



Restoring strength. Supporting recovery.

We provide life-changing physical and mental health treatment for the police community. Over the last 25 years, we have supported more than 77,200 patients through world-class clinical expertise, outstanding facilities, and our extensive, restorative grounds and gardens.

As an independent charity, we rely entirely on you. Your support ensures this vital care is always here for those who need it.

Help ensure we are always
here for you by becoming
a supporter today.

#HelpAndHeal



Expert care, built around you

Physical Rehabilitation: Personalised programmes to restore strength, rebuild confidence, and help you return to duty.

Mental Health Support: Guidance and compassionate support in a calm, understanding environment.

Virtual Conditioning Service: Expert support to help you pass your next fitness test with confidence.

Outpatients Service: Flexible access to expert rehabilitation and facilities, minimising your time away from home.

On-site healthcare team: Holistic care from our dedicated clinical team during your stay.

Virtual appointments: Proactive, guided support accessible wherever you are.