

Back on the Beat



The Police Treatment Centres

News from The Police Treatment Centres

Issue 11 Summer 2017

AMNESTY for new groups!

We are now well underway with our 'Summer Amnesty' campaign; however there is still time to benefit from this great deal, so don't miss out!

If you fall into one of the following groups – Police Community Support Officers, Special Constables or Detention/Custody Officers (in our constituent forces), sign up before **31st July** and avoid the usual 12-month waiting period to access treatment - the amnesty enables treatment to be accessed straight away.

The amnesty is helping us raise awareness that treatment is now available to the above listed groups. This change came into effect from January 2016 after extensions were made to the Charity's eligibility criteria. These groups will receive the same benefits as serving and retired Officers, and directly after signing up the new groups are eligible to receive treatment should injury or illness occur.

Helen Wynn-Evans, a West Yorkshire PCSO, recently attended the Treatment Centre in Harrogate following an ankle injury during a charity run. Helen was fortunate that she was only put on restricted duties for a couple of days but the pain she was experiencing made it difficult to carry out her daily foot patrol, an important aspect of the job.

Helen shared her experience at the Centre: *"After two doctors' visits and four months of physio, the Treatment Centres picked up additional nerve damage around my knee, which had been causing the continued discomfort, and treated this straight away.*

While it sounds silly, I didn't realise how

much the injury was affecting me 'mood wise', just by someone confirming that I had actually injured myself made a huge difference! Then reassuring me that things do take time to heal and it's okay to be patient.

On top of that, being encouraged to try other activities that I would not have usually considered proved that I still had the mobility to maintain my fitness whilst not causing further pain by pushing myself too much."

Helen was one of the PTC's first PCSOs through the door so it was interesting to hear her comments regarding how she felt being around other Officers: *"I think the fact that there is no rank structure at the Centre certainly makes a difference as everyone is an equal. It is a very relaxed environment, which in itself makes a difference in aiding one's recovery."*



WE NEED YOU... to be an ambassador

We are currently looking for support from Officers to help spread the word about the work we do here at The Police Treatment Centres.

If you have the opportunity to display literature, have teams you can brief or just some spare time on your hands to help cover some of our speaking engagements, please do get in touch – your support would be greatly appreciated!

Contact the Donor Recruitment and Charity Engagement Team today to find out more by emailing fundraising@thepolicetreatmentcentres.org or call 01423 504448.

Congratulations to our May Superdraw lottery winners!

There to witness the lottery draw at the offices of Sterling Lotteries in Barrow in Furness were two local Police Officers and past PTC patients, Jenna Birbeck and Chris Bethell.

It was fantastic to have their support at the draw, which they lent without hesitation, as they understand how the lottery helps to make a substantial contribution to our funding.

The top prizewinner wishes to remain anonymous but we know she is delighted to have won the £2,000 cash prize!

If you are not already playing the lottery it's easy to join online at www.thepolicetreatmentcentres.org/fundraising/lottery. Remember – anyone can join so tell your family and friends.

We give away a prize pot of at least £1,500 every month and it really is money well spent!



 To set up a regular donation to The Police Treatment Centres and benefit from this amnesty, SIGN UP TODAY – www.thepolicetreatmentcentres.org/sign-up/Amnesty-for-new-groups?blog=1

Keep up to date with all of our activities during the campaign by following our social media [#MoreThanAPoliceOfficer](https://twitter.com/MoreThanAPoliceOfficer). Please help us spread the word.

NEW GROUPS

Are you a Detention & Custody Officer, PCSO or Special Constable?

For just **£1.80** per week the Police Treatment Centres can support YOU during difficult times.

AVOID THE 12 MONTH WAIT!
Sign up between May & July 2017 & access treatment straight away

Subject to clinical assessment





The Alter-G Treadmill has landed

We are delighted to announce that we have finally been able to raise the much needed funds to purchase and install a new Alter-G treadmill at Castlebrae, which is already proving very popular with patients.

The Alter-G at Castlebrae was funded by the generosity of His Highness Sheikh Hamdan Bin Rashid Al Maktoum, the Deputy Ruler of Dubai, who is a supporter of the charity and very kindly donated £40,000 towards the purchase. Through the efforts of the Patients' Social Committees and Officers who have attended Castlebrae for treatment, the remaining funds of £2,500 have been raised. We are currently in discussion with another police source regarding funding for a second Alter-G at Castlebrae, which we hope will be forthcoming in the very near future.

NASA originally invented the Anti-Gravity Treadmill with the aim of allowing astronauts on the International Space Station to exercise and run in a more normal way to combat the loss of bone mass and muscle in microgravity. Although the concept never made it off the ground, it was adapted and instead of adding weight to astronauts in space the Alter-G now uses the technology to take the stress off weight bearing joints whilst exercising.

Patients from the following areas generally receive great benefit from using the Alter-G:

- Orthopedic patients with limited strength, weight-bearing restrictions or those recovering from surgery
- Patients with arthritis and older adults whose pain limits their movements
- Athletes recovering from injuries
- Active runners looking to reduce stress on their muscles and joints
- Neurological patients in need of gait or walking training
- Adults looking to lose weight



The overall effect of the Alter-G is to significantly reduce rehab times and aid our ability to get Officers fit again after injury.

A recent patient made use of the anti-gravity treadmill during their visit to the centre, finding it to be particularly useful in their rehab due to having a weight-bearing injury. The unique unweighting NASA technology enabled the patient to get moving a lot sooner, with reduced weight bearing on lower extremity injuries, resulting in less pain and impact.

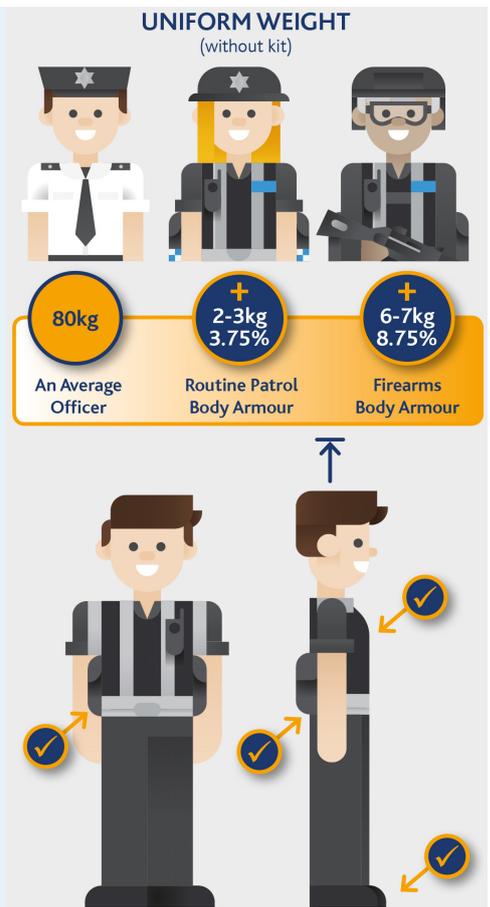
Protecting yourself against your armour

Following a patient visit last year, which led to discussions taking place around The PTC and collaboration with the National Police Federation of England and Wales, a preventative leaflet was produced to provide general tips and guidance to Police Officers on how to look after yourself when wearing body armour.

The physiotherapists worked alongside Jason Kwee, PFEW, to put together something that would benefit Officers who are often adding 10% to their body weight when wearing these heavy pieces of equipment to ensure the least impact possible is being placed upon them.

These leaflets will be launched nationally with the initial distribution focusing on new recruits, Officers receiving new armour and/or those individuals who have been injured. CAST – The Home Office Centre of Applied Science and Technology – has approved the information within the leaflet and will also be promoting the messages through its own website to help ensure the health and wellbeing of Officers is kept at the forefront.

To find out more or to download a copy of this leaflet visit – www.thepolice treatmentcentres.org/physiotherapy-programme/physiotherapy-overview/BodyArmour



PTC welcomes Derbyshire Constabulary

The PTC is now delighted to be welcoming Derbyshire Officers for treatment.

The decision was taken on 1st April 2017 after Derbyshire Constabulary decided to move their provision of rehabilitation treatment to The Police Treatment Centres.

The federation shared its reasons for making the move: ***"The PTC at Harrogate offers facilities of a high standard which are comparable with the current provider, however the subscription for members is cheaper for serving Officers, cheaper for retired Officers, inclusive of police staff in front line roles, closer geographically and therefore a better deal for all."***

One of the first Officers to come through the door and access treatment shared his experiences with us.

Grant Tyers, a serving Police Officer from Derbyshire Constabulary attended St Andrews on 10 April, 2017 on the Physiotherapy Programme: ***"In 2016 I suffered injuries in two motorcycle accidents. Having recovered from the first, I was injured again in November 2016. My broken bones were healed but my hand movement and strength were reduced resulting in a prolonged stint on restricted duties."***

"The timetable includes numerous classes for various injuries, and the

daily physio treatment has strengthened my grip and together has improved my flexibility."

As well as the treatment, Grant found the atmosphere benefitted his overall experience: ***"Upon arrival, I was touched to see the Union Jack Flag at half mast, honouring a fallen Met Officer. This simple gesture made me feel at home, knowing we were put first."***

"I found the staff knowledgeable and supportive. I was also able to arrange for my wife to attend the B&B over the weekend I'd be away, relieving any stressful concerns."

Grant has been on restricted duties since the accidents but is now hopeful of returning to full duties following his visit: ***"I would have no reservations to give my support and recommendation to anyone in need of rehabilitation."***

"The building is first class, clean, with excellent facilities including pool, fully equipped gym, physio department and 24-hour nursing staff."



Any Officer who was previously donating to Flint House will have been automatically transferred. The transfer is automatic and will be on an opt-out basis; any Officer not wishing to subscribe to the new facility, please contact finance@derbyshire.pnn.police.uk

Alternatively if you are a serving or retired Officer who does not currently subscribe and wishes to do so please get in touch – www.thepolicetreatmentcentres.org/sign-up/SignUpServingOfficers?blog=1

Time for a break?

Don't forget we provide bed and breakfast at weekends for members of the police family at a very competitive rate; just £100 for a double and £80 for a single for two nights (Friday and Saturday). Whether you want to explore the beautiful Yorkshire or Perthshire countryside or get involved with the plentiful activities on offer, our centres have something for everyone.



 To find out more or make a booking visit us at www.thepolicetreatmentcentres.org/hospitality-offers/b-and-b

A positive cycle

What a day! A big thank you to YOU for taking part in this year's Back on the Beat Cycle Sportive, all our fantastic volunteers who helped the day run smoothly and a special thanks to Pete Oram, England Police Rugby Union and RTB Sportives for their hard work leading up to and on the day itself, making it all possible.

Over 180 riders took part on the day, taking on the tough but stunning 50km or 99.9km routes!

"It was a great challenging ride, the weather was brilliant, and it's been a great day."

Cleveland's Chief Constable, Iain Spittal

Sir Gary Verity, Chief Executive of Welcome to Yorkshire, supported the event on the day by talking to cyclists before the ride began and participating in the 50km route himself. The Police Treatment Centres was delighted to welcome Sir Gary to the PTC and for his attendance in their first ever sportive.

"This is a fantastic charity that we are supporting and a great facility for the men and women of the police force that do such a great job."

Sir Gary Verity

But the weekend wasn't just about raising heart rates. A huge THANK YOU to everyone for fundraising to support the Police Treatment Centres and raising an absolutely fantastic total for the charity – **£13,407.61.**



Total raised
£13,407.61

And better yet, this total keeps rising! If you have any last minute donations, it's not too late. Simply visit our fundraising page and make your donation – <http://uk.virginmoneygiving.com/fund/backonthebeatcycle>

"It has exceeded expectations! We are very grateful for everyone's participation to make it the success it has been today."

PTC's CEO, Patrick Cairns

Thanks also go to Trevor at Select Images, who really captured the spirit of the event through his photography on the day #BOTTB17. A selection of these fantastic photos can be viewed on our Facebook Page or you can purchase copies of the professional images for a small donation via the PTC website.

And finally, a big thank you to all our sponsors for their support; Slater Gordon UK, Scimitar Sports and Cycle Republic.

Congratulations Toni!

Congratulations to Toni Leach who won the Grand Prize in our raffle on the day – a fantastic BMW Cruise Bike kindly donated



by BMW Group UK Forces Sales.

Toni said "I was absolutely stunned and delighted when I found out that I had won! The day itself was amazing – the support and organisation was brilliant. We'll definitely be back next year!"



The Police Treatment Centres Open Day

Sunday 10th September, 10.30am - 4pm

Opened in 1903, St Andrews has been a feature of the Harrogate landscape for more than 100 years.

Join us & take a look around this magnificent building and beautiful grounds, and learn more about the work we do getting officers back on the beat!

- Take a tour of the Centre
- Meet our Therapy Dogs
- Visit our award-winning grounds
- Enjoy Refreshments
- FREE Admission
- All welcome!



The Police Treatment Centres

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Email: enquiries@thepolicecentres.org

Visit: www.thepolicecentres.org

www.twitter.com/PTCentres

www.facebook.com/ThePoliceTreatmentCentres

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