



## Introduction

The Police Rehabilitation Centre, Flint House based in South Oxfordshire is a charity paid for by Police Officers themselves.

Flint House has a highly skilled team of Physiotherapists, Mental Health Practitioners and Registered Nurses, who every year assist over 3500 Police Officers get back to full operational health.

Flint House focuses on assisting serving officers back to full duties, using sophisticated and specialised programme of treatments and therapies. The reason we refer to the Police officers as 'Patients' is to denote the fact that they are here for active treatment under the care of health professionals and that we treat them as individuals, with no rank structure or any reference to their police title.

Retired officers are also welcome and are assessed individually and treated in a holistic manner for an improved quality of life on return home.

*"Flint House was the best place for me at this time and I cannot thank them enough."*

Beds. Officer

## Physiotherapy Department

The Rehabilitation and Physiotherapy team carefully design each rehabilitation programme to the specific needs of the patient and use the wide range of facilities available to achieve patients goals.

The focus of every member of the clinical team is to offer effective treatment to all attending officers. Every individual serving/retired officer is personally assessed on arrival at the Centre and for the duration of their residential stay is given their own programme of treatment.

In order to facilitate rehabilitation the centre runs over 20 classes a day. There is a fully equipped gymnasium including 'Watt' bikes, anti-gravity treadmills and aquatic therapy.

*"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."*

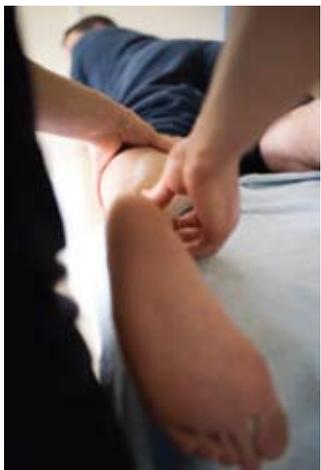
S.G. Norfolk

## Health and Wellbeing

The Flint House team are experts in healthy lifestyle management. This does not mean drastic changes which often do not work, but how to make the small adjustments that can lead to beneficial changes to how you live each day.

The team will provide expert advice on all aspects of diet, nutrition, allergies management, and overall self-care.

They will help you analyse your lifestyle and assist you with the decisions on what changes you can make to a healthier life. This may involve advice and encouragement on taking regular physical exercise, classes in sleep, relaxation, and stress management.



## Mental Health Support

The Health and Wellbeing Department is staffed by experienced Mental Health Practitioners and Registered Nurses. The Mental Health Practitioners facilitate low intensity group work, with psycho-educational classes for common mental health conditions, anxiety, depression and stress, run over the 12 day stay. Gentle exercise and finding pleasure in walking is part of the programme to increase mental health.

In addition General Nursing care and Health Education classes are also undertaken. Wellbeing encompasses healthy lifestyle and choices. Patients can take time to reflect on their lifestyle, habits and with advice, education and encouragement, make decisions on change to ensure a healthier life.

General classes are open to all patients for information and advice on aspects of health, Sleep, Stress Management, Nutrition and Relaxation.

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

C.P. Hants



## Flint House

Serving/Retired officers come to Flint House for a wide variety of issues. When you arrive amongst the trees, the fresh air filling your lungs, listen to the birds and feel the tranquillity of this special place your journey to better health has started. This is an opportunity for personal time and relaxation in conjunction with your treatment plan. A chance to make friends, exercise, read a book, think and have fun.

There 19 acres of woodland and paths, within the site is an outdoor exercise trail, full size Bowling Green, Boules pit, Putting Green, Golf driving net, (seasonal), as well as magnificent gardens, quiet secluded walks and opportunity to walk offsite with local walking groups.

An injury can occur on or off duty, affecting your work and family life, coming to Flint House will help your return to full fitness and assist with wellbeing.

## Payroll Donation

By paying a the equivalent of a pint of beer a week or a large latte?, a payroll donor will be eligible to come to Flint House (and you'll wonder why you didn't sign up before).

Contact your JBB representative/Benevolent Fund/Welfare or Occ. Health for the required Payroll donation forms or click the 'Join' link on our website home page.

## Make a Donation

Should you wish to make a personal donation to support the work of Flint House, please visit our website for details. Another option is to leave a Legacy. Legacy giving is a well-recognised and altruistic way of supporting Flint House. Should you wish to make a Legacy arrangement details can be found on our website.

## Leave a legacy

Making a legacy is simple and straightforward. In addition, it will be of comfort to your next of kin to know that your gift is going to a cause you really wish to support.

## Visit our website

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.

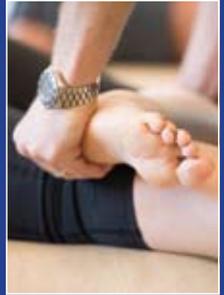


@flinhousserehab



# FLINT HOUSE

POLICE REHABILITATION CENTRE



Effective Treatment



Health & Wellbeing



Health Management



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)

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