

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](#).

Anima

Since the 13th February 2025, Higham Ferrers Surgery has gone full total online Anima Triage.

This means all appointments and medical requests now need to be submitted online via Anima.

Practice reception will no longer be able to book appointments over the phone or by walking into the practice.

Anima allows the practice 'Clinical Triage Team' to continue to improve access times by helping them to direct you to the most appropriate care for your medical needs. This ensures the practice make use of their limited resources in the most safe and efficient way.

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

Anima requires each patient to create an online account. All you need for this is an email address, it is a very short and simple process.

[Click here for a short video on how to set up an Anima account.](#)

[Click here to sign up or to log into Anima.](#)

You can also add dependants to your account who don't have email i.e. Children, Vulnerable Patients.

[Click Here for a short video on how to add a dependant.](#)

For patients who do not have internet access or fall under a vulnerable category, the practice reception team are always happy to help.

The reception team are able to submit requests on behalf of vulnerable patients. Who will then call them back to inform them of the outcome of their request.

Please note, the reception team still cannot book appointments, they will only submit a request on your behalf.

For more information about Anima please [Click Here](#)

In-Practice Tech Sessions

Higham Ferrers Surgery are offering free tech sessions and support with Anima and/or the NHS App.

Whether you need assistance in the initial set-up process or assistance in navigating or how to use the apps, the practice PCN Care Co-ordinator holds individual 20-minute appointments once a month to assist you.

If you would like to make a tech session appointment, please call reception on 01933 412777.

Patient Participation Group

Summer 2025 Newsletter

Surgery Appointments

Anima Opening Hours

07:30 – 11:30

All appointments are now to be requested via Anima.

Whenever you have a health concern, you will need to complete a request on the [Anima website](#).

There you can submit requests for a variety of medical and administrative queries.

If you want to request a GP appointment, please select the option “*medical*” and fill out the questionnaire with as much information as possible.

Call / Enquiry times

Test results

13:00 - 15:00

(10:00 - 12:00 on PLT Wednesdays)

Prescription queries

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

09:00 - 12:00 Weds & Fri

Referral queries

12:00 - 14:00

Insurance queries

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.

Staying Safe this Summer

While many people enjoy the warmer summer weather, hot weather can cause some people to become unwell through, dehydration, heat exhaustion and heatstroke.

Here are some helpful tips to stay safe this summer:

- Try to keep out of the sun at the hottest time of the day, between 11am and 3pm
- If you are going to do a physical activity (for example exercise or walking the dog), plan to do these during times of the day when it is cooler such as the morning or evening.
- Keep your home cool by closing windows and curtains in rooms that face the sun.
- If you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply sunscreen.
- Drink plenty of fluids and limit your alcohol intake.
- Check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you.
- Know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them.

For more information on how to beat the heat this summer Gov.uk and NHS England have set up the following information websites:

- [Beat the heat: staying safe in hot weather - GOV.UK](#)
- [Heatwave: how to cope in hot weather - NHS](#)

Dates for the Diary

- June 1st-30th – Pride Month
- 15th June – Father’s Day