

Back on the Beat



The Police Treatment Centres

Issue 16 Winter 2019

News from the Police Treatment Centres

Call For Volunteers in 2020

On 22nd June 2019, 22 elite riders from 17 of the PTC's constituent forces completed an epic 249 mile ride from the PTC Centres in Auchterarder to the PTC Centres in Harrogate, in an impressive time of 16 hours and 11 minutes!

The riders made excellent time and were supported by a fantastic team of volunteers, who were invaluable to the success of the ride.

UCI Road Championships

St Andrews were delighted to host both Team GB and Team Australia for the prestigious UCI World Road Championships held in Harrogate throughout September. This was a fantastic opportunity to showcase the PTC's first class Rehabilitation Centres on an elite, international sporting stage. The Teams used the Centre as a base whilst they competed in two weeks of intense competition. Both teams enjoyed successful events with Rohan Dennis of Team Australia securing first place in the Men's Time Trial Event, and Team GB winning bronze in the Mixed Relay Event.

The event also raised over **£80,000** for the

Currently, the fundraising total stands at an amazing **£32,057.08!!**

This outstanding total will be used to support the build of the new Police Psychological Wellbeing Centre of Excellence at St Andrews throughout 2020. We hope to repeat this success in 2020... with your help we can ensure that the Centre of Excellence can provide the best possible levels of care, facilities and equipment to injured and ill Police Officers. If you are a keen cyclist, and up for a real challenge, please contact us at fundraising@thepolicetreatmentcentres.org

Charity at a time when it would have been likely that the Centre would have had to shut to Patients and run with skeleton staff due to the significant disruption to roads. It is important that the PTC continue to research new revenue streams to ensure the future of the Charity.

We also have lots of signed merchandise from both teams that will be featuring on our Ebay page; so do have a look and secure a piece of cycling history!



Charity Superdraw Lottery

The Police Treatment Centres

As we look to the year ahead we have already put in place some measures to make sure 2020 is yet another bumper year for players of the PTC Lottery.

We are once again planning to have two Superdraws throughout the year with each Superdraw having a fabulous top prize of **£2000**, double the usual monthly top prize, plus there will be other smaller cash prizes. There will also be one super spot prize to be won.

Our lottery runs every month throughout the year and costs just **£1** per entry to join, with a monthly top cash prize of **£1000**. Make sure you sign-up **TODAY** and be in with a chance to **WIN BIG!**

How to Join:

Online:

www.thepolicetreatmentcentres.org/fundraising/lottery

Phone: Lottery Hotline

03700585957

Spotlight on Fundraising

Finley Cornfield

Mini Fundraising Hero, Finley, continued to raise funds for the PTC throughout 2019, continuing his 2018 success. This year Finley took on The Mini Great North Run for PTC and Teeside Hospice and raised an amazing **£136.91** for the PTC. He decided to take on the challenge to support his mother, Tracy,

who is a Serving Officer in Durham. Finley has seen the benefit that both programmes have had for his mother and wanted to fundraise for the PTC. Thank you so much Finley for all your help and support.

For some challenging fundraising ideas for 2020 why not check out our Fundraising Calendar on our website.



Graham Wilson

In 2020, Graham Wilson, a Retired North Yorkshire Officer will be taking on 120 Marathons in 120 days across the UK and Europe. Graham is raising money for 15 national and local charities, including the PTC! Fundraising started in 2019 with events such as charity football matches, giant quizzes and dinner dances. Taking on this challenge is no mean feat and Graham would appreciate any support along his route! Take a look at his website for more information about the route and how you can support his fundraising efforts throughout 2020! www.120marathonman.org/



Officers Signing Up To Be PTC Ambassadors

Over the past three months the PTC has embarked on staging a number of Ambassador Roadshows across our 24 Constituent forces. The aim of these Roadshows was to get out to stations and see as many Officers on the ground as we could whilst spreading the word of the fantastic work that our network of Ambassadors do for the PTC. The support that we receive from our Ambassadors is priceless, their help in portraying to young officers the importance of signing up to the Police Treatment Centres is forever appreciated and is something we aim to replicate with increased numbers in 2020. Whether this be at wellbeing events or popping along to our presentations to give a firsthand

testimonial account, it really does make a massive difference.

The plan was to stage an initial number of these Roadshows before Christmas and then the remainder in the New Year. I can report that the Roadshows have been a great success. So far we have completed 16, attracting 20 new Ambassador sign ups. Not only have we managed to attract a number of new Ambassadors but our reach in attending some stations that we may not have in normal circumstances has enabled the PTC to increase sign up rates through these forces. It has also given the team the opportunity to answer some of the more obscure questions that Officers simply would not have had a chance to ask, had we not been present.

We would like to thank all of the forces that have hosted Roadshows so far. Dates for the remaining 18 Roadshows will be confirmed soon. So check out our website for more details on becoming an Ambassador, what it involves, and for all future dates on our Ambassador Roadshow.



www.thepolicecentres.org/fundraising/our-supporters/Ambassadors

New Plans Are In Place

Recently we reported on a major new proposal to expand our treatment centre in Harrogate, with significant investment from Police Care UK, the LIBOR Fund and the PTC itself. The funds will help build a new wing at St. Andrew's in Harrogate which will house a new 'Centre of Excellence' to better care for those who suffer psychological harm because of their policing role.

Police Treatment Centres Chief Executive Patrick Cairns said, "Charities like ours have seen a near 25% increase in demand for our services in treating mental health and wellbeing issues in the last year alone. Policing is, quite literally, breaking our Police Officers and staff, and much of the treatment and support needed to recover is being delivered by police charities such as the Police Treatment Centres."

This increase on demand has put a large strain on the Psychological Wellbeing Programme delivered by the Police



Treatment Centres which can only deal with a limited number of officers each week at each of its centres.

The proposed new wing at St. Andrews will allow the PTC to expand its Psychological Wellbeing Programme and to increase the number of officers treated who are suffering from stress, anxiety and depression.

It is planned that building work on the new wing will commence in the first half of 2020 and will then be opened to officers during the course of 2021.

Watch this space for further updates on the progress of this important and much needed expansion of our facilities.

Your Support Makes All The Difference



In 2019, for the first time, we sent an extra Christmas bonus sum to each and every child or young person that the Trust supports. It is hoped that this extra payment will help ease the financial burden of such a costly time of year, and from the feedback we have already received it looks as if the Christmas Gift was very much appreciated.

To all of you who support the work of the SGPCT, **THANK YOU**, your contributions, however small they feel, are making a big difference to the lives of over 300 children and young people who have lost a parent or whose Police Officer parent is no longer able to earn a living due to injury or illness.

If you would like to support the work of the trust then go to the website for more info.

You can also help raise funds for the St. George's Police Children's Trust by taking part in a fundraising event. To help inspire you or give you a few ideas we have produced a Family Fundraising Calendar with exciting fun events that the family could take part in to raise funds. You can view it on the SGPCT website at:

www.stgeorgespolicechildrenstrust.org



If you are interested in fundraising for SGPCT then get in touch at

Fundraising@stgeorgespolicechildrenstrust.org

If you would like to learn more about the work of the Trust then why not sign up to the St. George's Police Children's Trust Newsletter on the website.