

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](#).

Mental Health Support for your Child

Is your child...

- Between primary school age and 18?
- Having mental health or behavioural difficulties?
- Not already referred to or being seen by Child and Adolescent Mental Health Services (CAMHS)?

If you answer 'yes' to all three, Higham Ferrers Surgery offers fast access to a CAMHS Practitioner who can offer a consultation and recommend services and support.

Ask at reception or find out more about CAMHS Practitioners in primary care at: www.nhft.nhs.uk/camhs

Dementia Sings Out

Dementia Sings Out is a community choir for those living with dementia and their carers, meeting on a weekly basis to sing uplifting and inspirational songs. Come and sing with Dementia Sings Out on Thursdays 10:30am-12pm at Compass Church, Wellingborough.

For more information visit: www.dementiasingsout.org

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.

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

Dates for the Diary

- 1st October to 31st October – Stoptober
- 1st October to 31st October – Breast Cancer Awareness Month
- 12th November – Remembrance Sunday
- 1st December – World Aids 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

(10:00 – 12:00 on PLT Wednesdays)

Prescription enquires

13:00 - 16:00 Mon, Tues, Thurs

09:00 – 12:00 Weds & Fri

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.

Common Autumnal Illnesses.

Influenza (Flu)

The flu season typically starts in the autumn and peaks during the winter months. Influenza is highly contagious, but you can reduce your risk by getting a flu shot. It's one of the most effective ways to protect yourself and those around you.

Common Cold

Cooler temperatures and increased indoor gatherings can lead to more common colds. Practice good hand hygiene, maintain distance from sick individuals, and consider wearing a mask in crowded settings to reduce your risk.

Gastroenteritis (Stomach Bug)

Cooler temperatures can lead to more indoor gatherings and the potential for the spread of stomach viruses. Practice good hygiene, especially when preparing and sharing food. Symptoms include nausea, vomiting, abdominal pain, and diarrhoea.

Respiratory Infections

Respiratory infections like bronchitis and pneumonia can become more prevalent as the weather cools. Stay warm, practice good respiratory hygiene, and avoid smoking to protect your lungs.

Allergies

Autumn allergies, often triggered by ragweed and Mold-spores, can cause sneezing, congestion, and itchy eyes. Keep windows closed, use air purifiers, and take antihistamines as recommended by your healthcare provider.

Tips to Prevent Autumn Illnesses:

1. **Get Vaccinated:** Ensure you're up to date on recommended vaccinations, including the flu shot.
2. **Practice Good Hand Hygiene:** Wash your hands frequently with soap and water for at least 20 seconds.
3. **Maintain a Healthy Diet:** Eat a balanced diet rich in fruits and vegetables to support your immune system.
4. **Stay Active:** Regular exercise can boost your immune system and help combat seasonal mood changes.
5. **Stay Hydrated:** Proper hydration is essential for overall health and can alleviate some cold and flu symptoms.
6. **Manage Stress:** Practice stress-reduction techniques like yoga, meditation, or mindfulness.
7. **Adequate Sleep:** Aim for 7-9 hours of quality sleep per night to support your immune system.
8. **Stay Informed:** Keep an eye on local health advisories and guidelines for staying healthy during autumn.
9. **Stay Warm:** Dress appropriately for the weather to avoid cold-related illnesses.
10. **Avoid Close Contact:** If you're feeling unwell, stay home to prevent spreading illness to others.
11. **Ventilation:** Ensure good ventilation in indoor spaces to reduce the risk of airborne infections.
12. **Follow Medical Advice:** If you have underlying health conditions, follow your healthcare provider's advice for staying healthy in the fall.