

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

NHS111 - Open 24 hours a day,
7 days a week

Call 111
or visit [NHS111 Online](#)



Flu Vaccinations

As you may have seen in the news recently, winter 2025 has seen an extremely high number of hospitalised cases of the flu. This is due to two contributing factors, the first being a new strain of the flu, the other being mainly due to a lack of eligible patients having their flu vaccination. To prevent this the NHS encourage all eligible patients to have their free flu vaccinations every winter.

The surgery may still be able to offer you a [Free Flu Vaccination](#) throughout winter if you are eligible. You can get the flu vaccine free if you:

- Are aged 65 or over
- Have certain long-term health conditions
- Are pregnant

If you would like to know if you are eligible, if the surgery still has vaccinations available and/or you would like to book an appointment, please call reception on 01933 412777.

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.

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, Thurs & Fri

13:00 - 15:00 Weds

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.

Age UK Winter Advice

[Age UK website](#)

0800 6781602

8am - 7pm, 365 days a year.

As well as getting your flu vaccination, there are lots of things you can do to stay well this winter. Here are some of Age UK's top tips:

- **Keep Moving** – A little bit of activity now and then is a great way to help you keep warm, as well as help you maintain strength and mobility.
- **Eat Well** – Try to keep a routine where you can, hot food and drinks can help you to keep warm. Try to have at least one hot meal a day and as many hot drinks as you can.
- **Get your winter vaccinations** – Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations.
- **Stop the spread of germs** – As well as getting vaccinated, other simple measures to take to reduce the spread of illness: Regularly washing your hands with soap and water, catching coughs and sneezes with tissues, wearing face coverings in busy indoor spaces (i.e. shops), avoiding close contact with people who are unwell.
- **Keeping your home warm** – Try to heat your home to a steady and comfortable temperature throughout the day in rooms you use most (i.e. bedroom and lounge), usually around 18°C (64°F) is ideal.
If there are rooms you don't use (i.e. a spare bedroom), turn the radiators off and close the doors, this will also help save on energy costs.
At dusk, close all curtains and keep windows closed to help keep heat in. If you have laminate floors you may want to consider rugs to help insulate your home.
- **Wrap up well** – Wearing plenty of layers is the best way to keep warm in winter.
Wearing several thin layers will keep you warmer than wearing one thick layer, as layers trap warm air between them.
- **Stay stocked up** – Winter weather can be unpredictable and can stop you from getting out and about. Think about stocking up on cold remedies, food and even water (in case of emergencies).
- **Take care when out and about** – In autumn, fallen leaves and rain can make the ground very slippery and in winter, ice and snow can seriously increase the risk of falls. Non-slip soled shoes can be helpful.

Dates for the Diary

- Winter Solstice - Sunday 21st December
- Christmas Day - Thursday 25th December
- New Years Eve - Wednesday 31st December