

Staying in touch with us

We know that getting in touch with your GP practice needs to be simple and convenient. Many patients automatically reach for the phone, but depending on what you need, there may be quicker and easier ways to get the information or support you're looking for.

Before You Call... Could Another Option Be Easier?

You can often get what you need without waiting on the phone. For example:

- **NHS App** — check your recent test results, view updates on hospital referrals, order repeat prescriptions, and see parts of your medical record.
- **NHS App appointment booking** — you can now book *face-to-face GP appointments* directly through the app. You can also book appointments at the practice via the app with our physiotherapist, mental health practitioners, childhood immunisations, and cervical screening.
- **Online consultation** — for any other appointment request, you can submit an online request. Our team will review it and arrange the most appropriate appointment for you, without you needing to call. You can also request sick notes on the platform or request information from your medical record to be sent to you etc.

Why Use These Options?

- You can contact us at a time that suits you without needing to visit us or wait in a telephone queue
- They help reduce phone wait times for everyone and allow for quicker access on the phone for those who need it.

Of Course, We're Still Here by Phone or in Person

If calling or visiting the practice is easier for you, that option remains fully available. But choosing a different route might save you time and help us help you more quickly.

Men's Health Week



Men's Health Week 2026 runs from 15th-21st June.

One man in five dies before the age of 65.

Together we can change that.

Men's Health Week is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively. Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.

Let us embrace Men's Health Week 2026 as a time to raise awareness, foster open conversations, and empower men to take control of their physical and mental well-being. Together, we can make a difference and inspire a healthier future for all.

Op Courage Open Day

A poster for the Op COURAGE NHS Open Day. The top section has the text 'Op COURAGE NHS' in large, bold letters, with 'The Veterans Mental Health and Wellbeing Service' underneath. A red banner with 'OPEN DAY' in white text is prominent. Below this, it says 'Veterans, families, friends, carers and professionals are all welcome to attend our open day for an opportunity to network and share information about our service.' A list of speakers and partners follows: 'We will be joined by veteran organisations' and 'Speakers from the OpCourage Provider Collaborative Partners: CNTW and TEWV NHS Trusts, Walking With The Wounded and Combat Stress'. The background features silhouettes of three veterans in uniform saluting, with a Union Jack and Big Ben in the background. At the bottom, it provides the date 'Tuesday 30th June 2026', time '10:00am-2:00pm', location 'Marsden, Monkwearmouth Hospital, Sunderland, SR5 1NB', and contact information 'what3words: lend.knee.chin'. It also includes a note about raffle prizes and a note about parking. The bottom of the poster has a red and blue border.

Op COURAGE NHS
The Veterans Mental Health and Wellbeing Service

OPEN DAY

Veterans, families, friends, carers and professionals are all welcome to attend our open day for an opportunity to network and share information about our service.

- We will be joined by veteran organisations
- Speakers from the OpCourage Provider Collaborative Partners: CNTW and TEWV NHS Trusts, Walking With The Wounded and Combat Stress

Tuesday 30th June 2026 10:00am-2:00pm

Marsden, Monkwearmouth Hospital, Sunderland, SR5 1NB
what3words: lend.knee.chin

For any information or to book a stall for your service, please contact us via OpCourageNorth@cntw.nhs.uk (subject to availability)

Raffle prizes and refreshments available on the day and all donations go to our Shine Fund.

Parking is limited within the site and requires pay and display Stadium of Light/Seaburn Metro is close by.

Free group mindfulness sessions, Scheduled presentations, Talks from Lived Experienced Veterans

Veterans mental health and wellbeing open day will take place on Tuesday 30th June, 10am – 2pm at Marsden, Monkwearmouth Hospital, Sunderland.

Veterans, families, friends and carers are all welcome to attend. There will be veteran organisations and speakers.

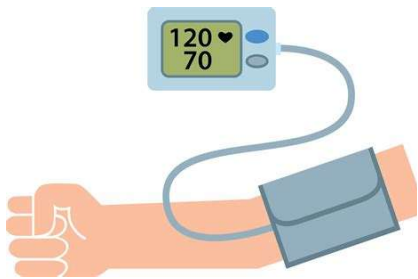
For more information email: OpCourageNorth@cntw.nhs.uk



Blood Pressure Monitor Loan

Several North Yorkshire libraries now offer free blood pressure monitors which can be used either in branch or loaned for longer periods to allow you to check your blood pressure if you have concerns or have been asked to do so by a doctor. They can be reserved from any of the North Yorkshire Libraries and borrowed free of charge for three weeks using a North Yorkshire library card.

You are also able to have your average blood pressure monitored or one-off BP checks at Pharmacies. If we've asked for you to monitor this, we will send you a text message which acts as your referral for the service.



For more information regarding your blood pressure please visit: www.nhs.uk/health-assessment-tools/check-your-blood-pressure-reading

Take a Test UK

We are now offering a free test at home service for common respiratory viruses as part of national surveillance. If you have had a new cough, sore throat, runny nose or shortness of breath starting in the last 4 days, you can order a swab kit to your home. You will receive your results within 1-2 weeks via text message from the service. You will need our voucher code of B82050 and your NHS number.

You can expect to receive either a negative result, or a result for one of the following:

- **SARS-CoV-2**
- **Influenza A and B**
- **RSV A and B**
- **hMPV**
- **Adenovirus**

<https://takeatestuk.com/>



For more information visit:

https://orchid.phc.ox.ac.uk/surveillance/information_for_patients

NHS App - Results



NHS App Support at your Local Library

North Yorkshire Libraries are offering digital support to customers struggling to download the NHS App which could help you:

- Order repeat prescriptions
- Use NHS 111 online
- Find NHS services
- View your GP health record
- Book appointments
- Get reminders and messages
- And much more...

Contact your local library to find out how they can help.
Visit: www.northyorks.gov.uk/libraries

NHS App

Download on the App Store | GET IT ON Google Play

Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

You can use the NHS App to view results for tests you've had at your GP surgery, or tests ordered by your GP surgery carried out at a hospital. You may also have limited access to hospital-ordered test results through the Patients Know Best (PKB) service.

For guidance on how to view your results visit: www.nhs.uk/nhs-app/help/test-results/

If you need help with the NHS App you can also drop into Northallerton Library with general queries, or you can book an appointment with the IT buddies by calling the library or emailing northallerton.library@northyorks.gov.uk

Climate Corner

Go Meatless Monday! – It is good for you and good for the planet.

Meatless Monday is a global movement that encourages people to reduce meat in their diet for their health and the health of the planet.

The benefits to health of skipping meat one day (or more) are to reduce the risk of and manage chronic diseases, improve kidney health, boost your immune system, maintain a healthy weight and gut and support your mental health.

The benefits to the planet are that the water footprint for animal-based foods is several times larger than most plant-based foods, it reduces greenhouse gas emissions, preserves land and protects the biodiversity of animals and plants.

For info and recipes visit:

www.meatlessmonday.publichealth.jhu.edu/purpose/benefits-meatless-monday

