



Devon & Cornwall Police Federation
2 River Court
Pynes Hill
Exeter
Devon

SURNAME
FORENAMES
RANK & NUMBER

I would like to be a contributing member of the Convalescent Home and authorise
the deduction from my salary the sum of £9.21 (Gross) per calendar month.

SIGNED DATE

The information you provide will be used in accordance with the Data Protection Act 1998,
and will be used for Police Federation purposes,
and may be disclosed to other organisations in order to administer your membership.



Introduction

The Police Rehabilitation Centre, Flint House based in South Oxfordshire has a highly skilled team of Physiotherapists, Nurses, and specialist Healthcare professionals who every year assist over 3500 injured and sick Police Officers get back to full operational health.

Through an ever increasing range of intensive treatments and care programmes the focus of Flint House is getting officers back to duty quickly, effectively and efficiently and with lasting results.

Effective Treatment

The main goal and focus of every member of the clinical teams is to offer effective treatment to all attending officers. Every individual is personally assessed on arrival at the Centre and for the duration of their residential stay is given their own programme of treatment.

The team carefully design each care programme to the specific needs of the patient and use the wide range of facilities available to carry that programme through. The Centre has fully equipped and state of the art treatment rooms, exercise rooms, Hydrotherapy pool, 12.5m swimming pool, and outdoor gym area.

The Health & Wellbeing Department is staffed by experienced mental health professionals and registered general nurses. As well as ensuring that essential care standards are maintained they also treat a range of psychological conditions.

The team has developed a resilience treatment programme incorporating group therapy classes run over the 12 day stay to help beat burnout and to build resilience to thrive under pressure. In addition General Nursing Care and Health Education classes are also undertaken.



Health and Wellbeing

The Flint House team are experts in healthy lifestyle management. This does not mean drastic changes which often do not work, but how to make the small adjustments that can lead to beneficial changes to how you live each day.

The team will provide expert advice on all aspects of diet, nutrition, allergies management, and overall self-care.

They will help you analyse your lifestyle and assist you with the decisions on what changes you can make to a healthier life. This may involve advice and encouragement on taking regular physical exercise, classes in sleep, relaxation, and stress management.

"Flint House was the best place for me at this time and I cannot thank them enough."
Beds Officer



Health Management

Whilst the emphasis of Flint House is on treatment, for the inevitable downtime between treatments and in the evenings over your day stay, there are facilities for both relaxation and personal time that are equally as important in the management of one's personal physical and mental health.

Outdoors there is a woodland trail set in the 19 acres of ancient woodland that features exercise stations and equipment should wish to use them, or just take a relaxing stroll amongst wild flowers under a canopy of trees.

"Service is second to none. Treatment here in two weeks would have taken months back home."
CP Hamer

A full size Bowling Green, Bould pit, Putting Green, Golf driving net, (seasonal) plus local area country walks (guided and self-accompanied), or just magnificent gardens and quiet secluded lawns and courtyards to sit, read or take in, all contribute to the holistic approach and standard of patient experience Flint House prides itself on.

Coming to Flint House will help ensure your return to full fitness the shortest possible time.

You never know when an injury illness will affect you, how it can affect your career, and/or family life. Do ensure that by being a payroll donor you are able to come to Flint House on a free of charge basis. Make sure you are eligible to attend by contacting your IR representative/Benevolent Fund, Welfare or Occ Health for the required Payroll donation forms.





FLINT HOUSE

POLICE REHABILITATION CENTRE



Effective Treatment



Health & Wellbeing



Health Management

The Police Rehabilitation Centre
Flint House
Reading Road
Goring-on-Thames
Oxon
RG8 0LL
Tel: 01491 874499
www.flinthouse.co.uk



Make a Donation

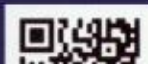
...wish to make a personal support, the work of Flint House visit our website for details. tion is to leave a Legacy. ing is a well-recognised and ay of supporting Flint House, wish to make a Legacy t details can be found on

"I received care I received and gave me a chance to repair my image. I expect to front line work, an area that might not be possible."

S.G. Norfolk

Visit our website

to visit the Flint House website go to www.flinthouse.co.uk for further information on this and many other services at the Centre, or via your mobile phone on 01491 874499.



www.flinthouse.co.uk

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