



The Police Treatment Centres

A FORCE FOR PROMOTING AND IMPROVING HEALTH AND WELLBEING

SPRING 2014

Hospitality

Weekend accommodation is now available for members of the police family on selected weekends throughout the year at both our centres. Enjoy a great break whilst helping us raise valuable funds.

Two nights B & B including parking

£100 double room

£80 single room

Weekend Accommodation in Harrogate

Set in beautiful grounds within an easy walk of the town centre, St Andrews is ideally located for a weekend away whether it is a weekend of culture, relaxation or outdoor activities.

Wander down into Harrogate and enjoy lunch or afternoon tea at the world famous Betty's or spend the day at Harlow Carr, one of the four RHS gardens. Or why not pamper yourself at the Turkish Bath and Health Spa? You will find designer shopping and a choice of great restaurants for eating out. Alternatively take a trip to the Yorkshire Dales National Park, home to some of Yorkshire's most iconic scenery and attractions and only a short drive away.



Weekend Accommodation in Auchterarder

Castlebrae is perfectly situated to explore beautiful Perthshire and further afield. Set in 6 acres of beautiful, peaceful grounds the centre is literally just a few minutes' walk from the town centre with its small boutique and coffee shops. The world famous Gleneagles Hotel and Golf complex, voted Best Golf Resort in The World 2013, is only a few minutes along the road and the 'Fair City' of Perth close at hand. The area is great for those who love golf as well as anyone with an interest in walking or cycling, or you could even bag yourself a munro or two.

Being very centrally located at the heart of Scotland and with excellent transport links north and south, Auchterarder is a great base for major events happening just an hour away in either Edinburgh or Glasgow.



- Bookings are not confirmed until payment is received
- Bookings are on a strictly first come first served basis
- Rehabilitation facilities will not be available due to patient use

For more information

Visit: www.thepolicetreatmentcentres.org

Email: enquiries@thepolicetreatmentcentres.org



Everyone's a Winner!



Everyone's a winner with our "Introduce a Colleague Campaign".

In these difficult financial times and as police officer numbers continue to decline we need to increase our funding to ensure police officers continue to receive the best quality care and treatment they so very much deserve. This month we are asking for your help.

As you have most likely received beneficial treatment yourself in the past, we are asking you to go back into your force, tell your colleagues about the centres and encourage those officers who are not currently donating to start doing so.

As an incentive, we are offering the first 20 people who can sign up five new colleagues a one night bed and breakfast stay, or two nights for signing up ten, at either of our two centres in Harrogate or Auchterarder.

This campaign will run until 31st May, and the prizes will be allocated to the first 20 people who come forward with a list of their colleagues names. To view the full terms and conditions of this campaign please visit <http://www.thepolicetreatmentcentres.org/fundraising/newsletter-spring-2014/Terms-and-conditions>

Spring Update

Welcome to the Police Treatment Centres spring Newsletter. We are delighted to be sharing news about some of our recent lottery winners, an incredibly generous donation that has been left to us from a past patient and some useful tips from The Chartered Institute of Physiotherapy, to help as the gardening season approaches! You can also read about our "Introduce a Colleague Campaign" and be in with the chance of grabbing yourself a free weekend stay at one of our centres.

2014 is proving to be another eventful and busy time for the Police Treatment Centres. We are sorry to be losing our CEO, Michael Baxter who retired from the charity at the end of last month after a committed seven years in the role. We are of course sad to see him leave and are very grateful to him for all he did for the charity, but wish him well in his retirement and hope he enjoys some well-deserved rest with his family!

However as one door closes another one opens, and we have pleasure in welcoming our new CEO Mr Patrick Cairns who will be joining the charity in June. Patrick is currently working for the Royal Military Police as Deputy Chief Constable and holds the rank of Colonel, we look forward to sharing more news on his appointment and plans for the charity in our next edition.

In March we saw the launch of our brand new website (<http://www.thepolicetreatmentcentres.org>)! If you have not yet had the chance to take a look please do, you will find some great new features on the new site; including video testimonials from past patients, up to date waiting times and our new online clothing shop to browse around and buy all your goodies from!

Of course it goes without saying, but we will anyway, how grateful we are for all the support you continue to give to the charity. We would not survive without your generosity so thank you for all that you do.

"Physio here is far superior to anything I've had elsewhere, facilities excellent and the standard of fitness instruction superb."
(Police Scotland)

What would you do with £1000?

Our lottery was launched in July 2013 to bridge the widening funding gap as a result of the falling numbers of officer donations. Lottery ticket sales have now reached 6038 which equates to £42,456 per annum being raised. We want to make sure we are here to help you when you need us.

It is not too late to sign up and be in with a chance of winning one of the seven cash prizes available per month, and at the same time knowing you are making a real difference to the health and wellbeing of your fellow colleagues. All this for just £1 per month, please visit <http://thepolicetreatmentcentres.org/fundraising/lottery> to complete an application form today, or call the lottery hotline **0870 058 5957**

By taking part in the lottery we can continue our vital work, ensuring serving and retired officers can be given the best treatments and therapies for an effective speedy recovery.

A Recent Winner's Story:



Michael Brown, a retired officer now living in Australia won the top £1000 prize in December 2013!

Michael joined the Thames Valley Police in January 1971 after a six year stint in the Royal Air Force. He enjoyed a varied career within the force in a number of different roles including; mobile task force, CID, patrol Sergeant and in Crime Reduction and retired in 2001 after completing 30 years within the force.

Michael was fortunate not to have needed to access the facilities of the Treatment Centres during his career, although he had visited them on several occasions to see colleagues who were staying and had been most impressed.

“Any treatment that gets Police Officers back on the front line has got to be a good thing.”

Michael was keen to continue supporting the work of the Police Treatment Centres when he retired and found the lottery to be a great way to do that.

“It was a real bonus winning a prize. My wife Marian and I plan to spend the money on a holiday. Most retirees have found fitting in a break a real problem, but I suppose we will cope somehow!”

“Best thing – Meeting people who understand the mental impact as well as the physical injury.”
(West Yorkshire)

A Truly Generous Gift



Peggy Gouldthorpe, a past patient at our Centre in Harrogate, spent her career within Humberside Police Service and sadly passed away earlier this year at the age of 88.

Remembered fondly by her family; “Aunt Peggy was my favourite person as I was growing up, and she always referred to me as “her little Lamb”. I looked forward to every Christmas when our family members got together, and I remember the many games that Peggy would bring to the party.” (Mike Redman – Nephew to Peggy Gouldthorpe)

The Police Treatment Centres were informed earlier this year that Peggy had left them a gift to the sum of £10,000. We really would like to express our sincere gratitude for such an incredibly generous donation.

A donation on this level really does make a significant impact to the care and support the Charity is able to offer. Leaving a gift in your will is an extremely generous, thoughtful and caring way to donate, helping us to continue providing treatment to injured and ill police officers when they need it most.

Each day more and more requests from injured and ill police officers are received, who simply want to get back to work to

protect our communities. A gift in your will can help us care for these people today and also help us plan how we respond to the needs of future generations.

Whilst we appreciate everyone's circumstances are different, leaving just a small amount to help protect future generations that choose to follow the same career you have, really would be a very generous way of showing your support.

If you are considering leaving us a gift, or if you have already included us in your will, we would be very pleased to hear from you. This information remains confidential and is not legally binding but by telling us we are able to thank you and keep you informed of our work, should you wish to hear from us.

If you require any further information on leaving us a gift in your will please do not hesitate to get in touch. We would be delighted to hear from you, contact us by email:

fundraising@thepolicetreatmentcentres.org or call **01423 504448**

“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.”

(GMP)

Avoiding Growing Pains in the Garden!

As Spring begins, for a lot of us it's a time to start thinking about gardening for the first time this year. I am sure you will be surprised to hear that every year more than 400,000 people in the UK need medical attention because of accidents they have had in the garden!



The Chartered Society of Physiotherapy has produced some advice and information on “how to be safer in the garden” which we are sharing with you in the hope this will help avoid any unnecessary injuries this spring.

Warm up – Before any vigorous activity such as gardening, and especially in cold weather, you must warm your muscles up before you start digging.

Clothing – Don't wear tight clothing or loose, unstable shoes for gardening. Wear warm, comfortable clothes and well-fitting solid shoes.

Digging and shovelling – This involves bending, twisting and lifting and can cause back injuries. To dig safely:

- Don't stoop. When lifting or shovelling take the strain with your legs rather than your back – the muscles in your legs are stronger than your back.
- Don't stay in the same position for too long. It puts a strain on your whole body. Stop frequently and change your back position. Either do a task in the garden that requires a different working position or have a rest.
- When shovelling rubble or earth, shovel small amounts each time.
- Use a long-handled spade so you don't have to bend so far.

Weeding and planting – Don't stoop down, however tempting it may be.

- Move closer to your work. Kneel down

on a mat, or use special knee-pads, kneeler or a stool.

- Alternatively use a long-handled fork or hoe so you don't have to bend.
- Don't strain yourself by over-reaching. Move closer to the object instead.

Lifting – Keep your back straight

- Bend your knees and push up with your leg muscles. Keep your feet about 18 inches apart for balance.
- Don't reach for the load or try to pull it towards you. It may be heavier than you expect, move closer to it instead.
- Hold the load as close to your body as possible.
- Keep your shoulders well back and your arms as relaxed as possible.
- Don't try to lift an object that is too heavy for you. Test the weight by lifting one corner.
- If the load is heavy you have several options. Roll or push it rather than carry it. Divide the load and make several trips. Use a wheelbarrow or trolley. Ask for assistance.
- Never carry a load that prevents you from seeing where you are going.

Pulling up shrubs – be careful and remember to take the strain on your legs and arm muscles rather than your back.

- Keep close to the object and hold it firmly
- With your feet apart, crouch and bend your knees and lean away from the object.
- Pull the object by straightening your legs. Keep your back straight.
- Move backwards with your knees slightly bent, allowing your legs to take the strain.

Equipment – Gardening equipment can help take the strain out of your work. But make sure when buying an implement that it suits your height and build. Try to bear in mind what you will be using it for – if it is a spade for example, you will also need to bear the weight of soil on it.

- Be careful – use the equipment with care. Many items are relatively light and appear easy to manoeuvre, but watch your posture when pulling and pushing. When using a hover lawn mower, don't swing your body from the waist, you could strain your back. Turn your whole body in line with the mower. Don't overload a wheelbarrow so that it

becomes difficult to push. Make several trips with a lighter load.

- Tidy up – when you have finished with your tools, put them away in a safe place immediately. Don't leave them littered around the garden, you and your family could trip over them.
- Storage – don't pack your tools away in the garden shed haphazardly. It could cause unnecessary strain when you try to retrieve an item if you have to reach past a mountain of equipment. Always store your tools in an orderly way. Although it is tempting to pull an object towards you, don't, it may be heavier than you thought.

When you have finished – When relaxing after your gardening tasks, don't slouch in a chair, sit up straight. Put a small cushion or a rolled-up towel between your lower back and the chair to help the natural curve in your spine, and relieve any strain in your back.

This advice is designed to help prevent injuries. But if you have an injury, chartered physiotherapists advise you to seek treatment when symptoms persist for more than 36 hours. For further information visit the CSP website – www.csp.org.uk

Contact us

If you want to contact us about anything please use the details below:

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