

Back on the Beat



The Police Treatment Centres

News from The Police Treatment Centres

Issue 14 Summer 2018

Future proofing the PTC

The Police Treatment Centres (PTC) and St George's Police Children Trust (SGPCT) would like to congratulate Inspector Liam Kelly on his appointment as Chair of the Board of Trustees. Liam has been a long-term supporter of both charities and we are sure he will continue to champion their causes.



Liam Kelly with Baroness Harris.

Liam was elected as Chair following the retirement of Ian Hanson PQM on 10th May 2018. Ian received his Commemorative Scroll from Craig Grandison, Chair of the Finance and Human Resources Committee. We would like to take this opportunity to thank Ian for his tireless efforts and hard work for both charities and wish him well in his retirement.

In March 2015, Inspector Liam Kelly was appointed as a PTC and SGPCT Trustee and has also been the allocated Police Service of Northern Ireland (PSNI) representative on the Finance and Human Resources sub-committee. Liam was appointed as Vice-Chair of the Board of Trustees for both the PTC and SGPCT in January 2017.

A year later, Liam was elected as the Police Federation of Northern Ireland Assistant Secretary and was subsequently appointed as a Director and Company Secretary of the Royal Ulster Constabulary George Cross – Police Service of Northern Ireland (RUCGC–PSNI) Benevolent Fund. In

this role he has been instrumental in facilitating the PSNI to be able to join the SGPCT charity.

Liam said: "I am delighted, honoured and humbled to be elected as Chair of the Board of Trustees for the PTC and SGPCT charities. I am committed to working closely with both the Board and staff members to create an environment where both charities can remain relevant and sustainable entities in the long-term. With declining police donor numbers, ongoing austerity, and more police officers requesting both physiological and psychological support, there are significant challenges. I will not shy away from having these matters addressed, so that both charities can be 'future-proofed', enabling them to continue providing fantastic support services for Serving and Retired officers, as well as the Police Family."

Trustees and staff members from the PTC and SGPCT look forward to working closely with Liam over the coming years.

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Charity Lottery

The Police Treatment Centres

Lottery landmark

2018 is a landmark year for the PTC lottery: we now have more players than ever before and are on target to reach our milestone of 500 winners by the end of December.

Thanks to the support of our players we've been able to pay out all our cash prizes since the lottery began in August 2013 and have been able to offer extra boosts with the special prizes in our twice-yearly Superdraws. Our next Superdraw will be on 28th November with a £2,000 top cash prize.

To celebrate the milestone of 500 winners, we are also offering a "Fabulous 500" draw on 28th December which will have five additional prizes of £100, on top of the usual cash prize pot.

Many of our players are past patients and their reason for support is summed up by recent winner Joanna McKinnon: "I can't thank the staff at the centre enough for the kind and caring attention I've received on all my visits over the years. I joined the lottery as I wanted to give something back to the Centres and I can't believe my luck on this occasion, receiving the monthly prize."

Don't forget, anyone over the age of 16 can play the lottery, so do recommend it to your colleagues, friends and family, as a way of lending their support to the invaluable work you do.



Join online at www.thepolicetreatmentcentres.org/fundraising/lottery or call the hotline on 0370 058 5957.



Improving Psychological Wellbeing

In November 2017, The PTC was awarded a grant of £1.5 million from LIBOR to expand the Psychological Wellbeing Programme (PWP) for patients. Since introducing the new programme it has become evident that the number of police patients who wished to be admitted was growing and would continue to do so in the future.

The PTC felt strongly that it had a responsibility to respond to this growing demand for psychological treatment and the only way to do so would be to increase its real estate and facilities.

Throughout November and December last year, the counselling rooms at Castlebrae underwent a refurbishment, funded by a donation from the Scottish Police Benevolent Fund. These rooms now provide a more relaxing atmosphere for an essential part of the PWP.

An unused external space at Castlebrae was also converted last year to create a new wellbeing courtyard. This offers a peaceful and relaxing area, where classes can be held in the summer months, and patients can practice the techniques they've learnt privately.

With the grant and additional fundraising to match fund, The PTC also hopes to be able to add a purpose built Psychological Wellbeing wing at the Harrogate Centre. As well as increasing bedroom capacity, the new wing will include bespoke workshop areas for patients to take part in classes, complementary therapy rooms and specially designed counselling rooms.

The new wing will allow us to increase the capacity of the PWP and offer support for the growing numbers of officers presenting with these needs.

The development of this wing is of course dependent on planning permissions, so we will continue to update colleagues as we move forward.

How is the programme going?

The PTC is currently conducting an internal review of the Psychological Wellbeing Programme. This review will look at all patients that attend the PWP between May and November 2018, at both Castlebrae and St Andrews.

Patient participation in the review is voluntary and those that agree to take part must leave a suitable e-mail contact and sign a form allowing us to contact them. All replies are anonymous via Survey Monkey and participants cannot be identified through the data.

Six weeks after they have attended the PWP, participants will be sent an email via Survey Monkey asking them to complete a



Castlebrae's new wellbeing courtyard.

short questionnaire. This includes the PHQ and GAD psychometric measures of anxiety and depression, which we use on admission and discharge, followed by a few questions to explore their experiences in the weeks after leaving us. The additional questions cover whether or not they have received any further input, who the input was from and if they had any reviews with Occupational Health after being at The PTC. We also ask what elements of the PWP they have found most useful since leaving.

We hope the review will allow us to better understand the benefits of the PWP on a longer-term basis and identify any issues that patients face once they leave us. It may also lead us to consider a much larger scale external study in the future, which will coincide with the planned expansion of our real estate.

An overwhelming donation

Earlier this year, Castlebrae was very privileged to take receipt of a second-hand Renault Traffic vehicle, which was generously donated to The Centre by Donna Alcock. Donna is the widow of the late PC John Alcock who, after being left severely disabled after an on-duty road traffic accident 14 years ago, sadly passed away last year.

John was originally a Royal Marine before joining the police as a Firearms Officer with Grampian Police. Although he loved his role in firearms, John had wanted to switch to dog handling and was eventually able to. John had prepared his house for the arrival of a canine colleague and was ready to take on his new role as a dog handler. The day he left to hand in his firearms licence and start this new role, was also the

day a vehicle came around a bend on the wrong side of the road, taking out John's vehicle and leaving him severely disabled. John spent the next three years in hospital.

At the time, Grampian Police were very supportive and helped provide facilities at John's house which allowed him to finally leave hospital and be cared for at home. The Renault Traffic vehicle was converted to take John's wheelchair, which John felt gave him his freedom again to leave his house and travel around.

John passed away towards the end of 2017 and Donna was so grateful for the help and support she received from the police over the 14 years she was caring for her husband, that she wanted to donate the vehicle

to Castlebrae. Donna wants the vehicle to benefit any other officers who attend The Centre for treatment.

We are extremely grateful to Donna for her kind donation and for thinking of The PTC at such a difficult time.



Save the date

Bookings for 2019 open on 1st October 2018

Due to the ever-increasing interest in B&B at the Centres, this year we are opening 2019 bookings on 1st October 2018.

Since starting out five years ago, B&B and associated hospitality has raised over £250,000 for The PTC with all revenue being put back into the charity, to support facilities and treatment. Many guests return time after time and thanks to their feedback we know how much B&B has been enjoyed over the years.

For 2019 we will be increasing our room rates for the first time: a double/twin room will be £120, with a single room being priced at £100 (Friday and Saturday nights inclusive). The increased room rates will enable us to continue to meet costs and maintain the level of support to the charity. We believe these new rates still offer a very fair price for the standard of accommodation we provide for



"Thoroughly enjoyable stay. High standards, superb service. Beautiful building and gardens to die for."

our police family guests and are still very competitive in the B&B marketplace.

We look forward to welcoming guests, both old and new, and to continuing to make B&B such a positive aspect of our fundraising for the PTC.

"The PTC is our favourite. It is peaceful and relaxing. All staff employed here are friendly and helpful and we cannot wait to come back!"



Wellbeing Weekends

Do you and your colleagues need some time to relax?

The PTC can also offer nurse led wellbeing weekends for groups at Castlebrae and St Andrews.

These weekend programmes can be tailored to your team's needs and offer you the opportunity to get away from your usual work place to relax, regroup and share experiences in a welcoming and calm atmosphere. You can also benefit from a

complementary therapy session and classes designed to help you unwind.

To discuss your team's requirements and check availability please contact your chosen centre.

St Andrews: contact nursing on 01423 504 448.

Castlebrae: contact the Centre Manager on 01764 664 369.

Weekends cost £1,500 for a maximum of 10 guests.



Re-think and refill

The Police Treatment Centres is proud to be Zero Waste to Landfill; however, we still want to reduce our use of single-use plastic.

Staying hydrated is important and on average you should drink three bottles of water per day. A lack of water can lead to reduced concentration, fatigue, stress and headaches.

To minimise the use of single-use plastic, re-think and refill. Throughout July The PTC reduced the price of our reusable PTC water bottles, sold at both Centres, to just £3.

For more #H2OGoodtoKnows, speak to our fitness instructors and attend our nutrition talks every Wednesday.



Back in the saddle

Thank you to everyone that took part in the 2018 Back on the Beat Cycle Sportive: once again the event was a huge success with over 100 riders taking part in the epic cycling challenge, through the stunning Yorkshire scenery.

So far, this year's event has raised an amazing £4,454.95 for The PTC, with many fundraising pages still open for donations.

Planning is already underway for the 2019 Back on the Beat Cycle Sportive, taking place on Sunday 12 May. Next year, riders will be able to also choose from the existing 50km and 99.9km routes, as well as the new intermediate route of 65km.

If you would like to keep up to date with BOTB19 news, head to Facebook and like our new BOTB page.

www.thepolicecentres.org/fundraising/BackonTheBeatCycleSportive



Save the Date
12th May
2019

Run and raise

The PTC have secured five free charity places for fundraising heroes to run and raise money for The PTC, in the Manchester Half Marathon.

The half marathon takes place on Sunday 14 October 2018 and is a fast and flat course.

Places are proving very popular and the marathon is filling up quickly. Due to high demand, The PTC are hoping to release more places soon. We hope that with each charity place our fundraising heroes can raise a minimum of £100 for the Treatment Centres. The money raised will ensure that we are able to continue to provide class leading treatment for our police family patients.

If you would like to secure one of these places, or would like more information, please contact the DRCE team on fundraising@thepolicecentres.org

Read all about it

There are many ways to support the PTC and raise money for the charity; be it baking cakes or running marathons, anyone can get involved.

Tom Ferguson, retired DCI, took on a different challenge and decided to write a book.

Tom began his career in the then Edinburgh City Police in 1958, retiring 30 years later as a Detective Chief Inspector with Lothian and Borders Police. On retiring Tom decided to catalogue the many humorous stories that he, and his old colleagues could recall from their years of service. This culminated in 'Capital Coppers – The Lighter Side of Edinburgh's Finest' being published in 2002. In 2012, the book was reprinted with additional stories added. Tom also decided that all proceeds from the sale of the book should go to Castlebrae.

Over the years, Tom has worked relentlessly to promote and sell the book and after selling his last copy, he visited Castlebrae to present the Centre with a final instalment of proceeds. We estimate that the total sales of the book have raised at least £8,000 for the charity, which is a fantastic amount generated from the efforts of just one person.

We are very grateful to Tom for supporting the PTC and for deciding to share those wonderful stories with the rest of the world. We do still have a few copies of the book available to purchase at Castlebrae – if you are interested please contact reception on 01764 664369.



Fundraising heroes

So far, our PTC and SGPCT Fundraising Heroes have raised over £6,000 for the charities this year, with many others still having their events to come. The 40 Heroes have done everything to raise money, from Tough Mudder challenges to cycling 200 miles from Doncaster to Ypres, Belgium.

Rebecca Foy recently completed a tandem skydive, raising £300 for the PTC. Rebecca said: "It was a perfect day for the jump, with clear blue skies above a thin layer of cloud. It was an absolutely amazing experience and I would definitely recommend it if anybody has it on their Bucket List. The PTC helped me after an injury on duty and do brilliant work to help us get back to fitness/good health. I wanted to give something back to help anybody who needs them in the future."

Julie Battle raised over £500 by completing the Liverpool Rock 'n' Roll Half Marathon. Julie, a North Yorkshire Officer, has visited the PTC twice in her career. Julie wanted to run the Half Marathon to 'give something back' to

the Centres, whom she credits for helping her to recover and get back on the beat.

Congratulations to all of our Fundraising Heroes that have completed their challenges and best of luck to those still to come.

If you are up for a challenge and fancy fundraising for the PTC or SGPCT, find out how we can support you by contacting fundraising@thepolicecentres.org



The Police Treatment Centres

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Email: enquiries@thepolicecentres.org

Visit: www.thepolicecentres.org

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