



# The Police Treatment Centres

## A Force For Promoting & Improving Health & Wellbeing

For just £4.50 per month, The Police Treatment Centres can support YOU in your retirement.

Your donation gives you access to our class leading rehabilitation Centres at Harrogate and Auchterarder. We offer comprehensive, tailored physiotherapy and psychological wellbeing support.



### RESIDENTIAL & ONLINE PHYSIOTHERAPY

We offer customised treatment, support and guidance from experienced physiotherapists and fitness instructors, along with access to superb fitness facilities like gyms, sports halls and swimming pools. We also have an online physiotherapy service that allows you to receive expert care from home.



### RETIRED OFFICER WELLBEING PROGRAMME

A one-week programme led by a multidisciplinary team of experts, offers support for mild to moderate anxiety and depression through workshops and classes. The programme provides tools and techniques to help patients manage their symptoms and a calm, welcoming, and safe environment to practice newly acquired skills.



### ONLINE WOMEN'S HEALTH PROGRAMME

We also offer an online women's health programme providing support on pre and post natal fitness, pelvic floor, nutrition, perimenopause and menopause.

Scan the QR code to get signed up



The Charity provides financial support if the donating police parent passes away, their partner passes away or if the donating parent has to be medically retired due to an illness or injury sustained on or off duty. We are also able to offer 'grants for all' which any police donor can access for their children. These are a child counselling or an ex-gratia wellbeing grant. You must be donating to the Charity for twelve months to be eligible for all these Grants.

By donating just £1.50 per month you will be safeguarding your children's future.



#### Support for all beneficiaries:

- New Beneficiary Grant- Initial Payment of £1,000 per child
- Weekly Support Allowance
- Seasonal Gifts
- Higher Education Grant
- School Leavers Grant
- Child Counselling Grant
- Driving Lesson Grant
- Ex-Gratia Grant
- Holiday Home

We also provide 'grants for all'. These are grants that can be accessed at any time during your service or retirement if you children are 25 or under.

Child Counselling Grant  
Ex-Gratia Wellbeing Grant

Receive our support for just £1.50 a month. Scan the QR code to get signed up

