



# First class healthcare from just £1.30 a week

For as little as the cost of two Mars bars or two newspapers a week, officers can ensure they get the very best treatment following injury or illness.

Just £1.30 a week qualifies officers injured on or off duty to a bespoke care and recovery programme at The Police Treatment Centre (PTC) in St Andrew's, Harrogate, North Yorkshire - a high standard, purpose-built treatment centre where serving and retired police officers can receive rest, recuperation and treatment to assist them to improved health.

The Police Treatment Centre is a registered charity supported by voluntary donations from serving police officers primarily in the northern forces of England and Wales, Scotland and Northern Ireland.

The PTC's charitable objectives are dedicated to the police service and the charity has a unique perspective on the treatments that police officers require. These treatments include intensive, police specific physiotherapy; fitness classes; police specific, personalised treatment plans; workshops focussing on, in

particular, back injuries, sleep issues and stress; complementary therapies; and patient advisers/counsellors with an understanding of the stress relating to police work.

*"It will take time and application to remedy a problem that has been building for decades. I could not have hoped for a greater improvement than I have made though and I am now on the right path thanks to Rory, my physio. I loved all the classes I went to - fantastic to have use of the pool - I have swum more in two weeks than I have in the last five years."*

Officer A.

*"I was at the PTC in June 2012 and returned for further treatment. On both occasions all staff in the centre were excellent. The treatment I received has been greatly beneficial and I'm not in any pain. The gym facilities, pool and hydro pool all assisted my recovery. And the food was brilliant."*

Officer B.

There are currently 77 bedrooms and a cottage and plans to refurbish the 27 bedrooms in the Duke of York wing. All rooms are en-suite with television, DVD players, and tea making facilities and Wi-Fi available.

Exercise facilities include a contemporary, well-equipped exercise gym, swimming and hydrotherapy pools, tennis courts, bikes, croquet lawns to further support physical rehabilitation or convalescence.

To find out more about how just £1.30 a week can ensure you get the best care and treatment if you're injured or ill, visit: [www.thepolicetreatmentcentres.org](http://www.thepolicetreatmentcentres.org). If you want to sign-up, please just contact payroll.

**North Wales officers who sign up before 30 June 2013 can attend for treatment immediately if necessary and, in addition, to help new officers, the Trustees of the PTC have agreed to offer the first year free to new recruits if they sign up to contribute within the first four weeks.**