

# Back on the Beat



The Police Treatment Centres

News from The Police Treatment Centres

Issue 9 Autumn 2016

## Welcome

Hello and welcome to the autumn edition of **Back on the Beat**.

There has been a tremendous amount going on at The Police Treatment Centres (PTC) and St George's Police Children Trust (SGPCT) over the last few months. This includes the formal opening of our new Health and Fitness complex at Castlebrae and the ongoing development of the Psychological Wellbeing Programme and the SGPCT Awareness Campaign. You will be reassured to know that this has not distracted us from our core purpose of delivering care and treatment to serving and retired police officers, and providing support to children of police officers who have died or been medically incapacitated.

We are constantly looking to further develop and improve our existing facilities and services to maintain our position as the leading Treatment Centres of our kind. I know that I don't need to convince anyone who has ever benefitted from services provided by The PTC or SGPCT why they should continue to donate to both of these police charities, but can I ask you to continue to encourage your colleagues, who are not already donors and perhaps lack knowledge about our work, to sign up to both of these worthy charities. This will help us to help us remain well placed to serve and support you for many years to come.

Patrick Cairns  
CEO PTC



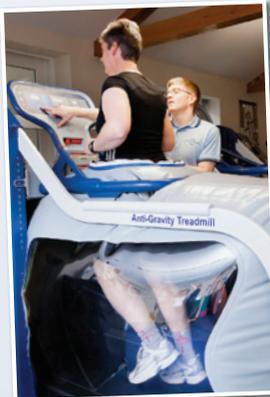
## Defying gravity

The AlterG Anti-Gravity Treadmill is a fantastic piece of rehabilitation equipment and we are very fortunate to have two of them at our St Andrews Centre (thanks to some restricted funding received in 2015).

The unique unweighting NASA technology provides the ability to speed up rehabilitation from illness, injury or surgery by getting the patient moving a lot sooner, in a pain-free environment.

Since introducing the Anti-Gravity Treadmill at the Centre in Harrogate we have noticed huge benefits to our patients.

*"The new Anti-Gravity Treadmill has enabled me to run when I have not been able to for over nine months. Amazing!"*



An ambitious fundraising appeal is now underway to raise the £42,000 necessary to

purchase this incredibly beneficial piece of equipment for Castlebrae.

The appeal currently stands at £20,000 thanks to an extremely generous one-off donation made by His Highness Sheikh Hamdan Bin Rashid Al Maktoum, the Deputy Ruler of Dubai and Minister for Finance and Industry for the United Arab Emirates. This is not the first gift that has been received from the sheik, as he previously donated £10,000 towards the extension and refurbishment of the Castlebrae fitness facilities.

HH Sheikh Hamdan Bin Rashid Al Maktoum is very proud of his links with Scotland and has intimated that he would very much like to visit the charity's centre in Auchterarder in 2017.

Please can we ask for your support in helping us raise this additional £22,000, allowing every officer coming through our doors access to this fantastic piece of equipment and ensuring both Centres remain at the forefront of modern rehabilitation facilities.

You can make a donation directly via our Just Giving campaign page at: <http://campaign.justgiving.com/charity/tnpct/castlebraealterg> or contact our fundraising department at either centre.

## Official opening of Castlebrae's new facilities

On Wednesday 28th September the official opening of Castlebrae's new fitness facilities took place. Scotland's Cabinet Secretary for Justice, Mr Michael Matheson MSP, formally unveiled the plaque to declare the new facilities officially open.

*"It was a pleasure to open such a fantastic facility." (Mr Matheson)*

Guests, who included Police Scotland's Chief Constable Mr Gormley QPM, Peter Sweeney (Blue Lamp Foundation) and representatives from other police bodies including NARPO and RPOAS, enjoyed a buffet lunch. They also viewed the new promotional tools, listened to speeches and were given the opportunity to tour the new facilities.





## Research programme to prove charity's worth

A research study is now underway at The Police Treatment Centres, measuring "The effectiveness of physiotherapy provided by the Centres in terms of cost effectiveness and reduction in time taken to return officers back to work".

The study, which is being conducted by Robert Gordon University and commenced in June, is expected to run for a six-month period. It involves 1,000 patients at both St Andrews and Castlebrae being asked to complete a series of questionnaires at the start of their treatment and again at the end of their two-week programme relating to:

- work ability
- pain
- quality of life
- fatigue

These questions assess what difference the physiotherapy treatment has made.

Out of the 1,000 patients initially assessed, a smaller sample will then be approached six weeks later to repeat the questionnaires via email. Forty patients will be asked to participate in a short



telephone interview to provide some qualitative research giving a little more detail about their experiences after leaving The PTCs and their return to work status.

Mark Oxley, Head of Clinical Services said: ***"This is by far the biggest examination of its services that the charity has ever undertaken and we sincerely hope it will help prove the worth and excellence of what we do. If you are one of the people selected at random for further information, please do show your support and help us by sharing your experiences which we hope will enable us to promote the charity better and prove its effectiveness."***

Of the 15 universities approached, it was felt that Robert Gordon University really understood the PTCs' requirements and that they have expert knowledge in the matter due to being a clinical research unit led by physiotherapists.

The study will provide an evaluation highlighting the effect that physiotherapy intervention contributes to a person's recovery and their return to work. A cost benefit analysis will also be provided showing the potential savings that can be made should The PTC be used as part of an individual's recovery.

Look out for a full report of the research findings in our 2017 spring edition.



## Lottery superdraw

It's nearly superdraw time! The 28th November will see the next opportunity to win a £2,000 top prize or one of our special spot prizes which this time include:



- A 48" TV from Sainsbury's
- A case of six bottles of Pinot Grigio donated by Turner Price
- Goodies from from Molton Brown, Jamie's and Carluccios

The deadline for new entries is Friday 21st October.

More details on our superdraw to follow – get more information and join online at: [www.thepolicetreatmentcentres.org/fundraising/lottery](http://www.thepolicetreatmentcentres.org/fundraising/lottery) or ring our hotline 0370 058 5957.

Don't forget there's still a Betty's Treats Tin on offer for the lucky player who becomes our 2,000th member!

## Heritage open day review

Another successful event was held as St Andrews once again opened its doors to the public as part of the heritage open day last month. A huge thank you to the 247 people who attended and helped raise £626 through fundraising activities and donations on the day.

Here are just a few of the things people said about their visit:

*"Good to see our police are cared for."*

*"This facility is splendid and a credit to all the staff."*

*"Learnt a huge amount about police welfare. Lovely historic building and grounds."*



Special thanks to Ripon Police Museums and our therapy dogs.

## St George's House available for bookings

St George's House in Harrogate, North Yorkshire, can sleep up to seven people and though beneficiaries do have priority on bookings, the wider police family can also stay at the house at a discounted rate.



**Full week (Monday-Sunday):**  
£500 (peak), £400 (mid-season) and £300 (off peak)

**Weekend bookings** are now available (school term-time only) at a rate of £180.

**NEW!**

For further information visit us at [www.stgeorgespolicechildrenstrust.org/how-we-can-help/holiday-home](http://www.stgeorgespolicechildrenstrust.org/how-we-can-help/holiday-home)

## Acupuncture now available to help with psychological wellbeing

The new Psychological Wellbeing Programme continues to receive positive feedback from those officers who have accessed it.

*"Absolutely brilliant two weeks, the one-to-one sessions were fantastic, Rachel knew exactly what advice to give me. The complementary therapies were wonderful in making me relax. The programme has helped me quite a lot and has definitely helped my return to work. The care, respect and dignity shown by all the staff at The PTC has been exemplary. The right balance of support, care, information and 'softness' allowed me to take steps and make progress."*

The team is continually developing and looking for ways to enhance the programme and some recent acupuncture training given to all clinical staff at both our Centres focused on the use of acupuncture for stress, anxiety and depression. Acupuncture is already being used by our physiotherapists for pain relief from physical injuries as the treatment can stimulate nerves under



the skin and in muscle tissue. Studies indicate that acupuncture can have a specific positive effect on depression by altering the brain's mood chemistry, increasing production of serotonin (Sprott 1998) and endorphins (Wang 2010). Clinicians will shortly be offering acupuncture to our wellbeing patients, which we hope will be seen as a useful addition to the varied programme of classes and workshops already on offer, giving officers coping strategies and 'taster sessions' of ways to improve their psychological wellbeing.

To find out more please visit [www.thepolicecentres.org/psychological-wellbeing-programme/psychological-overview](http://www.thepolicecentres.org/psychological-wellbeing-programme/psychological-overview)

## B&B UPDATE



It's been a great year for B&B at The PTCs with over 500 rooms let to our guests, many of whom have been returning year on year since we started offering weekend hospitality.

All revenue generated goes straight back into the charity so we can continue to upgrade existing facilities and services.

Members of the police family can book online at [www.thepolicecentres.org/hospitality-offers/b-and-b](http://www.thepolicecentres.org/hospitality-offers/b-and-b)

Bookings for 2017 will open later this year. Look out for announcements on social media and on our website. We hope to have even more rooms available next year, with an eye on some special events including the Tour de Yorkshire in Harrogate.

*"What a lovely place to stay! We've really enjoyed our weekend at St Andrews. Beautiful grounds, relaxing lounges, lovely breakfast. Spotlessly clean room and friendly and helpful staff."*

## Physiotherapist Observational Placement

Michael Bramham, a St George's Police Children Trust beneficiary, currently receiving support from the Trust by way of a higher education grant, recently visited The Police Treatment Centre and took part in a Physiotherapist Observational Placement.

Michael is an undergraduate student studying Physiotherapy at Charles University in Prague, a career he perhaps would never have got into if he hadn't had the support from St George's, which now funds his living costs.

Michael comments on his experiences at the Police Treatment Centres and the support he receives from the St George's Police Children Trust: *"The physio team are all experts in what*

*they do and have taught me so much. The staff have an ability to explain really complicated things in a really understandable way. I couldn't help notice the fantastic relationships the team built with their patients, they had a real ability to help them relax and put them at ease. The facilities available here really are first class. I am looking forward to starting my second year at university and taking this experience with me.*

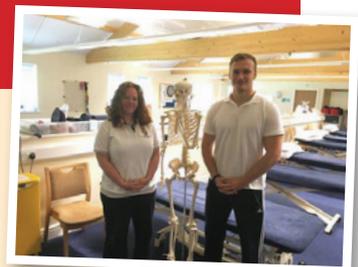
*I am very fortunate to have received support from the St George's Police Children Trust to help fund my university studies, and can't help thinking that if it wasn't for this support, I might not now be following my dream career."*

St George's Police Children Trust's awareness campaign is

still on-going and we encourage officers to sign up and support the charity if they are not already doing so.

**Support the Trust for just 20p per week and together we can help safeguard your children's future.**

Sign up here <http://www.stgeorgespolicechildrentrust.org/apply-for-a-grant/eligibility>  
Follow our campaign at #HELPINGHAND.





# PR and fundraising news

Police officers are fantastic fundraisers, but do not always remember to think of causes so close to home to support. The Police Treatment Centres is a police charity, funded almost entirely by the donations it receives from people like you (its donors) – thank you. Next time you embark on a fundraising challenge, please consider supporting The PTC or selecting us as one of a number of benefitting charities.

There are so many ways you can get involved (read about some of our current fundraisers below) – please contact the Fundraising Department for more information: [fundraising@thepolicetreatmentcentres.org](mailto:fundraising@thepolicetreatmentcentres.org), or phone 01423 504448.

## Darren is on the run

PTC Trustee and British Transport Police Federation General Secretary Darren Townsend will be running the first ever Sheffield



10k to raise money for The Police Treatment Centres.

Thousands of runners are set to descend on the city's streets on Sunday 30th October.

Darren said: *"In these times of increased assaults on officers and mental health issues, The PTCs offer assistance with both physical and psychological treatments and support the officers enabling them in the most part to return to work."*

You can still sponsor Darren at [www.justgiving.com/fundraising/Daztownsendfed](http://www.justgiving.com/fundraising/Daztownsendfed)

## Raising cash on the canal

Ronnie Dukes, a member of the Glasgow Lomond and Clyde Branch, International Police Association, has just finished cycling the length of the Forth and Clyde Canal, in aid of The Police Treatment Centres.



Ronnie said: *"I have been fortunate enough in the past to benefit from treatment at The Police Treatment Centres. The staff give support and encouragement to aid recovery to help get you back on your feet. I've been a patient at Castlebrae in the past and if it wasn't for the treatment that I received there, I do not know where I would be now. The staff and facilities are wonderful."*

Ronnie completed the 80 mile cycle ride in four hours and raised a fantastic £427 for the charity. There is still time to show your support and donate at [www.justgiving.com/Ronald-Dukes1](http://www.justgiving.com/Ronald-Dukes1)

## What's new?

A variety of new tools and resources have been developed over the past few months to help raise awareness of The PTC and provide valuable information to our patients. These new tools include:

- **Voiceover presentations** – allowing people the opportunity to present information on the PTC even when a representative is unable to attend in person.
  - **Drone footage** – a patient's perspective of the building and facilities at St Andrews.
  - **Virtual tours** – 360 degree virtual tours are now available to view, showing our fitness facilities at both Centres.
  - **A patient tour** – a short seven minute promotional film giving future patients an insight into what they might expect when visiting the centres.
  - **Castlebrae's new facilities** – a short five minute film highlighting the new facilities and a patient's experience at Castlebrae.
  - **Timeline** – a timeline visual display has been produced in the Duke of York Wing at St Andrew's, taking you on a trip down memory lane from when the Treatment Centres first opened back in 1902. Do take a look next time you are visiting.
- All of these tools/resources are either already on our website, displayed at our Centres or can be made available to you if you think your organisation might benefit.

## Taking up the challenge – again!

Last year, Paul Ross Gavan, a serving officer with Police Scotland, raised funds for The Police Treatment Centres by taking part in the Great Scottish Run. And Paul took part in this year's run on 7th October.

However, Paul doesn't intend to just stop at two runs. *"I intend to do the run every year if I can and raise as much money as possible, as well as awareness for what The Police Treatment Centres do. Every police officer in the country should be*

*signed up as the facilities are a real immeasurable godsend. Being there was the first time I actually felt like a proper policeman again after being so ill, I can never repay the staff for all their help and kindness."*

You can still sponsor Paul at [www.justgiving.com/fundraising/PaulRossGavan](http://www.justgiving.com/fundraising/PaulRossGavan)



2017 – We will see a new campaign commence for PCSOs and special constables. Look out for PTC amnesties and further information in the New Year.

### The Police Treatment Centres

**St Andrews**, Harlow Moor Road, Harrogate HG2 0AD  
Call: 01423 504 448

**Castlebrae**, Castleton Road, Auchterarder, Perthshire PH3 1AG  
Call: 01764 664 369

Email: [enquiries@thepolicetreatmentcentres.org](mailto:enquiries@thepolicetreatmentcentres.org)  
Visit: [www.thepolicetreatmentcentres.org](http://www.thepolicetreatmentcentres.org)



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