



THE POLICE TREATMENT CENTRES

A charity providing treatment, support & recuperation for injured and ill Police Family members.

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. Tours of the building take place on Monday during the day so if you haven't been to the Centre before, this may be of interest. There will be a Welcome Brief held on Monday at each Centre - please check the time on arrival. Whether you have been to the PTC before or this is your first time, we ask that you attend this Meeting as priority where 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, 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.

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
- Dressing Gown/Robe/Flip Flops/Pool shoes to wear to and from Pool as changing rooms are not currently available
- 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.

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 664369

For further information visit
www.thepolicetreatmentcentres.org/about/St-Andrews



Castlebrae

Castleton Road
Auchterarder, Perthshire
PH3 1AG

01764 664369

For further info visit
www.thepolicetreatmentcentres.org/about/Castlebrae

www.thepolicetreatmentcentres.org

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