



HOW TO FIND US



Our Address : Physiocure, On the first floor of - Bannatyne Cookridge Gym, Cookridge Lane, Leeds, West Yorkshire, LS16 7NL.

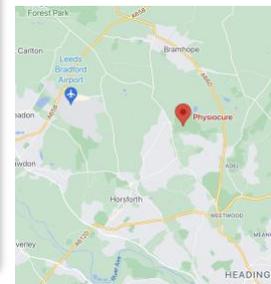
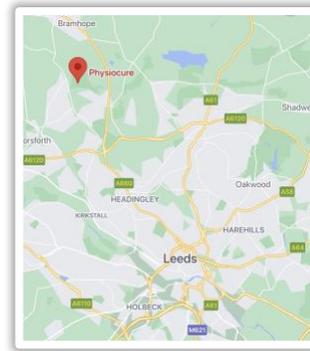
Here are some details that can help you plan your visit.

The first thing to note is that we are located on the first floor of Bannatyne Cookridge Health Club. This building is one of a few buildings on the same site – a golf course. All the buildings have the same postcode. The main thing to remember is that you are heading for the Health Club and not the Golf club buildings.

If travelling from afar or via public transport, aim to arrive early in case of transport issues. There is a Café conservatory bar on our ground floor which you could visit, and wait in until it is time to come up for your session. If you arrive late, or miss your appointment, we are unable to offer you a refund.

If getting a taxi from Leeds train station, the taxi journey can take 30-45 mins through the busy city roads and if you add waiting time at the taxi rank at the station, this could be another 15 mins added to your journey.

The number 6 bus goes from Leeds Bus station (the bus station in the Leeds city centre is a 15 minute walk from the Leeds train station), the bus travels past Leeds University, through Headingley, to Horsforth Train Station and up Green Lane and then turns right onto Cookridge Drive, which is where you get off for Cookridge Lane. See map (on the right) of the 2 red bus stops and the blue arrow indicating where our driveway is. This bus journey can take 40-45 mins, and then the walk from the Cookridge Drive bus stop to Cookridge Hall can take 10-15 minutes.

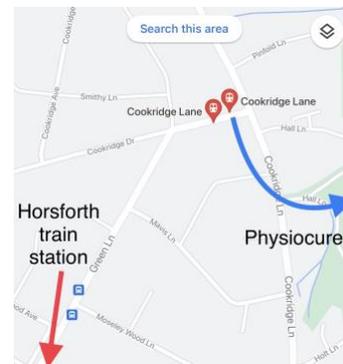


WE ARE APPROXIMATELY -

6.2 MILES FROM LEEDS CITY CENTRE

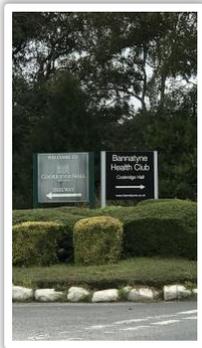
2.7 MILES FROM LEEDS BRADFORD AIRPORT

1.6 MILES FROM HORSFORTH TRAIN STATION





This photo above is the entrance to the driveway that leads to our clinic (the house number on the opposite side of the road to this driveway is number 35).



Take the right hand fork in the driveway to Bannatyne Health Club, and follow these same signs right the way round to the large carpark to the rear of the Health Club. As the map shows on the left, there are 2 businesses on the same site. Ignore signs to Cookridge Hall Golf Club or the Driving Range.

If walking up the driveway, this could take 10 minutes as it winds around the golf course.

Just before you go down the slope to the large free rear car park, look to your left and you will see a small car park with disabled car park spaces for people who need access to the Health club without stairs.

Cookridge Hall Bannatyne Health Club is a grade II listed building and shown in the photo on the right. The entrance you can see is the old entrance that was originally used when it was a family home (it became a Health Club in 1997).

The accessible car park for people with mobility issues is shown on the photo to the right of the building.

You will find the new main entrance to the building around the right hand side of the building and is shown in the photo below (look for the revolving doors).



The photo on the left shows the entrance you should see from the main rear car park. Enter through here and give your name to the reception staff on the Bannatyne reception desk and they will let you through. If you have any queries, please ring us on 01132611999 or 07958187297.

Once inside, you will see on the ground floor, a café with indoor and outdoor seating. Accessible toilets are also on the ground floor. Aim to come up the first floor to the Physiocure waiting room 5 minutes before your session. There is a lift access if needed.



Physiocure waiting area – please note – our reception area is not manned. Your Therapist will come and collect you from this area at your appointment time.



Thank you for choosing Physiocure.

Anna Higo & the Physiocure Team

November 2023

FITCURE IN BRAMHOPE – owned by Tom Higo – Personal Training/Pilates/Rehab Gym

You may have seen the Physiocure sign in Bramhope on the side of the white building on Leeds Road.

Our Physios don't work from the Bramhope site (only at Cookridge Hall). The Physiocure Team refer patients to the FITCURE clinic to see the Personal Trainers and Pilates Instructors there to help their patients with gym rehab.