



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.thepolicecentres.org





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Example Wellbeing Agenda

Friday

Arrival	11.00
Welcome meeting	11.30
Health checks	11.30-13.00
Lunch	13.00-14.00
Free time-Pool/Gym	14.00-15.30
Health Checks	14.00-15.00
Complementary therapy	14.00-17.30
Evening meal	17.30

Saturday

Breakfast	08.45
Complementary therapy	09.15-13.00
Free time - Pool/Gym	09.30-12.30
Sleep/Stress workshop	11.30-12.30
Lunch	13.00-14.00
Free time	14.00-17.00
Evening Meal	17.00

Sunday

Breakfast	08.45
Relaxation class	10.30
Lunch	13.00
Depart	14.00



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