

Please support our work so we can support you

Sign Up Today

For just a small donation you could have the comfort of knowing we will be there for you if you are injured or ill, through free treatment, support & recuperation, including intensive, Police-Specific, physiotherapy and rehabilitation. Don't forget, it doesn't matter if your injury occurs on or off duty – it could have occurred playing football or even walking the dog.

- Serving Police Officers are asked to make a donation of £1.80 per week which is deducted from your salary.
- Other Serving Police Family Members (PCSOs, Specials and Detention and Custody Officers) are asked to make a donation of £1.80 per week through a Direct Debit system.
- Retired Officers are asked to make a donation of £0.65 per week through a Direct Debit system.
- Serving Officers who wish to start donating part way through their career together with Retired Officers that didn't commence donating when they retired, may do so at any time. However, individuals in these circumstances must donate for 12 months before they become eligible to receive free treatment.

www.thepolicetreatmentcentres.org/sign-up

"I recommend anyone to take advantage of the PTC and what it has to offer. It is worth twice the cost. The staff are expert in everything they offer."



The Police Treatment Centres

A Force for Promoting & Improving Health & Wellbeing

Castlebrae, Castleton Road, Auchterarder,
Perthshire, PH3 1AG

St Andrews, Harlow Moor Road, Harrogate,
North Yorkshire, HG2 0AD



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REMOTE
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POOL



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& WORKSHOPS



SWIMMING
POOL



COMPLEMENTARY
THERAPY



TENNIS
COURTS



NURSING



ACCOMMODATION



CATERING

**Treatment is offered free of charge to
donating Police Family members.**



enquiries@thepolicetreatmentcentres.org



fundraising@thepolicetreatmentcentres.org



01423 504448 or 01764 664369



@PTCentres



The Police Treatment Centres



www.thepolicetreatmentcentres.org

**Registered Charity No. 1147449 OSCR Registration
No. SC043396 Company No. 7822534**



The Police Treatment Centres

A Force for Promoting & Improving Health & Wellbeing



You're more than a Police Officer




Our vision is to establish the Police Treatment Centres as a centre of excellence that delivers class leading treatment for our Police Family patients for their physical and psychological injuries, conditions and illnesses. Through our work, we want to support and encourage your return to better health as swiftly as possible.

We make a difference to the lives of around four thousand Officers each year from forces in the North of England, North Wales, Scotland and Northern Ireland as well as British Transport Police, Civil Nuclear Constabulary and Ministry of Defence Police.

How we help you

It doesn't matter if your injury occurs on or off duty, or if it is a physical injury or even issues relating to your psychological wellbeing, our aim is to help you recover. If your condition is affecting your ability to perform the activities of daily living, or your job to the full, then you should consider applying for treatment.



"From day one my physio was professional, knowledgeable and put me at ease instantly. With the thorough programme and expert guidance given by my physio I am much better and full of knowledge to help improve my recovery period & return to work sooner".

Physiotherapy Programme

Each Patient attending for physiotherapy is thoroughly assessed regarding their condition upon arrival, and the volume of treatment is decided by an experienced clinician. A tailored programme is then developed based on the individual's clinical needs.

Our treatment is holistic and includes:

- Intensive and individualised Physiotherapy
- Police-specific, personalised treatment programmes
- Varied Fitness classes
- General Nutrition & Education Sessions
- Tailored exercise programmes from Fitness Instructors
- First-class Rehab Gym
- Treatment and Hydrotherapy Pools

A huge benefit is gained from the close working arrangement within the clinical staff, ensuring all patients are well equipped to continue their rehabilitation when they leave.

Remote Physiotherapy Outpatients

Our Remote Physiotherapy Outpatient service gives you access to the usual high standard of expert advice and treatment with the benefit, flexibility and comfort of carrying this out in your own home.

Psychological Wellbeing Programme

Alongside the Physiotherapy Programme, the Treatment Centres also offers a Psychological Wellbeing Programme for those who need support with stress, anxiety and other such conditions.

The Psychological Wellbeing Programme is a two week structured programme designed specifically for Serving Officers.

When attending on the Psychological Wellbeing Programme, you can expect to take part in:

- Group Sessions & workshops focusing on stress management, relaxation, sleep, mindfulness, etc
- Daily group exercise sessions
- Individual counselling sessions
- Individual complementary therapy sessions
- Use of Rehab gym as time allows

Helping you to Help Yourself

Apply for Treatment

- Admission is based upon clinical need and is normally two weeks for Serving Officers and one week for Retired Officers.
- The majority of treatment is residential. In some circumstances provision for non-residential treatment as a day patient may also be considered.
- Our Remote Physiotherapy Outpatient Service will supplement our established residential treatment.
- There are self-catering cottages at each Centre to assist in accommodating patients where 'family' accommodation would support their ability to attend for treatment.
- At times the clinical teams will suggest a later admission date if they feel this would be more beneficial depending on an individual's circumstances. i.e. due to the recovery process after some types of surgery or after other forms of intervention have been completed.
- All applications are subject to clinical assessment & approval.
- All Psychological Wellbeing Programme Applications receive a phone call pre-admission from a Nurse.
- Application forms for treatment can be found on the PTC website. Alternatively, forms are available from Occupational Health Units and Police Federation representatives.
- Applications for further admission should not normally be made until at least 12 months has elapsed since a previous admission period.



www.thepolicetreatmentcentres.org