



# Make a Donation



The Police Rehabilitation Centre, Flint House is a registered charity providing intensive Physiotherapy, Nursing, Convalescent and Complimentary Treatments to serving and retired officers.

The charity relies on the voluntary donations made by serving officers on a weekly basis through payroll.

Should you wish to make a regular donation to the Police Rehabilitation Centre please contact your local Police Federation Representative or Occupational Health Department.

You can also visit the Flint House website at [www.flinthouse.co.uk](http://www.flinthouse.co.uk) for further information on this and many other aspects of the centre, or via your mobile using this QR code.



Designed & Produced by Gary Matters 0118 984 1926

## The Police Rehabilitation Centre

# Flint House

# Help Us... Help You



Serving Police Officers who have received treatment at Flint House have nothing but praise for the facility. They all say that without Flint House their rehabilitation would have been a far more difficult process and the impact this may have had on their careers could have been detrimental.

*"My experience here surpassed even Flint House's excellent reputation. Two weeks here achieved what I didn't think two months would have done outside".*

A.B. Metropolitan



The Police Rehabilitation Centre, Flint House,  
Reading Road, Goring-on-Thames, Oxon, RG8 0LL

Tel: 01491 874499  
[www.flinthouse.co.uk](http://www.flinthouse.co.uk)



Registered Charity No: 210310

# About Flint House



Every year, at Flint House, The Police Rehabilitation Centre in Oxfordshire, a team of highly skilled physiotherapists, nurses and healthcare professionals assist over 3000 injured police officers to get back to full operational health.

At Flint House, both serving and retired officers receive intensive physiotherapy, recuperation and care treatment programmes in a peaceful, relaxing environment.



It does not matter whether you are injured on duty or outside of work.

*"The care I received identified a long-standing injury and gave me a programme to repair the damage. I expect to return to front line policing, an area I thought might not be possible".*

S.G. Norfolk



# Flint House - Providing the very best treatment



The Flint House Physiotherapy team prides itself on a 'Hands On' approach. Each officer first receives a full assessment; then their comprehensive rehabilitation treatment programme is planned.

Through fitness classes and personalised physiotherapy plans using treatments such as Spinal Manipulation and Mobilisations, Peripheral Joint Mobilisations and Deep Transverse Frictions, the focus of everyone working at Flint House is on assisting officers back to duty quickly, effectively and with long lasting results.



Additional treatments are also offered such as Ultra Sound, Inter-Ferential Therapy, TNS, Biofeed-back, Traction and Acupuncture.



*"Service is second to none. Treatment here in two weeks would have taken months back home".*

C.P. Hampshire



Nursing Care is provided through our team of experienced Registered Nurses.

The nursing team have a wealth of experience and knowledge in the effective treatment of police officers.

Clinical procedures, including wound assessment, post operative dressings, suture removal, as well as investigative tests can be carried out if necessary.

Effective Health Education forms a significant part of the Centre's philosophy. Stress Awareness and Stress Management play an important part in these Health Education programmes.



Relaxation Sessions & Complementary Therapies are also available to patients.

*"Having sustained an injury in January and been off work for 18 weeks, I now feel confident and fit enough to return to full duties. I wish that I had come here sooner, thanks to all".*

S.B. West Mercia

