

## Involve North East

Involve North East are a patient, carer and public involvement service for health services. They work to make sure the your voice is heard in the design of services you receive. Your views are used to inform, improve and redesign health services.

They developed the [English for Health videos](#) series of videos and workbooks to help people who don't use English as a first language to understand the NHS. The videos cover:

- [an introduction to the NHS](#)
- [how to use a GP](#) and [find the right help](#)
- [pregnancy](#) and [the post-natal journey for new parents](#): find out more about the health checks for you and your baby

This is an independent not for profit service. It is not part of the NHS.

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**Twitter:** <https://twitter.com/InvolveNE>

**Youtube:** <https://www.youtube.com/playlist?list=PL80pb7iZri0A0hHukOlVjSYI3zsga9eiJ>

**Cost:** Free

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[Baby, children and young people's health](#)

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