



Health & Wellbeing

Application Process
From The Fire Fighters Charity



Residential Services

- Residential Physical Health & Wellbeing
 - Physiotherapy
 - Exercise prescription
 - Gym sessions
 - Swimming Pool & Hydrotherapy Pool sessions
 - Health & Wellbeing workshops
- Residential Psychological Health & Wellbeing
 - Psychoeducational workshops
 - Mindfulness based activities
 - Physiotherapy
 - Exercise prescription
 - Gym
 - Swimming pool & hydrotherapy pool



Residential Centres

- Jubilee House, Penrith, Cumbria
- Marine Court, Littlehampton, West Sussex
- Harcombe House, Chudleigh, Devon

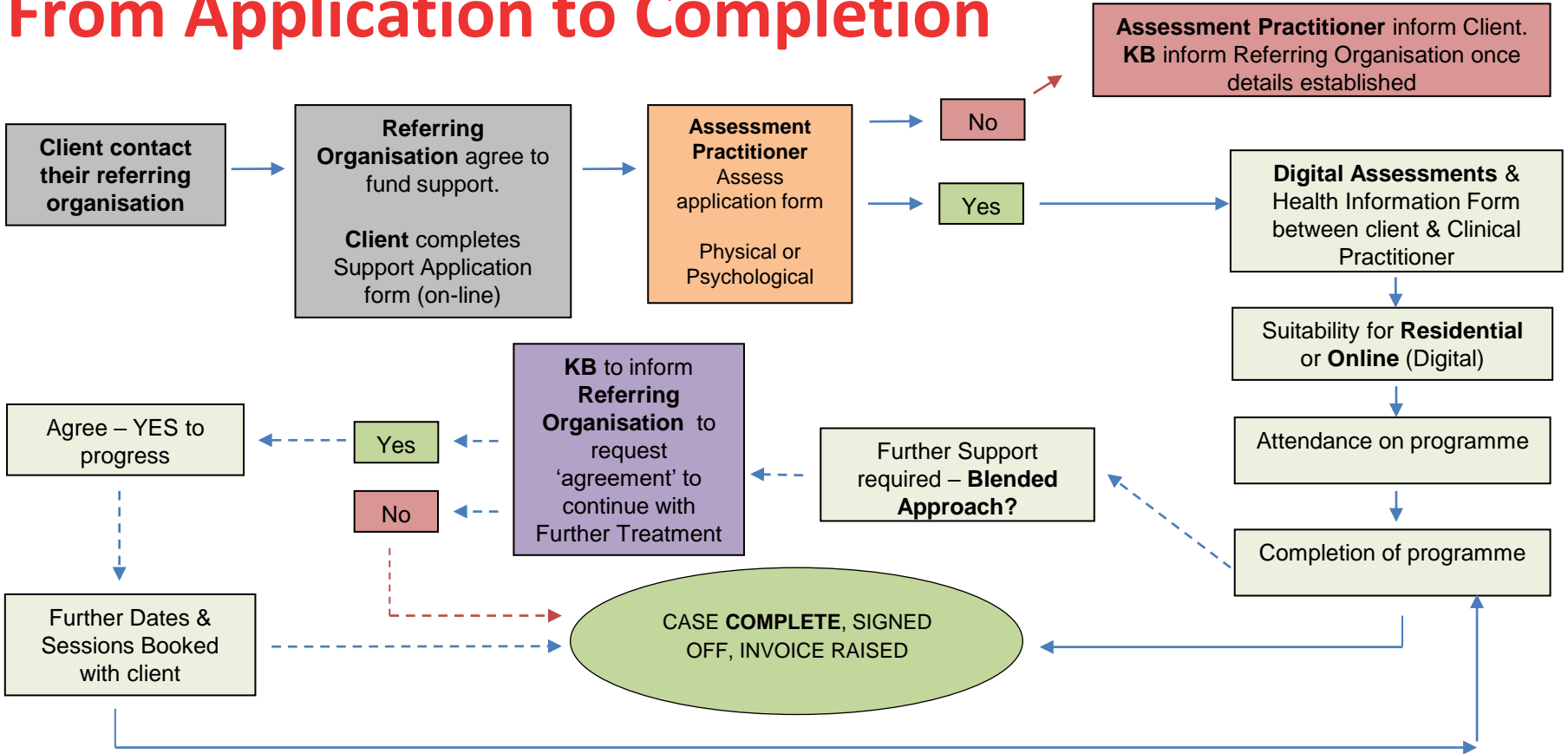


On-Line 'Digital' Services

- Online 'Digital Physical Health and Wellbeing'
 - Up to 4 On-Line Sessions
 - Assessment of condition
 - Exercise Prescription
 - Follow-Up
 - Action Plan – Self Management Tools
- Online Psychological Health & Wellbeing (Counselling)
 - Up to 6 On-Line Sessions
 - Programme & Follow-Up sessions
 - Action Planning – Self management Tools
 - Further Recommendations if Required



From Application to Completion



Support Request Form

You have been referred to The Fire Fighters Charity for health and wellbeing support. Register your details via the form below, and a member of our team will be in touch.



Title

Name *

First	Last
<input type="text"/>	<input type="text"/>

Address *

Street Address	
<input type="text"/>	
Address Line 2	
<input type="text"/>	
City	Region
<input type="text"/>	<input type="text"/>
Postcode	Country
<input type="text"/>	<input type="text" value="United Kingdom"/>

Are you happy for the charity to leave you a voicemail message about this enquiry?

- Yes
- No

Home phone number

Your home phone number

Mobile phone number

Your mobile phone number

Personal email address *

Enter your personal email address i.e. NOT your work email address.

Date of birth *

DD	MM	YYYY
<input type="text"/>	<input type="text"/>	<input type="text"/>

Referring Organisation *

Please enter organisation that referred you to The Fire Fighters Charity (benevolent fund/charity, trade union etc.)

How can we help you? *

Please tell us a little bit about why you need support

CAPTCHA

<input type="checkbox"/> I'm not a robot	
--	--

The Fire Fighters Charity processes personal data in accordance with its Data Protection Policy. For full details of how the Charity processes your data, please see our [Privacy Policy](#).

SUBMIT

Once you press 'submit' you will receive a confirmation email and a member of our team will contact you during our office hours: 9am – 5pm Monday – Friday.



Thank you

