

Back on the Beat



The Police Treatment Centres

News from The Police Treatment Centres

Issue 12 Autumn 2017

A positive sign for health and wellbeing



The health and wellbeing of the Police Family has always been the focus of The Police Treatment Centres, both for physical and non-physical injuries and illnesses. Our Physiotherapy Programme was established in-house in the 1970s but it is only in the last couple of years that our new structured Psychological Wellbeing Programme has been rolled out across both of the Treatment Centres.

With the Psychological Wellbeing Programme now fully established, the initial feedback from those who have completed it has been extremely positive and we are seeing very encouraging results from those officers attending.

Any officer who submits an application for the Psychological Wellbeing Programme will receive an initial phone call from a member of The PTC clinical team – one of the reasons for this call will be to assess the best timing for their visit. Depending on the individual's circumstances, the clinical team may suggest a later admission date than the expected turnaround period for applications if they feel it would be more beneficial. It may be that the most appropriate time for admission is after other forms of treatment have been completed.

When an officer attends either of the Centres for treatment, they will soon realise that all staff members are key in the delivery of both of our programmes, and with the new Psychological




Wellbeing Programme now established, we are focusing on mental health support and training for all of our employees.

All staff members are being provided with the opportunity to take part in Mental Health First Aid Training, where they receive an in-depth understanding of mental health and the factors that can affect wellbeing. Some employees have also taken part in the classes and workshops that make up our Psychological Wellbeing Programme, including relaxation, stress awareness and coping strategies.

This is such an important issue here at The Police Treatment Centres that we want to ensure we prepare all of our employees in the best possible way to deal with mental health issues, both for their own benefit and to ensure we support all of our police patients as effectively as possible.

There is also the opportunity for The PTC to facilitate Mental Health First Aid Training for any force representatives at either of our Centres.

 If you have a group of officers you think would benefit from this training, please get in touch with Head of Clinical Services Mark Oxley at MarkO@thepolicetreatmentcentres.org

Four years: over 350 winners!

In August, The Police Treatment Centres lottery celebrated its fourth birthday with smiles all round as we reflected on the huge contribution it makes to the care we can offer our patients. The lottery has raised over £175k in those four years, on top of the cash and special prizes that have been sent out to over 350 happy winners.

Generally, the winnings seem to be spent on holidays but have also included slap-up lunches, TVs, weddings, garden furniture and even a share in a racehorse.

How would you spend your winnings? Make sure you are playing the lottery and give yourself the chance to dream.

Our next Superdraw takes place on 28th November, with a £2,000 top prize plus extra special prizes, including flights for two from Leeds Bradford to Palma, Majorca, and a four ball golf session at any of the Gleneagles golf courses.



Congratulations Dom

Congratulations to one of our recent lottery winners, Dom Wilson.

If you are not already playing, join before 27th October to be included in our November Superdraw. Enter online at www.thepolicetreatmentcentres.org/fundraising/lottery or phone the lottery hotline on 0370 058 5957.

All existing players are entered automatically.



Charity Lottery

The Police Treatment Centres



Thank you for staying

A big thank you to all of our B&B guests this year; it's been wonderful to see so many of you coming back for a repeat visit and telling us how much you enjoy our hospitality.

It's still possible to book accommodation at both of the Centres before the end of the year, although availability at the Harrogate Centre is limited.

Bookings for 2018 will open in November – if you have booked with us before, you will also receive an email from us.

Look out for updates on our website and social media:

www.thepolicetreatmentcentres.org/hospitality-offers/b-and-b

Don't forget that we also welcome groups – be sure to consider us for accommodation for your sports-related trip away with friends and family.



Merseyside Police OSU Golf Society enjoyed an excellent weekend at Castlebrae in June. Organiser Rob MacDonald said: *"Our accommodation represented fantastic value for money and the non-police members of the group were astounded at the facilities on offer!"*

If you would like to explore the possibility of a group booking, please contact fundraising@thepolicetreatmentcentres.org

Supporting retired officers

In September, staff members from The Police Treatment Centres attended the 2017 NARPO Conference in Scarborough. As always, the event proved to be a valuable opportunity to catch up with NARPO representatives from across the country and to promote The PTC's continued support of retired officers.

The PTC continues to value retired officers and in 2016 we treated a total of 340 retirees across our two Centres on a residential basis.

If you spent most of your police service in one of The PTC constituent forces, you are eligible to become a PTC donor and beneficiary. Please sign up by Direct Debit today and take advantage of our class-leading facilities for just £0.65 per week.

Further information, as well as Direct Debit forms, can be found on our website:

www.thepolicetreatmentcentres.org

Help us to support you by donating to an outstanding police charity that has continuously treated serving and retired police officers for over 115 years.



Have your say on benefits

The St. George's Police Children Trust has been providing financial support to children and young people whose police officer parent has lost their life or has become unable to earn a living through illness or injury for many years now.



The Trust is always keen to ensure that they are doing what is best to meet the needs of those they serve. Recently, the Trustees of the charity met at Castlebrae to discuss the current services provided by the Trust and to look at the future direction and possible expansion of those services. This is a complex and important issue, and conclusions cannot be made without thorough consideration; so it was agreed that a further discussion and consultation is needed before making any final decisions on this matter.

We hope to be able to share more information with you in future editions of *Back on the Beat* but in the meantime we are keen to hear your thoughts. If you have any suggestions or any questions in regards to possible future developments, please get in touch with a member of the team by emailing

enquiries@stgeorgespolicechildrentrust.org or fundraising@stgeorgespolicechildrentrust.org

Or you could complete our short online survey at www.surveymonkey.co.uk/r/JBS9GY





St Andrews open day

We are always keen to show off our facilities at The Police Treatment Centres to visitors from forces, federations and other Police Family organisations but every now and again it is good to open our doors to the public and give them an insight into what happens at our Centres. At St Andrews in Harrogate we recently did just that by taking part in the Heritage Open Day Scheme.

The day was an overwhelming success and visitors were able to explore the grounds and take a tour of the indoor facilities. Even our

therapy dogs were on hand to say hello and pose for photos when required.

Feedback from the public on the day was fantastic and we are especially thankful to the wonderful Ambassadors who supported the event and shared their stories with visitors on the day. Some visitor comments included: *"So glad we came, very interesting and glad there is this facility"*, *"Amazing place. Really opened our eyes to what's needed"*, *"Lovely – extremely well-equipped and friendly. This Centre is obviously meeting a lot of urgent needs"*.



Wellbeing Champions

Police Scotland has just recently launched its organisational health and wellbeing initiative entitled 'Your Wellbeing Matters' for which The Police Treatment Centres is one of their key partners. As a result, we have had the opportunity to attend a number of information days and wellbeing events organised by various divisions within Police Scotland.

D Division, covering Tayside, has already held two Wellbeing Roadshows with The PTC and other partners, spending a day at various stations within the Division to inform officers of the services available to them.

Part of Police Scotland's initiative has been the appointment of Wellbeing Champions throughout the force to act as a point of contact for officers and signposting them to the services available. The Castlebrae Centre has already played host to a group of Wellbeing Champions from P Division, Fife, and K Division, Renfrew, to show them first hand the facilities on offer and inform them of the role The PTC can play in an officer's rehabilitation and recuperation.

Ambassadors help spread the word

In the last edition of *Back on the Beat*, we asked for your support in helping us spread the word about the work that we do at The Police Treatment Centres by signing up to be a Charity Ambassador. The initial response was pleasing and we now have a number of active Ambassadors in various forces, helping in a variety of ways.

For some Ambassadors it is simply a case of receiving literature from us and displaying it around their station. Some have taken the opportunity to brief their colleagues on the services the Centres provide, while others have simply given a little of their time to attend a cheque presentation or publicity photo shoot, on behalf of The PTC.

A few serving and retired officers have even assisted us by attending speaking engagements on our behalf, such as pre-retirement talks and inputs to new recruits. On these occasions, a standard Powerpoint presentation and script is provided by The PTC for Ambassadors to follow.

If you would like to help us spread the word



in any of these ways, please get in touch – your support would be greatly appreciated.

Call the Donor Recruitment and Charity Engagement team on 01423 504448 or email fundraising@thepolicecentres.org

Come along and join us at St Andrews, Harrogate, on Friday 10th November for an Ambassador's Lunch. You will be able to talk to the team and other Ambassadors' as well as finding out more about the role and what is happening, or could be happening, in your force.

If any other Wellbeing Champions would like to arrange a visit to Castlebrae, please contact Graeme Addison or Paul Grant on 01764 664369 or email GraemeA@thepolicecentres.org

Taking the plunge

In September, two of our St Andrews colleagues and members of the England Police Rugby Union Football Club (EPRUFC) proved that persistence pays off when they finally got to jump out of a plane at 13,000ft following two years of weather postponements.

Mark Oxley and Fran Greenwood from St Andrews, Simon Orchard Moore from Cleveland & EPRUFC and Team

Xamax took the plunge at Langar Airfield in Nottinghamshire.

They completed a tandem skydive with the Red Devils, which included a 45-second freefall, to raise money for The Police Treatment Centres.

Fran Greenwood said; "My adrenaline was pumping as we took to the skies and before I knew it I was at the edge of the aeroplane door and straight out into freefall. The best part of the whole experience was the freefall; it felt so exhilarating."

Still to jump and with nerves increasing are West Yorkshire's Chief Constable, Dee Collins, and Chief Constable of Durham, Mike Barton, who will hopefully be jumping early next year. CC Collins said: "I am delighted to take part in the skydive to raise funds and awareness of the great work undertaken by The Police Treatment Centres. Whilst jumping out of a plane is a daunting challenge, I've been motivated to take part knowing that my contributions will help so many others."



So far, the team have raised a fantastic **£16,101.86!**

To support them visit www.thepolicetreatmentcentres.org/fundraising/ways-to-support

Back on the Beat Sportive 2018

After the huge success of the debut 2017 Back on the Beat Cycle Sportive, we are delighted to announce the date for 2018...



It will be **Sunday 20th May 2018**, so make sure it is in your diary. The Back on the Beat Cycle Sportive 2018 will again offer two routes; a 50km intermediate route and a more challenging 99.9km route. Both routes start and finish at The Harrogate Police Treatment Centre, St Andrews.

However, the event isn't just about raising heart rates – the 2017 event raised a staggering **£13,407.61** and we need your help to beat that target in 2018.

Sign up now and start your fundraising by visiting www.thepolicetreatmentcentres.org/fundraising/ BackonTheBeatCycleSportive

Fantastic fundraising for The PTC

We are very grateful to all those who take part in fundraising events on our behalf. Please visit our website today to find out more about how you can get involved by supporting our fundraising or donating to The PTC. We need your support. www.thepolicetreatmentcentres.org/fundraising/ways-to-support

Fire and Ice

Personal trainer and fitness fanatic Michael Davidson recently completed the gruelling Fire and Ice Ultra 2017 footrace in Iceland.

Michael spent five and a half days racing across 250km of varied Icelandic terrain, from ice fields to lava fields, across glacial rivers and past boiling mud pools and volcanic hot springs. Michael did this to raise funds for The PTC and has so far raised over £1,000.

Michael's wife is a serving police officer who has attended Castlebrae during her years of service and was greatly helped by her time there. She said: "It is a fantastic place for officers and we want to give something back." In Michael's case that meant taking part in one of the toughest multi-terrain races in the world.



Remembering former officers

This summer, PC Martin Lambert of the British Transport Police cycled 260 miles across France and Belgium in remembrance of 100 former railway, docks and river police who died during the first and second world wars. Martin laid memorial crosses and stones at the graves and memorials of those who fell and at the same time raised nearly **£400** for The PTC and Royal British Legion.

The Police Treatment Centres

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Email: enquiries@thepolicetreatmentcentres.org

Visit: www.thepolicetreatmentcentres.org

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