

# Back on the Beat



The Police Treatment Centres

Issue 19 Autumn 2022

News from the Police Treatment Centres

## Additional Wellbeing Support For Retired Officers

**From January 2023, we are excited to announce that the PTC will offer a new Wellbeing Programme to our Retired Officer Donors.**

The Retired Officers Wellbeing Programme will be a one week structured programme designed specifically for those who have retired from the Police Family and have a formal diagnosis of mild to moderate anxiety and depression.

Please note, this Programme is not intended to address symptoms of PTSD which require a longer input.

The Programme will offer a 7 Day residential stay, Monday to Sunday, culminating in a weekend stay of relaxation and reflection in the safe environment of either Harrogate or Auchterarder.

There will be 5 days of Group Workshops and Classes including:

- Stress Awareness
- Coping Strategies
- Sleep
- Nutrition
- Resilience
- Mindfulness
- Relaxation Techniques
- Thrive App Introduction

There will also be the option to take part in low-level exercise classes including Tai Chi and Yoga, as well as access to our class-leading gym facilities and pools to build a tailor made fitness and health programme with one of the PTC Fitness Instructors.

The relaxing environment, food and facilities, along with the staff from all departments, helps to provide a place where you can be comfortable and concentrate on your recovery.



Although the Programme will not commence until January 2023, we are accepting applications to attend from November this year. Application forms will be available to download from our website.

To support the delivery of this new service, and after much deliberation, The PTC Board of Trustees voted in their meeting of the 5th August 2022, to increase the weekly donation rate for Retired Officers. From January 2023, the new rate to donate to the PTC will be £4.50 per month.



We understand that any increase in the donation rate will not be welcome, but this modest increase will allow the Charity to be financially viable over the next few years, offset the expected reduction in donor numbers, and just as importantly, improve the support and service to both you and your colleagues.

Both of our Centres are continually improving, with the standard and quality of the treatment and facilities being better than ever. The PTC Board of Trustees firmly believe that this new donation rate still represents excellent value for money and that the treatment delivered at the PTC continues to be exceptional.

This increase will help to ensure the long term sustainability and future of the PTC and ensure that we are here to provide treatment and support to this and future generations of Serving and Retired Donors.

**Access this excellent new Wellbeing Programme, plus our highly effective Physiotherapy Programme, for just £4.50 per month from January 2023.**

**Sign up online.**

## 2023 Brings Increased Access to Benefits for Retired Officers



From 1st January 2023 Retired Officers who had not previously donated to The Police Children's Charity during their career will become eligible to sign-up and, after an initial 12 month period, will have full access to benefits when needed for any children still within the age range covered by the Charity. This includes access to the two new All Donor Grants looking after the mental wellbeing of any children up to the age of 25yrs. Eligibility still costs just 35p a week! You can download an application form from the website.

[www.thepolicechildrenscharity.org](http://www.thepolicechildrenscharity.org)



# Charity Superdraw Lottery

The Police Treatment Centres

## Win a Golfing Break for Four People



December is Lottery Superdraw time again, with a top prize of £2000, other cash prizes AND a fantastic golfing experience for four people to be won. Entries for the Superdraw need to be in by 10th December to qualify.

If you are not a regular player in our Lottery, you can still purchase one-off tickets JUST for the Superdraw, with no additional monthly commitment to the lottery. One-off entries cost only £1 each. Just scan the QR code below to purchase individual tickets.

Scan to Purchase one-off entries to the Superdraw



As part of our December 2022 Lottery Superdraw, we have a very special additional spot prize. It comprises of two nights accommodation at Castlebrae, our Auchterarder Centre, for four people, with a Four Ball voucher for Gleneagles and a Four Ball voucher for Stirling Golf Course. The Gleneagles voucher can be used on any of the resort's three world famous Championship courses.

Scan the QR code NOW for your chance to win, or to join our monthly lottery, see the details below.

### Join our Lottery:

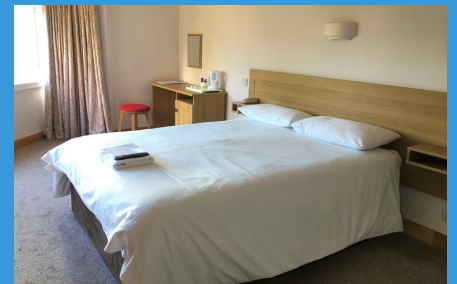
[www.thepolicecentres.org/fundraising/lottery](http://www.thepolicecentres.org/fundraising/lottery)  
Phone: Lottery Hotline  
03700585957

## Book Your 2023 Weekend Away NOW!



We have opened our 2023 calendars earlier than ever this year to ensure you can plan ahead and get booked up for a weekend away at either of our Centres.

So, whether you want to explore the beautiful Yorkshire Dales or the glorious Perthshire countryside, or just get involved with the plentiful activities on offer in each area, book your dates NOW!



## Now Opening To All Blue Light Agencies

On 3rd October 2022 we will, for the very first time, open up our B&B bookings to the wider Blue Light Family. Staff from any of the other Blue Light Emergency Service organisations will now be able to book a weekend away at either of our two Centres.

For more details on pricing and to check availability, please visit our website.

## New To B&B In 2023

Did you know that the Police Treatment Centres have two Cottages located in the grounds of our Castlebrae Centre in Auchterarder, and one of them is available to book for either a weekend or a whole week. The Cottage sleeps a maximum of 5 guests, plus a travel cot if required, and is bookable on a strictly self-catering basis.



Rates are from £250 for a weekend and £500 for a full week.

Please note that meals cannot be taken within the Treatment Centre. All linen and towels are provided.

To make a booking please call 01764 664369

## We Need You!

## To Be A Fundraising Hero

With the loss of some of our income streams during the Covid pandemic period, the PTC is now very much in need of your help to ensure we will be here to support future generations of our Police Donor Patients. Taking part in sponsored fundraising events and challenges is a great way to help us raise much needed funds and there are so many other ways you can get involved.

For more details and inspiration, visit our website.  
[www.thepolicecentres.org/fundraising](http://www.thepolicecentres.org/fundraising)

