

ARRIVAL DAY

We look forward to welcoming you to The Police Rehabilitation Centre and hope the following notes are helpful for planning your stay with us.

REHABILITATION (PHYSIO) DEPARTMENT

- ◆ Please wear loose fitting clothing for your assessment.
- ◆ Shorts/sports top or tracksuit with appropriate footwear is recommended.
- ◆ Remember to check with a physiotherapist before using gym equipment or entering the pool areas, especially if it is your first time in the department.
- ◆ All patients are asked to note that if using the swimming pool, spa pool and/or the Hydrotherapy pool at any time they must shower fully before entering.
- ◆ **Discharge Appointment** (depending on who you have seen for treatment) **with your physio or/and mental health support.**
- ◆ You will have scheduled appointment/s on your final day

GENERAL NOTES

Whilst at the Centre please do keep an eye on the Electronic noticeboards situated at both Flint House and Flint Fold receptions and also outside the Dining room for announcements, information, minibus timetables and general patient information.

Fire Procedures

Fire procedures are displayed on the back of every bedroom door and at various points throughout the Centre. Please familiarise yourself with these procedures.

Telephone

- ◆ Your room has an incoming calls only phone which may be used by friends and relatives wishing to telephone you direct.
- ◆ You will find your direct dial number is displayed on the telephone in your room.

Visitors

Visitors are welcome at the Centre between 8.30 – 23.00hrs. We do ask that they leave the premises no later than 23.00hrs. To comply with fire regulations we ask patients to sign their visitors in and out at Reception.

Please note: Rehabilitation facilities and leisure pool are for the use of patients only.

Reception can provide details of local accommodation.

NB: Patients are required to return to the Centre by no later than midnight.

We offer a relaxed environment, dress code is informal. Although neither patients nor their visitors are allowed to bring alcohol into the Centre, we do have a very pleasant bar where drinks can be purchased in the evening.

Towels and Laundry Facilities

Towels are provided. There are utility rooms with full laundry facilities available for your use.

Internet Access

There is wireless internet access across most of the buildings for which there is no charge. However please be aware that due to our rural location bandwidth is at times restricted. This can mean if there are people downloading files or films or utilising on line services from the many different types of wi-fi enabled devices now in use it can restrict accessibility to this service.

Minibus Service

The Centre runs a request service to Goring (the local village). Details can be found on the notice board by Reception.

DEPARTURE DAY

Vacating your room

- ◆ **Please vacate your room and return your key to Reception by 10.00hrs.**
- ◆ If you have incurred any charges the Reception staff will give you your bill when you hand in your key.
- ◆ ***Please be aware we do not accept payment by credit/debit cards. We can only accept cash or cheque.***
- ◆ There is a “free to use” ATM facility on site.
- ◆ If you wish to use the Physio Department facilities on your final day, please deposit your belongings etc. in one of the lockers in the changing rooms.

Lunch is available on your final day.

THE CENTRE IS STRICTLY NON-SMOKING, including all the bedrooms.

Please note this policy also applies to the use of e-cigarettes.

Due to recently highlighted patient privacy infringements and accident and damage potential to cars and property, the operation and use of any form of Drone/UAV's is strictly prohibited within the grounds and confines of The Police Rehabilitation Centre. Attending patients are also asked to refrain from bringing and using metal detectors at the Centre during their stay.