

## Podiatry Services

### What is Podiatry?

Podiatrists specialise in the assessment, diagnosis, and treatment of pathologies of the foot and ankle.

Upon receipt of your referral our senior clinicians will review your referral form alongside any information from your GP and will decide whether to refer on to one of the pathways of care:

- Diabetes
- Wound care
- Musculoskeletal (MSK) foot and ankle conditions
- Nail surgery
- Neurological and vascular conditions
- Rheumatoid conditions (with immune-mediated disorders of the musculoskeletal system, soft tissues, autoimmune diseases, vasculitides and inherited connective tissue disorders)

Where appropriate Podiatrists will refer patients to other specialist pathways as part of treatment plans for patients.

Nail Surgery and MSK assessments are only carried out at 3 hubs – Newhaven, Bexhill and Avenue House.

Please note: Registered podiatrists are the only qualified specialist registered with the HCPC (<https://www.hcpc-uk.org>) which has a code of professional conduct all podiatrists must adhere to – Royal College of Podiatry homepage ([rcpod.org.uk](http://rcpod.org.uk))

Please note that within this document we have included information on all our services, so please ensure that you read all the information pack fully to pick out the information relevant to your specific referral.

Further information on all our services, including patient leaflets, can also be obtained from our website, available at: Podiatry – East Sussex Healthcare NHS Trust ([esht.nhs.uk](http://esht.nhs.uk)). If you do not have internet access then please also feel free to call us on 0300 131 4536, between the hours of 08:30 and 16:00 (Mon - Fri), and we can share any document by post.

### What happens when I arrive for my appointment?

Maps to our individual sites are available at the end of this leaflet. Where possible, please report to the receptionist.

Some sites do not have a receptionist and, in this instance, please take a seat in the waiting area. A clinician will come out to greet you at your appointment time. If you are waiting more than 10 minutes past your appointment time, please notify a member of staff in the area.

**Please note that not all our sites are available for all types of assessment.**

## What should I expect at my initial appointment?

Your clinician will introduce themselves and guide you to a curtained cubicle or room. Once here, they will start by checking your personal details are correct.

The clinician will then ask you a series of questions to establish your past medical history, as well as your present condition. These questions may not seem connected to your condition but can enable the clinician to fully understand your condition and establish or formulate a treatment plan with you.

Perhaps think about the following questions to help you prepare.

- What matters to you?
- What are you hoping to achieve from your appointment?
- What options do you think may be appropriate for you?

The clinician may also complete certain tests to help diagnose your condition.

As part of your treatment and where appropriate, you may be provided with self-help advice or a treatment/exercise programme to continue with at home.

## How long does an appointment last?

Appointment lengths may vary depending upon the nature and complexity of your condition and the service, but generally an initial appointment will last up to 40 minutes. Follow up appointments will be of approximately 20 – 30 minutes in duration.

## What should I bring?

It is helpful if you bring a list of your current medications and reports of any relevant investigations or tests you may have had. This may help with planning your treatment and care.

## What should I wear?

Please wear your normal clothing and footwear that you would usually wear but if you are attending for a Musculoskeletal appointment and we are looking at a leg or foot condition, it may be advisable to wear a pair of shorts if you have them. You may be asked to remove items of clothing to complete our assessment. If this occurs, we can arrange for a chaperone to be present, at your request. You will always be examined in a private room, or a curtained/screened cubicle.

## What if I am unable to attend?

We try to agree your initial appointment date and time with you to avoid you missing or needing to cancel, however we ask you notify us at least 24 hours in advance if you are unable to attend your appointment.

If you do not attend the appointment without letting us know you may be discharged from our service.

## What should I expect at my follow up appointments?

Your clinician will review your condition and adapt your treatment plan dependant on your progress.

# Amberstone Hospital

Amberstone Hospital is a hospital facility based in East Sussex. As you turn into Amberstone Hospital please enter via the side entrance (not the main entrance opposite the car park) - through the electronic doors. Walk straight through and you will come to reception.

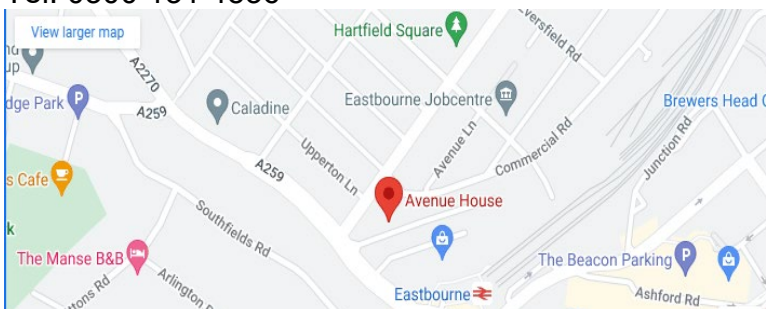
Amberstone Hospital  
Carters Corner  
Feathered Lane  
Hailsham  
East Sussex  
BN27 4HU  
Tel: 0300 131 4770



# Avenue House

Avenue house is a facility based in East Sussex. The department is located on the ground floor. There may not be a receptionist on duty. Please take a seat in the waiting area and you will be called through for your appointment.

Avenue house  
The Avenue  
Eastbourne  
BN21 3XY  
Tel: 0300 131 4536



# Arthur Blackman Clinic

Arthur Blackman Clinic is a facility based in East Sussex. The department is located on the ground floor. Please report to the receptionist on arrival.

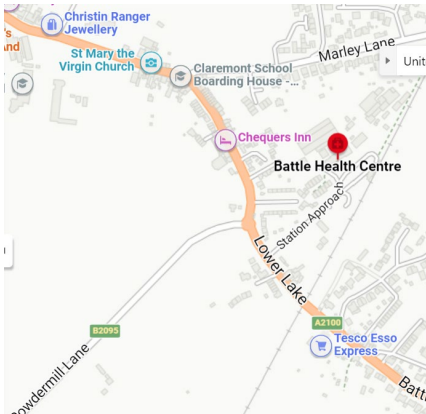
Arthur Blackman Clinic  
Battle Road  
St Leonards On Sea  
TN37 7AN



# Battle Health Centre

Avenue house is a facility based in East Sussex. The department is located on the ground floor. There may not be a receptionist on duty. Please take a seat in the waiting area and you will be called through for your appointment.

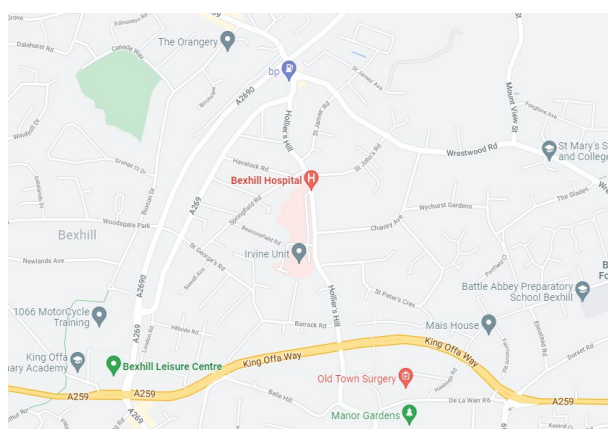
Battle Health Centre  
Telham Road  
Mitre Way  
Battle  
TN33 0BG



## Bexhill Hospital

Bexhill Hospital is a hospital facility based in East Sussex. Please go to the Irvine Unit at the bottom of the hospital site. Please wait in the Podiatry waiting area until we are ready to see you.

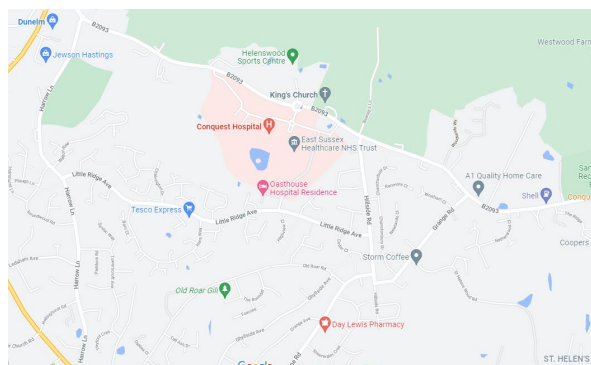
Podiatry Clinic  
Irvine Unit  
Bexhill Hospital  
Holliers Hill  
Bexhill-on-Sea  
TN40 2DZ  
Tel: 0300 131 4536



## Conquest Hospital

Conquest Hospital is a hospital facility based in East Sussex. Please go to the main reception, via the Level 3 main entrance, for direction to the relevant department.

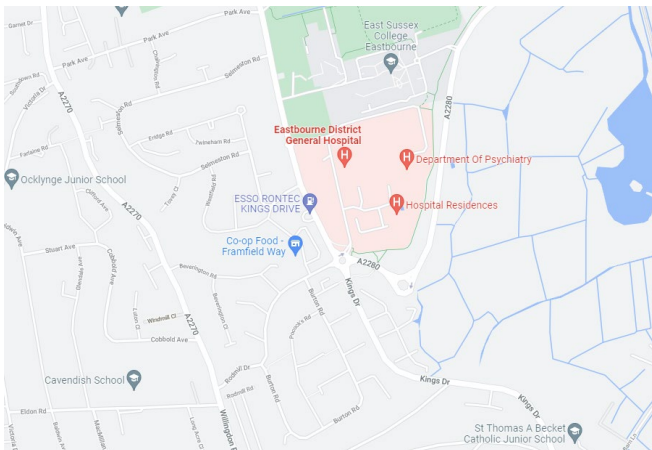
Conquest Hospital  
The Ridge  
St-Leonards-on-Sea  
East Sussex  
TN37 7RD  
Tel: 0300 131 4770



# Eastbourne District General Hospital

Eastbourne District General Hospital is a hospital facility based in East Sussex. Services are in Area D of Outpatient Physiotherapy which can be accessed via Entrance F.

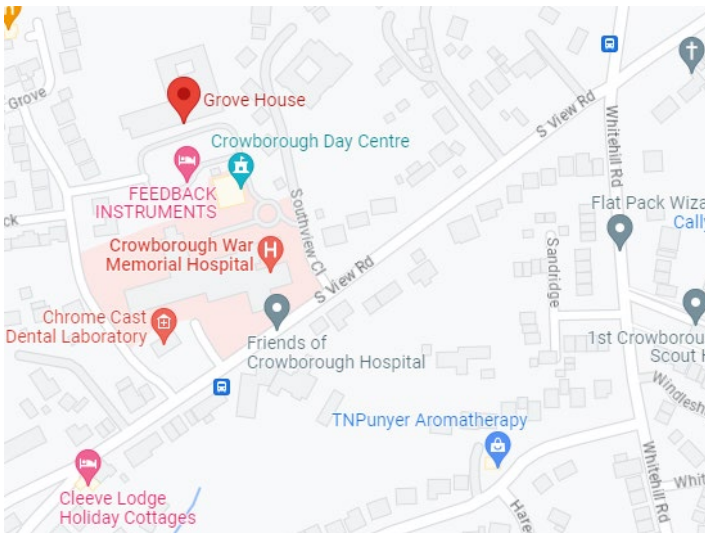
Eastbourne District General Hospital  
Kings Drive  
Eastbourne  
East Sussex  
BN21 2UD  
Tel: 0300 131 4770



# Grove House, Crowborough

Please report to reception on arrival.

Grove House Clinic  
Southview Road  
Crowborough  
East Sussex, TN6 1HB



# Heathfield Community Centre

Please report to reception on arrival.

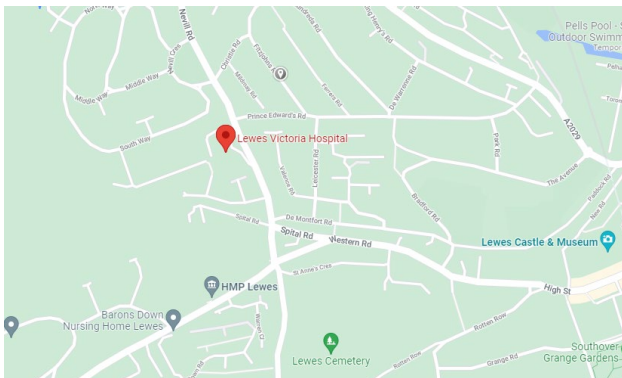
Heathfield Community Centre  
Sheepsetting Lane  
Heathfield  
East Sussex  
TN21 0XG  
0300 131 4536



# Lewes Victoria Hospital

Lewes Victoria Hospital is a hospital facility based in East Sussex. Please go to the Outpatients Dept and report to reception.

Lewes Victoria Hospital  
Nevill Road  
Lewes  
East Sussex  
BN7 1PE  
Tel: 0300 131 4770



# Newhaven Polyclinic

Newhaven Polyclinic is a hospital facility based in East Sussex. If arriving via Church Hill, please enter the 1<sup>st</sup> building (opposite the car park) and report to reception.

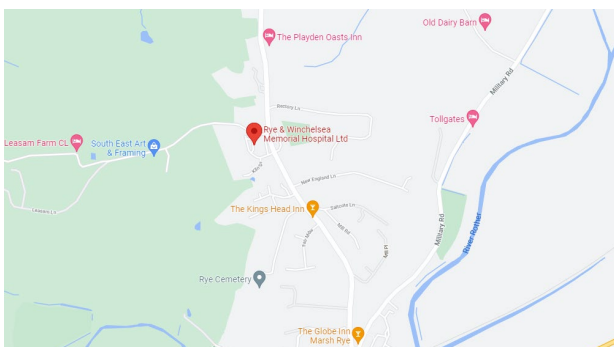
Newhaven Poly Clinic  
Church Hill  
Newhaven  
East Sussex  
BN9 9HH  
Tel: 0300 131 4770



# Rye Winchelsea & District Memorial Hospital

Rye Winchelsea & District Memorial Hospital is a hospital facility based in East Sussex. Please go to the main reception for direction to the relevant department.

Rye Winchelsea & District Memorial Hospital  
Peasmarsh Road  
Rye  
East Sussex  
TN31 7UD  
Tel: 0300 131 4770





# Seaford Health Centre

Seaford health Centre is GP practice based in East Sussex. Please go to the Community Reception on your left hand side for direction to the relevant department

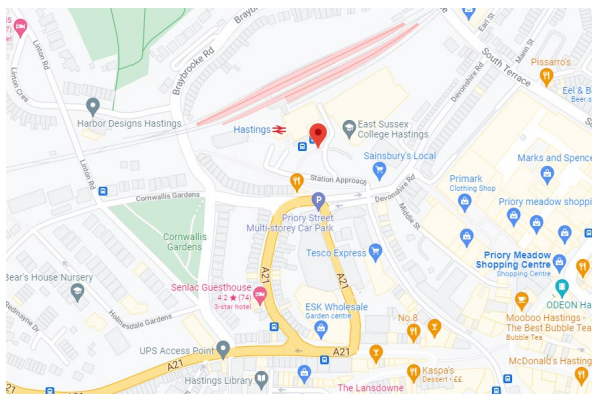
Seaford Health Centre  
Dane Road  
Seaford  
BN25 1DH



# Station Plaza Health Centre

Station Plaza Health Centre is a facility based in East Sussex. The department is located on Level 2, however please report to the main reception desk, upon entry, for directions.

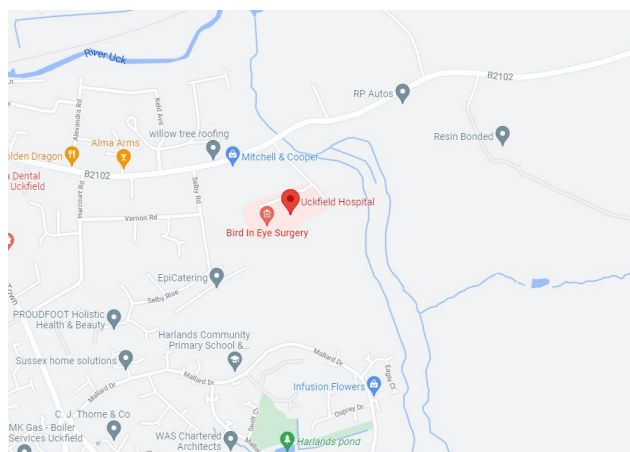
Station Plaza Health Centre  
Station Approach  
Hastings  
East Sussex  
TN34 1BA  
Tel: 0300 131 5225



# Uckfield Community Hospital

Uckfield Community Hospital is a hospital facility based in East Sussex. Please go to the main reception for direction to the relevant department.

Uckfield Community Hospital  
Framfield Road  
Uckfield  
East Sussex  
TN22 5AW  
Tel: 0300 131 4770



## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Sources of information

E.g., specialist nurse, ward, consultant secretary, self-help group, national bodies or Web site addresses.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:  
Lesley Baker, Podiatrist.

The directorate group that have agreed this patient information leaflet:  
Community Health and Integrated Care

Next review date: August 2025  
Responsible clinician/author: (Lesley Baker, Head of Podiatry and Orthotics)

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