



Podiatry Service

From Wednesday 29th September 2021 a Podiatry service will be offered at Garforth Leg Club delivered by Pennington Foot Health. The service will initially be provided once every 4-weeks.

Appointments will be allocated on a first come, first serve basis. The cost of this service will be offered at the reduced rate of £15 for a 25-minute appointment and 4 appointments will be available per session.

Treatments include:

- Corns
- Verrucae
- Fungal Nail
- Nail Cut & File
- Ingrown Toenails
- Callus
- Athlete's Foot

Garforth Leg Club Address:

Garforth NET
Dover Street
Garforth
Leeds
LS25 2LP

Email: info@netgarforth.org (preferred method of contact)

Telephone: 0113 2874784

Garforth Leg Club



About the Leg Club

Garforth Leg Club was established in April 2019 and is a friendly club which is available to anyone registered with an LS25 GP Practice. The service was suspended during the pandemic but we are now planning to safely restart the service from Wednesday 22nd September 2021. The Garforth Leg Club will operate between 8:30 – 11:45am.

We have a team of extremely experienced and dedicated nurses from Primary and Community Care who are passionate about good leg care. This includes assessing and treating leg ulcers, managing lymphedema, diagnosing and treating skin conditions, treating varicose veins as well as offering advice and help with the maintenance of good leg health.

The Garforth Leg Club is supported by a team of wonderful volunteers from Garforth Neighbourhood Elders Team (NET) who make refreshments and ensure that all members are looked after while they are waiting their turn to be seen.

Your Leg Club Journey

1 Your GP practice or Community Nursing Team will refer you to the service and you will be asked to contact Garforth NET to arrange an allocated time to attend. If you are attending the Leg Club for the social aspect only, you are also asked to contact Garforth NET in advance to check capacity.

3 For patients requiring treatment from the nursing team, and if you are able to, we kindly request that your legs are pre-washed at home prior to attending the Leg Club.

5 You will be shown to the seated waiting area and there will be opportunity to have a cup of tea and socialise with other Leg Club members if you want to.

6 If you are requiring treatment you will be called to the treatment area and a member of the nursing team will assess and treat your leg(s).

7 Following your treatment, you are free to leave or stay at the Leg Club until the end of your allocated time session.

2 If you are unable to travel to the Leg Club independently, please contact Garforth NET to arrange transportation. A small (**voluntary**) contribution up to £6 for a return journey will be requested (this is not applicable for people claiming pension credit). **Please ensure that you wear a face mask whilst travelling (unless you are medically exempt).**

4 Upon arrival at Leg Club you will be welcomed by a friendly volunteer from Garforth NET. You will be checked in and your temperature and Covid vaccination status will be checked. If requiring treatment, you will be given a number as part of a queue system (members will be seen in order of arrival). **Please ensure that you wear a face mask (unless you are medically exempt).**

8 Leg Club members may be referred to attend the weekly Leg Club for treatment until a time that their leg(s) have healed. However, Members can attend the Leg Club for a cup of tea and a chat without a treatment referral, subject to availability.

Please note that due to the ongoing Covid situation we will be restricting the number of members attending the Leg Club to ensure that social distancing can be maintained. The service will therefore be offered via a referral system rather than a drop-in session as previous. If members would like to attend the Leg Club for the social aspect only, please contact Garforth NET initially. Unvaccinated members will not be excluded from attending but some additional safety measures will be put in place to mitigate any risk to other clients or staff members.

PLEASE DO NOT ATTEND LEG CLUB IF YOU FEEL UNWELL OR HAVE ANY SYMPTOMS OF COVID-19 (high temperature, new persistent cough, loss of smell/taste, sore throat etc.).