

# Back on the Beat



The Police Treatment Centres

Issue 20 Summer 2023

News from the Police Treatment Centres

## PTC Online Women's Health Programme Launched

The PTC have launched a brand-new service, the PTC Online Women's Health Programme. This provides Officers with access to fitness, nutrition and wellbeing advice from a multidisciplinary team of professionals with expertise in women's health.



Clare Gascoyne and Juliet Finlay, two of the staff who will be leading the Programme

We recognise that there is a need to provide this bespoke support for those who may not be able to travel to the Centres, or who have a young family, or other caring responsibilities. We aim to provide female Officers with the knowledge and confidence to fulfil their role for as long as they wish, or return to their role after parental leave.

Officers wishing to access the online service will receive an initial dual assessment with our women's health trained fitness and physiotherapy professionals; followed by a detailed treatment plan including signposting to appropriate services or resources.

Our team are rehabilitation specialists with a wealth of knowledge and understanding of the demands of the policing role. The team can support women to remain in their role or facilitate a confident return to work, as well as enjoying their home life and hobbies.

Access to our Online Women's Health Programme is secure, confidential, and fast. Just complete an application form for our online physiotherapy service and one of our team will be in touch.



### Our team can offer support with:

- Ante and post-natal fitness
- Menopause
- Pelvic floor
- Nutrition
- Weight management
- Fitness training
- Signposting to virtual resources including PTC educational videos

This new service is available to all Serving and Retired Officers, PCSO's, Specials, Detention/Custody Officers, and Police Staff Investigators (including CSI's and Civilian Investigators), who donate to the PTC.



## Don't Let 2023 Pass You By Without a Visit to Auchterarder or Harrogate

There are still dates available at both our Centres for weekend Bed and Breakfast accommodation in 2023. Summer months are filling up fast though, so don't delay if you want to get away for a weekend in glorious Perthshire or beautiful Yorkshire.

Our self-catering cottages in Auchterarder are fully booked now over the summer months, such is their popularity, but there are still dates available in Autumn and for later in the year.

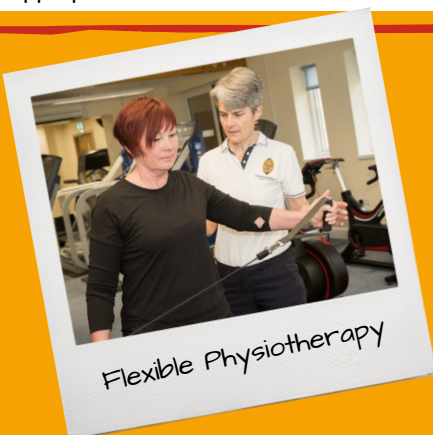


For more details on pricing and to check availability, please visit our website.

## DID YOU KNOW !

Those in eligible serving roles are able to access our first class residential Physiotherapy Programme on a flexible basis. Dependent on clinical need this could be in a single two week block, or just for a one week stay if that was sufficient, or even by splitting their two weeks over a number of months.

Don't forget, we also offer online physiotherapy sessions, giving you access to our expert clinicians from the comfort of your own home.



## Response Policing Week

In the last week of June, our Donor Recruitment and Charity Engagement (DRCE) Team were busy out on the road as part of the Nationwide Response Policing Week.

The week was an opportunity to highlight the difficult, demanding and unpredictable work that Response Officers and Staff do to keep people safe, and for the forces involved to show their Response Officers and Staff what resources are available to help them when needed.



The forces visited by the team were Humberside, Cumbria, Cleveland, Notts, Merseyside, North Yorkshire and West Yorkshire. We were able to talk to Officers about the work they do and how The PTC can support them in their role, either through our Physiotherapy or Psychological Wellbeing Programmes.

As well as our DRCE Team, some of our PTC Ambassadors played a huge part in the week, attending events that the team were unable to attend themselves. A huge thank you therefore goes out to Lee Murphy, Vicki Lee (both pictured below), Darren Barnard and Andy Theakstone for giving up their time to promote the Charity and engage with Officers to remind them of our class leading facilities and treatment programmes.



Our DRCE Team attended over 60 wellbeing events last year. They are an important way to keep in touch with those we serve and to remind Officers and eligible staff of the services we offer. If you know of an event within your force that we could attend please email us at: [fundraising@thepolicecentres.org](mailto:fundraising@thepolicecentres.org)



Darren Brushwood, a retired West Yorkshire Police Officer, recently won our £2,000 Lottery Superdraw Jackpot.

*"I first heard about the lottery when attending the Centres for treatment. I was looking for a way to support the Charity and this seemed a great way to achieve that.*

*The jackpot winnings will prove very useful. After working as a coach driver following my retirement from the Force, I had to resign my position to have a medical device placed in my lower back to ease the chronic pain I was experiencing. This money will allow me a few more months to properly recover before having to return to work.*

*I have made several lifelong friends at the PTC and get an awful lot from the relationship that I have forged through my time at the Centres".*

## Big Step Challenge Winners

This year's annual fundraiser, The PTC Big Step Challenge, took place between May 15th 2023 and June 15th 2023, culminating in a final group walk on June 15th around sunny Harrogate. Each participant completed between 250,000 to 750,000 steps during the course of the month. Our participants clocked up their steps at work, at the gym, in the garden, walking their furry friends, to name just a few ways.

Our big steppers raised well over £2,000 for the PTC and the top 3 fundraisers were; Andy Malcolm, Team PSNI and Liz Allan (pictured right) who all won fit bits for their fantastic efforts. Massive thanks go out to everyone who took part.



Join our Lottery:

Phone: 03700585957

OR

Scan the QR Code



## TPCC Virtual Info Sessions

The Police Children's Charity are pleased to announce that we will be running a virtual information session on Friday 15th September at 10am.

The DRCE team will be hosting this virtual information session on Microsoft Teams for anybody that would like to know more about the Charity and would benefit from having a better understanding of the work of the organisation and the various grants it offers.

Please email [enquiries@thepolicechildrenscharity.org](mailto:enquiries@thepolicechildrenscharity.org) if you would like to join the virtual session.

[www.thepolicechildrenscharity.org](http://www.thepolicechildrenscharity.org)

