

Surgery Opening Hours

Monday to Friday
08:00am – 18:30pm

East Northants Hub Evenings and weekends

Monday to Friday 18:30 – 20:00.
Saturday 09:00 – 17:00.
Closed Sunday & Bank holidays.
Hub appointments will be located
at either of these surgeries,
where there is more space:

Harborough Field Surgery

160 Newton Road
Rushden NN10 0GP
or

The Cottons Medical Centre

Meadow Lane
Raunds NN9 6UA

Out of hours' services Corby Urgent Care Centre

08:00 – 20:00 7 days a week
including bank holidays.

Tel: 01536 202121

Cottingham Road
Corby NN17 2UR

The Centre deals with a range of
minor illnesses and injuries - but
cannot help with long standing
conditions managed by a
Patient's GP. Click for details:

[Corby Urgent Care Centre](#)

Life-threatening emergencies

Call 999

Life-threatening emergencies are
different for Adults and Children
Click for details [When to call 999](#)

Non life-threatening emergencies

For help with a child under 5yrs
call 111. Otherwise click here
[NHS Online](#) for guidance.

Anima

Anima is our new Clinical Triage Tool that helps our Team to improve access times by helping us to direct you to the most appropriate care for your medical needs. This ensures we make use of our limited resources in the most safe and efficient way.

All appointments will continue to be offered according to clinical urgency and need.

Your request will be handled in exactly the same manner whether you complete the Anima request online yourself, or contact us via telephone, where our receptionists will ask the same questions to ensure equity of access for all patients. We would encourage all patients who can do so to use Anima, as this will prevent you needing to queue on the telephone and keep lines free for those who do not have internet access.

Completing an Anima request yourself also provides you with more discretion should you prefer not to discuss your medical problem with one of our receptionists.

Anima Website: patients.animahealth.com

Social Prescriber

For ages between 18 and 64, if you require non-medical support for:

- Loneliness/isolation
- Complex social needs
- Patients who are carers
- Frequent surgery attenders with no medical needs
- Inactive patients (exercise/return to work)
- Patients requiring assistance with daily living – i.e. handy person

Did you know? . . .

Most pharmacists still offer [Free Flu Vaccinations](#) throughout winter if you are eligible. You can get the NHS flu vaccine if you:

- Are aged 65 or over
- Have certain long-term conditions
- Are pregnant

Click [here](#) to find a pharmacy near you.

Surgery Appointments

All appointments are made by telephone triage in the first instance.

Arrangements may be made for the clinician to call you back to assess your needs. During that call, the clinician may arrange a face to face appointment with you to complete that assessment.

All practice Nurse and HCA appointments are face to face and can be pre-booked.

If you are ringing to make a pre bookable appointment, please call in our less busy time - after 10.30.

There is a session every day for emergency appointments. The receptionist will ask you the nature of the problem and you will be given the next available appointment on that day.

Test results can be requested between 10am and 3pm.

Prescription enquires are between 1pm and 6pm.

Referrals or insurance reports enquires are between 9.30am and 4pm.

Your PPG

The Patient Participation Group works with the practice and patients to facilitate improvements and acts as a critical friend.

Click [here](#) for more information

Age UK Winter Advice

www.ageuk.org.uk

0800 678 1602 – 8am - 7pm, 365 days a year.

Keep Moving – A little bit of activity now and then is a great way to help you keep warm, as well as help you maintain strength and mobility.

Eat Well – Try to keep a routine where you can, hot food and drinks can help you to keep warm. Try to have at least one hot meal a day and as many hot drinks as you can.

Get you winter vaccinations – Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations.

Stop the spread of germs – As well as getting vaccinated, other simple measures to take to reduce the spread of illness: Regularly washing your hands with soap and water, catching coughs and sneezes with tissues, wearing face coverings in busy indoor spaces (i.e. shops), avoiding close contact with people who are unwell.

Keeping your home warm – Try to heat your home to a steady and comfortable temperature throughout the day in rooms you use most (i.e. bedroom and lounge), usually around 18°C (64°F) is ideal. If there are rooms you don't use (i.e. a spare bedroom), turn the radiators off and close the doors, this will also help save on energy costs.

At dusk, close all curtains and keep windows closed to help keep heat in. If you have laminate floors you may want to consider rugs to help insulate your home.

Wrap up well – Wearing plenty of layers is the best way to keep warm in winter.

Wearing several thin layers will keep you warmer than wearing one thick layer, as layers trap warm air between them.

Stay stocked up – Winter weather can be unpredictable and can stop you from getting out and about. Think about stocking up on cold remedies, food and even water (in case of emergencies).

Take care when out and about – In autumn, fallen leaves and rain can make the ground very slippery and in winter, ice and snow can seriously increase the risk of falls. Non-slip soled shoes can be helpful.