



## What is MY NHS?

The NHS belongs to us all. If you're interested in your local NHS and would like to get involved in the work we do to develop and improve local health services, then join MY NHS.

### By joining MY NHS you will:

- Receive regular updates about the work of Durham Dales, Easington and Sedgefield Clinical Commissioning Group
- Receive invitations to events
- Have opportunities to give your views about areas of healthcare that interest you
- Be able to participate as much or as little as you like

To join MY NHS, complete and return the form below or register via our website at: [www.durhamdaleseasingtonsedgfieldccg.nhs.uk](http://www.durhamdaleseasingtonsedgfieldccg.nhs.uk). You can also call to register on (01642) 745 046.

## I'd like to join

First name: .....

Last Name: .....

Date of birth (DDMMYY):

Gender (please circle as appropriate): M F

Address: .....

Postcode: .....

Telephone (home): .....

Mobile: .....

E-mail: .....

Do you consider yourself to have a disability?  
(please circle as appropriate): Yes No

Preferred method of contact: Email  Post

### Send your completed form to:

Communications and Engagement Team

**Freepost RTGC-XBHS-JUSS**

**North of England Commissioning Support Unit**

**Teesdale House, Westpoint Road, Thornaby**

**Stockton on Tees**

**TS17 6BL**

*Have your say, make a difference*