

Back on the Beat



The Police Treatment Centres

News from The Police Treatment Centres

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Highly Regarded and Cost Effective

Findings from RGU research



Over a six-month period in 2016, the School of Health Sciences at Robert Gordon University (RGU) conducted a study to investigate the effectiveness and value of The Police Treatment Centres (PTC) physiotherapy service.

This independent study involved quantitative, qualitative and an economic analysis. The findings were recently published in a summary report; confirming the physiotherapy provision at the PTC to be highly regarded as well as clinically and cost effective.

In total, 644 patients took part in the study and were asked questions relating to Work Ability, Disability and Quality of Life both immediately after their two-week stay and again after six weeks. At the two and six week points there were significant improvements in all areas with patients reporting lower severity of symptoms and significant improvements to their quality of life.

Participants were overwhelmingly positive about their overall experience at both of the Treatment Centres. Recurring comments were made about the value of regular physiotherapy, the personalised treatment experienced and the excellent facilities as well as the pleasant and relaxing environment, encompassing everything from housekeeping to catering.

When it came to evaluating whether the PTC was deemed to be good value for money, every participant responded positively.

One patient said:

"From walking through the door here [PTC] to leaving, I feel like a different person. On arrival I was wracked with pain and felt unable to focus and concentrate on simple tasks. Now, on leaving, I am working out when and where my next triathlon will be. Every area within the centre is five-star. After suffering for over a decade with a shoulder injury, spending hundreds of pounds on painful treatments,

the PTC physiotherapist has managed to rectify my main problem within a week. I am forever grateful. I feel like I've got my life back. Thank you!"

Another participant commented:

"Without a shadow of a doubt, even if you paid that [amount of money] for your whole service and you only go once – you would get your money back."

The research study calculated a cost benefit ratio, showing that for every £1 spent on an Officer's treatment, a return of £3.66 is made. Mark Oxley, Head of Clinical Services, commented:

"We are absolutely delighted with the outstanding results that have been reported. This really does validate the PTC as a centre of excellence that delivers class leading treatment for our police family patients."

The next step is to carry out a six-month in house follow up with participants from the original study to review the long-term impact of the treatment provided by the PTC. Additionally, our physiotherapy team will continue to work closely with Occupational Health Units (OHU) in our constituent forces to ensure the optimum timing for PTC treatment in a patient's recovery process, so that the best results possible can be achieved.

One of the recommendations of the study was a continued need to push awareness of the PTC within forces. Sadly there are still Officers out there who maybe do not know what we can offer. If you are reading this as a past patient with first-hand experience, please do consider becoming an ambassador for us and spreading the word.

➔ If you can support us please either email us at fundraising@thepolicetreatmentcentres.org or call 01423 504448 and ask for fundraising.



BED & BREAKFAST

Thank you to everyone who has supported us by booking B&B in recent years – we are delighted to see many of our guests returning time after time to enjoy our hospitality.

Prices remain at only **£100** for a double or twin room or **£80** for a single for Friday and Saturday nights; so staying with us represents excellent value at just £25pp per night. All funds raised go straight back into the charity, enabling us to upgrade existing facilities and services.

Due to an increased demand, additional rooms will be made available throughout 2017 and we look forward to extending a warm welcome to even more visitors this year. 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.

"Everything about our stay was superb. The food was excellent and all the staff were so friendly. The whole building was spotless and the grounds beautifully kept. Thank you so much for a wonderful visit."

To find out more, including our Terms & Conditions and to book online visit

www.thepolicetreatmentcentres.org/hospitality-offers/b-and-b

Please remember we do have family accommodation available at our St George's House in Harrogate, which can sleep up to a maximum of seven people. Rates for the house start at £180 for a weekend. For further information visit

www.stgeorgespolicechildrenstrust.org/how-we-can-help/holiday-home





Amnesty for new groups

Following on from a very successful national recruitment campaign for serving Police Officers in 2015, The Police Treatment Centres (PTC) will now be running a national campaign for the new groups that became eligible to donate in January 2016. These groups include PCSOs, Special Constables and Detention/Custody Officers (employed by the Chief Constable or Police Crime Commissioner).

These new groups can now receive the same benefit as serving and retired Officers and after signing up, can become eligible to receive treatment at the PTC should injury or illnesses occur.

It doesn't matter if the injury occurs on or off duty, or if it is a physical injury or an issue relating to your psychological wellbeing, our aim is to help you recover. Our focus is on the whole person. It's not just about getting you back to work, but also ensuring that you are able to continue with all your activities and responsibilities outside of work; whether that be playing with your children, taking part in a sport, or even walking your dog.

When you sign up there is normally an initial 12-month period before you can access treatment, however if you sign up during the campaign, you will receive amnesty from this waiting time and be able to access treatment straight away.

Every year the PTC helps thousands of Officers who have been injured or fallen ill to return to better health and wellbeing. If you fall into one of these groups, you too could benefit from this support.

To set up a regular donation to the PTC and benefit from this amnesty (from 1st May), visit our website and click on the Sign Up Today button on the homepage.



During the national campaign we will be running a social media campaign, More Than Just A Police Officer, alongside it. Please help us increase awareness and support of the PTC by spreading the word on social media by using the hashtag #MoreThanJustAPoliceOfficer.

Join in!



#MoreThanJustAPoliceOfficer
twitter.com/PTCentres



facebook.com/ThePolice
TreatmentCentres

Try your luck... for as little as £1

Playing The Police Treatment Centres (PTC) Lottery is a great way to support our charity, whilst at the same time giving you the chance to win cash prizes every month and special prizes in our occasional Superdraws. Look out for more news coming soon about our next Superdraw, which will take place on 28th May. Special prizes include a night's stay with spa treatment, dinner and breakfast at the top award winning Ridding Park – Harrogate's finest luxury hotel, as well as an Amazon Kindle and a voucher for a luxury spa day (redeemable nationwide).

In our last Superdraw, retired Police Officer Paul Airey from South Yorkshire won the 48" HD Smart TV donated by Sainsburys. Paul was delighted, he commented: "I never win anything! I joined the lottery to support the PTC and the great work they do."



Funds raised by the lottery help us to keep providing first class physiotherapy and stress-relieving treatments for our police family patients. One patient summed up what it means to them:

"The physios, nurses and therapists all work together as a team to provide the best possible care to each individual patient. This is supported by the Centre's staff who are excellent. Everyone has the same aim - to help people, and that comes across in bucket loads. I think every aspect of the PTC is absolutely top drawer. All just what I needed. Perfect!"

To join the lottery visit our website at www.thepolicetreatmentcentres.org/fundraising/lottery or ring the hotline 0370 058 5957.

A much-needed makeover for Castlebrae's gym

Thanks to a generous donation from the Scottish Police Benevolent Fund

Since the opening of our redeveloped and refurbished fitness facilities at Castlebrae last year, our focus has been on raising the funds to purchase new equipment for the gym. The rehabilitation gym itself grew to twice the size after the redevelopment, however most of the large pieces of cardiovascular exercise equipment still looked tired and in need of replacement.

Towards the end of last year the Scottish Police Benevolent Fund (SPBF) came to our aid with a very generous donation of **£32,000** to cover the costs of replacing all of our cardiovascular equipment. These new items have now been installed and are used regularly by patients.

On 6th February, during a meeting at Castlebrae, the SPBF took time out to view the new equipment and also the plaque that has



been fixed in the gym to acknowledge the wonderful gift. SPBF Chair Martin Bertram spoke with Castlebrae's Fitness Supervisor Douglas Jay and Operations Manager Alison Daly. Douglas was able to explain to Martin just how beneficial the new equipment is going to be for the Officers who use the facilities. In total, thirteen items were purchased, including cross-trainers, treadmills, exercise bikes, a stepper, a rowing machine and a Stairmaster.

There is now just one additional piece of equipment that we are still fundraising for and that is the Alter-G treadmill. The unique, unweighting NASA technology found in Alter-G's Anti-Gravity Treadmill provides the ability to speed up the rehabilitation process, be it illness, injury or surgery, by getting the patient moving a lot sooner in a pain-free environment.

We are currently running a JustGiving campaign to raise the £42,000 required



to purchase the state-of-the-art piece of kit and our current total stands at just over **£25,000**. Anyone can donate, either directly through our JustGiving campaign or by linking an individual JustGiving fundraising page to the PTC page. So why not enter an event yourself and raise funds to help other Officers recover from injury and illness and get back to full health and fitness.

To donate go to <https://www.justgiving.com/campaigns/charity/tnpct/castlebraealterg> or search on justgiving.com for 'Castlebrae Alter-G Campaign'.

You're always welcome

The Police Treatment Centres (PTC) continues to welcome retired Officers for treatment at our centres in Harrogate and Auchterarder.

Both of our Centres have been significantly improved over the last two years and the standard and quality of the treatment and facilities are better than ever. We continue to value retired Officers at the PTC and in 2016 we treated 340 retirees on a residential basis at our Centres.

If you spent the majority of your police service in one of the PTC constituent forces you are eligible to become a PTC donor and

beneficiary, so please sign up by direct debit for only **65p** a week to take advantage of our class-leading facilities. Direct debit forms can be found on the PTC website at www.thepolicetreatmentcentres.org/sign-up or by ringing the PTC reception on 01423 504 448, who will then send you a form in the post.

Help us to support you by donating to an outstanding police charity that has continuously treated serving and retired Police Officers for over 115 years.



Sign up to donate to The Police Treatment Centres now for 65p per week, and help us to support you through retirement.

Be a part of the **Back on the Beat Cycle Sportive 2017**

and raise money for The Police Treatment Centres.



The PTC has teamed up with RTB Sportives to organise an exciting new event for 2017, supporting the PTC and promoting health and wellbeing.

The Back on the Beat Cycle Sportive will take place on Sunday 14th May and offers cyclists two routes; a 50km intermediate route and a 99.9km challenging route for more experienced riders.

Both routes will start and finish at the PTC, St Andrews in Harrogate and will allow participants to enjoy stunning Yorkshire scenery as well as tackling sections of the Tour de Yorkshire route.

The Treatment Centres are now more than ever in need of your support to help fund annual running costs. By taking part in the event your fundraising will really help us to ensure that the PTC continues to provide vital treatment and support to help Officers recover to better health and return to work sooner.

Get Involved!

There are three ways to take part and make a difference:

Part-Pay Part-Fundraise

Pay £10 entry to the Sportive and then raise a minimum of £50 for the PTC. You will also receive a free Back on the Beat Sportive t-shirt.

BEA FUNDRAISING HERO!

Get **FREE** entry into the Sportive by signing up to raise over £500. As well as receiving a **FREE** Back on the Beat Sportive t-shirt, you will also receive a **FREE** B&B stay* for the weekend of the event.

Pay Your Own Way

Pay £25 for the 99.9km or £20 for the 50km routes, with no commitment to fundraise, although any money raised would be greatly appreciated.

SIGN UP TODAY at

www.thepolicetreatmentcentres.org

*Rooms will be allocated to participants once the £500 target has been achieved. Limited to the first 30 entrants who reach this target.

WIN a BMW CRUISE BIKE



BMW Group UK Forces Sales have kindly donated the wonderful 'BMW Cruise Bike' as a prize in The PTC Back on the Beat Cycle Sportive.



BMW said "Having supplied a MINI Cooper D Clubman back in October 2016, we are delighted to once again work in partnership with the PTC to assist with their fund raising efforts, so that they can continue to assist the wellbeing and rehabilitation of serving and retired Police Officers in the case of ill-health or injury. We wish the PTC and all participants the absolute best in this event and look forward to working with the PTC in the future."

Details on how to win this fantastic prize will be announced shortly.

PROVIDING A HELPING HAND IF THE UNIMAGINABLE HAPPENS



No amount of money can replace a parent, but financial support from the St George's Police Children Trust can make a real difference to the lives of Police Officers' children. Support the Trust for as little as 20p per week and together we can help safeguard your children's future.

To find out more about our work, please take a look at our new promotional film at www.stgeorgespolicechildrenstrust.org/

Please help spread the word

- Like us on facebook - www.facebook.com/SGPCT1
- Sign up to our newsletter - www.stgeorgespolicechildrenstrust.org/register
- Distribute literature - get in touch with us on 01423 504448

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Email: enquiries@thepolicetreatmentcentres.org

Visit: www.thepolicetreatmentcentres.org

www.twitter.com/PTCentres

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