



The Police Treatment Centres

A charity providing treatment, support & recuperation for injured and ill police officers.

Health & Wellbeing Weekends

We can host health and well-being weekends at both our centres giving participants the opportunity to come together away from their usual work place to relax; regroup; or share experiences in a welcoming and calm atmosphere.

Participants can also benefit from a complementary therapy session and classes designed to help them relax.

Weekends can be tailored to your needs.

Health and well-being weekend rate:
£1500 for a maximum of 10 participants.

To discuss your requirements and check availability:

For St Andrews please contact
Nursing on **01423 504448.**

For Castlebrae please contact the Centre
Manager on **01764 664369**



www.thepolicetreatmentcentres.org





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Example Wellbeing Agenda

Friday

Arrival & Admission Assessment	11.00
Welcome meeting	11.30
Lunch	13.00-14.00
Free time-Pool/Gym	14.00-15.30
Evening meal	17.30

Saturday

Breakfast	08.45
Free time - Pool/Gym	09.30-12.30
Lunch	13.00-14.00
Evening Meal	17.00

Sunday

Breakfast	08.45
Lunch	13.00
Depart	14.00

Other workshops such as Relaxation or group exercise classes can be included within the programme, as well as individual complementary therapy. Please contact us to discuss your own requirements.



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