

Back on the Beat



The Police Treatment Centres

Issue 7 Spring 2016

News from the Police Treatment Centres

NEW

Psychological Wellbeing Programme



In our autumn newsletter we told you about the proposed changes that were being made to the care and treatment given to non-physio patients, those people who attend the Centres for support following stress or illness. With effect from January 2016, patients are now able to apply specifically for admission to the new Psychological Wellbeing Programme and be offered a more structured treatment package. All patients wishing to apply must complete two psychometric tests alongside their application form, which assists in allowing a better assessment of their needs.

Thanks to the incredibly generous donation of £75,000 from the Blue Lamp Foundation, the programme has been able to provide further benefits including:

- Relaxation classes, available every day and additional Thai Chi classes;
- A new aromatherapy class providing information on the best oils to use for different ailments;
- Sleep workshops; providing advice and recommended techniques to use;
- Changes to Patient Advisor hours,

almost doubling what was previously available, providing each patient with an average of 3.5hrs of dedicated counselling;

- The Leeds Art Gallery lending scheme, providing specifically selected pieces of art, to help enhance an individual's wellbeing.

We hope to be able to provide some positive feedback from patients who have accessed the new programme in our summer newsletter. Look out for further information next time!



Blue Lamp Foundation support PTC with generous donation of £75,000

PC David Rathband's Blue Lamp Foundation has provided the PTC with a very generous donation of £75,000 to help fund and set up the new Psychological Wellbeing Programme.

Peter Sweeney, Chairman of the Blue Lamp Foundation, said:

"The emotional wellbeing of our emergency services personnel is high on everyone's agenda, and by working with the Police Treatment Centres to get this programme off the ground, we are playing our part in getting that help and support to those who need it."

The PTC would like to express their gratitude and look forward to welcoming the Foundation to the Centres later in the year, to see first-hand the difference the programme is making.



Reminder-Eligibility Change

PCSO's, Special Constables, Detention Officers and/or Custody Officers, are now able to sign up and donate to the PTC (from January 2016) and therefore eligible to access free treatment at either of our Centres. Signing up has never been easier, simply download and complete a Direct Debit form from the PTC website and return to us, all details will be provided on the form.

➔ For further information visit www.thepolicetreatmentcentres.org/sign-up



#helpinghand Donor Recruitment Campaign

Last year was a busy time for the PTC, working on a national level with all forces to increase donor numbers. We would like to take this opportunity to thank everyone involved in generating extra awareness of the important work carried out by the PTC. Thanks to everyone's support, an additional 567 donors signed up to make a monthly payroll giving donation, helping to provide much needed funds and ensuring the PTC is here for many years to come.

During 2016, we are running a similar campaign for the St George's Police Children Trust. This is a trust fund that supports the children of officers who have died or been incapacitated from working, providing help to ease the financial burden of bringing up

a family in such circumstances.

This peace of mind can be there for as little as 20p per week/86p per month. Can you really afford not to support this?

We are once again calling on your support. If you feel in a position to act as an ambassador, helping us spread the word, displaying literature etc., please do get in touch by

emailing us at fundraising@stgeorgespolicechildrentrust.org, quoting "#helpinghand".



Please consider supporting the St George's Police Children Trust if you do not do so already, and together we can help safeguard the future of our police officers' children.

Read more at : <http://www.thepolicecentres.org/news/NewsArticle-SGPCTRecruitmentCampagin>



Following on from the success of our Christmas Superdraw we are delighted to announce our Spring Superdraw, on 28th April.

Top cash prize - £2,000

Top spot prize – a one night stay including dinner, breakfast and spa treatment for two at Rudding Park Hotel.

Award winning AA 4 star Rudding Park is one of Harrogate's most beautiful hotels. Privately owned and set amongst beautiful landscaped gardens and woodland, it lies within easy access of both York and Leeds.

This year Rudding Park is celebrating 10 years of being in the Top Three Best Hotels in the UK - TripAdvisor Travellers' Choice Awards 2016.



More details on our Superdraw to follow – get more information and join online at; www.thepolicecentres.org/fundraising/lottery or ring our hotline 0370 058 5957.

Paws for a Moment

Here at the Police Treatment Centres we strive to keep our services at the forefront of rehabilitative treatment. One recent addition to our services, which has cost the charity

So, introducing; Ann Burrell and her Leonbergers at St. Andrews; and Wilma Hutchinson and her Sprocker Spaniels at Castlebrae. They visit the Centres once a week for a couple of hours and offer comfort, happiness and emotional wellbeing to the patients. Many patients staying at the Centres are dog owners themselves, or even work with dogs, and while away from home or work will be missing their canine companions. As a result they very much enjoy this opportunity to interact, spend some time with, and talk to these very friendly and gorgeous dogs.

nothing and runs with the help of volunteers, both human and canine, is the introduction of therapy dogs at both St. Andrews and Castlebrae, which is already proving to be a big success.

Recent medical studies have shown that the presence of pets can lower stress and anxiety, improve vital signs, and reduce loneliness and depression, and it has been scientifically proven that the mere action of stroking a dog slows down the heartbeat and reduces blood pressure.

The dogs have been a big hit with patients, and staff, at both centres.

"Loved Mya and Daisy... missing my family and my own lab. They were such a stress reliever. Thanks so much"

"...brought a smile to everyone's face...brilliant idea, keep visiting"



The latest on the big build:

Work on Castlebrae's £2.5m redevelopment project is now in its ninth month, with only a couple of months left to go until it is completed and ready for use by patients.

Just in case you are unfamiliar with what is going on at Castlebrae, the works, which started last May, include the construction of a new building which will house a new, larger, treatment pool as well as a hydrotherapy pool. The existing building previously occupied by the old pool will be redeveloped into a new, and again larger, fitness studio, and a new spin-bike studio. This will, in-turn, enable us to double the size of our rehabilitation gym.

At the time of our last update on the work, the two new pools had been

excavated and constructed and the steel frame of the building had just been erected. Since then we have seen walls constructed, roofs attached and windows fitted. Recent weeks, and even months, have seen snow, rain and storm force winds, which isn't ideal for tiling a roof or fitting large glass roof panels, however, the work carried on and as a result the build is still running to schedule with completion expected in early April.

Inside the new building both the hydrotherapy pool and the main treatment pool have now been tiled and you really get a proper sense of just how beneficial the larger pool will be. Internal walls have been constructed to create various other rooms, such as changing rooms, sauna and steam

rooms, a plant room, a laundry room and a new small staffroom.

The conversion of the existing building that housed the original pool and gym is also progressing with some speed. The work involved here is not quite so extensive but it is nevertheless impressive when you see the size of the new fitness studio and gym. The new spin-bike studio has also now been constructed, as well as much needed storage space for exercise equipment.

Disruption to patients has been kept to an absolute minimum over the course of the building work, but nevertheless we are all keen to see the finished project, so that the patients can start benefitting from the greatly improved facilities.

Relaxation • Shopping • Outdoors • Eating • Sightseeing

BED & BREAKFAST

Harrogate and Auchterarder

Take a break, relax and enjoy the excellent weekend destinations of St Andrews, Harrogate, and Castlebrae, Auchterarder.

Two nights B&B
£100 double room **£80 single room**

Please note:
 • No access to the rehabilitation facilities
 • Availability is limited so early booking is recommended

For more information and to book online
 Visit: www.thepolicecentres.org
 Email: enquiries@thepolicecentres.org
 Call: 01423 504448

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2016 Bed & Breakfast

B&B at the PTCs continues to go from strength to strength and we are now offering rooms every weekend*. Prices have been held at the excellent value rates of £100 for a double or twin room or £80 for a single for Friday and Saturday nights.

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

We are also pleased to announce some discount offers on attractions for PTC B&B Guests at St Andrews:

- **RHS Harlow Carr** – Garden Entry with voucher for £8 (excl. Gift Aid);
 - **Bettys Tea Rooms** – A complimentary glass of champagne for each person with every booking made for a Lady Betty Afternoon Tea;
 - **Fountains Abbey & Studley Royal Water Garden** – Free entry (via special pass) for 2 adults.
- Discounts on attractions for visitors to Castlebrae will be available in due course.

★ Special Prize Draws ★

Thanks to a very enthusiastic social committee from St Andrews last month, we have been fortunate in receiving two fantastic prizes which we wanted to give our readers the opportunity to bid on in a silent auction.

★ Signed football by the full cast from Coronation Street



★ Signed Leeds United football shirt (special edition - poppy shirt from their annual Remembrance Day match 2015)



Both items have been given a reserve, if you are interested in making a bid please email us at fundraising@thepolicecentres.org adding a subject line: "Newsletter Prize Draw" with the amount you would be willing to pay. Bidding will close 15 April 2016, successful bidder will be contacted after this time. Good Luck!

For further information and full terms and conditions, please visit www.thepolicecentres.org/fundraising/ways-to-support

"We enjoyed a splendid weekend at Castlebrae. The accommodation, surroundings, staff and food can only be described as first class. You should be proud of the service provided."

"We had the privilege of staying at St Andrews ... what a wonderful place it is too. The staff, facilities – everything about the visit was superb."

*with limited exclusions, see website.

Round up of 2015 Fundraising/Donations

Last year was an excellent year for people fundraising and donating to the PTC. Unfortunately we can't mention all our generous fundraisers/supporters, but here is a snapshot of some of the interesting and varied ways money was raised during 2015!



Soap Stars Vs British Transport Police charity match

John Moses attended the Centre last year after a serious leg injury and found the treatment he received to be "first class". Following his treatment he wanted to raise money for the Centre, as well as raise awareness with current officers, and chose to organise a charity football match. The match took place at Garforth Town between BTP and Emmerdale Footy in April 2015, where they raised a fantastic £900!



Great North Run fundraising helps fund new therapy chair

Phil decided to take part in the GNR and raise money for the PTC following treatment his wife was given.

Phil said **"When Anne was diagnosed with MND in 2013 the team at the PTC provided us with the most amazing support and care, and as Anne's condition progresses they continue to do so. Doing the Great North Run on behalf of the PTC is a small way of showing our appreciation for the amazing people who work there and the fantastic service that they provide."**

The team raised an incredible £1,665.63, and monies raised were used to purchase a "Therapy Chair" designed for seated back massage. This specialised chair will enable the therapist to work on clients who for instance are pregnant, have breathing issues, are recovering from abdominal surgery or have a mobility issue which would make them uncomfortable lying on a conventional treatment couch.

Thank you from everyone at the PTC for Phil, Ruth & Andy's fantastic fundraising efforts!

RPOAS – Ayrshire Branch donation £2300

Ayrshire RPOAS branch have been long standing supporters of the PTC, with individual branch members clubbing together to provide an annual donation. A grand total of £2300 was raised in 2015, and our thanks go out to Ayrshire and other RPOAS and NARPO branches for nominating the PTC and donating in this way.



Long Awaited Trust Fund Donation

The PTC had been left a part share of a substantial plot of land many years ago which resulted in the investments becoming part of a trust fund, The Hebdon Trust. Last September the PTC was awarded £228K which has been used to help fund the building work currently taking place at Castlebrae.

Durham CC Mike Barton's and PCC Ron Hogg's annual donation

Mike Barton is a great supporter of the PTC, and both he and his PCC Ron Hogg make a joint donation to the charity each year based on the number of Durham Police Officers

within the Force. In 2015 a donation of £11,430K was made for which we are extremely grateful.



West Yorkshire Police Federation fund bedroom refurbishments

A £10K donation was made last year by West Yorkshire Police Federation to fully refurbish, redecorate and transform two single occupancy bedrooms into double occupancy. Both bedrooms at the PTC both now have plaques on the doors acknowledging this generous donation and West Yorkshire's support.



Youth and Philanthropy Initiative



A small group of young people from the Community School of Auchterarder gave a presentation, in December 2015, to a packed hall and table of judges, about the work of the PTC, as part of the Youth & Philanthropy Initiative. After months of

hard work their presentation was judged to be the best. As a result they won £3,000 for the PTC. We are very proud of Rachel, Ewan, Harris (all pictured) and Ross, Ethan and Charlie, and are grateful for the support of the local community.

Thank you to everyone who carried out fundraising events or donated to the PTC during 2015. Please visit our website today to find out more about how you can get involved by supporting our fundraising or donating to the PTC. We need your support!



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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@thepolice-treatmentcentres.org
Visit: www.thepolice-treatmentcentres.org

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Companies House No. 07822534