

Take control of your health and wellbeing

Easily discover the benefits of online services with our **free and friendly** drop-in sessions



Whether it's booking appointments, ordering repeat prescriptions, or accessing your health records, we'll show you how simple it can be to get things done online or on your phone. No more unnecessary trips to your GP and less work for NHS staff!

Our friendly team can provide one-to-one help - showing you how to use tools like the NHS app.

When? 1 - 3.30pm

**Thursdays
1, 15 & 29 May
12 & 26 June, 10 July**

Where?

**Mowbray House Surgery,
Malpas Road,
Northallerton, DL7 8FW**

We will support you with:

- Downloading, registering for and navigating the NHS app
- Learning how to access health and wellbeing services from anywhere
 - Boosting your confidence in using digital tools in general
 - Supporting your friends and family to gain control of their health and wellbeing.



See you there!



**Community First
Yorkshire**

Registered Charity no: 515538