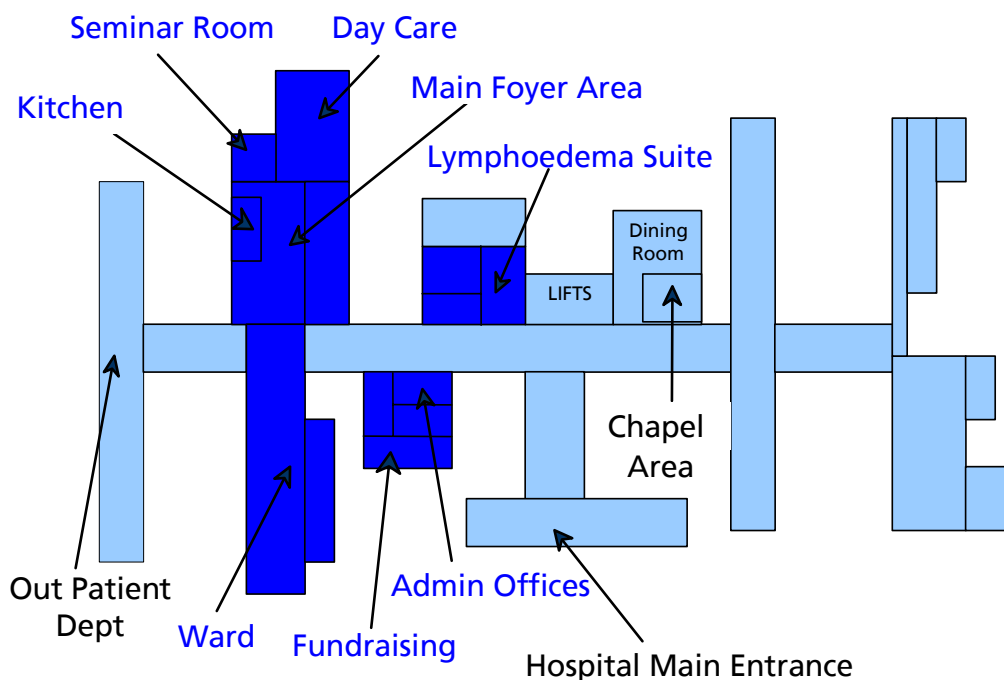




MONKWEARMOUTH HOSPITAL SITE



Please enter Hospice by Monkwearmouth Hospital Main Entrance  
(St Benedict's Hospice is shown as darker blue)

# ST BENEDICT'S HOSPICE

Sunderland **NHS**  
Teaching Primary Care Trust

## HOW TO GET TO



## ST BENEDICT'S HOSPICE

MONKWEARMOUTH HOSPITAL  
NEWCASTLE ROAD  
SUNDERLAND  
SR5 1NB

Telephone: 0191 5699191  
Fax: 0191 5699253  
Website: [www.hospice.co.uk](http://www.hospice.co.uk)  
E-mail: [st.benedicts@stw.nhs.uk](mailto:st.benedicts@stw.nhs.uk)

### **TRAVELLING FROM NORTH (ROUTE: TYNE TUNNEL / A19)**

Exit Tyne Tunnel and follow A19 signs. Continue for 3 miles until you reach a main roundabout then exit left onto A184 Newcastle Road signposted Sunderland. Continue through East Boldon; A184 becomes A1018. Continue for approximately 3 miles passing Fulwell Mill on your right. Go straight on through the traffic lights and St Benedict's Hospice which is in the grounds of Monkwearmouth Hospital is about 200 yards on your left.

### **TRAVELLING FROM SOUTH (ROUTE: A1(M))**

Travel straight up the A1(M) heading north until you come to the (A690) Carrville, Durham turn off. Turn right here and keep on the A690 heading towards Sunderland, following signs to The Stadium of Light. Continue for approximately 6 miles passing through Houghton-le-Spring until you come to the A19 turn off (Left). Travel approximately 3 miles on the A19 and take the second slip road on your left (A1231). Turn right at the roundabout and stay on the A1231 following signs to the Stadium of Light.

You will pass the Stadium of Light on your right hand side. Stay in the left hand lane until you reach a large roundabout and traffic lights. Keep in the left hand lane and bear left, following signs to A1018 South Shields. You will pass a garage and swimming baths on the right hand side before you come to Monkwearmouth Hospital. St Benedict's Hospice is in the grounds of Monkwearmouth Hospital.

### **BY BUS**

For information on all public transport across the North East, telephone Traveline North East – open from 7am to 8pm daily Tel: 0870 608 2608.

### **TRAVELLING FROM WEST (ROUTE: A69 / A1(M))**

Travel on the A69 heading towards Gateshead. Turn right onto the A1 towards Gateshead and stay on the A1 until the Washington turn off (A1231). Keep on the A1231 following signs to the Stadium of Light.

You will pass the Stadium of Light on your right hand side. Stay in the left hand lane until you reach a large roundabout and traffic lights. Keep in the left hand lane and bear left and follow signs to A1018 South Shields where you will pass a garage. Pass the garage and continue until you pass swimming baths on the right hand side before you come to Monkwearmouth Hospital. St Benedict's Hospice is in the grounds of Monkwearmouth Hospital.

### **BY RAIL**

If you are travelling by train from out of the region you will need to change at Newcastle Central Station. St Benedict's Hospice is about 15 miles from Newcastle so a taxi will prove quite expensive. A regular train service runs from Newcastle to Sunderland and the journey takes about 30 minutes. St Benedict's Hospice is about 2 miles from Sunderland station so a taxi journey is a reasonable option.

Rail travel information is available by telephoning National Rail enquiries: 0345 484 950 or GNER Telecentre: 08457 225 225 or from the following websites:

[www.railtrack.co.uk](http://www.railtrack.co.uk)  
[www.thetrainline.com](http://www.thetrainline.com)  
[www.gner.co.uk](http://www.gner.co.uk)

### **PARKING**

There are a number of small car parks in front of the hospital. No charge is made for parking.

**For all local transport enquiries in Tyne & Wear contact:  
Traveline North East: 0870 608 2608**

**If you get lost and require directions please telephone:  
0191 5699191**