

### **Surgery Opening Hours**

08:00 - 18:30 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.

📄: [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](#).

### **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.

#### **What you can do with the NHS App**

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them.
- Book and manage appointments.
- View your GP health record to see information like your allergies, medicines and test results.
- Book and manage COVID-19 vaccinations.
- Register your organ donation decision.
- Choose how the NHS uses your data.
- View your NHS number ([find out what your NHS number is](#)).
- Use NHS 111 online to answer questions and get instant advice or medical help near you.
- Search trusted NHS information and advice on hundreds of conditions and treatments.
- Find NHS services near you.

#### **Other services**

Depending on your GP surgery or hospital, you may be able to use the NHS App to:

- Message your GP surgery or a health professional online.
- Contact your GP surgery using an online form and get a reply.
- Access health services on behalf of someone you care for.
- View and manage your hospital and other healthcare appointments.
- View useful links your doctor or health professional has shared with you.
- View and manage care plans.

To access the NHS App, you will need to set up an NHS login and prove who you are. Your NHS App then securely connects to information from your GP Surgery.

If your device supports fingerprint detection or facial recognition, you can use it to log in to your NHS App each time, instead of using a password and security code.

For more information or to download the NHS App please visit [NHS App](#)

### **Dates for the Diary**

- 13<sup>th</sup> to 19<sup>th</sup> May - Mental Health Awareness Week
- 1<sup>st</sup> to 30<sup>th</sup> June - Pride Month
- 10<sup>th</sup> to 16<sup>th</sup> June - Carers Week
- 16<sup>th</sup> June - Fathers Day
- 8<sup>th</sup> August - Cycle to Work Day

### 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**

13:00 - 15:00

#### **Prescription enquires**

13:00 - 16:00 Mon, Tues, Thurs, Fri  
09:00 – 12:00 Weds

#### **Referrals or insurance reports**

10:00 - 12:00

### 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.

### Shingles

**The first signs of shingles** can be:

- A tingling or painful feeling in an area of skin.
- A headache or feeling generally unwell.

A rash will usually appear a few days later. In rare cases shingles can cause pain without a rash.

Usually, you get the shingles rash on your chest and tummy, but it can appear anywhere on your body including on your face, eyes and genitals. The rash appears as blotches on your skin, on 1 side of your body only. A rash on both the left and right of your body is unlikely to be shingles.

**Treatment** for shingles depends on how severe your symptoms are and whether you're at risk of complications.

If you have a mild rash you may not need any treatment.

You may be offered medicine (antiviral tablets) to help speed up your recovery from shingles if:

- You have a weakened immune system.
- Your pain or your rash is moderate or severe.
- The rash is affecting other areas of your body apart from your chest, tummy and back.

You usually need to start taking the medicine within 3 days of your rash first appearing.

Treatment for shingles can also include medicines to help relieve pain, such as painkillers, steroid tablets or medicines that help with nerve pain.

**Shingles cannot be spread to others.** But people could catch chickenpox from someone with shingles if they have not had chickenpox before or have not had the chickenpox vaccine.

If you have shingles try to avoid:

- Anyone who is pregnant and has not had chickenpox before.
- People with a weakened immune system – like someone having chemotherapy.
- Babies less than 1 month old.

**A shingles vaccine is available on the NHS** for:

- People who turned 65 on or after 1 September 2023.
- People aged 70 to 79 who have not yet been vaccinated.
- People aged 50 and over with a severely weakened immune system.

The vaccine helps reduce your risk of getting shingles.

If you get shingles after being vaccinated, the symptoms can be much milder.

You can get shingles more than once, so it's important to get vaccinated even if you've had shingles before.

For more information, please visit [Shingles - NHS](#)