

Relate North East

Trinity Holistic Centre



Your appointment is at our Middlesbrough outpost, the address is :

Trinity Holistic Centre, The James Cook University Hospital, Marton Road, Middlesbrough
TS4 3BW

Depending on the day, there may be free parking outside of the holistic center. Alternatively you may have to park in the paying car parks on site.

By road

The hospital is situated on Marton Road (A172) and is clearly sign-posted from main routes such as the A66, A19 and A174. If you are a patient please try to arrange for a friend/relative to bring you to hospital as space is limited. Disabled parking is also available.

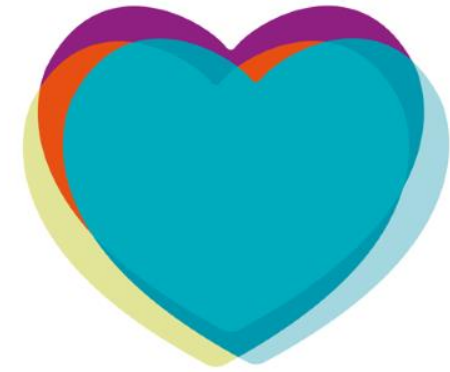
By bus

Local bus services provide regular links from Middlesbrough and most major towns in the North east. The major bus operators are [Arriva](#), [Stagecoach on Teesside](#) and Leven Valley. For further information about local bus times call Traveline on 0871 2002233 or visit the [Connect Tees Valley](#) website. If you are travelling from further afield contact National Express Coach Services on 08717 818178.

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Bus services stopping at/near James Cook include:

Arriva: [28, 28b, 29, 29a, 63](#)

Stagecoach on Teesside: [10, 10a, 11, 605, 610](#)

North Yorkshire services – Abbots of Leeming: [X80 to x89](#)

By rail

The James Cook University Hospital rail station is now in operation. The service, operated by Northern Rail, is on the Esk Valley line that connects Middlesbrough and Whitby, via Nunthorpe. The station is on the east side of the site and is a five to ten minute walk from the hospital's South and Bridge entrances.

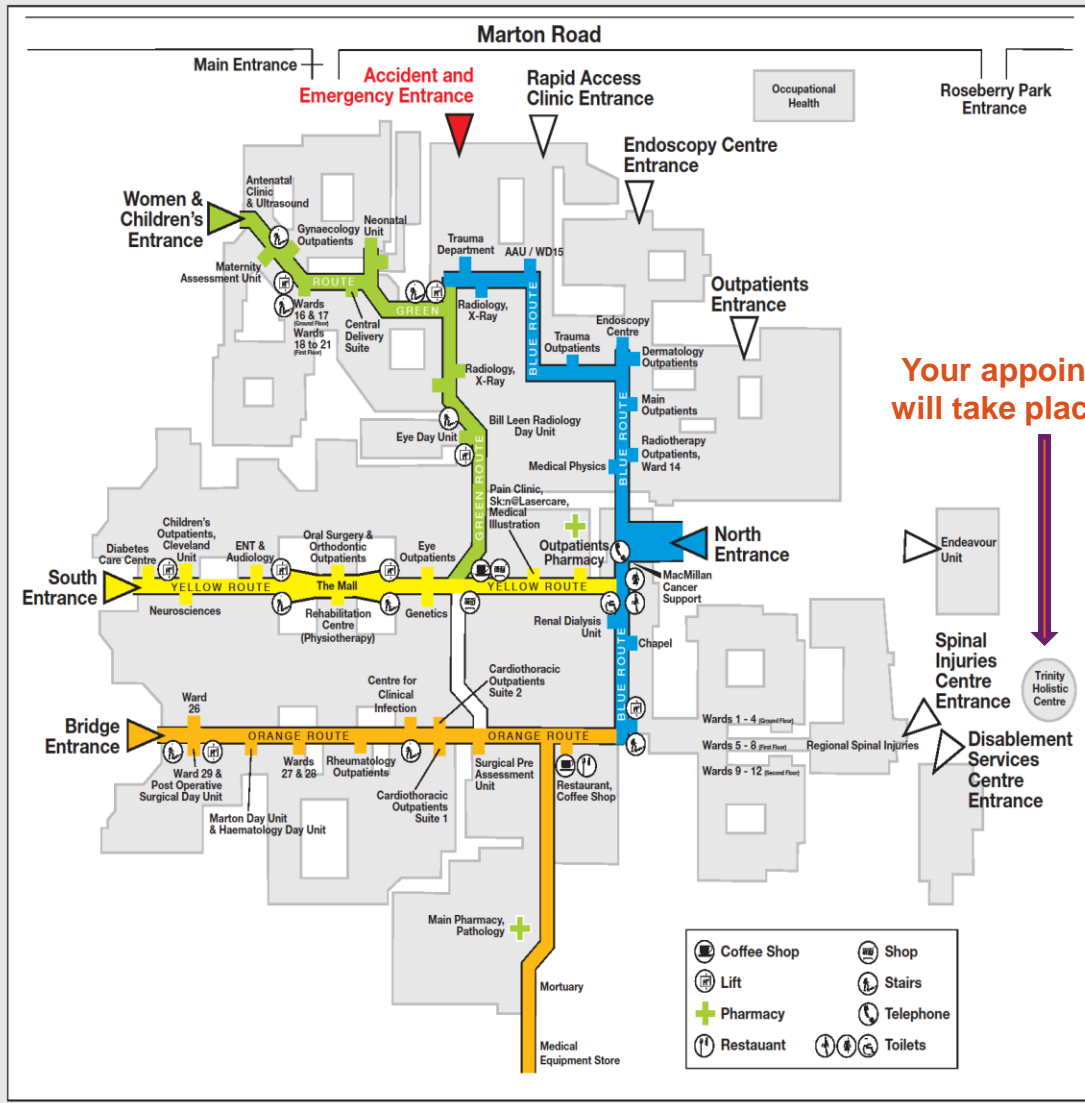
**Contact us [01325 461500](tel:01325461500) or email counselling@relatenortheast.org.uk
or visit our website www.relatenortheast.org.uk**

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The James Cook University Hospital

DEPARTMENT / WARD	LOCATION / FLOOR
The Academic Centre	G
Accident and Emergency Unit	
Acute Assessment Unit (AAU) / Ward 15	G
Antenatal Clinic	G
Bill Leen Radiology Day Unit	G
Bone Densitometry	G
Cardiac Investigations Unit	1
Cardiothoracic ICU	1
Cardiothoracic Outpatients	G
Central Delivery Suite	G
Centre for Clinical Infection	G
Chapel	G
Children's Assessment Unit	1
Children's Outpatients	G
Children's Surgical Day Unit	1
The Cleveland Unit	G
Coffee Shop	G
Coronary Care Unit (CCU)	1
Dermatology Outpatients	G
Diabetes Care Centre	G
Disablement Services	
Ear, Nose & Throat (ENT & Audiology)	G
Endoscopy Centre	G
Eye Day Unit	G
Eye Outpatients	G
Genetics	G
Gynaecology Outpatients	G
Haematology Day Unit	G
High Dependency Unit	1
Intensive Care Unit	1
IVF	1
Macmillan Cancer Support and Information	G
Main Outpatients	G
Marlon Day Unit	G
Maternity Assessment Unit	G
Medical Illustration	G
Medical Physics	G
Mortuary	G
Murray Building	G

DEPARTMENT / WARD	LOCATION / FLOOR
Neonatal Unit	G
Neuro Outpatients	G
Neuro High Dependency Unit	1
Neurophysiology	G
Neuroradiology	G
Neurosciences	G
Oral Surgery & Orthodontic Outpatients	G
Occupational Health	
Pain Clinic	G
Pathology	G
Pharmacy (Main)	G
Pharmacy (Outpatients)	G
Post Operative Surgical Day Unit	G
Radiology (X-Ray)	G
Radiotherapy Outpatients	G
Rapid Access Clinic	
Respiratory & Intensive Care Department	
Physio	G
Physio	G
Respiratory & Intensive Care Department	2
Restaurant	G
Rheumatology Outpatients	G
Skin@Lasercare	G
Surgical Admissions Unit (Male & Female)	1
Surgical Pre-Assessment Unit	G
Surgical Reception	1
Theatre Reception	1
Trauma Department	G
Trauma Outpatients	G
Trinity Holistic Centre	
Ultrasound	G
Wards 1, 2, 3 & 4	G
Wards 5, 6, 7 & 8	1
Wards 9, 10, 11 & 12	2
Ward 14	G
Wards 16 & 17	G
Wards 19 & 21 and IVF	1
Wards 22, 24 & 25	1
Wards 26, 27, 28 & 29	G
Wards 30, 31 & 32	1
Wards 33, 34, 35 & 36	2
Ward 37	1



Your appointment will take place here

