

Back on the Beat



The Police Treatment Centres

News from the Police Treatment Centres

Issue 4 Autumn 2014

Bending to an agonising injury

Police officer Anthony Patterson shares his story:

"My injury wasn't the result of an act of bravery, there was no drama or excitement involved. It occurred on a routine call following up a metal theft in the last month of my probationary year.

"Having enjoyed excellent fitness and never been off sick, I suddenly found myself in agony. The following day, I had no feeling down my left side - all as a result of bending to get under a concrete beam.

"I cannot praise the treatment I received at The Police Treatment Centres enough.

"The team gave me personalised advice on how to exercise and build up my leg muscle and strength and I had time to concentrate on recovery. What's more, being amongst other police officers provided a real sense of camaraderie and we all supported each other.



"The improvement by the end of my second week was amazing and I have never had a reoccurrence - this may be something to do with the exercises I was given which I still do today, six years later.

"What happened to me could easily happen to absolutely anyone working in any area. The Police Treatment Centres could save your career. I certainly believe it saved mine."



Officers on the bleep

For most officers, the now mandatory police fitness tests will not hold any worries.

However, if you have recently been injured or ill, reaching the pass rate of 5.4 for what's known as the 'bleep test' may cause concern.

Here at the Police Treatment Centres, our fitness trainers are able to facilitate fitness tests for officers attending for treatment.

As well as removing the fear of the unknown, our fitness trainers can also offer advice on training programmes to help improve fitness and future performance.

They and the nursing team also have a wealth of knowledge on nutrition and healthy eating.

While attending the Police Treatment Centres for treatment, officers can also take the opportunity to access cholesterol and other health and wellbeing checks and advice, which can provide benefits long after their stay here has ended.

Be a winner!

To be in with a chance of winning a two-night bed and breakfast break at either one of our two centres, simply sign up to our newsletter today by visiting us at www.thepolicetreatmentcentres.org/register/ See page 4 for further details.



Reaping the rewards...

A donation of £1.30 per week provides access to expert, police-specific treatment at one of our two Police Treatment Centres, following any injury or illness incurred. It doesn't matter if your injury occurs on or off duty. You can also access treatment following your retirement. Turn to page 2 to find out more.





The benefits of donating

A donation of **£1.30** per week

Your £1.30 per week donation to the Police Treatment Centres gives you access to expert, police-specific treatment, whether you are a serving or retired police officer.

It doesn't matter if your injury occurs on or off duty, or if it is a physical injury, stress, depression or anxiety – our aim is to help you.

Treatment is normally delivered on a residential basis, over a two-week period. Officers living within an hour of our centres in Harrogate and Auchterarder, Scotland, may be considered for outpatient treatment if appropriate.



How we can help:

- Intensive, police-specific treatment;
- Bespoke, tailor-made treatment programmes;
- Excellent resources with up-to-date machines, treatment pools and exercise equipment;
- Fitness and strengthening classes;
- Support and assistance from a fully-qualified nursing team, including physical health checks, post-operative care and first aid;
- Workshops focusing on back injuries and their prevention, stress and sleep;
- Complementary therapies to help with stress;
- Patient advisors qualified in counselling techniques and with a background within the police;
- A relaxing environment, high standard of accommodation and varied healthy menus available.

Getting the therapy you need

Physiotherapists at St Andrew's use hydrotherapy to enable a more rapid functional recovery. This specialist treatment method utilises the properties of water for assistance, support and resistance, providing a whole body treatment.

"The hydrotherapy pool has been an essential part of my recovery and recuperation. Without the pool's facilities I would not have been able to begin treatment and recovery so quickly following surgery."



What are the benefits of hydrotherapy?

- Improved wellbeing;
- Relief of pain and muscle spasm;
- Maintained/increased joint movement;
- Strengthening of weak or injured muscles;
- Improved circulation;
- Maintenance and improvement of balance, co-ordination, mobility and posture;
- Management of neurological conditions.

Meet Patrick Cairns, our new CEO

"Since taking up my appointment in June this year, I have been getting to grips with my responsibilities, spending time out on visits, raising awareness, and trying to encourage new officers to donate.

"It is clear to me, even in the short time I have been with the charity, that the Police Treatment Centres (PTC) is an outstanding facility.

"As the pressures and challenges of police work continue to build, the support that we offer will remain vital.

"I would like to thank and encourage those of you who already pay your donations to the PTC to continue to do so. Please encourage your colleagues to join us as well.

"To non-members, please consider signing up. Your £1.30 a week will get you free treatment, food and accommodation following injury or illness. It could save your career."

Patrick Cairns



Pat's journey back to health

Having been diagnosed with cancer, Pat Hirst was understandably feeling down and couldn't see how she could be helped, when a suggestion was made that she visited the Police Treatment Centres.

"The cancer had damaged a nerve in my leg, making it difficult to walk," explained Pat.

"I accessed treatment initially for help to ease this pain.

"However, it soon became

apparent that there was so much more on offer, particularly for someone in my situation with serious concerns and worries over their health.

"Talking to the patient advisor was tremendously helpful; just being able to talk through your worries and concerns helped enormously.

"I was also supported with some relaxing complementary therapies aimed at helping me relax and reduce my anxiety levels.



"I walked in like an old woman, and walked out practically skipping.

"Caring, attentive and beneficial are the words that come to mind. Thank you so much for giving me respite and improving my condition."

Enjoy a stress-free life!



Stress, anxiety and depression can have a huge impact on a person's life and are becoming increasing problems within the police force.

Here are ten tips for coping with stress:

Know yourself. Look out for the warning signs, such as headaches, sickness, stomach problems, diarrhoea.

Be active. Exercise is beneficial, physically, mentally and emotionally.

Identify your stressors. Make a list and look at the things that can be changed, then work on a plan for tackling these.

Have some 'me' time. Take a break from your busy life. No longer doing the things you enjoy is an indication of stress.

Adopt a healthy lifestyle. Drink moderately, eat healthily, reduce smoking, exercise, sleep well and talk to friends.

Employ a good sleep pattern.

Broken sleep, or lack of it, can result in a lapse of concentration and focus and an inability to manage routine tasks.

Socialise. A problem shared is a problem halved.

Be positive. A positive mind-set really does work. Smiling, focusing on the positives and walking tall helps us feel stronger and more able to cope.

Accept what you cannot change. Focus on the things you can do something about and avoid wasting energy on those you cannot.

Relaxation. Yoga classes, meditation, mindfulness, massage, relaxation tapes or exercises, can give you a sense of wellbeing and help you better cope with and manage stress levels.

Be in it to win it!

Fancy winning the jackpot in time for Christmas?

If you haven't done so already, join our lottery to be in with a chance of winning the top prize of £2,000 (normally £1,000) in our December super draw.

Our lottery costs just a £1 per ticket, and by joining you are helping serving and retired police officers, who are injured or ill, back to better health, back to work or just back to enjoying life.

Existing players will be automatically included in the draw.

If you want to join the lottery, or buy more tickets, phone 0870 058 5957 or visit <http://www.thepolicetreatmentcentres.org/fundraising/lottery/superdraw>
The closing date is 1 December.





Stay supple and strong!

Here are 10 top tips from our physiotherapists to help you maintain better health:

- Follow simple, healthy living advice about exercise and diet, which can help keep your bones, joints and muscles strong and healthy.
- Make regular physical activity part of your daily routine.
- Strengthen your core muscles to help prevent abdominal weakness.
- Try to arrange your work to achieve a mix of sitting and moving around.
- Maintain good posture at all times.
- Sit close to your desk and adjust the height of your seat so that your hips are slightly higher than your knees.
- To help avoid neck pain, do not wedge the telephone between your ear and shoulder.



- If you have spinal pain, keep moving. Bed rest for more than a couple of days makes it harder to get going.
- Exercise and physiotherapy are just as effective as surgery for relief from chronic knee pain related to arthritis.
- Stay active.

Getting away from it all



During the last year, you have helped us raise an additional **£45,000** by booking bed and breakfast weekends at our Police Treatment Centres, so thank you.



And next year we will be offering even more rooms at both centres.

St Andrews in Harrogate and Castlebrae in Auchterarder, Scotland, both offer the perfect place to enjoy a weekend away.

Whether you want to explore the beautiful Yorkshire or Perthshire countryside, or get involved with the plentiful activities on offer in both areas, our centres have something for everyone.

All revenue generated by our hospitality breaks goes straight back into the charity, enabling us to upgrade existing facilities and services.



Win a weekend break on us!

Are you looking for a new place for a short break? Do you fancy some adventure, culture, shopping or even a tranquil place to read a book? Look no further.



Our centres at St Andrews and Castlebrae both offer the perfect place to enjoy a weekend away.

To win a two-night bed and breakfast stay at either one of our centres, please visit our website today and sign up to receive our newsletter. Go to <http://www.thepolicetreatmentcentres.org/register/>

Dates are subject to availability upon time of booking and available on Fridays and Saturdays on a bed and breakfast basis.

All entries must be made by Sunday 30 November 2014. The draw will be made and successful winner notified on Monday 1 December 2014.

The Police Treatment Centres

St Andrews, Harlow Moor Rd, Harrogate, HG2 0AD
 Call: 01423 504448
 Email: enquiries@thepolicetreatmentcentres.org
 Visit: www.thepolicetreatmentcentres.org
www.twitter.com/PTCentres
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Registered Charity number 1147449 OCSR SCO43396

Companies House No. 07822534

To find out more, please visit <http://www.thepolicetreatmentcentres.org/hospitality-offers/b-and-b>