



## The Police Treatment Centres

### “Career saving and life changing”

For little more than the cost of a newspaper each week, serving police officers can ensure they get the very best treatment following injury or illness.

Just **£1.30** a week will enable you to access expert, police specific treatment at one of **The Police Treatment Centres** two centres following injury or illness. It doesn't matter if your injury occurs on or off duty.

#### How the Police Treatment Centres can help

- Intensive police-specific physiotherapy
- Fitness and strengthening classes
- Workshops focusing on back injuries and prevention; sleep and stress
- Complementary therapies
- Patient Advisors qualified in counselling techniques and with a background in the police.

#### Facilities at both centres include:

- Physiotherapy suite
- Rehabilitation gym
- Pool
- Sports hall
- En-suite bedrooms
- Attractive grounds
- Patient lounges and relaxation areas

*“The physio treatment I received at Harrogate saved my job. I saw my consultant only a week after my stay at the centre and he could not believe how much and how quickly I'd improved. He said he had never seen a recovery like it. From this he wrote to the Force confirming that I would make a full recovery and that I clearly would be able to continue as a police officer.” North Wales Officer*

*“My visit to the Police Treatment Centres has been life changing for me. Being able to talk to other patients, who have experienced similar incidents and to the patient advisor, Des, has lifted a huge weight of my shoulders. He is brilliant, I felt he really understood and helped me through a really tough time. His help has been invaluable and I cannot thank him enough.” North Wales Officer*



For more information about the Charity visit:  
[www.thepolicetreatmentcentres.org](http://www.thepolicetreatmentcentres.org)

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