FREE PRINTABLE GUIDE FROM MOBILE PHYSIOTHERAPIST UK

Raising a concern or complaint

About NHS or social care: talking to PALS, making a complaint, free help, and what to do next, with local help in North Yorkshire

For patients in North Yorkshire, and the family, friends and carers who help them. This edition adds local PALS, Healthwatch and council contacts.

Need help today? If someone is in hospital and a problem needs sorting now, contact the hospital's PALS. It can often sort things out quickly, without a formal complaint. If someone is unwell, call NHS 111, or 999 in an emergency.

Step 1: talk to PALS

- Most hospitals have a Patient Advice and Liaison Service (PALS). It is free and confidential.
- PALS gives advice and information, and can try to sort out a problem informally, without a formal complaint. It is especially useful for urgent problems while someone is in hospital.
- PALS can also explain the NHS complaints process, and how to get independent help with it.
- To find a PALS, ask the hospital or GP surgery, call NHS 111, or search for PALS on the NHS website.

Step 2: make a complaint

- You can complain to the service itself, such as the hospital, GP surgery or dentist. Or you can complain to the organisation that pays for it, usually your local integrated care board (ICB). You cannot complain to both.
- Complain within 12 months of what happened, or of when you found out about it. This can sometimes be extended if you have a good reason for the delay.
- Complaining for someone else? If you write, include their written consent. If they cannot give it, for example because they lack mental capacity, you may still be able to complain for them.
- If more than one organisation is involved, they should work together and give you one joined-up reply.

What happens next

- Within 3 working days you should get an acknowledgement, and an offer to talk about how your complaint will be handled.
- There is no fixed deadline for the answer, but you should be kept informed if it is delayed.
- The final reply should be in writing. It should explain what they found and, where it is right to, apologise and say what is being done about it.

Free help to make a complaint

- An NHS complaints advocate can help you write your complaint and come to meetings with you, at any stage. The help is free.
- An advocate cannot make the complaint for you, or give medical or legal advice.
- To find one, search online for NHS complaints advocacy and the name of your area, or ask your local Healthwatch.

My complaint notes

The patient's name, date of birth and NHS number:

Where it happened, and the dates:

What happened, in the order it happened:

Who was involved (names or job titles):

How it affected the patient, or me:

What I would like to happen now:

Who I have contacted, and when:

If you are still not happy

- NHS care: you can take your complaint to the Public Service Ombudsman (it used to be called the Parliamentary and Health Service Ombudsman). It makes final decisions on complaints about the NHS in England that have not been resolved. Call 0345 015 4033, Monday to Thursday 9am to 4pm, Friday 8.30am to 12pm.
- Adult social care, from the council or care you pay for yourself: complain to the council or care provider first. If you are still unhappy, or have had no answer within a reasonable time (usually up to 16 weeks), you can go to the Local Government and Social Care Ombudsman. It is free. Call 0300 061 0614.
- The Local Government and Social Care Ombudsman normally cannot look at a problem you first knew about more than 12 months ago.

Other ways to be heard

- The Care Quality Commission (CQC) checks health and care services. It cannot take up a complaint for you, but you can tell it about care you have had. What people tell it helps it decide when, where and what to inspect.

- Your local Healthwatch wants to hear about health and care, good or bad, to help services improve.

Local help in North Yorkshire

North Yorkshire has two councils. North Yorkshire Council covers most of the county, including Harrogate, Scarborough, Northallerton, Selby and Skipton. City of York Council covers York. Use the number for the council where you live. Some services may charge.

Hospital patient advice (PALS). York and Scarborough hospitals: 01904 726262 (Monday to Friday, 9am to 11am and 1pm to 2pm). Harrogate District Hospital: 01423 555499. Friarage Hospital, Northallerton and James Cook (South Tees patient experience team): 01642 854807. Airedale Hospital, for Craven: 01535 294019. Harrogate, South Tees and Airedale are open Monday to Friday, 9am to 4pm.

Healthwatch. Help finding health and care services, and a place to tell someone about your care. Healthwatch North Yorkshire: 01423 788 128. Healthwatch York: 01904 621133, then press 3.

Adult social care: your council. North Yorkshire Council: 0300 131 2131. Monday, Tuesday and Thursday 9am to 5pm, Wednesday 9.30am to 5pm, Friday 9am to 4.30pm. City of York Council: 01904 555111, Monday to Friday 8.30am to 5pm. You can also ask for help online on both councils' websites.

Local contacts checked 9 November 2026. Services can change, so check before you rely on one.

More free guides

Looking after someone? Our free guide to your rights as a carer: mobilephysiotherapist.co.uk/carers-rights/north-yorkshire. Coming home from hospital? Our free hospital checklist: mobilephysiotherapist.co.uk/after-hospital-checklist/north-yorkshire.

General information, not legal advice. Prepared by Mobile Physiotherapist UK from NHS England, NHS, ombudsman and CQC guidance. Sources checked 17 November 2026. Free to print, copy and share. Local contacts checked 9 November 2026.