

Surgery Opening Hours

08:00 - 17:00 Monday to Friday
(Closed bank holidays)

East Northants Hub

18:30 - 20:00 Monday to Friday
09:00 - 17:00 Saturday
(Closed Sunday & Bank Holidays)

Hub appointments will be at either of these surgeries:

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

Cottingham Road, Corby
NN17 2UR

08:00 - 20:00 Everyday
(including Bank Holidays)

☎ 01536 202121

The centre deals with a range of minor illnesses and injuries but cannot help with long standing conditions managed by your GP.

Website: [Corby Urgent Care Centre](#)

Life-threatening emergencies

Call 999

Life-threatening emergencies are different for Adults and Children.

For guidance visit [when to call 999](#)

Non life-threatening emergencies

For help with a child under 5 years old call 111.

For guidance visit [NHS Online](#).



Change Grow Live (CGL) are an organisation that give support to Veterans who are looking to change their direction in life as a person with drug or alcohol problems, as well as other challenges i.e. housing, domestic abuse, or mental health and physical wellbeing issues, so that the individual can live their life to its full potential.

CGL are a free and confidential service who can find the tools people need to meet goals as well as give extra support needed along the way.

CGL have an experienced team of health and care staff, including nurses and doctors. Service users will also be allocated a recovery worker, who will work with them throughout their journey.

If you would like to talk in confidence about your situation or if you are worried about someone, please contact the Veteran Lead, Lesley Hnatyszyn.

☎ 07748 474405

✉ lesley.hnatyszyn@cgl.org.uk

Social Prescribing

Social Prescribing is a free service for people aged 18-64 helping them to explore extra services that may support them to improve their health, wellbeing and independence.

Social prescribing will enable users to access a range of non-medical activities and support provided by locally based, voluntary and community sector organisations.

Some services they can help with may include:

- Healthy Lifestyle and Activities.
- Arts, Music, Outdoors and Creativity.
- Befriending, Counselling and Support.
- Help with housing, Benefits and Financial Support.
- Employment, Training and Volunteering.
- Education and Learning.
- Access to specialist services, and more....

Speak to a member of the surgery who can refer you to the social prescribing service or email northantsicb.ensocialprescribing@nhs.net

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 after 10.30 (our less busy time).

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.

Call / Enquiry times

Test results

10:00 - 15:00

Prescription enquires

13:00 - 18:00

Referrals or insurance reports

09:30 - 16:00

The PPG

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

Visit our [web page](#) for more information.

UTIs (Urinary Tract Infections)

UTIs are infections of the bladder, kidneys or the tubes that carry urine. They're quite common in older people, but they're easily treated.

Symptoms can include:

- Pain or burning when peeing.
- Needing to pee suddenly or more often than usual.
- Dark and smelly urine.
- Cloudy urine.
- Blood in your urine.
- Lower tummy pain.
- Loss of bladder control.
- A mild temperature.

How to prevent UTIs:

- Wipe from front to back when going to the toilet.
- Maintain good hygiene by washing daily.
- Try to empty your bladder fully when peeing (and empty your bladder after having sex).
- Drink plenty of fluids.
- Change nappies or incontinence pads regularly.
- Avoid putting off needing to go to the toilet.

A pharmacist can help with UTIs. They can:

- Offer advice on things to help you get better.
- Suggest the best pain killers to take.
- Provide the same treatment as a GP, if it's suitable for you.
- Tell you if you need to see a GP about your symptoms.

For more information visit

www.nhs.uk/conditions/urinary-tract-infections-utis/

NHS APP

NHS England are encouraging all patients to download the NHS App.

The NHS App gives you a simple and secure way to access a range of NHS services and access to your GP Health record.

For more information visit www.nhs.uk/nhs-app/about-the-nhs-app/

Upcoming Events

'Together for Hope' Family Fun Day at Rushden Lakes.

09:00 - 18:00 Saturday, 13 April / 10:00 - 17:00 Sunday, 14 April

Dates for the Diary

- March - Women's History Month
- 7 March - World Book Day
- 8 March - International Women's Day
- 22 April - Earth Day