

Travelling to the Wear Base Unit Sites



Sunderland Royal Hospital

University Hospital of North Durham



South Tyneside District Hospital

**Hopewood Park
(formerly Cherry Knowle Hospital)**



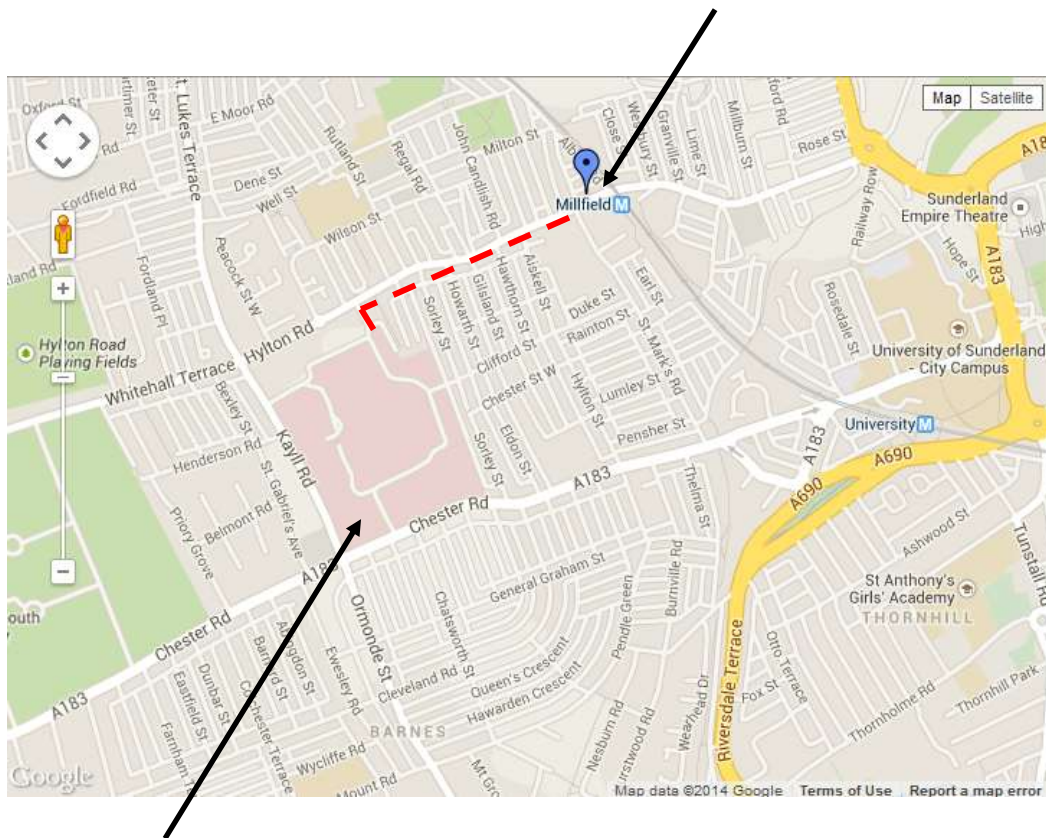
Lanchester Road Hospital

Route to Sunderland Royal Hospital using the Metro Service

The nearest Metro Station to Sunderland Royal Hospital is Millfield.

From Millfield Metro Station, you then have a short walk to Sunderland Royal Hospital

Millfield Metro Station

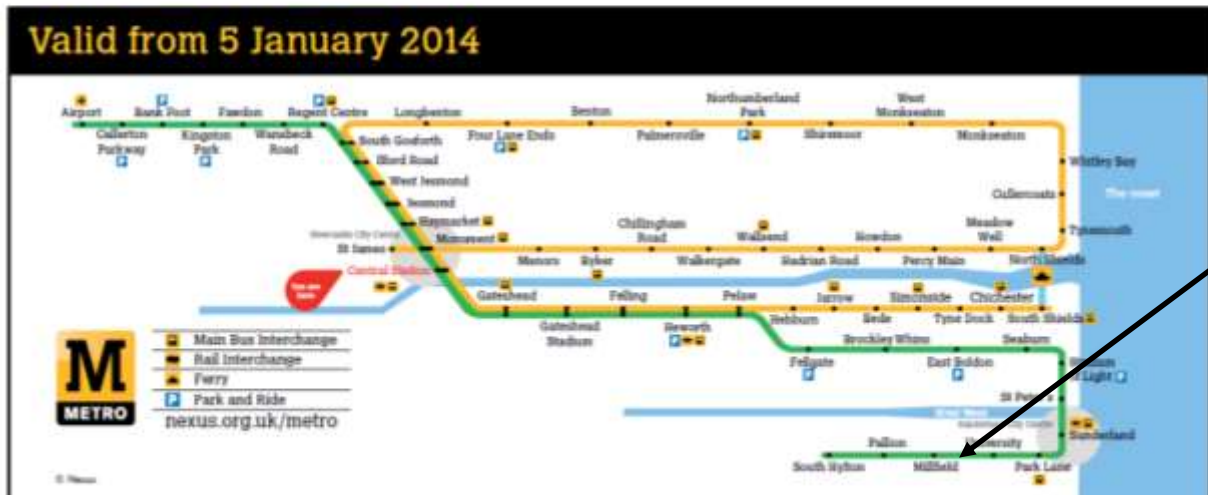


Sunderland Royal Hospital Site

Metro timetable Central Station



Platform 1 to South Hylton / South Shields



Timetable from Central Station to South Hylton shown in green

Platform 1		Central Station to South Hylton/South Shields																							
Monday to Friday		05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	23:00	00:00			
05:14	06:03	07:00	08:00	09:00								15:00	16:00	17:00	18:01	19:05	20:05	21:05	22:05	23:05		No Service			
05:17*	06:06	07:03	08:03*	09:03*								15:06	16:03*	17:03*	18:07	19:13	20:12	21:12	22:12	23:12					
05:21	06:11*	07:06*	08:06	09:06								15:12	16:06	17:06	18:14	19:20	20:20	21:20	22:20	23:20*					
05:32*	06:15	07:09*	08:09*	09:09*								15:18	16:09*	17:09*	18:20	19:27	20:27	21:27	22:27	23:27					
05:42	06:20	07:12	08:12	09:12								15:24	16:12	17:12	18:25	19:35	20:35	21:35	22:35	23:35*					
05:50	06:25*	07:15*	08:15*	09:15*								15:30	16:15*	17:15*	18:35	19:44	20:42	21:42	22:42	23:42*					
05:57*	06:30	07:18	08:18	09:18								15:33*	16:18	17:18	18:45	19:50	20:50	21:50	22:50						
	06:33	07:21*	08:21*	09:21*								15:36	16:21*	17:21*	18:50	19:57	20:57	21:57	22:57						
	06:36*	07:24	08:24	09:24								15:42	16:24	17:24	18:58										
	06:41	07:30	08:27*	09:27*								15:48	16:27*	17:27*											
	06:45	07:33*	08:30	09:30								15:54	16:30	17:30											
	06:49	07:36	08:33*	09:36									16:33*	17:33*											
	06:52*	07:39*	08:36	09:42									16:36	17:36											
		07:42	08:39*	09:45									16:39*	17:39*											
		07:45*	08:42	09:54									16:42	17:42											
		07:48	08:45*										16:45*	17:45*											
		07:51*	08:48										16:48	17:48											
		07:54	08:51*										16:51*	17:51*											
		07:57*	08:54										16:54	17:54											
			08:57*										16:57*	17:58*											

then at
00, 06, 12, 18, 24, 30, 36, 42
48 & 54
minutes past each hour until

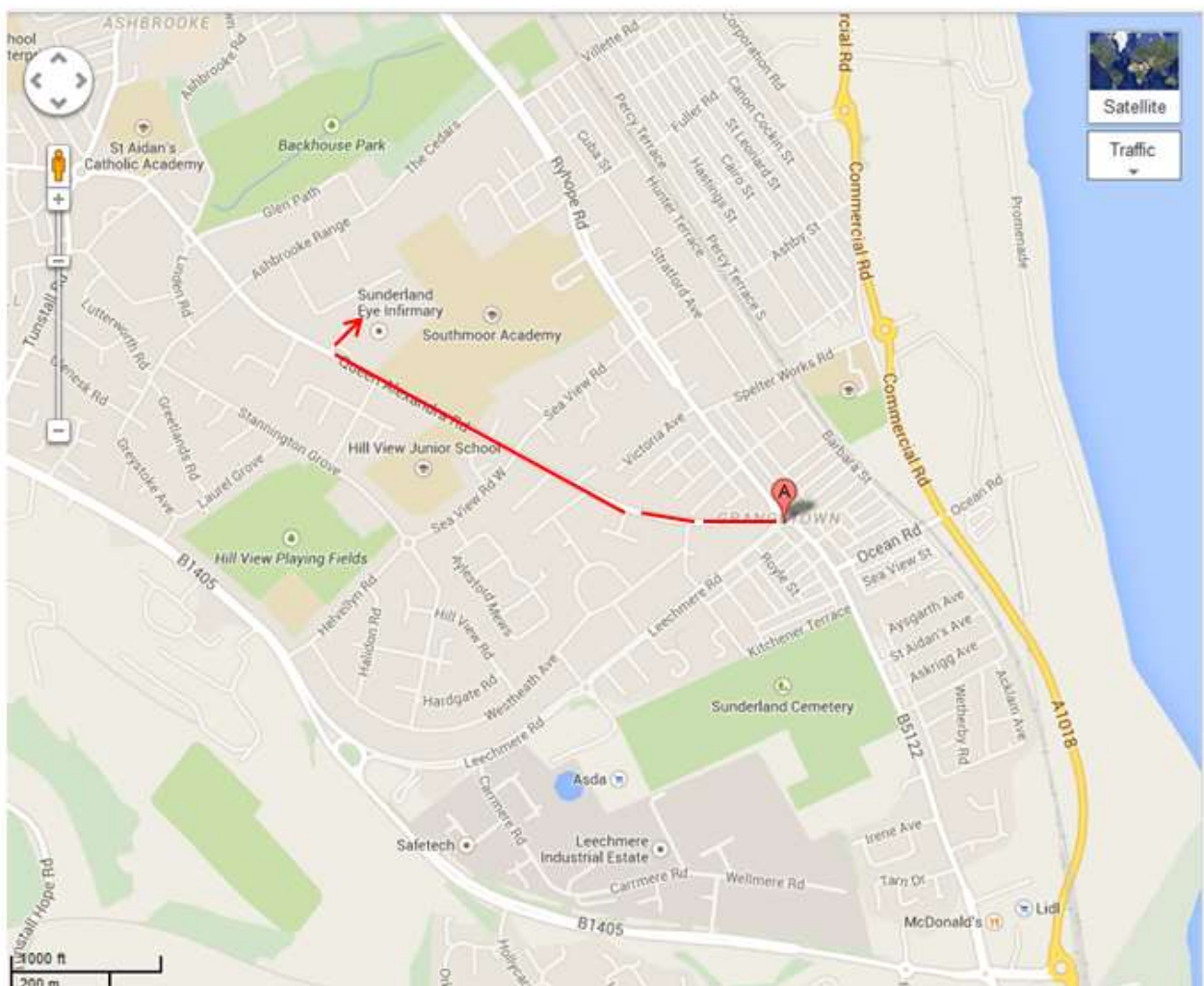
Journey times from this station		Public holidays	Key
to Gateshead	about 2 minutes	This timetable will change on Public Holidays; for information call at any Nexus Travelshop, phone Traveline or visit our website.	• Terminates at Park Lane Interchange
to Heworth	about 7 minutes		• Terminates at Pelaw
to Pelaw	about 9 minutes		• Terminates at Sunderland
to South Shields	about 25 minutes		Airport to South Hylton
to Sunderland	about 27 minutes		St James to South Shields
to South Hylton	about 37 minutes		Please check front of trains for destinations

Route to Sunderland Eye Infirmary using the Metro & Bus Service

To get to Sunderland Eye Infirmary you would get off the Metro at Park Lane, from there you need to go into the Bus Station Stand D and get on the number 61 bus to Murton.

You then need to depart the bus at Ryhope Road, Grangetown and walk 10 minutes to the Eye Infirmary

Time	Details	Expected
M 8:06	➤ Newcastle (city centre) Central St Metro Plat 1 Metro GRN to South Hylton, operated by Nexus Metro	
8:35	⬅ Sunderland (city centre) Park Lane Metro Station Plat 1 Walk 2 minutes	
B 8:47	➤ Sunderland (city centre) Interchange-Std D, Bus 61 to Murton (Co Durham), operated by Go North East	
8:49	⬅ Grangetown (Tyne and wear) Ryhope Road S (25298), Walk 10 minutes to Sunderland Eye Infirmary (see route outlined below)	

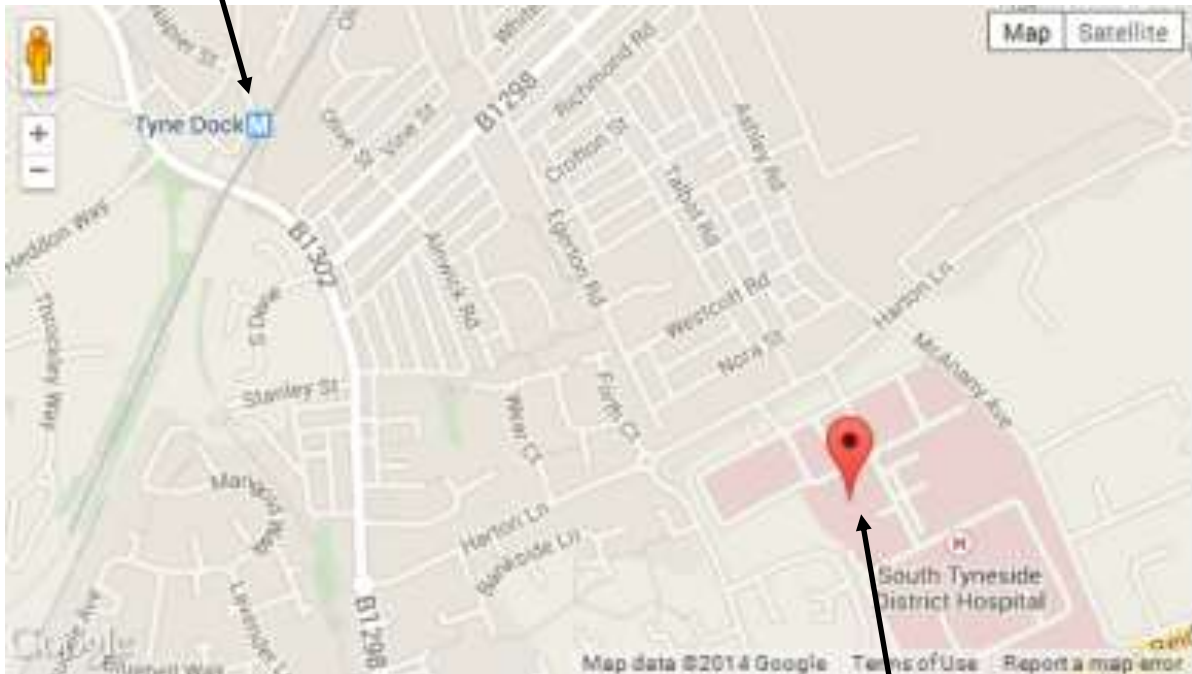


Route to South Tyneside Hospital using the Metro Service

The nearest metro station to South Shields Hospital is Tyne Dock.

From this metro station, you will have either an approximate 17 minute walk, or you can get the following buses which stop on Harton Lane, where the Hospital is based: 10, 11, 12, 13, 14, 526, 528, 533, 544 and the X50

Tyne Dock Metro Station

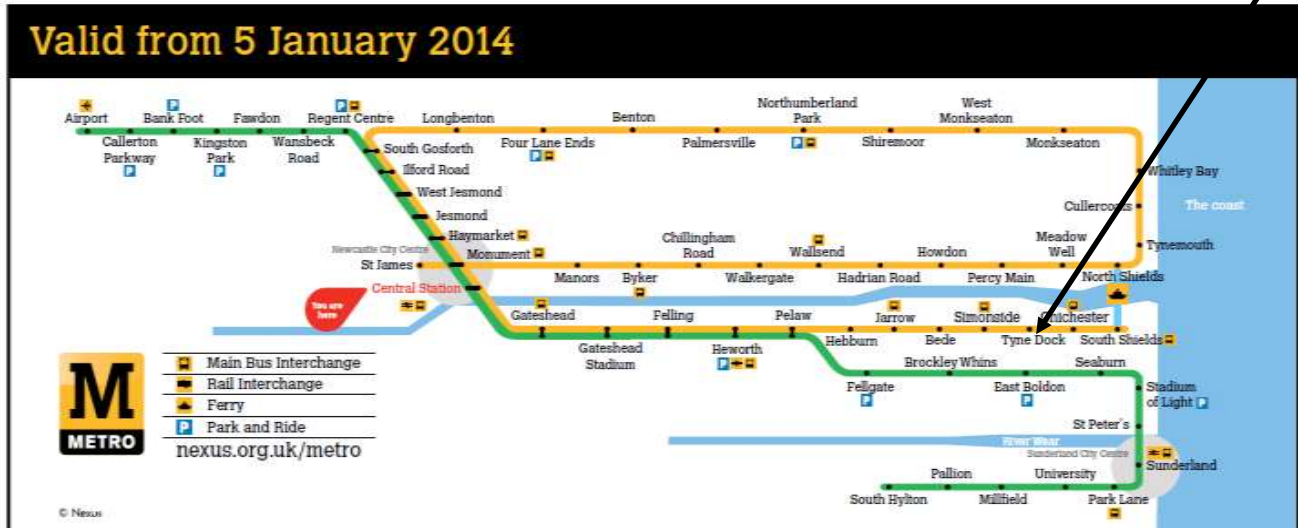


South Tyneside District Hospital

Metro timetable Central Station



Platform 1 to South Hylton / South Shields



Timetable from Central Station to South Shields shown in yellow

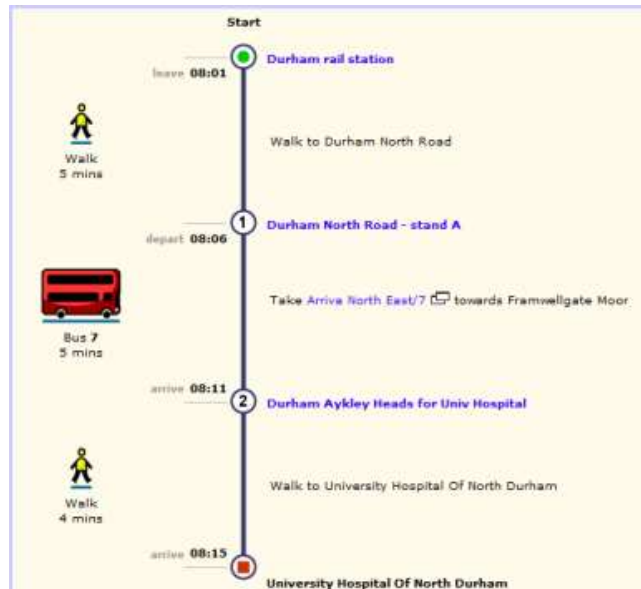
Platform 1		Central Station to South Hylton/South Shields																							
Monday to Friday		06:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	00:00				
05:24	06:03	07:00	08:00	09:00								15:00	16:00	17:00	18:01	19:05	20:05	21:05	22:05	23:05	No Service				
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		07:51*	08:48										16:48	17:48											
		07:54	08:51*										16:51*	17:51*											
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to Sunderland about 27 minutes		St James to South Shields
to South Hylton about 37 minutes		
Please check front of trains for destinations		

Route to University Hospital of North Durham using Cross Country Train Service

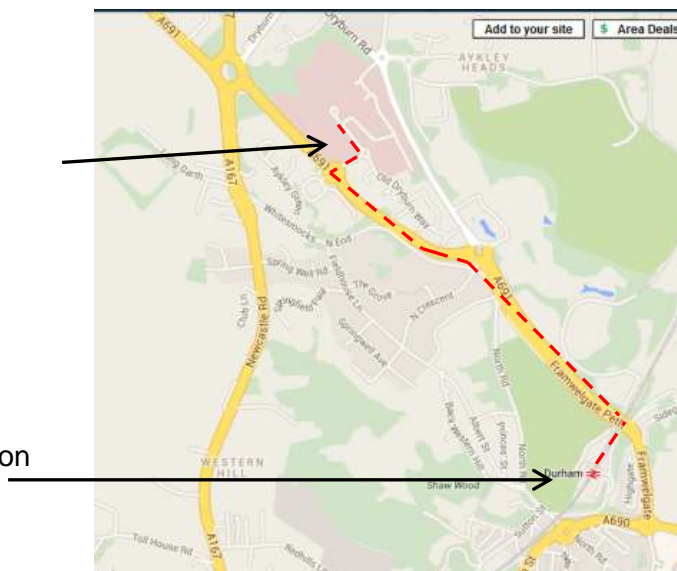
To get to UHND you need to travel from Newcastle via Train. From Durham Train Station you need to walk into Durham and get onto a bus to Durham Hospital.

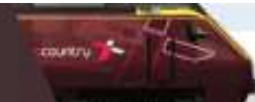


Alternatively there is an uphill walk for the one mile journey which should take approximately 20 minutes.

University Hospital
North Durham

Durham Train Station





Single from Newcastle Central (Metro) to Durham [change journey](#)

Out
Monday 29 Sep 2014
 Newcastle Central (Metro) NCZ to Durham DHM

Earlier **Later**

Depart	NCZ 07:16	NCZ 07:20	NCZ 07:32	NCZ 07:57
Arrive	DHM 07:36	DHM 07:41	DHM 07:53	DHM 08:21
Duration	0h 20m	0h 21m	0h 21m	0h 24m
Changes	1	1	1	1
Anytime Day Single Travel any time of day.	Cheapest £6.70	Cheapest £6.70	Cheapest £6.70	Cheapest £6.70
First Anytime Day Single Travel any time of day.	£9.50	£9.50	£9.50	£9.50

Results are based on end-to-end tickets for the fastest available trains. [Click here](#) to check if cheaper tickets with longer jou

Single from Durham to Newcastle [change journey](#)

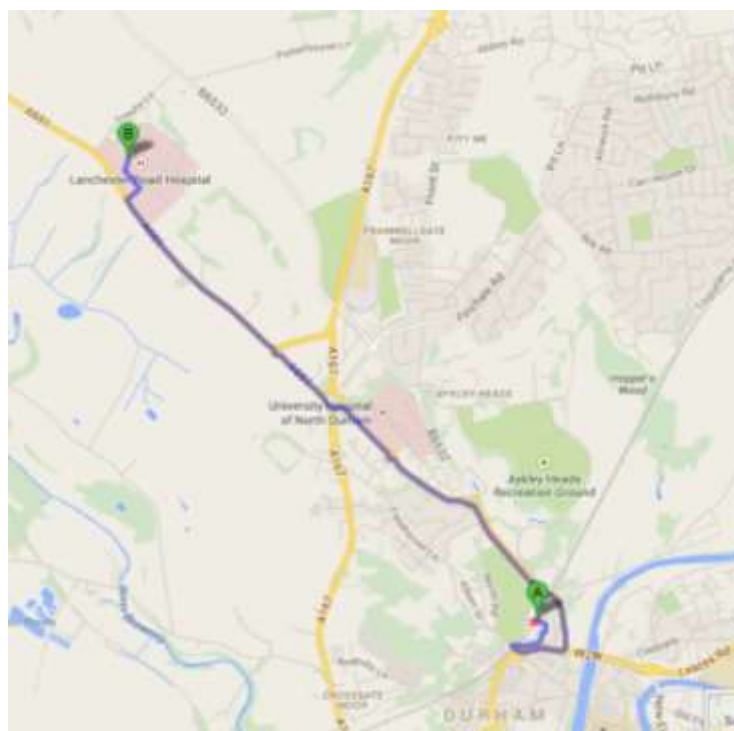
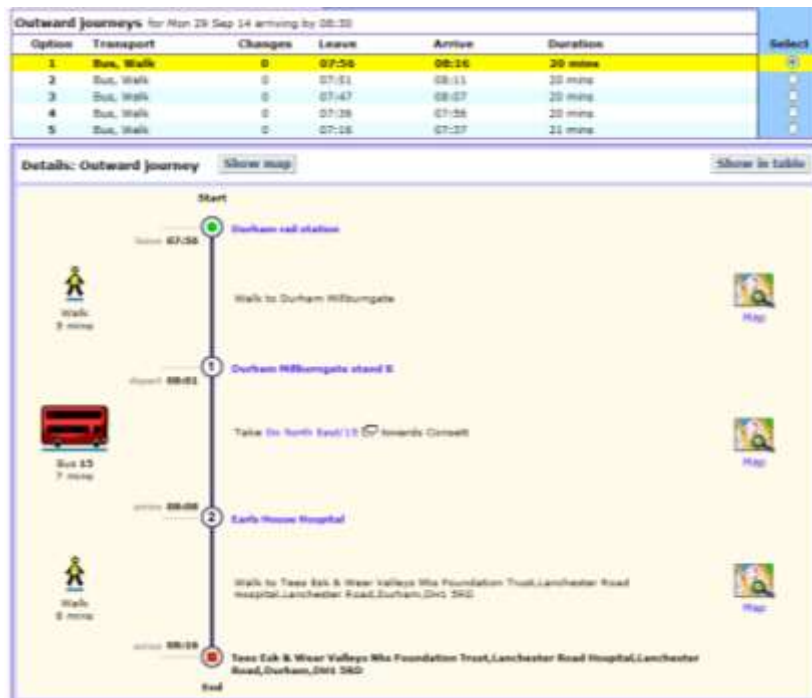
Out
Monday 29 Sep 2014
 Durham DHM to Newcastle NCL

Earlier **Later**

Depart	DHM 16:57	DHM 17:18	DHM 17:25	DHM 17:32
Arrive	NCL 17:12	NCL 17:30	NCL 17:42	NCL 17:45
Duration	0h 15m	0h 12m	0h 17m	0h 13m
Changes	0	0	0	0
Cheapest Standard Single	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40
Off-Peak Day Single Any off-peak train.	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40
Anytime Day Single Travel any time of day.	£6.70	£6.70	£6.70	£6.70
First Anytime Day Single Travel any time of day.	£9.50	£9.50	£9.50	£9.50

Route to Lanchester Road Hospital Durham using Metro and Bus service

To get to Lanchester Road Hospital you need to travel from Newcastle via Train. From Durham Train Station you need to walk into Durham and get onto a bus to Lanchester Road Hospital.





Single from Newcastle Central (Metro) to Durham [change journey](#)

Out
Monday 29 Sep 2014
 Newcastle Central (Metro) NCZ to Durham DHM

[Earlier](#) [Later](#)

	NCZ 07:16	NCZ 07:20	NCZ 07:32	NCZ 07:57
Depart				
Arrive	DHM 07:36	DHM 07:41	DHM 07:53	DHM 08:21
Duration	0h 20m	0h 21m	0h 21m	0h 24m
Changes	1	1	1	1
Anytime Day Single Travel any time of day.	Cheapest £6.70	Cheapest £6.70	Cheapest £6.70	Cheapest £6.70
First Anytime Day Single Travel any time of day.	£9.50	£9.50	£9.50	£9.50

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Single from Durham to Newcastle [change journey](#)

Out
Monday 29 Sep 2014
 Durham DHM to Newcastle NCL

[Earlier](#) [Later](#)

	DHM 16:57	DHM 17:18	DHM 17:25	DHM 17:32
Depart				
Arrive	NCL 17:12	NCL 17:30	NCL 17:42	NCL 17:45
Duration	0h 15m	0h 12m	0h 17m	0h 13m
Changes	0	0	0	0
Cheapest Standard Single	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40
Off-Peak Day Single Any off-peak train.	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40	Cheapest £5.40
Anytime Day Single Travel any time of day.	£6.70	£6.70	£6.70	£6.70
First Anytime Day Single Travel any time of day.	£9.50	£9.50	£9.50	£9.50

Average Fares for Travel

For the journey to University Hospital of North Durham and Lanchester Road, Cross Country Trains offer a rail card at a cost of £30 for the year. This is available to anyone aged 16-25 or anyone aged 26 and over in full time education and can save 1/3 on most fares as well as various other offers (please note terms and conditions will apply.)

<http://www.16-25railcard.co.uk/>

The average fare into and out of Durham is around £5 - £6 each way or it costs around £9 for a return ticket.

Season Tickets and more information are also available via the website

<http://www.crosscountrytrains.co.uk/>



Railcards

Save 1/3 on most rail fares

Railcards give discounts of 1/3 on the price of most train tickets. A Railcard usually costs £30 a year, and can pay for itself in just one rail journey! It's a great way to save money on train tickets.

Types of railcards

- [16-25 Railcard](#)
- [Family & Friends Railcard](#)
- [Senior Railcard](#)
- [Disabled Persons Railcard](#)
- [Two together Railcard](#)

How it works

- Railcards are annual discount cards for particular groups of people.
- To see what type of railcard you qualify for, read the summaries below.
- The cost is far lower than the savings you can make on the cost of your train tickets over a year!

Savings and benefits

- Railcards give discounts of 1/3 on most adult Standard and First Class rail fares.
- The Family & Friends Railcard also saves 60% on child fares.
- As a bonus, Railcard holders can save money on accommodation, restaurants, days out and much more!

[Find out more about Railcards here.](#)

16-25 Railcard

Who?

- Anyone aged 16 to 25
- Students in full-time education aged 26 or older

Cost?

- £30 for one year
- £70 for three years

[Buy a 16 - 25 Railcard.](#)

For travel to Sunderland Royal Hospital and South Tyneside District Hospital, the Metro offers a Student Season Ticket for unlimited travel at a cost of £213 for the term. Other Season Tickets and offers are available on the Nexus website <http://www.nexus.org.uk/>

Student season tickets

[Less information](#)

Valid on:



Full-time students aged 16 and over can save loads of money with a Network One Student Ticket.

Network One Student Ticket

Full-time students aged 16 or over can enjoy unlimited travel throughout Tyne and Wear on most buses, the Metro, Sunderland to Blaydon rail line and the Shields Ferry. You will need a current sixth form, college, university or Network One Student ID card to buy your ticket. Click [here](#) to buy from Nexus, or go to www.simplygo.com or a Travelshop. Visit www.networkonetickets.co.uk for full details.

One Week	Prices
One Zone	£14.30
Two Zones	£16.50
All Zones	£19.70

Four Weeks	Prices
One Zone	£49.30
Two Zones	£56.70
All Zones	£67.00

Termly	Prices
All Zones	£213.00

Arriving by car?

To Sunderland Royal Hospital from Newcastle



Suggested routes:

- A184 13.9 mi - about 26 mins
- A1 and Sunderland Hwy/A1231 15.8 mi - about 28 mins
- A1058 and A19 16.9 mi - about 29 mins

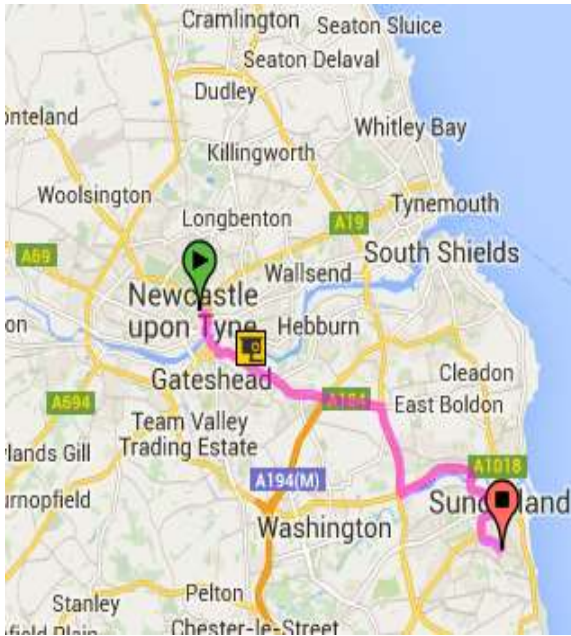
A Newcastle upon Tyne, Newcastle upon Tyne, Tyne and Wear NE1 7RU, UK

13.9 mi - about 26 mins

1. Head south 79 ft
2. Turn right towards Queen Victoria Rd 59 ft
3. Turn right onto Queen Victoria Rd 0.1 mi
4. At the roundabout, take the 3rd exit onto B1318 0.2 mi
5. Turn left onto Great N Rd/B1318 0.1 mi
6. Take the A167(M) slip road to A696/A69/A1/Jedburgh/Hexham/Morpeth/Airport 486 ft
7. Keep right at the fork, follow signs for A167(M) and merge onto A167(M) 1.1 mi
8. Continue onto A167 0.5 mi
9. Continue onto Gateshead Hwy/A184 0.1 mi
10. At the roundabout, take the 1st exit onto Park Ln/A184
Continue to follow A184
Go through 1 roundabout 5.3 mi
11. At the roundabout, take the 3rd exit onto A19 3.5 mi
12. Take the A183 exit towards Sunderland/Chester-le-St. 0.3 mi
13. At the roundabout, take the 1st exit onto Chester Rd/A183 0.2 mi
14. At the roundabout, take the 2nd exit and stay on Chester Rd/A183
Continue to follow A183
Go through 3 roundabouts 1.9 mi
15. Turn left onto Kayll Rd 0.2 mi
16. Turn right 0.1 mi
17. Slight left 236 ft

B Sunderland, Sunderland, Tyne and Wear SR4 7TP, UK

To Sunderland Eye Infirmary from Newcastle



Travel and then (miles)	to take	show map	total (miles)
0.00 Start out on Saint Mary's Place	B1307	↕	0.00
0.04 At traffic signals turn right onto John Dobson Street - B1307 (signposted Gateshead A167M)	B1307		0.04
0.07 At traffic signals continue forward onto John Dobson Street - B1309	B1309	↕	0.11
0.09 At traffic signals turn left onto Durant Road - B1309	B1309		0.20
0.16 At New Bridge Street Roundabout take the 3rd exit, then join the A167(M) motorway (signposted Gateshead, The South)	A167(M)	↕	0.35
0.42 Continue forward onto City Road - A167	A167	↕	0.77
0.16 Tyne Bridge	A167		0.93
0.41 Bear right, then at roundabout take the 1st exit onto the A184 (signposted South Shields, Sunderland)	A184	↕	1.34
1.23 Warning: Speed Cameras along the A184 RoadPilot A184	A184	↕	2.57
0.88 At roundabout take the 2nd exit onto the A184 (signposted South Shields)	A184		3.45
3.33 At Testos roundabout take the 3rd exit onto the A19 (signposted Sunderland, Teesside)	A19	↕	6.77
2.25 Branch left, then at roundabout take the 1st exit onto the A1231 (signposted Sunderland)	A1231	↕	9.02
0.42 At roundabout take the 2nd exit onto the A1231	A1231		9.45
0.46 At roundabout take the 2nd exit onto the A1231 (signposted City Centre)	A1231		9.91
0.50 At roundabout take the 3rd exit onto the A1231 (signposted City Centre)	A1231		10.41
0.36 At roundabout take the 2nd exit onto the A1231	A1231		10.77
0.82 Continue forward onto the B1289	B1289	↕	11.59
0.07 Branch right, then merge onto the A1231	A1231	↕	11.66
0.11 Keep in left-hand lane then bear left (signposted City Centre, Ring Road South)	A1231		11.78
0.15 Queen Alexandra Bridge	A1231		11.92
0.26 At Queen Alexandra Bridge South roundabout take the 2nd exit onto the A1231 (signposted City Centre)	A1231		12.19
0.27 At roundabout take the 2nd exit onto the A1231 (signposted City Centre)	A1231		12.79
0.14 At roundabout take the 2nd exit onto the A1231 (signposted Durham A690)	A1231		12.92
0.20 At Minster Junction, traffic signals continue forward onto the A1231 (signposted Durham A690)	A1231		13.12
0.11 At Priestman Roundabout take the 4th exit onto the A690 (signposted Durham)	A690	↕	13.23
0.79 Turn left onto Meadowside	Meadowside	↕	14.02
0.22 Turn left onto Queen Alexandra Road	Queen Alexandra Road	↕	14.23
0.26 At roundabout take the 2nd exit onto Queen Alexandra Road (signposted Grangetown)	Queen Alexandra Road		14.49
0.45 Finish on Queen Alexandra Road	Unclassified	↕	14.93
Search for hotels at			
-	Section time 0:26, Total time 0:26	-	-

To South Tyneside District Hospital from Newcastle



Suggested routes:

- A184 10.5 mi - about 22 mins
- A1058 and A19 11.3 mi - about 21 mins
- A184 11.7 mi - about 26 mins

A Newcastle upon Tyne, Newcastle upon Tyne, Tyne and Wear NE1 7RU, UK

10.5 mi - about 22 mins

- | | |
|--|--------|
| 1. Head south | 79 ft |
| 2. Turn right towards Queen Victoria Rd | 59 ft |
| 3. Turn right onto Queen Victoria Rd | 0.1 mi |
| 4. At the roundabout, take the 3rd exit onto B1318 | 0.2 mi |
| 5. Turn left onto Great N Rd/B1318 | 0.1 mi |
| 6. Take the A167(M) slip road to A696/A69/A1/Jedburgh/Hexham/Morpeth/Airport | 486 ft |
| 7. Keep right at the fork, follow signs for A167(M) and merge onto A167(M) | 1.1 mi |
| 8. Continue onto A167 | 0.5 mi |
| 9. Continue onto Gateshead Hwy/A184 | 0.1 mi |
| 10. At the roundabout, take the 1st exit onto Park Ln/A184
Continue to follow A184
Go through 1 roundabout | 3.4 mi |
| 11. Take the A194/A194(M) slip road to Durham/South Shields | 0.2 mi |
| 12. At the roundabout, take the 1st exit onto Leam Ln/A194
Go through 2 roundabouts | 2.5 mi |
| 13. At the roundabout, take the 3rd exit onto John Reid Rd/A1300
Go through 2 roundabouts | 1.8 mi |
| 14. Turn left | 0.2 mi |
| 15. Turn right | 249 ft |
| 16. Turn left | 190 ft |
| 17. Turn left | 102 ft |

B South Shields, South Shields, Tyne and Wear NE34 0PL, UK

To University Hospital of North Durham from Newcastle



Driving directions from Newcastle upon Tyne NE1 7RU, United Kingdom to University Hospital Of North Durham (DH1 5TW)

Suggested routes:

A1 and A167 16.8 mi - about 28 mins

A167 18.7 mi - about 31 mins



Newcastle upon Tyne, Newcastle upon Tyne, Tyne and Wear NE1 7RU, UK

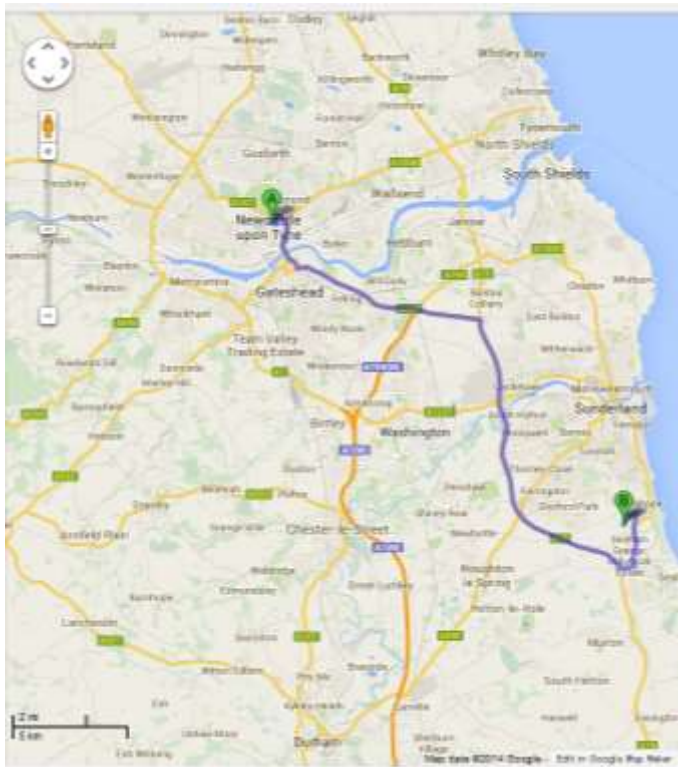
16.8 mi - about 28 mins

1. Head south 79 ft
- 2. Turn right towards Queen Victoria Rd 59 ft
- 3. Turn left onto Queen Victoria Rd 0.2 mi
- 📍 4. At the roundabout, take the 1st exit onto Leazes Ln 351 ft
5. Continue onto Terrace Pl 482 ft
- 6. Turn left at Leazes Terrace 377 ft
7. Take the 1st right onto Strawberry Pl 0.1 mi
8. Take the 1st left onto Gallowgate/A189 276 ft
- 9. Turn right onto Gallowgate/St James' Blvd/A189
Continue to follow St James' Blvd 1.2 mi
10. Continue onto A189 0.1 mi
11. Continue onto A184 1.0 mi
- 12. Keep left at the fork, follow signs for A1/A1(M)/Consett/A692 and merge onto A1 4.4 mi
13. Continue onto A1(M) (signs for Durham) 2.5 mi
- 14. At junction 63, take the A693/A167 exit to Stanley/Chester-le-St 0.5 mi
- 📍 15. At the roundabout, take the 4th exit onto A167
Go through 7 roundabouts 6.1 mi
- 📍 16. At the roundabout, take the 2nd exit onto Southfield Way/A691 0.3 mi
- 📍 17. At the roundabout, take the 1st exit 344 ft
- 📍 18. At the roundabout, take the 1st exit
Destination will be on the left 0.1 mi



Durham, Durham, County Durham DH1 5TW, UK

To Hopewood Park, Ryhope from Newcastle



Suggested routes

A184 and A19 **19.0 mi, 33 mins**
● In current traffic: 35 mins

A19 20.8 mi, 35 mins
● In current traffic: 36 mins

A1058 and A19 21.9 mi, 36 mins
● In current traffic: 38 mins

Driving directions to SR2 0NB, United Kingdom



Newcastle upon Tyne
 NE1 7RU, UK

1. Head south 79 ft
- ➔ 2. Turn right toward **Queen Victoria Rd** 59 ft
- ➔ 3. Turn right onto **Queen Victoria Rd** 0.1 mi
- 📍 4. At the roundabout, take the **3rd** exit onto **B1318** 0.2 mi
- ➔ 5. Turn left onto **Great N Rd/B1318** 0.1 mi
- ⬆️ 6. Take the **A167(M)** ramp to **A696/A69/A1/Jedburgh/Hexham/Morpeth/Airport** 486 ft
- ➔ 7. Keep right at the fork, follow signs for **A167 (M)** and merge onto **A167(M)** 1.1 mi
8. Continue onto **A167** 0.5 mi
9. Continue onto **Gateshead Hwy/A184** 0.1 mi
- 📍 10. At the roundabout, take the **1st** exit onto **Park Ln/A184**
Continue to follow A184
Go through 1 roundabout 5.3 mi
- 📍 11. At the roundabout, take the **3rd** exit onto **A19** 8.6 mi
- ➔ 12. Take the **B1404** exit toward **Seaham** 0.2 mi
- ➔ 13. Turn left onto **Seaton Ln/B1404** 0.4 mi
- ➔ 14. Turn left onto **Stockton Rd/B1285**
Continue to follow B1285 0.8 mi
- 📍 15. At the roundabout, take the **3rd** exit onto **Stockton Rd/A1018**
Continue to follow Stockton Rd
Go through 1 roundabout 0.7 mi
- 📍 16. At the roundabout, take the **1st** exit onto **Beechbrooke** 328 ft
17. Continue onto **Waterworks Rd** 0.4 mi
- ➔ 18. Turn left 39 ft
- ➔ 19. Turn right 310 ft
- ➔ 20. Turn right
Destination will be on the right 144 ft



SR2 0NB
 United Kingdom

To Lanchester Road Hospital from Newcastle

Suggested routes

A1 16.5 mi, 28 mins

A167 18.4 mi, 31 mins

Driving directions to Lanchester Road Hospital



Newcastle upon Tyne
NE1 7RU, UK

1. Head south 79 ft
- ➔ 2. Turn right toward Queen Victoria Rd 59 ft
- ⬅️ 3. Turn left onto Queen Victoria Rd 0.2 mi
- 🔄 4. At the roundabout, take the 1st exit onto Leazes Ln 351 ft
5. Continue onto Terrace PI 482 ft
- ⬅️ 6. Turn left at Leazes Terrace 377 ft
- ➔ 7. Take the 1st right onto Strawberry PI 0.1 mi
- ⬅️ 8. Take the 1st left onto Gallowgate/A189 276 ft
- ➔ 9. Turn right onto Gallowgate/St James' Blvd/A189
Continue to follow St James' Blvd 1.2 mi
10. Continue onto A189 0.1 mi
11. Continue onto A184 1.0 mi
- 1.0 mi
- 🛣️ 12. Keep left at the fork, follow signs for A1/A1(M)/Consett/A692 and merge onto A1 4.4 mi
13. Continue onto A1(M) (signs for Durham) 2.5 mi
- 🛣️ 14. At junction 63, take the A693/A167 exit to Stanley/Chester-le-St 0.5 mi
- 🔄 15. At the roundabout, take the 4th exit onto A167
Go through 5 roundabouts 4.8 mi
- 🔄 16. At the roundabout, take the 4th exit onto Potterhouse Ln 0.9 mi
- ➔ 17. Turn right onto B6532 240 ft
- ⬅️ 18. Take the 1st left onto Trouts Ln 0.3 mi
- ⬅️ 19. Turn left
Destination will be on the left 0.1 mi



Lanchester Road Hospital
Lanchester Road
Durham, County Durham DH1 5RD, United Kingdom



SSC Students

All SSC students will be given a cheque of £88.00 for their 6 week placement.

This can be used to purchase a metro pass, public transport or for petrol/diesel should you use your own vehicle.

