



# THE POLICE TREATMENT CENTRES

*A Force for Promoting & Improving Health & Wellbeing*

**We are looking forward to meeting you at the Police Treatment Centre and hope this information will prove helpful prior to your arrival.**

## **On Arrival**

You will be greeted at Reception and given useful information about your stay. There will be a Welcome Brief held on Monday at each Centre - please check the time on arrival. We encourage you to attend the welcome meeting as a priority because you will learn about any current issues at the Centre concerning security for example, and other tips, suggestions and recommendations that will enhance your stay with us. If you are staying for two weeks you can remain at the Centre during the middle weekend, or you can leave your belongings in your room.

## **What we Provide**

- En-suite facilities
- Flat screen TV in bedrooms
- Tea and coffee facilities in bedrooms
- All towels (bedroom, gym and pool)
- Hot drinks and water dispensers in communal areas
- Breakfast, lunch and dinner (special diets catered for)
- In addition to extensive treatment facilities we have leisure facilities including mountain bikes, e-bikes and tennis, etc
- In the TV lounge there is Sky Television and a DVD player. There is a library and DVD library.
- There is wireless internet access available throughout the building for a small charge (£7.50 per week).
- Hairdryers can be borrowed from Reception.
- Parking - parking is available free on site, with designated disabled and motorcycle bays. Pedal cycle storage is available in our bike shed, but cycles must not be stored in bedrooms. There are pedal cycles and e-bikes available for use at the centres.
- There are electric car charging points available in the car park at St Andrews.

## **What you need to Bring**

Our Centres have a relaxed atmosphere and there is no need to dress formally. Most people choose to wear casual sports clothing in line with the activities available:

- Tracksuit/shorts/comfortable clothing/swimwear
- Trainers
- Warm clothing for after physio session, during cold weather and other activities
- All toiletries (including shower gel/shampoo)
- Any medication you may be taking
- Water Bottle - to reduce the use of single-use plastic at the Centres. These are also available to purchase at Reception.

We would like to remind you about the importance of hand hygiene therefore we are continuing to provide hand gel at stations around the Centre for you to make use of. If you are feeling unwell or running a temperature prior to visiting, please contact us at your earliest opportunity.

## **Questions**

If you have any questions or queries regarding your stay, please contact us on:  
St Andrews, Harrogate 01423 504 448  
Castlebrae, Auchterarder 01764 664 369

**If you have a query about your stay please contact us or visit our website.**



### **St Andrews**

Harlow Moor Road  
Harrogate, North  
Yorkshire, HG2 0AD

**01423 504448**

**For further information visit**  
[www.thepolicetreatmentcentres.org/about/St-Andrews](http://www.thepolicetreatmentcentres.org/about/St-Andrews)



### **Castlebrae**

Castleton Road  
Auchterarder, Perthshire  
PH3 1AG

**01764 664369**

**For further info visit**  
[www.thepolicetreatmentcentres.org/about/Castlebrae](http://www.thepolicetreatmentcentres.org/about/Castlebrae)

[www.thepolicetreatmentcentres.org](http://www.thepolicetreatmentcentres.org)

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Companies House No. 07822534

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