

“ The whole stay has helped me keep my sanity – a difficult thing in today’s climate! ”

Please support our work so we can continue to support you

Sign Up

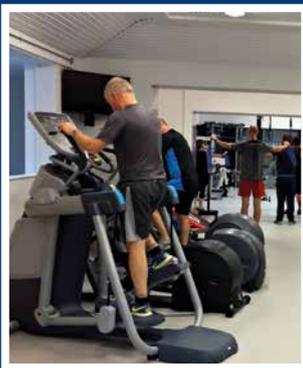
- Serving Officers are asked to make a donation of £1.80 a week which is deducted from your salary.
- Retired Officers are asked to make a donation of £0.65 a week through a Direct Debit system.
- To start making a regular donation visit our website, or contact your Police Federation Officer or Payroll today.
- By signing up you will become eligible for free treatment in the future.

Applying for Treatment

- Admission is based upon clinical need and is normally two weeks for Serving Officers and one week for Retired Officers.
- If you are already signed up and in need of treatment you can obtain an application form from Occupational Health, Police Federation representatives, or by downloading a form from the Police Treatment Centres website.
- Please note there are separate forms for each of the treatment programmes - Physiotherapy and Psychological Wellbeing

www.thepolicetreatmentcentres.org/sign-up

“ If Carlsberg ran a Treatment Centre for Police Officers... it still wouldn't be as excellent as this one. ”



Contact us

Email: enquiries@thepolicetreatmentcentres.org
Website: www.thepolicetreatmentcentres.org



The Police Treatment Centres

Castlebrae, Castleton Road, Auchterarder,
Perthshire PH3 1AG

Tel: 01764 664369 Fax: 01764 664598

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

Tel: 01423 504448 Fax: 01423 527543



The Police Treatment Centres



Registered Charity No. 1147449 OSCR Registration No. SCO43396
Company No. 7822534



The Police Treatment Centres



You're more than a Police Officer

Please support our work so we can continue to support you



Our vision is to establish the Police Treatment Centres as a Centre of Excellence in the care and treatment of Police patients suffering from injury or illness, and through our work, support and encourage their 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

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.

Physiotherapy Programme

Many officers attending the Treatment Centres do so to receive intensive physiotherapy treatment.

Each patient is thoroughly assessed regarding their condition upon arrival, and the volume of treatment 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, Police-specific Physiotherapy
- Fitness classes
- Police-specific, personalised treatment programmes
- General Nutritional & Education Sessions
- Tailored exercise programmes from Fitness Instructors

Psychological Wellbeing Programme

Although many patients visiting the Treatment Centre come for physiotherapy, there are a number of patients 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 the Police Treatment Centres 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



Our facilities include:

- Physiotherapy suite
- Rehabilitation gym
- Pool
- Sports hall
- Hydrotherapy pool
- Tennis courts
- En-suite bedrooms
- Patient lounges and relaxation areas
- Sensory Garden
- Group Workshop Area

Take a virtual tour of the facilities at St Andrews and Castlebrae with 360 tours on our website: www.thepolicetreatmentcentres.org/virtualtours

“ The care, respect and dignity shown by all the staff at the PTC has been exemplary. The right balance of support, care, information and 'softness' allowed me to take steps and make progress. ”

