

# Back on the Beat



The Police Treatment Centres

Issue 21 Spring 2024

News from the Police Treatment Centres

## HRH The Princess Royal Visits Castlebrae

2024 got off to a very grand start for our Auchterarder Centre, with a Royal visit in early January from the Charity's Patron, HRH The Princess Royal.

The Centre in Auchterarder, known as Castlebrae, has recently undergone a major refurbishment of one of its wings with generous funding from The Scottish Police Federation. The Princess Royal was visiting the Centre to officially reopen and name the wing in honour of the Federation.

The Princess Royal has been Patron of The Police Treatment Centres since December 2021 and also visited the PTC Harrogate Centre as recently as last September to unveil a plaque dedicating the opening of the Centre's new Clinical Wing.



PTC CEO, Patrick Cairns, accompanied The Princess Royal on a guided tour of the Auchterarder Centre which included a brief history of Castlebrae and the opportunity to see first-hand the work that the Charity undertakes. The Princess Royal spent much of her time talking to staff about the role they each play within the organisation and to many of the patients about their experiences and the benefits they get from attending the Centre for treatment.

After touring the Centre, The Princess Royal took the opportunity to commend the staff for their hard work and commitment. The Princess Royal also stressed how important it is that all police officers and staff recognise the work of the Charity and that the wider public are also aware of the role the Charity performs in serving those who serve our communities.



### Fancy A Little Escape?

The Police Treatment Centres are your ticket to a two-night break in Harrogate or Auchterarder. Comfy beds, en-suite bathrooms and all the extras like TVs, coffee and tea facilities. Plus, we've got you covered with free parking at both locations.

Rise and shine to a hearty breakfast served up by our catering teams. Get ready to feast on the best of Scottish and Yorkshire produce, with all dietary needs catered for.

Whether you're a retired police officer or part of the wider Blue Light Family, you're welcome to join us. And, the cherry on top? Every penny of revenue goes straight back into our Charity which helps us provide top facilities and programs to our patients.



(Scan for more details and to book)



### PTC & TPCC Now Open To Police Staff

Did you know that **all Police Officers AND Police staff** can now sign-up to The Police Treatment Centres and The Police Children's Charity? We are keen to recognise and support the changing landscape of modern policing and hope that in extending our eligibility to all Police Staff and Officers, we will be able to more fully meet the needs of our constituent forces.

We believe that this is an exciting time for The Police Treatment Centres and testament to how we continue to adapt to the changing needs of modern police forces. Police Staff are now able to complete their payroll deduction form or direct debit forms from our websites. Please scan the QR codes below to find out more and to sign up!



For PTC scan this QR Code

For TPCC scan this QR Code



### Virtual Information Session

Do you have unanswered questions about the Police Treatment Centres and The Police Children's Charity?

To find out more sign up to one of our Virtual info sessions.

#### Police Treatment Centres

Thursday 4th April 2024 - 10am  
Tuesday 2nd July 2024 - 10am  
Thursday 3rd October 2024 - 10am



#### The Police Children's Charity

Thursday 11th July 2024 - 10am

#### Pre Retirement Info Session

Friday 31st May 2024 - 10am  
Friday 30th August 2024 - 10am  
Friday 29th November 2024 - 10am



To register, please email [fundraising@thepolicetreatmentcentres.org](mailto:fundraising@thepolicetreatmentcentres.org) with your name, force, and preference of date.



## May The Ride Be With You

This May we're partnering up with Phoenix Peloton to host a charity cycling ride, beginning and ending at The Police Treatment Centres in Harrogate. All proceeds from the ride will go to The PTC.

Phoenix Peloton is an online cycling community designed for the Emergency Services, NHS, Armed Forces and their supporters. It allows its members to organise rides that fit around their unique work schedules and these rides in turn allow members to connect with one another, de-stress and decompress alongside their peers.

On **May 4th 2024** (Star Wars Day!) Phoenix Peloton in partnership with the

PTC, will be running a cycling event in aid of the PTC with 3 separate routes available for all abilities around the cycling mecca of North Yorkshire. The ride costs **£35.00** per rider with refreshments provided. Sign up fast to secure your spot. First 40 to register get a free branded cycling jersey worth £44!

For the event we are also offering our B&B at a discounted rate.

£108.00 for a single room for two nights (Friday 3rd and Saturday 4th)  
 £126.00 for a double room for two nights (Friday 3rd and Saturday 4th)

To book your discounted B&B, ring The PTC on 01764 664369 and say that it is for the "Phoenix Peloton ride" in Harrogate.



December saw the latest edition of our twice-yearly Superdraw bonanza. One lucky winner scooped a fantastic spot prize of a B&B stay at our Harrogate Centre plus being chauffeur driven to the General Tarleton in Knaresborough for a fine dining experience for two.

The Lottery plays a crucial part in the funding of services provided at the Police Treatment Centres each and every year. To be in with a chance of winning next month, simply sign up at [www.thepolicetreatmentcentres.org/fundraising/lottery](http://www.thepolicetreatmentcentres.org/fundraising/lottery).



Join our Lottery:

Phone: 03700585957

OR

Scan the QR Code



## Physiotherapy Patients May No Longer Need a GP's Signature on Their Application Forms



Anyone submitting an application to attend for **residential physiotherapy treatment**, can now submit their GP Health Records with the application instead of having to get their GP's signature.

Requesting your GP Health Records is an administrative request and can therefore be dealt with by the surgery's administrative staff, and does not require the attention of a doctor. The records can easily be emailed to you and attached to your application form.

Check our website for more details where we also have a generic 'Request Letter' you can use. Please note that this only applies to Physiotherapy applications.

## Police Staff - Don't Forget!



The Police Children's Charity is also now open to all Police Staff.

The Charity aims to support Police families by helping to ease the financial pressures of bringing up children in the face of life-changing circumstances, such as the death of either parent or if the Police Donor parent takes early medical retirement.



## Scotmid Co-op Fund New Mountain Bikes

Our Auchterarder Centre recently benefitted from a generous grant from Scotmid Co-operative who gave a fantastic £5,100 to the Charity in order to purchase six brand new mountain bikes.

Our bikes are well used by the patients taking advantage of the local countryside for fresh air and exercise and we even have an organised bike trip once a week with one of our Fitness Instructors who is a qualified cycle leader. We are very grateful to Scotmid for their generous support.