

Back on the Beat



The Police Treatment Centres

News from the Police Treatment Centres

Issue 6 Autumn 2015

Castlebrae's Big Build

An update on the redevelopment programme underway in Auchterarder

Earlier this year, the PTC Board of Trustees gave the final go-ahead for work to commence on the Castlebrae Project. This is a major new build and redevelopment scheme at our Scottish centre in Auchterarder, which will see all the fitness facilities at Castlebrae upgraded to meet the level of demand placed on our services. Most importantly it will improve the levels of care, treatment and support that we pride ourselves in, which is delivered to all of our police patients who attend this facility.

The works include the construction of a new, larger, treatment pool as well as a hydrotherapy pool; something which we currently have at our Harrogate centre but have never had the benefit of at Castlebrae. The construction of these two new pools will then allow us to redevelop the existing pool area to create a new, and again larger, fitness studio, as well as a new Indoor Cycling Studio. We will then be able to extend our gym into the current fitness studio area and thus nearly double the size of the rehabilitation gym.

The charity is operating at between 90 and 95% capacity, which has only served to highlight even more clearly our need to increase the size of the fitness facilities at the Auchterarder centre. We also know from our experiences at Harrogate just how beneficial the hydrotherapy pool is, and thus what a great addition the new hydrotherapy pool at Castlebrae will be for those attending the centre.

One of the first tasks when work commenced in May was to drain the existing treatment pool. This now means that we have to operate without the use of the pool until the works are all complete in March 2016. However an arrangement with a local swimming pool is now in place, which means that we can still offer water based treatment to those who need it.

The next major undertaking was the excavation and construction of the two new pools. Once the bottom and walls of the pools were in place they were filled with water and left for a fortnight to check for any leakage in the construction.

Then it was time for the main steelwork to go up. Supporting columns

were swung into place by the large crane that arrived on-site and once firmly fixed to the foundations the main roof trusses were fixed into place. Some additional roofing joints were then added and the whole structure was up in the space of a week, giving us all our first real glimpse of just how big the new building will be.

As we went to print work had started on some of the blockwork around the old pool building and the whole structure should be up, and wind and water tight, by the end of October. Despite our summer the weather has actually been kind to us and work is progressing to schedule, leading us to our completion date of next spring.



You can follow the progress on our twitter feed with the hashtag #TheBigBuild!

Supporting You



For a monthly donation, the PTC can support YOU during difficult times. Your donation gives you access to free, expert, police-specific treatment, at one of our two centres, regardless of whether your injury occurred on or off duty.

Turn to page 2 to find out more.



How YOUR charity can help YOU

The Police Treatment Centres have, for some time, been wrestling with some major decisions around our eligibility policy for those entitled to access the PTC, and have also been attempting to check the fall in the number of our donors, who provide the bulk of our income and annual running costs.

The police landscape has changed considerably in the last 5 – 10 years and there are now many men and women working in roles that have traditionally been carried out exclusively by police officers in the past. These include PCSOs, Special Constables and Detention/Custody Officers. There was a view within the PTC Trustees, that the individuals employed in these roles are very much part of the police family as they work alongside police officers with the same collective aim, and routinely share the same risks and challenges.

The PTC Board of Trustees felt that they had a moral responsibility to offer these individuals the same opportunity to donate to the PTC, and then apply for treatment at either of our centres. We have also lost almost 5000 donors to the PTC in recent years, mainly as a result in the reduction in officer numbers, and this has meant a loss in our annual income of £338,000. You will all be aware that we expect further cuts in officer numbers

to come, and this will continue to reduce the income for the PTC. We anticipate however, that police officers will be under greater physical and psychological pressures in the future, and that there will be a continued need for the PTC.

To that end the PTC Trustees have directed that from 1 January

2016, we will allow PCSOs, Special Constables and Detention/Custody Officers (employed by the Chief Constable or Police Crime Commissioner) to sign up to donate to the PTC, and that they will be eligible to access treatment at either of our centres. As well as allowing extended members of the police family the opportunity to access treatment at the PTC, it will also ensure that we remain in a financially strong position by increasing the number of our donors.

Alongside this the Trustees have directed that the PTC will introduce a weekly donation rate of £0.65 for Retired Officers from 1 January 2016, which they will be required to pay if they wish to apply for free treatment at the PTC.

The introduction of a donation charge for Retired Officers is part of a range of measures to ensure both the sustainability and longevity of the PTC, and we are clear that if we do nothing this will inevitably impact on our future revenue and income, and most critically the service and treatment that we are able to provide to our patients in the future.

Did you know...

that by donating monthly to the Police Treatment Centres you can receive treatment for free following an injury or illness? If you are not already donating, take a fresh look at the PTCs and see how you too could benefit from what we can offer.

Sign up today! Visit our website & fill in the relevant forms to start making your monthly donations.

“ I recommend anyone to take advantage of the PTC and what it has to offer. It is worth twice the cost. The staff are expert in everything they offer. Within two days of attending I had more movement in my shoulder than in the previous six months. ”



Getting away from it all!

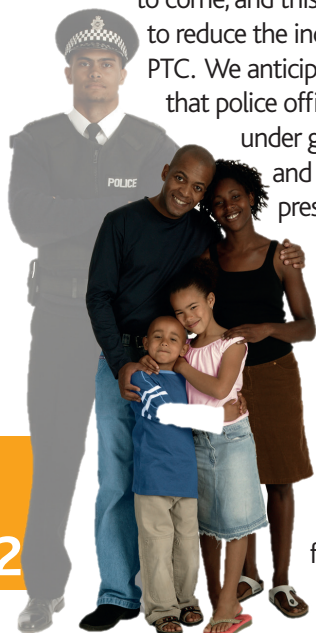
Over the last year you have helped us raise an additional £45,000 through the booking of bed and breakfast weekends, so thank you. All revenue generated from the bed and breakfast weekends goes straight back into the Charity enabling us to upgrade existing facilities and services.

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. And with excellent accommodation and grounds each centre is ideal for that weekend break.

Dates for 2016 will be announced soon and you can book online from 4th November.

“ We've really enjoyed our weekend stay. Beautiful grounds, relaxing lounges, lovely breakfast. Spotlessly clean room and friendly and helpful staff. We look forward to spending another weekend here in the near future. ”

➔ To find out more visit our website www.thepolice-treatmentcentres.org/hospitality-offers/b-and-b



Developing psychological wellbeing

The Police Treatment Centres have recently employed a Head of Clinical Services, a brand new post for the charity. This is an important position within the PTC, and one in which we will look to re-develop our treatment programmes for physical and non-physical injuries and illnesses. We are delighted to announce the post has been filled by Mark Oxley, whom many of you will know as the Clinical Services Manager at St Andrews since 2008.

Mark said: "Although the majority of our patients attend for physiotherapy, an increasing number of patients attend the centres for support following stress or illness.

"I am currently reviewing and updating the system for how we treat physical injuries, as well as developing a comprehensive and holistic new psychological well-being programme, which will significantly improve our treatment of these types

of conditions. Ultimately, we hope to see our psychological support and physiotherapy programmes equally recognised for their excellence.

"Whilst there is a lot of work to be done before that can be achieved, we are already putting into place a more structured psychological wellbeing programme. This will include the introduction of group sessions in stress management, workshops focusing on relaxation and sleep, group exercise sessions and also individual counselling and complementary therapy sessions.

"We will also be continuing to develop partnerships with other organisations like MIND, the Mental Health Charity, PMAS, who have supported our Patient Support Advisors for the last two years, and force



occupational health departments to ensure what we do remains police-specific.

"There is a tremendous amount of activity occurring regarding Health and Wellbeing within the Police Force, and the Police Treatment Centres aim to be at the centre of this to support officers."

"I came here for help with depression and insomnia which has caused me to be off work for 4 months. It felt amazing to be in such a supportive and positive place, which has given me the confidence to return to work."



We're supporting
The Mind Blue Light Programme

Your chance to win
£2,000

on 28th November 2015

Lottery hotline 0370 058 5957

Plus £££s more prizes!

Charity Superdraw Lottery

The Police Treatment Centres

Join the lottery at www.thepolicetreatmentcentres.org/fundraising/lottery



Fundraising Activity

So far this year, our fantastic fundraisers have:



Swum 2000m

Run 302,100m

(4000m of which were pushing a bed... yes a bed!)



Biked 164,000m

Do something amazing!

The Treatment Centres are now, more than ever, in need of your support to ensure we will be here to support future generations of Police Officers. Taking part in sponsored fundraising events and challenges are great ways to help us raise money, and your amazing efforts really will help us to make sure that the Police Treatment Centres can continue providing vital treatment and support, to help officers return to better health and get back to work sooner. There are so many ways you can get involved – Take part in an organised event, or plan your own! Visit our website to find out more!

www.thepolicecentres.org/fundraising/

Baked over 200 cakes & cupcakes!



Walked 62,000m



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