

Back on the Beat



The Police Treatment Centres

News from the Police Treatment Centres

Issue 5 Spring 2015

Police Mutual make generous donation to support the Police Treatment Centres

The Police Treatment Centres has received a generous grant from Police Mutual of £30,000 per annum over the next three years to support the work of our Patient Support Advisors at both PTC Centres & the provision of psychological support to Police Officers.

Claire Long, Head of Police Service Engagement at Police Mutual said "The work of the patient advisors at Harrogate and Castlebrae are a key pillar of support and hopefully this funding will allow them to do more."

Patrick Cairns the CEO of the PTC commented "We are very grateful to Police Mutual for this very generous donation, they have been huge supporters of the work that we do at the PTC in the past both financially and in other ways, and this money will go a very long way in allowing us to provide much needed

support to the growing number of police officers presenting with psychological conditions for help at the PTC in the future"

This grant will continue the support Police Mutual started last year, when they kindly donated £30,000 towards patient support. Research has shown that patients that received support funded by Police Mutual Foundation throughout 2013 felt more than 50% better when they left our centres.

The PTC would like to thank Police Mutual for helping us to improve the health and wellbeing of these patients.



The PTC Vision, Mission and Set of Values

All organisations need a Vision, Mission and Set of values to ensure that they are correctly focussed on delivering the proper outputs. For the PTC this means the treatment and services that we provide for our serving and retired officers. Over the last few months we have worked hard to develop a Vision and Mission, and I am pleased to say that we have now come up with our final versions. Although as expected we "enjoyed" considerable debate on the structure of some of the sentences and words, what was never in doubt was the commitment of all the Trustees and Senior Management Team at the PTC to ensure that we provide the highest standard of treatment and support to all of our Police Patients who attend the PTC. I hope therefore that our Vision, Mission and set of Values highlighted below, will go some way to ensuring that we never lose sight of why we at the PTC are here, the importance of the work that we do, and the requirement to always strive to make improvements for the benefit of all of our Police Patients.

Patrick Cairns, CEO PTC

PTC VISION

Our vision is to establish the PTC as a Centre of Excellence in the care and treatment of police patients suffering from injury and illness, and through our work; support and encourage their return to better health as swiftly as possible.

PTC MISSION STATEMENT

The PTC will aim to provide the very best modern care and treatment for all of our police patients, in order to improve their health, fitness and well-being.

THE VALUES FOR THE PTC

- Always put serving police officers at the Centre of our work
- Support retired police officers where capacity allows.
- Where appropriate – treat the whole person in terms of their physical care, and good mental health and wellbeing.
- Develop new approaches and treatments in the care, treatment and support of our Patients.
- We will always strive to improve and do better.
- Develop and sustain class leading facilities and real estate.
- Create an environment that fosters and encourages a sense of wellbeing amongst all Patients.
- Develop a workplace where employees feel their contribution is both valued and recognised.
- Establish the PTC as an organisation where our employees aspire to work in, and once employed; wish to remain with us.

BED & BREAKFAST

Take a break, relax & enjoy the excellent weekend destinations of St Andrews, Harrogate & Castlebrae, Auchterarder



Win a weekend break on us!
To be in with a chance of winning a two night b&b break at either of our centres, simply visit www.thepolicetreatmentcentres.org/register/ & sign up to our newsletter



Supporting the Police Treatment Centres

We are a registered charity funded almost entirely by donations from serving officers and members of the public. We need your support – find out how you can make a difference.

We'd like to thank some special people who have done fantastic work already this year by fundraising for the PTC.

Suzanne Smith of West Yorkshire Police, a previous patient at St Andrews, completed the New York Marathon in a brilliant time of 5hrs 52 minutes and 57 seconds on Sunday 2nd November! A fantastic achievement!

A group of staff from Castlebrae in Auchterarder plus serving police officers that had attended the centre completed Tough Mudder, & was one of the PTC's most successful Justgiving pages of 2014.

In March, Michael Potter, a Merseyside Police Officer, took the PTC to new heights when he climbed Kilimanjaro to raise money for four charities close to his heart, including The Police Treatment Centres.

Four Durham Pol Fed representatives - Dave Barker, Kev Wilson, Andy Reay and



Ian Dickinson shunned the normal mode of transport to get to the England and Wales Federation Conference in Bournemouth this year and cycled all 365 miles, raising an outstanding amount for the PTC!

Holding a fundraising event is a fantastic way to support The Treatment Centres, whilst having fun at the same time! Your event could be a charity bike ride, a charity run, a fundraising dinner....just about anything! If you're raising funds for the Treatment Centres we'd love to hear about it.

Our fundraising team is here to support you every step of the way too. Contact us today on 01423 504448 /fundraising@thepolicetreatmentcentres.org to receive your free fundraising support pack and to have a chat about your ideas.

Visit our website to find out what fundraising is going on at the moment & get involved!

A lifeline for your colleagues

The PTC were informed earlier this year that Lord Philip Douglas Knights had left them a gift to the sum of £20,000. in his will. We really would like to express our sincere gratitude for such an incredibly generous donation.

The number of serving and retired police officers needing our support and services is increasing, leaving a gift to the Police Treatment Centres will help ensure that we can continue to be there to provide treatment, rehabilitation and recuperation into the future.

If you are considering leaving us a gift in your will, thank you. We would love to hear from you. Any information you give will remain confidential and is not legally binding, but by telling us we are able to thank you, and keep you informed of our work.

If you require any further information on leaving us a gift in your will, please do not hesitate to get in touch. Contact us by email fundraising@thepolicetreatmentcentres.org or call 01423 504448

Police Treatment Centres benefit from LIBOR fines

At the end of last year St Andrews was awarded a grant of £502,000 from LIBOR fines. The government has allocated nearly £10m to help support 200,000 emergency services personnel and volunteers, funded through LIBOR fines. This funding will be focused on mental health, physical recuperation and bereavement support. It is the first time that LIBOR funding has gone to support emergency services personnel.

The facilities in the reception area at St Andrews have been improved so that the highest level of customer service can be given to attending patients, with a more customer focused space. The refurbishment has also focused on making the reception more capable of supporting people with disabilities.

In order for the PTC to continue to offer the highest level of treatment, a large proportion of the grant has been allocated to upgrading cardiovascular & resistance gym equipment at St Andrews that has become old & outdated. In the past the PTC has received reconditioned equipment but the LIBOR grant means that for the first time we are able to purchase brand new equipment.

The PTC has also purchased two new elite types of equipment thanks to the grant – a Wattbike & two AlterG Antigravity treadmills. Developed in association with British Cycling and used by World and Olympic Champions, the Wattbike is the first factory calibrated

indoor bike to deliver accurate, consistent performance data and technical feedback. The AlterG treadmills allow you to reduce gravity's impact by selecting any weight between 20% and 100% of your body weight by 1% increments, meaning you can rehabilitate lower extremity injuries with less pain and less impact.

The new indoor cycling studio, outdoor exercise area & resurfaced tennis courts, all made possible by the grant, will be formally opened by Matt Stephens, former Olympic Cyclist & commentator in April.

The onsite Summer House has been fully refurbished in order to hold relaxation classes & as a quiet area for patients. The Summer House will be formally opened by Claire Long of Police Mutual in May.

The PTC also offers support to officers following trauma or stressful times which is impacting their work. The number of these cases is increasing with at least 20% of patients requiring some support.

The new Catherine Gurney Sensory Garden will provide a quiet area for personal contemplation, which will be of great benefit to these individuals' recovery. A similar area is already in place at Castlebrae, the centre in Auchterarder in Scotland, with great success. The garden will be formally opened in July by Baroness Harris of Richmond.

The PTC is delighted to announce it has just heard the Scottish Police Authority has allocated £100,000 of LIBOR fines to Castlebrae.



Join our lottery

What would you do with £1000?

If you haven't already done so, join our lottery now for your chance to win £1,000 each month and at the same time help bring in a regular source of income to help serving and retired police officers back to better health. Our lottery costs just £1 per ticket.

www.thepolicetreatmentcentres.org/fundraising/lottery



North West Police Benevolent Fund

At present, in order to sign up to the Police Treatment Centres, officers must currently join the North West Police Benevolent Fund at £9.52 per month. £5.63 per month of this goes to the Police Treatment Centres & 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. Of the balance £0.87 goes to the St George's Police Children Trust and the remainder to the North West Police Benevolent Fund.

From 1st August 2015, this donation rate will be split. After this date, officers will be able to sign up to the Police Treatment Centres and St George's Police Children Trust

independently from the North West Police Benevolent Fund.

Please note, the National Recruitment Campaign's Amnesty will continue until September 2015 for North West Benevolent Fund Forces.

Turn over to find out more about our National Recruitment Campaign!



National Recruitment Campaign #BackOnTheBeat

The Police Treatment Centres are running a National Recruitment Campaign during **April, May & June 2015**. When you sign up there is normally an initial waiting time of 12 months before you can access treatment. However, if you sign up during the campaign, you will receive amnesty from this waiting time, and be able to access treatment straight away.

Every year the Police Treatment Centres helps thousands of serving police officers who have been injured or fallen ill to return to better health and wellbeing, and we want this number to continue to rise.

If you are not currently making a regular donation to the Police Treatment Centres and would like to sign up & benefit from the Amnesty, visit our website & click on the **Sign Up Today** button on the homepage!

During the Recruitment Campaign, we will be running a social media campaign – Back On the Beat. Please help us increase awareness & support of the Police Treatment Centres by spreading the word on social media using the hashtag #BackontheBeat



Join in! #BackonTheBeat
twitter.com/PTCentres
facebook.com/ThePoliceTreatmentCentres

Do you know how important your donation could be to the Police Treatment Centres?

Every day police officers put themselves at risk to ensure our communities are protected so we feel safe and secure in the places we live.

Did you know?

- Every 27 minutes, a police officer is assaulted in the UK. And
- 54 officers are attacked on the streets every day.

Police Officers need a place where they can come to receive treatment when they have been injured or fallen ill. The Police Treatment Centres provides that facility.

Most officers receive intensive physiotherapy, whilst others seek support with stress-related conditions

and some attend for reasons of respite or to recuperate following an illness or operation.

Making a donation today really would make a huge difference to the care and support we can provide to these injured and ill officers.

£4 a month will buy one physio session for a patient following an injury

For every £1 you donate, 90p is spent directly on patient care. That is far more than many other charities.

Ways to make a donation:

Online – it's the quick and easy way to donate! You can make a one off donation with Just Giving.



“**Thank goodness for this establishment. I mattered. Every aspect of the treatment and care was specific to me and my progress mattered to everyone there. You can't put a price on the treatment and care you receive. My confidence, fitness and perspective have all improved greatly and I am very grateful.**”

Direct Debit by Post – you can now choose to make a regular donation to the PTCs through Direct Debit. Visit our website to find out how.



The Police Treatment Centres

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Perthshire PH3 1AG

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Email: enquiries@thepolicetreatmentcentres.org

Visit: www.thepolicetreatmentcentres.org

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