

Park & Thorntree Surgery

Park Surgery, One Life, Linthorpe Road, Middlesbrough, TS1 3QY – 0300 111 2300
Park Surgery, North Ormesby Branch, 131 Kings Road, Middlesbrough, TS3 6EY – 0300 111 2300
Thorntree Surgery, 11 Beresford Buildings, Middlesbrough, TS3 9NB – 0300 111 2300

September/October 2026



We pride ourselves on offering first class health care and as such, we are always happy to receive any comments or suggestions about what we are doing well and what we can do to improve our service.

For non-urgent advice or treatment, send us your query via the E-consult banner on our website. Online Consultation requests can be made at any time and will be responded to as soon as possible, usually within 2 working days.

Alternatively, you can visit your local pharmacy for clinical advice on minor health concerns.

For urgent issues or out of hours, you can also call the NHS on 111 or go online to seek NHS advice 111.nhs.uk



We are proud to announce that the practice has signed the Armed Forces Covenant, reaffirming our commitment to supporting serving personnel, veterans, reservists and their families. We are proud to recognise the valuable contribution made by the Armed Forces community and to ensure they receive the support, understanding and respect they deserve.

We are pleased to share that the practice has achieved the Better Health at Work Award – Foundation Level. This recognises our commitment to promoting a healthier, happier and more supportive working environment for our staff. We are working towards creating a positive workplace culture that supports physical and mental wellbeing, encourages healthy lifestyles and helps our team feel valued and supported.



 Meet Our Doctors in Training! 

We're proud to be a training practice at Park and Thorntree, helping to support the next generation of GPs. You might meet some of our GP Doctors in Training, Foundation Doctors, or Medical Students during your visit — they're all fully supervised and gaining valuable experience in family medicine.

Our current doctors in training are:

Dr Osas

Dr Hepworth

Dr Addy

&

Dr Rhada

Thank you to all our patients for giving them such a warm welcome — your support really makes a difference!

Appointments

At Park and Thorntree Surgery, we offer a range of appointments to meet your healthcare needs, including both same-day urgent appointments and routine appointments that can be booked in advance.

Appointments can be arranged by calling our reception team on **0300 111 2300**, through our online services, or by submitting an **eConsult** via our website. eConsult allows you to contact the practice online at a time that suits you and helps us direct your request to the most appropriate member of our team.

For more information and to access our online services, please visit our website: www.parksurgery.co.uk.

 **consult**

Park Surgery

For patients registered at Park Surgery, click here to contact your doctors online, for free, with eConsult.



GET STARTED

 **consult**

Thorntree Surgery

For patients registered at Thorntree Surgery, click here to contact your doctors online, for free, with eConsult.



GET STARTED


when it's less urgent than 999

Call 111 if:

- You need medical help fast but it's not a 999 emergency
- You think you need to go to A&E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information or reassurance about what to do next

AVAILABLE 24 HOURS A DAY, 365 DAYS A YEAR. CALLS ARE FREE FROM LANDLINES AND MOBILE PHONES

Find your nearest pharmacy




Think 'Pharmacy First'
Walk In, No Appointment Needed!

If you or your child have a minor illness, visit your local pharmacy first. It's quicker, easier, and helps keep GP and urgent care services available for those who really need them.

What can be treated?	Why Choose Pharmacy First?
 Sinusitis Aged 12+ Blocked nose, headaches, facial pain	 Quick & Easy Walk in, get help, and carry on with your day.
 Sore Throat Aged 5+ Pain, swelling, difficulty swallowing	 Flexible for Busy Lives No need to book time off work or wait for a GP.
 Ear Infections Aged 1-17 Ear pain, fever, discharge	 Perfect for Parents Get fast treatment for common childhood illnesses.
 Infected Insect Bites Aged 1+ Swelling, redness, pus	 Trusted NHS Service Pharmacists are trained healthcare professionals.
 Impetigo Aged 1+ Red sores, blisters, crusting skin	 Prescriptions are free For those who don't pay for NHS prescriptions.
 Shingles Aged 18+ Painful rash, blisters, burning sensation	
 Urinary Tract Infection (UTI) Women aged 16-64 Pain when urinating, frequent need to pee	