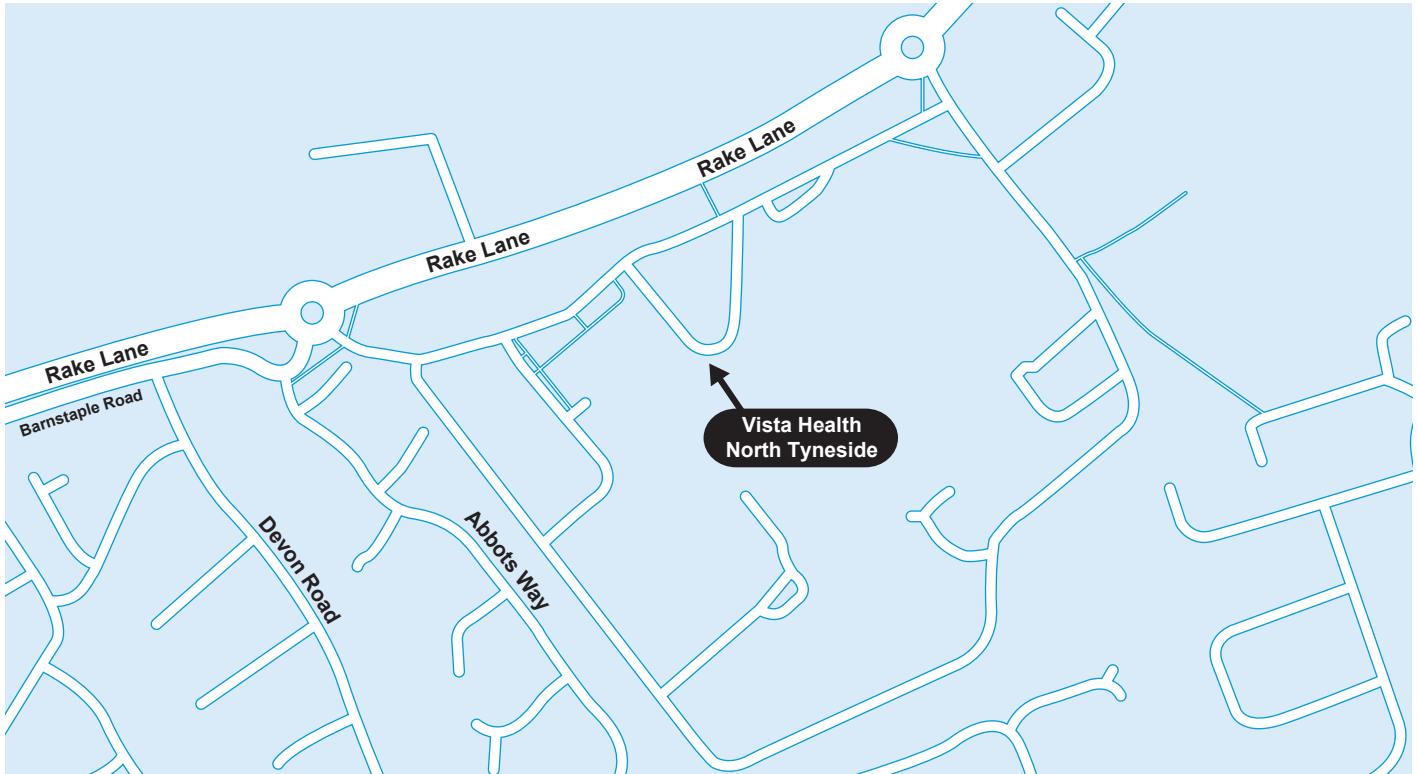


## HOW TO FIND VISTA HEALTH NORTH TYNESIDE

North Tyneside General Hospital, Rake Lane, North Shields NE29 8HN



Vista Health North Tyneside is located in North Tyneside general hospital with a full range of diagnostic testing, outpatient clinics covering a range of specialties, as well as facilities for care of the elderly.

North Tyneside General is situated on the A191 approximately 8 miles east of Newcastle.



### BY ROAD

From the A19 Northbound. Go through the Tyne Tunnel (toll) and leave the A19 after 2 miles, to join the A191 toward North Shields and Tynemouth. Continue over the next 5 roundabouts and at the 6th turn right.

From the A19 Southbound. Follow A19 Southbound and join the A191 toward North Shields and Tynemouth. Continue over the next 5 roundabouts and at the 6th turn right.

**Parking:** Parking is available and costs £1.20 an hour, up to a maximum of £4 for 24 hours.

The first 20 minutes of parking is free so if you take a ticket and exit the car park within 20 minutes, there will be no charge.



### BY BUS

For up to date bus information, please use the Traveline service.



### BY RAIL

The closest railway station is Newcastle Central Station. Check The Trainline for timetables of all services.