tell us north

Top Tips!

#2

Winter 2026

Did you know?

You don’t need an ID, an NHS number or proof of address to register with a GP, or to see a GP.



You can register with a GP even if you are homeless. You can also register with a GP regardless of your immigration status.

Find out more: www.england.nhs.uk/long-read/you-and-your-general-practice-english

Did you know?

If you are away from home you can change your nominated pharmacy.



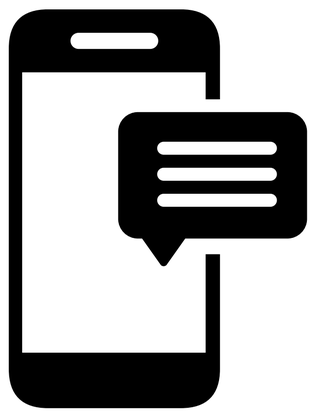
This allows you to get your medicines whenever you are in the UK.

You can do this by contacting your GP or using the NHS App.

Find out more: www.england.nhs.uk/long-read/you-and-your-general-practice-english

Did you know?

If you have impaired hearing or communication difficulties that make phone calls a problem, you can still contact NHS 111 for health issues by calling 18001 111 on a textphone.



18001 111 connects to the NHS 111 TextDirect system.

You can also contact NHS 111 using the Relay UK app.

Find out more: www.111.nhs.uk/Help/OtherWays

Did you know?

If you have difficulty using public transport for any reason (including age, disability, illness or confidence) you can carry a **Bridge Card**.

Bridge Card
Partners in travel

When you a show a Bridge Card, it lets transport staff know that you might need support.

You can request a free card if you call Nexus on 0191 202 0747, email them at customerrelations@nexus.org.uk or by filling out an online contact form at www.travelnortheast.uk/contact.

Find out more: www.travelnortheast.uk/tickets/buy-tickets/bridge-card

Did you know?

There are three ways to order a repeat prescription from your GP:



1. Contacting your GP.
2. Logging on to the NHS website.
3. Using the NHS App (or other app depending on your GP).

When it is ready, you can collect your prescription in person. Depending on your GP, they may be able to send it to your chosen pharmacy, or have your pharmacy deliver it to you.

Find out more: www.nhs.uk/nhs-services/prescriptions/how-to-order-a-repeat-prescription

Did you know?

Everyone aged 25 to 64 who has a cervix are invited for a Cervical Screening appointment once every five years.

This screening is a simple test that uses cells from your cervix to test for risk signs of cervical cancer.

To find out more, visit the NHS cervical screening webpage.



Find out more: www.nhs.uk/tests-and-treatments/cervical-screening/what-happens

www.tellusnorth.org.uk/resources

tell us north

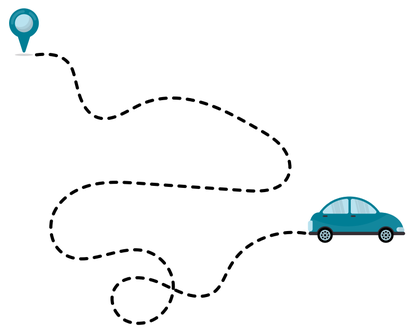
Top Tips!

#1

Summer 2026

Did you know?

If you are away from home but still in the UK, you can register as a **temporary patient** near where you're staying.



To do this, visit the GP and ask for a **temporary services form**.

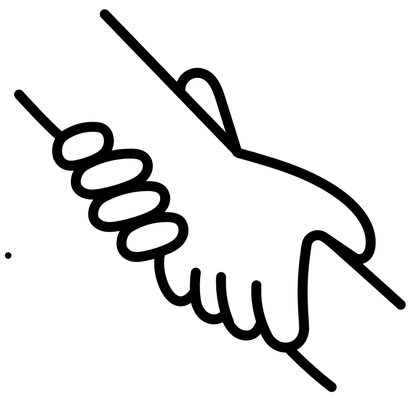
You can be a temporary patient with another GP surgery for **up to 3 months**. After that you can re-register as a temporary patient or as a permanent patient.

Find out more: www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery

Did you know?

If you need extra help at a GP appointment, you can ask your GP for **reasonable adjustments**.

This includes lots of different kinds of help, like longer appointments, a quieter space, wheelchair access or information in a different format (like Easy Read or British Sign Language).



Find out more: www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments

Did you know?

An **advocate** is a person who can listen to your needs, and help you make them known.



They can be helpful if you need help understanding your rights so you can make important decisions, or speak up **if you aren't being listened to**.

Depending on the issue and where you live, different organisations can help you find an advocate.

Find out more: www.mind.org.uk/information-support/guides-to-support-and-services/advocacy

Did you know?

NHS 111 is a free phone and online service for **urgent, non-life-threatening health issues.** This can include dental problems, mental health and emergency prescriptions.



You can get help by **calling 111** or **typing 111.nhs.uk** into your internet browser. This service is available 24 hours a day, 7 days a week, 365 days a year.

NHS 111 cannot issue fit notes, or make/cancel appointments for you in other parts of the NHS.

Find out more: www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111

Did you know?

If you've lost your 10-digit NHS number, you can call your GP or refer to any letter the NHS has sent you.

You can you also retrieve it on the NHS website: **www.nhs.uk/nhs-services/find-nhs-number**

To retrieve it you will need to enter the following information:

- Your full name
- Your date of birth
- Your GP's postcode

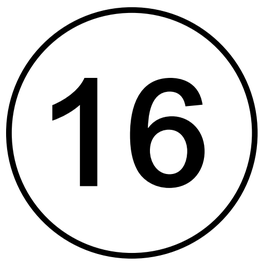


You do not need to know your NHS number to use NHS services, but it can make it easier for them to help you quickly.

Did you know?

If you are **16 or older**, you can make and go to GP appointments by yourself.

If you are **under 16**, you can still ask to see a GP without your parent or guardian. The GP will decide if that's appropriate for you.



Find out more: www.england.nhs.uk/long-read/you-and-your-general-practice-english

www.tellusnorth.org.uk/resources