

**SUPPORTING
THE POLICE FAMILY**

**THE BEN
FUND**

**RESPIRE AND
RECOVERY →**

Talk to the Ben Fund about rehabilitation for
serving and retired Police Officers



RESPIRE AND RECOVERY WITH THE BEN FUND

Policing is a difficult job, and at any time an illness or injury might present itself to individuals or to families.

Options include:

A stay at a holiday park

If you are looking for a respite break with your family (and meet the respite criteria) then you can apply to stay with our partner holiday company, Parkdean, who offer a choice of 67 parks found in stunning coastal and countryside locations up and down the country, you will be spoilt for choice.

A stay at St Michael's Lodge

An outstanding therapy centre for both physical and mental wellbeing, St Michael's Lodge offers relaxing accommodation, a swimming pool, sauna and hot tub, a well-equipped gym, and a wellbeing studio where classes including Pilates, Stretch, Tai Chi and Spinning are held. There is also a whole range of holistic treatments for members of The Ben Fund. St Michaels' Lodge is available for adult only respite breaks. A respite stay at St Michael's Lodge includes all your meals and two holistic treatments.

For details of criteria and how to apply visit:
www.thebenfund.co.uk/respite-and-recovery



Learn more about us at
www.thebenfund.co.uk

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