

# Back on the Beat



The Police Treatment Centres

News from The Police Treatment Centres

Issue 13 Spring 2018

## Research Update Highlights PTC Effectiveness

In 2016, Robert Gordon University (RGU) conducted a mixed methods study evaluating the effectiveness of the rehabilitation and physiotherapy provided by The Police Treatment Centres.

The results of that study were reported in the Spring 2017 edition of Back on the Beat, but in summary the study concluded that the PTC provides a clinically effective, highly regarded and cost-effective service.



## Social Committees Raise Funds for PTC

Patient Social Committees are held on a weekly basis at both Treatment Centres. The committees not only provide patients with a great way to get to know each other, but they also help to raise valuable funds for the Centres. The income is used in a variety of ways such as to purchase regular items which help to make patients' stays more enjoyable, like newspapers, teas, coffees and Sky Sports TV, or for smaller one-off capital purchases, for example in 2017, weight vests, a mini hi-fi for the pool area and an iPod Shuffle and dock for the Complementary Therapy Team all at St. Andrew's, and ceiling speakers for the Physiotherapy Department and a greenhouse with accessories for the gardens at Castlebrae.

Last year, Social Committees at Castlebrae raised a staggering £38,651.21, which is an 8% increase from 2016. Committees at St Andrews raised an amazing £29,532.00, which contributed to an overall total of £68,183.21.

A huge thank you to all those patients who organised committees throughout the year and to everyone who supported their efforts.

From the original RGU study it was recommended that the PTC then evaluate the effectiveness of their physiotherapy intervention over a longer-term interval. Therefore, the physiotherapy department at St Andrews in Harrogate conducted a follow-up study, to evaluate outcomes at 6-8 months post treatment at the PTC. This follow-up study investigated the same outcomes as the original study regarding workability, pain and quality of life.

The study once again proved to be a great success and concluded that:

- A two-week period of rehabilitation aided Police Officers' return to full work duties;
- The majority of Police Officers were able to maintain the improved health status achieved following their rehabilitation at the six-month point; and
- Police Officers were able to maintain an improved level of pain and disability at six months post intervention by the PTC.



## Sign up now!

Why not sign-up to receive this newsletter straight to your email inbox. Just go to our website [www.thepolicetreatmentcentres.org](http://www.thepolicetreatmentcentres.org) and follow the link on the Home Page – you'll then receive each edition of this newsletter, bringing all the latest news from The Police Treatment Centres straight to your email inbox.





# Police Treatment Centres awarded £1.5 million

In November 2017, The Police Treatment Centres was awarded £1.5 million of funding in the latest round of LIBOR grants, to support our work in treating psychological injuries and illnesses within the Police Family.

Since introducing the new Psychological Wellbeing Programme it has become evident that the number of police patients who wished to be admitted for treatment under that programme was growing and would continue to do so in the future. The PTC felt strongly that it had a responsibility to respond to this growing demand for psychological treatment. The only way the PTC would be able to do this, and cope with the increasing numbers, would be to increase its real estate and facilities. Therefore, an application was submitted for a grant through the LIBOR bank fine process.

The PTC's proposals are already in the planning stages and we are in discussion with other potential funding partners and supporters to source the additional income, required on top of the £1.5 million, to

expand the level of psychological support that we currently deliver.

Over the next few months plans will be refined to ensure this grant money is used in the most effective manner possible to expand the Psychological Wellbeing Programme and the treatment provided within that programme.

*"The Programme was absolutely brilliant. The complementary therapies were wonderful in making me relax and have definitely helped my return to work. The care, respect and*



*dignity shown by all staff members at the PTC has been exemplary. The right balance of support, care, information and 'softness' allowed me to take steps and make progress."*

## New Benefits for SGPCT



Last November the Trustees of the St. George's Police Children Trust agreed changes to the Trust and additions to the benefits provided.

The first decision was the toughest to make, but it was decided that as of 1 January 2018, the weekly donation rate would increase from 20 pence to 35 pence. This equates to £1.50 per month, or £1.40 per four weeks. Please note this is the first increase in the SGPCT donation rate since 2011.

This increase in donation rate was, however, largely so that the Trust could increase the range of benefits provided. These new benefits also came into effect at the beginning of 2018.

The SGPCT will now offer support to families who have lost **either** parent, whether or not they are a Serving or Retired Police Officer. The Trustees understand that the death of a partner affects income received by the family and therefore impacts the children, and thus support should also be offered in this instance. The Trust will continue to support families whose Police Officer Parent can no longer earn an income, due to illness or injury sustained on or off duty.

The New Beneficiary Grant, (originally the Registration Grant) will be increased from £100 to £1,000 per child to provide more immediate financial relief.

A new Driving Lesson Grant will be made available to beneficiaries aged 17-25, to help with the cost of learning to drive. The support is capped at £1,000 per child.

A new Child Counselling Grant will offer financial support to all beneficiaries who wish to access counselling, to support a child or family through a bereavement or difficult time. This support can be accessed at any time, up to the age of 25, and does not need to be accessed immediately after the specific event.

These changes will go a long way in helping Police Officer Families if the unimaginable happens.



**If you would like to find out more about the Trust or sign up to donate, please see our website. [www.stgeorgespolicechildrentrust.org](http://www.stgeorgespolicechildrentrust.org)**



# Continued Support from The Al Maktoum Foundation

His Highness Sheikh Hamdan Bin Rashid Al Maktoum, Deputy Ruler of Dubai has been a very generous supporter of The Police Treatment Centres for several years now.

He helped to fund the construction of our new fitness facilities at Castlebrae and funded the first of our two AlterG treadmills at Castlebrae. His most recent donation to the Centre has allowed us to restore one of our social areas and create the Al Maktoum Library, a room for quiet reading, learning and relaxation.

The library was opened on 24 February by His Excellency Mirza Al Sayegh, Chairman of the Al Maktoum Foundation and official representative of His Highness Sheikh Hamdan. HE Mirza Al Sayegh first cut the ribbon to mark the opening of the library before unveiling a plaque to acknowledge The Sheikh's generosity. The charity's CEO, Patrick Cairns also presented Mirza with a special PTC shield on behalf of the charity.

Mirza was accompanied by several other guests including Dr. Abubaker, Director of Operations at the Al Maktoum College in Dundee, Lord Elder Chancellor of the College and Mr Robert Gibbons.

We are very grateful to The Sheikh for his generosity and support and hope that officers at the Centre will find the room a comfortable and peaceful place to rest, read and even learn.



## Be in it, to win it

The PTC lottery is a fun way of lending much-needed ongoing support to the charity and last year a fantastic 464 new members joined.

One lottery player, Jim from Portstewart, was the lucky winner of £2,000 in our November Draw. He said: "It was a shock when I received a letter from the lottery to say I had won £2,000. I have used both Centres many times and they do a great job for injured police. Thanks again – everyone try and support the lottery, it's a great cause."

Very kindly, Jim then promptly gave us a donation from his winnings!

Don't forget that anyone over the age of 16 can play the lottery so please recommend it to your family and friends. It's an excellent way for members of the public to support their local neighbourhood team.

Watch out for news about the special prizes in our next Superdraw on 28 May, coming soon.



**How to join:**  
**Online:** [www.thepolicecentres.org/fundraising/lottery](http://www.thepolicecentres.org/fundraising/lottery)  
**Phone:** Lottery hotline 0370 058 5957

## Back on the Beat Cycle Sportive 2018



Entries are now open for the 2018 Back on the Beat Cycle Sportive.

After the great success of last year's Sportive, entries for this year's event are already coming in fast. The date of the Sportive is Sunday 20 May 2018.

There are two ways you can get involved:

### 1) Be a Fundraising Hero!

Pay £15 entry to the Sportive for either route and then raise a minimum of £100 for The Police Treatment Centres.



### 2) Pay Your Own Way

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

We are also looking for volunteers to help with the smooth running of the event. If you are able to support the BOTB Sportive in any way please contact us on [fundraising@thepolicecentres.org](mailto:fundraising@thepolicecentres.org) for more information.

Your amazing efforts will help us to make sure that The Police Treatment Centres can continue providing vital treatment and support to help officers return to better health and get back to work sooner.

You can sign up to enter the Sportive at: <http://www.thepolicecentres.org/fundraising/BackonTheBeatCycleSportive>

## B&B at Harrogate and Auchterarder

Feedback gathered from guests last year was once again outstanding. It's also a real feel-good experience for members of staff at the PTC who, just as they do for patients, go the extra mile to make your stay the best it can be.

Take a look at more guest feedback on the PTC YouTube Channel.

Thank you to those who took part in these videos, particularly Alec & Margaret who have now stayed with us, at both centres, a record number of times.

2018 is set to be a sell-out year and we can only advise you to book early.

### New for 2018

Visitors to Castlebrae can enjoy discount entrance to Scone Palace – just collect a pass on reception

Visitors to St Andrews can book a special prosecco afternoon tea at The Old Swan hotel. Details will be sent to guests in advance of arrival.



### Note for 2019

Calling all cyclists and golfers – 2019 sees the UCI World Cycling Championships arrive in Harrogate, 22 - 29 September, and the Solheim Cup played at Gleneagles, 9-15 September.

We will be taking bookings for these dates from mid-November 2018, so make a note in your diary. Book online: [www.thepolice-treatmentcentres.org/hospitality-offers/b-and-b](http://www.thepolice-treatmentcentres.org/hospitality-offers/b-and-b) Groups welcome.

## Fundraising heroes

### Neil Wheeler

Neil Wheeler is no ordinary fundraiser. While most people take up a challenge such as running a marathon, Neil is aiming to run 15 Ultra marathons, which range from 33 miles to 100 miles in distance, two 24-hour running events and 20 marathons, as well as a 10K obstacle course. Neil's challenge is to complete all of these events between 1 January 2018 and 1 January 2019, and he is doing it all in aid of the PTC.

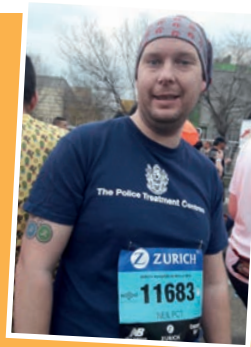
Neil has now begun his epic challenge and has recently completed his seventh marathon in Seville!

Neil said: "I chose The Police Treatment Centres as Police Officers put their health on the line for us every day, for little thanks

or recognition.

*When I read how you have to raise money for the Centres, it made me think that these heroes run towards danger everyday of their lives where most people would shy away from it. I have decided to push myself to my running limits to raise money for these everyday heroes."*

If you would like to support Neil's amazing challenge and help him achieve his £1000 target, please visit; [www.justgiving.com/fundraising/neil-wheeler7](http://www.justgiving.com/fundraising/neil-wheeler7)



## England v Scotland

**In February, England Police Rugby and Police Scotland battled it out in freezing temperatures in what was a fantastic match; the Scottish team prevailed 27-7.**

The event was organised by John Whitworth, Secretary of EPRUFC and Pete Oram, Deputy Chairman of EPRUFC, who are long-time supporters of the PTC. The Northumbria Police Cadets also braved the temperatures and collected for the charity throughout the event and a raffle was also held in aid of the Centres.

Thank you to all those who braved the weather and helped to make the event a huge success, raising a fantastic £721 for the PTC.

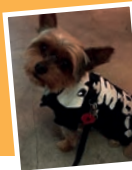


### Norma Burke

Merseyside Officer and PTC patient, Norma Burke, organised several fundraising events in 2017. On Halloween night, Norma and her dog donned their fancy dress and ran a collection in her local village.

Norma also organised an evening of casino games in Liverpool. The night included some fantastic prizes such as hampers, meal vouchers and safari park tickets.

A big thank you to Norma for organising these fantastic events in aid of the PTC, raising a total of £404!



## The Police Treatment Centres

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Visit: [www.thepolice-treatmentcentres.org](http://www.thepolice-treatmentcentres.org)

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