Patient Participation Group
Winter 2026 Newsletter

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 Health Checks

An NHS Health Check is a free check-up in England designed to spot early signs of heart disease, stroke, type 2 diabetes, kidney disease and dementia.

You qualify for an NHS Health Check if you:

- Are aged **40 to 74.**
- Do not have a pre-existing condition (such as heart disease, diabetes, high blood pressure, stroke or chronic kidney disease).
- Have not been prescribed statins.
- Have not had an NHS Health Check in the past **5 years**.

The appointment takes about 30 minutes and is usually by a nurse or healthcare assistant. The check includes:

- Measuring your height and weight.
- Taking your blood pressure.
- A simple cholesterol and glucose test (often by a finger prick blood sample).
- Questions about your lifestyle, diet, physical activity, alcohol use and family medical history.

After your assessment you will receive a 10-year cardiovascular risk score showing your chances of developing a heart or circulation problem. The healthcare professional will explain your results and offer tailored advice. If needed, they may recommend lifestyle adjustments, further blood tests or medications.

If you are eligible your GP practice will usually invite you via a letter, text message or phone call every **5 years**.

If you have missed your invite, you can contact you GP practice to ask if you can book an appointment.

In-Practice Tech Sessions

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

Whether you need assistance in the initial set-up process or assistance in navigating how to use the apps, the practice PCN Care Co-ordinator can sit with you in a one-to-one session to help you.

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

Patient Participation Group
Winter 2026 Newsletter

Anima Opening Hours
08:00 - 18:30

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
11:00 - 14:00
(10:00 - 12:00 on PLT Wednesdays)

Prescription queries
14:00 - 17:00 Mon, Tues, Thurs
09:00 - 12:00 Weds & Fri

Referral queries
09:00 - 11:00 Mon, Weds & Fri
16:00 - 18:00 Tues & Thurs

Insurance queries
10:00 - 12:00 Mon, Tues, Weds & Fri
Closed on Thurs

The PPG

The Patient Participation Group works with the practice and patients to facilitate improvements and encourage people to engage with both the NHS and their own health care.

Visit our web page for more information.

Cervical Screening

A cervical smear test (cervical screening) is a routine health check that tests for high-risk human papillomavirus (HPV) and abnormal cell changes on the cervix, to help prevent cervical cancer.

Women aged **25 to 64** are eligible every **5 years** (if your test is negative for HPV).
Patients will receive an invitation via phone call, text message, letter or via the NHS App, when they are due.

During the procedure, the patient will be asked to undress from the waist down behind a screen and lie on a bed. A smooth, tube-shaped instrument called a speculum is gently inserted into the vagina to hold the walls open, a soft plastic brush is then used to sweep the cervix and collect a small sample of cells.
The test takes only a few minutes, it doesn't usually hurt, though it can feel uncomfortable or awkward. The patient can ask to stop at any time. Afterwards the patient may experience very light spotting or bleeding for a short time.

Results typically arrive by post or via the NHS App within 2 to 6 weeks. The GP practice will also be notified of the results and if a result is abnormal or requires a direct referral (such as to colposcopy), the practice can then assist or follow up.

If a patient wishes to opt out of their cervical screening, they need to speak to reception at the practice and sign an 'Informed Consent Form' stating they wish to opt out of their cervical screening. This will take the patient off the contact list till they are next due a cervical screening, in **5 years**.
Without signing an informed consent form the patient will NOT be taken off the contact list and the practice will keep trying!
Withdrawing is not permanent; the patient can choose to have a cervical screening at anytime as long as they are still in the eligible age range.

Dates for the Diary

- 11th Nov – Veterans Day
- 13th Nov – BBC Children in Need
- 1st Dec – World Aids Day
- 10th Dec – Christmas Jumper Day
- 25th Dec – Christmas Day
- 31st Dec – New Years Eve
- 1st Jan – Dry January