

Back on the Beat



The Police Treatment Centres

News from the Police Treatment Centres

Issue 8 Summer 2016

Castlebrae £2.5M Redevelopment Open for Business

After eight years of planning and fundraising, Castlebrae, the Police Treatment Centre in Auchterarder has completed its extension and redevelopment of its rehabilitation facilities. The Centre is now open for business, just in time to mark its 20 year anniversary!

The centre had for many years struggled to cope with the number of officers attending for treatment. Plans were therefore drawn up to expand and improve the fitness facilities and an ambitious fundraising campaign was launched.

Early last year it became clear that sufficient funds had been raised and so the go ahead was given by the trustees of the charity to commence work. The 45 week project began last June and has now reached completion. During the building period service was still provided at the centre.

On 18th April 2016 the new facilities were opened for use by patients attending for treatment. The centre now benefits from a much larger 15m x 7m treatment pool PLUS a hydrotherapy pool, something Castlebrae did not have prior to the redevelopment. There is now a new large sports hall in which many of the various classes can take place, a purpose built spin bike studio and the rehabilitation gym has nearly doubled in size.



The first patients to have used the new facilities have been very impressed indeed with what is now on offer at the centre and the facilities are now on a par with St. Andrews.

We can now accommodate AND treat up to 70 officers each week at Castlebrae. The patients benefit from a larger pool and the new sports hall, both which mean that there are no longer the same restrictions on numbers able to attend classes. The larger gym also means that we are able to invest in new state of the art equipment and the new spin bike studio is already proving to be a great new asset.

"With all new facilities up and running, I feel that PTC Castlebrae is an excellent establishment providing first class treatment and education on specific conditions..."

Paul Marshall – Scotland

The £2.5m investment in the charity has insured that we remain at the forefront in the provision of treatment, physical and psychological, of injured and ill police officers both during their career and into retirement.

A formal opening will take place later in the summer (date to be confirmed), and details will follow in our winter newsletter.



"We are absolutely delighted that the new build at Castlebrae was completed on time and was then brought in for our patients use almost immediately. The new facilities are superb, and reinforce our position as a class leading centre. More importantly this will ensure that we are able to support and treat all of our Castlebrae patients to the highest standard possible, and focus on helping them get back to work and better health and wellbeing as quickly as possible. I would like to thank all of our patients for their forbearance whilst the building work was ongoing, but I can assure everyone that the work and improvements have all been worth it, and moved Castlebrae and indeed the PTC into a new level of patient service and support. I hope to see as many of you as possible attending the Centre over the next few months, and showing what a difference and impact the new facilities have already made."

Patrick Cairns, CEO at the Police Treatment Centres





Your charity tackles the mental health stigma with new programme



With the programme now fully established, after several months of planning and upon completion of the wonderful new facilities, much of the programme is also up and running at Castlebrae.

The decision to introduce this new initiative stemmed from a desire to offer a more structured and holistic approach for the increasing number of officers seeking assistance for anxiety and depression. Sadly there is a growing evidence base that suggests demand for psychological support will continue to grow in the future.

Research undertaken by the University of Nottingham, as reported at the Federation Conference in May, found that more than a quarter (29%) of Police Officers who had been off work sick in the previous 12 months said one or more days of that had been due to stress, depression or anxiety. Worryingly they also found that 65% of these officers said they still went to work even though they felt they shouldn't have because of the state of their mental wellbeing on one or more occasions. Whilst there is much good work going on at present in various forces to improve the situation, it is clear there is still a long way to go.

Initial feedback from those who have completed the new programme has been extremely positive.

The programme represents a substantial investment for the Charity in terms of increased nursing, patient advisor and complementary therapy hours and we are very grateful for the support of the **Police Dependants Trust, the Police Mutual Assurance Society and the Blue Lamp Foundation** who have all made generous donations to assist in establishing this innovation. The combination of group classes and individual counselling and complementary therapy sessions has been well received.

Elaine Burke, Police Officer in Kirklees, West Yorkshire, has recently attended the Centre on this new programme and said;

"The new programme is very well considered and structured. It is perfectly paced with a good balance of physical and mindfulness activities, along with complementary therapies, and the newly established sensory garden.

St Andrews is wonderfully unique and its calm environment helps aid recuperation.

There is the sense of support within the group activities. You have the opportunity and choice to share your experiences in a safe environment. This is really worthwhile and constructive.

The programme enables you to learn new strategies, to manage your own wellbeing and St Andrews really does have professional staff and the environment to facilitate this.

As Officers we are, quite rightly mindful of the needs of others. However, we sometimes neglect our own wellbeing.

You do need to take responsibility for yourself and start this process if you feel you may have needs that can be addressed by the programme. Speak with your Federation representative or staff at the PTC for general guidance.

“Using the PTC benefits you as an individual and consequently as a productive member of your team.



#HELPINGHAND

Focus continues to be given to promoting and raising awareness for the St George's Police Children Trust as part of the 2016 donor recruitment campaign. A number of forces are already underway with heightening their PR and communications in the hope of increasing both the number of officers donating to the cause and ensuring the appropriate messages are being presented, so if help is needed it can be accessed straight away.

Out of over 60,000 officers, more than 36,000 Police Officers contribute to the St George's Police Children Trust, and therefore, their children would be eligible to receive financial support from the Trust if ever needed. Make sure your children do not miss out!

"Mark always paid into everything; I used to tell him to remember charity starts at home. He ignored me and never cancelled any of his charitable deductions, good job he didn't listen to me! We never would have imagined this would be something we would have gone on and benefited from. No one knows what the future has in store. The Trust currently funds two days nursery care for my one year old son, giving me that space for me and time to grieve and time to try to move forward. I hope in the future to be able to provide good memories for my two children and feel assured that the support from the Trust will help allow me to do this."

Louise Walker (mother to Grace aged 5 and Oliver aged 1)

For serving officers wishing to sign up to the monthly 87 pence donation, simply fill in a form TODAY – www.stgeorgespolicechildrentrust.org/apply-for-a-grant/eligibility to complete online or contact the Police

Federation Office/Representative or payroll department who can arrange for donations to begin straight away.

Keep up to date with how the campaign progresses via our social media and #helpinghand.



Lottery News

Our Superdraw in May was a great success, attracting over 100 new members – thank you for your support and good luck for future draws!

Gerry Darling won the top prize of £2,000 – Gerry paid into the PTCs throughout his service after joining Humberside Police as a cadet in 1982, and joined the lottery to lend us extra support.

Gerry served 30 years to the day with Humberside Police, retiring as a Detective Chief Inspector in April 2014. Since that time he has been enjoying life, working part time as a stable lad, a horse box driver, and most recently as a betting assistant on racecourses across the country. At the time of his win, he was preparing for a week's work at Royal Ascot. Gerry has a passion for horses, and will use his windfall to purchase a share

in a racehorse, a large television, and pay for some days out socialising at race meetings. He fully expects to waste whatever is left!

"The staff at the home were amazing, friendly, knowledgeable, and clearly experts in what they do. Most importantly, they achieve the required result and my stay there left me a different person when I left. I owe them a lot. And the facilities were outstanding, of the highest quality! Playing the lottery is a great way to show my support."



Geordie Brown, another successful winner in our May superdraw, won the Kindle HD Fire donated by Amazon.

Geordie joined the lottery whilst staying here as a patient as another way to offer us his support and says "it's been worth every penny". Apparently he also won quite a few raffle prizes through the social committee during his visit to the Centre, so he is definitely a lucky man! Well done Geordie!

"Even now, paying in and being able to receive treatment like this has proved invaluable. I came on leaps and bounds at Harrogate."



Join the lottery online on our website – www.thepolicecentres.org/fundraising/lottery or ring the hotline on 0370 058 5957.

Volunteers Week

During June's #volunteersweek we took the opportunity to thank some of our wonderful volunteers (both human and canine!) who support the work we do!

Ann and her Leonbergers and Wilma and her Sprocker Spaniels visit the centres once a week for a couple of hours and offer comfort, happiness and emotional wellbeing to the patients. #pawsforament

Retired Officers Andrea Clayton, Graham Johnstone and recent recruit Marc Horsborough help us by speaking on our behalf at many Police Mutual pre-retirement seminars in Durham, Humberside and South Yorkshire.

Retired Officer, Bill Jones who comes in once a week and helps us by providing patients with valuable information during the patient tours, collecting patients from the airport and providing assistance with general garden and bike maintenance. Bill enjoys volunteering for the PTC and says;

"It is good to feel in retirement, still part of a team and helping a place provide support for police officers in need."



Ever considered volunteering?

We have a wide variety of roles where help can be given. Please get in touch if you would like further information.

Heritage Open Days 2016

This year, we will be once again taking part in Heritage Open Days, opening St Andrews to the public for one day only!

Heritage Open Days is England's biggest heritage festival, celebrating our fantastic history, architecture and culture; offering people the chance to see hidden places and try out new experiences. Opened in 1903, St Andrews has been a feature of the Harrogate landscape for more than 100 years.

On the day, volunteers from the Prison and Police Museum will be joining us at St Andrews talking about the history of policing, with handling boxes with truncheons, hats and more for people to see and try on!

Plus Ann and her Leonberger Therapy Dogs will also be joining us at St. Andrews. They visit the Centre once a week for a couple

of hours and offer comfort happiness and emotional wellbeing to the patients.

Please join us at this FREE event and find out more about the services provided at the Police Treatment Centres.



Sunday 11th September, 10.30am-4pm

- Take a tour of the Centre and Learn about what we do
- Learn more about the history of the Police Force with the Ripon Prison and Police Museum
- Meet our Therapy Dogs
- Visit our award-winning grounds
- Enjoy Refreshments
- FREE Admission
- All welcome!

2016 Federation Conference

PTC staff attended the 2016 Federation Conference for the last time in Bournemouth in May. As always it proved a valuable opportunity to catch up with federation representatives from across the country and promote the PTC's new Psychological Wellbeing Programme #MHAW16 and the 2016 Donor Recruitment Campaign for St George's Police Children Trust.



Cycling Jerseys

We now have our very own branded cycling jerseys (both the Police Treatment Centres and St George's Police Children Trust) available to purchase at £40 each or given away to our fundraisers who raise over £250 for free. What more incentive do you need to get started with your fundraising!!



Red Devils Charity Sky Dive

Members of the England Police Rugby Union Football Club plus two Chief Constables, are taking on a tandem skydive jump in support of the Police Treatment Centres this August with the RED DEVILS!

The team, which includes Chief Constable Mike Barton (Durham Constabulary) and Temporary Chief Constable Dee Collins (West Yorkshire), along with a number of other Police Officers and a team from the PTC, plan to jump out of a plane on August 3rd 2016 from 13,000ft alongside the most recognised and skilled Sky Divers in the UK, The RED DEVILS.

Please show your support and help raise funds by visiting:
uk.virginmoneygiving.com/MikeBarton2
uk.virginmoneygiving.com/DeeCollins



The Great Knaresborough Bed Race

This year a team of PTC staff trained hard and took part in the 51st Great Knaresborough Bed Race event. This year's theme was cities of the world and the PTC team, better known as the "Dazzling Bobbies" were given 'Wellington, New Zealand', so went as the All Blacks! The team did fantastically well coming 54th out of 90 teams, in an amazing final time of 19:31.5! The Great Knaresborough Bed Race is something different: first staged in 1966, it is part fancy dress pageant and part gruelling time trial over a 2.4 mile course, ending with a swim through the icy waters of the River Nidd. It is not too late to show your support and help raise funds for the Charity by visiting:
www.justgiving.com/PTCBedRace2016

Ice Hockey

On the 27th February SPRA (Scottish Police Recreational Association) Ice-Hockey team



took on the Northern Ireland Tridents in a charity ice-hockey match in aid of the PTC and Clyde Cash For Kids. The game took place at the Braehead Arena in Glasgow, home of the Braehead Clan in Ice-hockey's Elite League. The charity game was held before that evening's main game between Braehead Clan and Belfast Giants and it was the SPRA team who came out on top as 2 – 1 winners on the

evening. The two charities benefitted from all ticket sales for the main game but also had the opportunity to take some charity buckets along and engage with the fans between quarters. A big thank you goes to DC Colin Cameron from SPRA Hockey for organising the whole event and to management at The Braehead Clan for their support. In total an amazing £2,200 was raised.

Have you considered fundraising?

Want to get involved, there are so many different ways you can show your support and help raise funds for the Charity. Please contact the Fundraising Department for more information – fundraising@thepolicetreatmentcentres.org / 01423 504448.

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@thepolicetreatmentcentres.org
Visit: www.thepolicetreatmentcentres.org

Registered Charity number 1147449 OCSR SCO43396
 Companies House No. 07822534