

Newcastle Gateshead Clinical Commissioning Group (CCG)

[Listen to Dr Mark Dornan](#) talking about how to use the NHS during the coronavirus

See the [CCG Health Resource Guide during Covid 19](#).

Newcastle Gateshead Clinical Commissioning Group (CCG) is the statutory health body responsible for the planning and buying (commissioning) of local NHS care and services to meet the needs of the local community. Engaging with you, the patients, to help inform how they commission the hospital and community NHS services in our area. Commissioning involves deciding what services are needed, and ensuring that they are provided to a high standard. They work with 64 GP practices and you the people living in Newcastle and Gateshead to improve the quality and experience of health services so that you can live a happier, healthier life

You can [get involved](#) in the Newcastle Gateshead Clinical Commissioning Group by joining their participation groups.

They have also introduced a communications toolkit to help people get fit:-

[HowFit](#) is a new fitness plan designed to help members of the public get fit in their own homes.

With the help of a brand new website, HowFit will encourage users to sign up to a free plan of simple exercises which can be carried out at home without the need of any special equipment. You can visit the HowFit website at www.howfittoday.co.uk

Last updated: October 6, 2020

Telephone: 0191 217 2996

Website: <http://www.newcastlegatesheadccg.nhs.uk>

Email: ngccg.enquiries@nhs.net

Website 2: <https://www.howfittoday.co.uk/>

Cost: Free

Address:

NHS Newcastle Gateshead Clinical Commissioning Group
Goldcrest Way
Newburn Riverside (Business Park)
Newcastle upon Tyne
NE15 8NY

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