



## 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

You can join MY NHS via our website at:  
[www.durhamdaleseasingtonedsedgefieldccg.nhs.uk](http://www.durhamdaleseasingtonedsedgefieldccg.nhs.uk)  
or call 01642 745046 for a registration form.

**Have your say, make a difference**