

# **Policing Times**

The Magazine of Northumbria Police Federation



**What Your Federation  
Is Doing For You**

Spring 2018

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## Policing Times

The Magazine of Northumbria Police Federation



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# In This Issue



Chairman: What Your Federation Is Doing For You	4
'Police Should Get 3.4% Pay Rise'	6
Deputy Secretary: Helping You In Testing Times	8
Call For Impact Statements On Officer Assaults	11
Tributes Paid To Former Northumbria Officer	12
Police Treatment Centres: Keeping You Fit To Work	16



The name of former Northumbria officer PC John Davidson, who died on duty with the Royal Canadian Mounted Police, has been added to force's Roll of Honour. See more on page 12.



# What Your Federation Is Doing For Members

**Jim Gray**  
Chairman  
Northumbria Police  
Federation



However, in addition to fulfilling our core functions, **we are determined to continue to be proactive and explore ways to add as much value as possible to the service and support which we provide to our members**, especially in the context of austerity and the associated very real challenges which both the Service and police officers are facing right now.

### Going Over And Above For You

For us, Northumbria Police Federation, a key ongoing focus is looking for opportunities to better serve our members with as many “over and above” services as we can.

For instance, **with our Group Insurance Scheme, we have expanded the range of cover at no extra cost to members.**

The scheme now offers life insurance, worldwide travel insurance, Europe wide motor breakdown cover, sickness insurance, mobile phone and gadget insurance, legal expenses cover, personal accident cover, hospital cover, and a counselling helpline. Basically, giving more real value to members.

This is also true of the Northern Police Healthcare Scheme, a private healthcare scheme run by us for Police Officers and Police Staff.

The rates have now been reduced for most members and **we have included free membership of the Police Treatment Centres for police officers** as part of the scheme.

In addition, members have exclusive and affordable access to two outstanding holiday homes in Northumberland.

### Keeping You In Touch

Communicating with members is essential, so, we are making improvements in how we communicate the good work that we do with Northumbria Police officers.

We have very recently created a new website, [www.norpolfed.org.uk](http://www.norpolfed.org.uk), which we hope is more user friendly and will allow members to navigate to the information they seek quickly.

We continue to use social media - Twitter and Facebook. We also produce a regular Ezine at <http://northumbriafedfocus.co.uk/> and we now, of course, have this magazine, Policing Times.

I would encourage members to follow us on social media and to visit our new website. Please give us feedback on it, because we want to make it as relevant and useful as possible to your needs.

### Supporting Your Good Work

In addition to all of that, we provide and financially sponsor, from non-subscription funds, a whole host of events which are there to either to support police officers or celebrate their work.

For example, we present large-scale Post-Incident Procedure seminars to police officers in order to prepare our members for the potential eventuality of them being caught up in a po-

celebrated in a style, befitting of Police Officers achieving long service, bravery, outstanding police work, and key milestones in their careers.

As well as all of that, **we continue to work with Northumbria Police Sports and Social Club (NPSSC) and financially subsidise new gyms in the force.**

We also sponsor a number of our sporting teams, including the men’s and women’s football teams, the men’s and women’s basketball

### What Your Federation Does For You

We will never lose sight of our main function: to effectively deliver an outstanding service to our members in terms of welfare and efficiency.

We need Federation Representatives who are as best prepared, trained and skilled as they can be to support our members. We make sure that your Federation Representatives receive excellent training and support, whether that be in relation to professional standards and conduct,

**“We want your local Federation to be as relevant as it can be to the needs of Northumbrian Police Officers”**

lice-related death or serious injury.

These seminars will make officers aware of what the process will look like, what they may experience if they are involved in such an incident and the support they would receive from the Police Federation. I view this as proactive support for our members.

We sponsor both the Chief Constable’s Long Service and Commendation events and Student Officer Graduation Ceremonies in order that these can take place at a venue, and are

teams, the women’s netball team, and the men’s cricket team. We are keen to expand sponsorship among our other sporting teams – please let us know if your Force team needs support.

**Please note that not one penny of any of this financial sponsorship comes from subscription funds.**

We also provide Pre-Retirement Courses to our members and arrange a wide range of specialist advice surgeries at the Federation Office, including family law, financial advice and wills.

post-incident procedures, health and safety, equality, or on maintaining and improving terms and conditions.

**We are trying to be the best that we can be and continually explore ways to add value to the service which we provide**, both proactively and reactively, for Northumbrian Police Officers.

As long as I remain as Chairman of Northumbria Police Federation I will pledge to continue to strive to achieve that.

# 'Police Should Get 3.4% Rise'

The Police Federation of England and Wales and the Superintendents' Association have asked for a pay increase of 3.4% for all police officers in 2018.

The request – which the Staff Associations say is in line with inflation – also demands “that the 1% that the Government cheated us out of last year be consolidated and not be considered as part of this year’s police officer pay settlement”.

The Police Remuneration Review Body will consider evidence submitted by interested parties – Police Chiefs, Police and Crime Commissioners and Staff Associations – and advise the Home Secretary, who will make all final decision.

A decision is likely to come in

mer and the pay rise in September.

However in 2017, the process was delayed by the Government, which gave a 1% pay rise and a 1% “bonus” rather than the 2% that the PRRB recommended.

In the 2018 submission, Chief Constables have come under fire from the Police Federation of England and Wales and the Superintendents' Association for their lack of transparency.

Both associations say they remain “deeply concerned” that the Home Secretary’s Remit

want “time-limited, targeted payments to address specific recruitment and retention pressures” for roles such as detectives, fire-arms and custody officers.

The idea is similar to Special Priority Payments, which were axed in 2012.

The NPCC’s proposal for officer apprenticeship pay to start at £18,000 has been labelled “a derisory offer,” which would “cause considerable hardship to any apprentice taking it up.”

The Staff Associations “see no reason to move away from our recommendation in last

## “The Government must honour the PRRB process”

Letter implies that the NPCC’s plans for pay reform are more advanced than believed to be the case. Andy Fittes, PFEW General Secretary, explained that PFEW’s analysis of the economic circumstances has led to an insistence that an uplift for all officers of 3.4% is considered in line with inflation.

He said: “The Home Secretary must act on the independent advice of the PRRB: doing otherwise last year has undermined the credibility of the process, and the mechanisms that this Government introduced.”

According to the Home Office, Chief Officers

year’s submission, that apprentices should be incorporated within the existing pay scale.”

Calum Macleod, PFEW Chairman, said: “Last year the PRRB was brave and, despite the shackles set by Government, put its neck on the line recommending an overall pay uplift that was more than the 1% public sector pay cap. This year, we ask that they be brave again.

“And then Government must stop patting us on the back with one hand, while picking our pockets with the other.

“They must honour the PRRB process and implement their recommendation in full; and give us the additional 1% consolidated pay they owe us from last year too.”



# Shrinking Force

There are now **3,245** police officers in Northumbria.

That’s **898** fewer than in 2010.

#CutsHaveConsequences

# Family Law Advice

‘When it matters to you, it’s important to us’



## Holmes Family Law

Once a month Holmes Family Law hold a specialist legal clinic at the Northumbria Police Federation Headquarters in Cramlington. We offer a **20% discount** and special rate fixed fees for anyone employed by Northumbria Police. This is an extendable benefit for family members of police personnel.

At our monthly clinic we provide you with a free initial consultation without obligation. We are also happy to assist anyone who may wish to speak to us but can’t attend the clinic via face to face appointments or telephone appointments including out of hours to fit around shift patterns.



*‘Our lawyers are professional and friendly and they understand the kinds of issues that Police Officers may be facing when there is a family breakdown. We appreciate the complexities of working shifts and the difficulties this may cause in making arrangements for children. We understand that Officers may be concerned about protecting their pension funds upon separation or divorce. Our Lawyers will help you get the right advice from the outset of your case so that you can make informed and constructive decisions for you and your family’*

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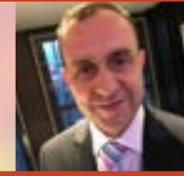
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# Help For Our Members

**David Orr**  
Deputy Secretary  
Northumbria Police  
Federation



**T**he core purpose of the Police Federation is the welfare of its members. Northumbria Police Federation is determined to do the very best for its members.

Those serving police officers have seen great changes in the past ten years which have led to their terms and conditions being adversely affected.

Wage freezes, changes in pensions and reduction in numbers of officers have all had a profound effect on our officers.

**The simple fact is that our members have less money to spend and although Federation subscriptions have not risen for some time other living costs have risen and we want to help in some small way.**

#### Escaping Work Pressures

Holidays are a great way of winding down and spending time with loved ones away from the pressures of work.

**A short break in a beautiful environment**

**can make a great difference to an officer's health and wellbeing.**

The Federation Group Insurance scheme owns and manages a lodge in the Lake District. Previously the price for this lodge was set at marginally below the market rate.

This meant that a week in the summer holidays was almost £1,000.

We have slashed the prices and the cost of a weekend break is as little as £90 and no week costs more than £399 even in the height of summer. Demand was so high when we launched this offer that the IT system crashed!

The previously under used holiday accommodation is almost at capacity for 2018.

This is only the beginning and the plans to help our members over the next three years will see many more innovative schemes and benefits being introduced.



#### Healthcare Scheme

Health is so important and officers can fall ill or be injured – whether at work or off duty – and as we get older the wear and tear of shift work can cause all sorts of chronic problems, affecting elbows, knees and toes.

The Northern Police Healthcare Scheme is a private scheme with prices starting from as little as £15 a calendar month.

We have completely altered the pricing policy and benefits in our scheme and this is our vision for our members.

For example, if an officer could be involved

a means of rest and recuperation at a very low cost. What have we done to achieve this you may ask?

Well the Trustees agreed to extend membership of the Police Treatment Centres as part of our scheme. Therefore, **if you are a member of the health scheme you will automatically be a member of the PTC.** This is normally £7.80 a month. We will add this to the healthcare scheme at no extra cost.

We have actually reduced the cost of membership to serving officers and members below the age of 50.

**“We have completed altered the pricing policy and benefits of the Northern Police Healthcare Scheme”**

in a violent struggle and damages their knee or shoulder. That injury could need an operation.

The officer could also need physio and recuperative treatment and rest before they are fit and able to return to work and do all the things they love to do in day-to-day life.

**Delays in this process can have profound and long term negative effects on an officer's health and wellbeing. Long term injury and sickness can adversely affect careers, home life and relationships.**

The Northern Police Healthcare scheme aims to get an officer an immediate assessment and early operation and start the process of recovery in as short a time as possible.

In the past, that is where the scheme benefits ended. The Trustees voted recently to extend the benefits of membership to create a fully wrapped round scheme which now includes access to remedial treatment in the form of physio and counselling.

And we have gone one step forward offering

The trust has purchased a luxury holiday home in Northumberland. Access to this two unit holiday home which has six bedrooms and sleeps up to 12 people is exclusively available to members of the scheme. The prices will be significantly below the market rates. This completes the circle of care we offer.

An injured officer can now get the treatment without delay, go to the PTC and get the physio or other treatment they require and can have a week or a fortnight in idyllic Northumberland with their loved ones to get mind, body and spirit back to normal so they can live life to the full again.

We are offering this wraparound service and the lowest cost of any healthcare provider anywhere in the country with unrivalled benefits attached.

Once again this is only the very beginning. We are a staff association and our goal is clear, we will work tirelessly to assist our members in any way we can.

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## Call For Impact Statements

The Police Federation has called on all Chief Constables to personally issue 'impact statements' for every prosecution over the assault of an officer or member of the police staff.

The move comes in line with calls for better protection for officers as part of the Police Federation of England and Wales's #ProtectTheProtectors campaign which is tackling the issue of assaults on emergency service workers.

The impact statements, written by a Chief Constable, will be used during sentencing and allow the judge to take into consideration the impact the assault has had on the force, the officer's family and the public.

They will be used in conjunction with statements from the victim. Some Chiefs across England and Wales are already doing this.

PFEW Chair Calum Macleod said the news was welcomed and hoped all chiefs would follow suit.

He said: "To assault a police officer, or other emergency service worker is to attack society itself and should never be accepted as 'part of the job.'

only affects the individual concerned, but their families and friends and the service as a whole. "When officers are assaulted they may need time off to recover, which in turn affects staffing

this goes a long way to reinforcing the message that assaults on our officers are completely unacceptable and the impact is much wider." Calum concluded: "It is good news that some



### "The impact of assaults on police officers not only affects the individual, but their families, friends and the service as a whole"

"Individual victim impact statements have long been used to help courts understand the affects this has on those directly involved but this takes it a step further.

"The impact of assaults on police officers not

levels at a time when officers numbers are at an all-time low.

"That in turn affects the demands on the officers who remain on duty and in the end the service to the public is further depleted. I hope

Chiefs are already doing this but it would be better if all did. It is something we will push with the National Police Chief's Council to see if they will drive it forward further if they are not already do so."

## New Law Aims To Protect Police Drivers

A Ten Minute Rule Bill has been presented in Parliament proposing greater protections for police and other 999 services from prosecution while responding to emergencies

Support is building for a change in law so that emergency response drivers engaged in trained driver tactics will be better protected. The ultimate aim is to lead to an exemption in law for police and other emergency service drivers.

According to the Police Federation of England and Wales: "The Emergency Response Drivers (Protections) Bill is not designed to enable irresponsible driving, but to apply a degree of common sense and pragmatism so that



investigations can be dealt with expeditiously and allow officers to go back to work as quickly as possible.

"As it stands now, no recognition is given to the standards

and driver tactics to which police officers and other emergency response drivers have been trained." Tim Rogers, Lead on Pursuits for the Federation said: "We have made great strides forward in

recent months.

"But whilst we hope this will gain the necessary support to safely progress through Parliament, we cannot assume this will be the case.

"Federations throughout England and Wales have been lobbying their local MPs to support our calls for emergency response drivers to be afforded the legal protection they so deserve.

"I have witnessed police officers and their families go through unimaginable turmoil for years, through no fault of their own. The training to which they exercise their duties should be given due recognition – we must better protect those who we all rely on."

# Tributes Paid To Former Northumbria Officer

**T**housands of mourners attended the funeral of a former Northumbria Police Officer who was shot and killed on duty whilst serving as a Police Officer in Canada.

John Davidson, 53, died in Abbotsford, British Columbia, on 6 November 2017.

He was an officer with Northumbria Police from 1993 for 12 years before emigrating to Canada with his wife and three children.

He then joined Abbotsford Police and served as a Constable with them until his death. He was highly respected by both his colleagues and the community he served.

Family members joined more than 8,000 others at an arena in Abbotsford on Sunday 19 November 2017 for John's memorial service. John's Northumbria Police helmet sat proudly on the centre of his coffin during the entire service.

Northumbria Police were represented at the service by Temporary Chief Constable Winton Keenen, Northumbria Police Federation Chairman Jim Gray, and DC Keith Howells, who worked with John and was a close friend of his.

Jim said: "It was important that we all went, on behalf of all of us in Northumbria Police, to show



by his family, and I hope that by going there we helped them in some way realise that there's a lot of people in Northumbria who were thinking about John and wishing his family well and hoping they can get through the awful challenge which they're going through right now."

well as to help establish memorials and monuments to them, and provide scholarships to their children. For more information go to [www.memorialribbon.com](http://www.memorialribbon.com)

Jim added: "Following John's funeral, the Temporary Chief Constable, Keith and I brought back

**"I hope we helped them in some way realise that there are a lot of people in Northumbria who were thinking about John"**

our respect and gratitude for his service both in the UK and in Canada, to pay our respects to his family and to give our condolences directly to them, which we did, in order to show that there was a great and deep swathe of emotion here in Northumbria that we have here for John and what happened to him, particularly those of us who knew John and worked with him.

"He was 12 years with Northumbria and 12 years with Abbotsford Police. It's important that those 12 years with us weren't forgotten.

"We were warmly welcomed by John's Canadian colleagues, the community of Abbotsford, and

John performed a number of uniformed roles in Northumbria, including working in Newcastle's East End and North Tyneside, and with Motor Patrols.

Those who knew John, knew him to be a principled and highly professional Police Officer. Among his achievements with Northumbria Police was receiving a commendation for preventing a suicidal woman from jumping into a river.

John's family are being supported by the 'Police & Peace Officers' Memorial Ribbon Society', a Canadian organisation, whose purpose is to assist the families of fallen Police Officers, as

with us a number of Canadian Police Memorial Ribbons, to sell them and deliver the proceeds to the Police & Peace Officers' Memorial Ribbon Society so they can continue to assist John's family."

If you would like to purchase a Memorial Ribbon (inset), they are available at the Command Team Reception Desk on 2nd Floor at Middle Engine Lane. We suggest a contribution of £2 per ribbon.

Once all of the ribbons are sold, we will pass the proceeds on to the Police & Peace Officers' Memorial Ribbon Society in Canada.



## Well Done To Our Sporty Members

Northumbria Police's officers have represented both England Police and the British Police Women's teams. Six members of Northumbria Police force were called up to represent their respective teams: Inspector Lesley Wheatley, PC Victoria River, PC Helen Kane, PC Tony Moody, PC Ian Gerrard and PC Greg Haynes. Lesley said: "It's a great feeling to represent your country, and I've had some amazing experiences." Greg added: "Representing England is something I never dreamed would happen, but it has opened doors for me to pursue both my career and my passion for rugby.

## Why the financial settlement is just as important as the divorce itself.



Rachel Darrell  
Lawyer in Family  
Law at Slater  
and Gordon

**It's a common misconception that when a marriage ends the decree absolute will bring to a close the financial relationship between the couple. This is not the case as in the UK there's no statutory time limit for bringing an application for a financial settlement upon divorce.**

When entering into a marriage both spouses have claims against each other in respect of income, capital and pension. When going through a divorce, you have to provide a 'full and frank' financial disclosure that details all your financial assets.

Reaching a fair settlement relies on both parties being honest about their earnings, investments and outgoings. And there are penalties for those who aren't. If a spouse hasn't complied with their duty of disclosure the court may take this into account when making their final order.

However, a delay could well impact on the level of the award so it's always prudent to obtain a financial settlement at the time of your divorce to avoid future uncertainties.

The case of Wyatt v Vince highlights the potential implications of not pursuing a clean financial break at the time of divorce. Ms Wyatt chose to make a financial application against Mr Vince 19 years after their divorce. The relationship had broken down some 31 years prior to the court hearing the application and Mr Vince had since built an impressive business

empire. However, the former spouses became involved in a drawn out and expensive litigation case, finally reaching an agreement which was approved by the court where Ms Wyatt received £300,000.00 of her ex-husband's assets.

Often, separated couples will try to reach an agreement between themselves. If this is unsuccessful or not an option there are a number of different routes available to couples trying to decide how to divide assets, ranging from mediation to court proceedings.

However, couples should be aware that some agreements may not be legally binding and the family courts has jurisdiction to override them. Therefore it's important to seek expert advice from a matrimonial lawyer when reaching a financial settlement.

**If you were divorced a number of years ago without a court order then we can advise you in relation to any financial claim that may still be open. If you would like specialist advice from a family lawyer please contact Slater and Gordon on 0808 175 7710 and we'll be happy to help.**

## NORTHUMBRIA POLICE FEDERATION GROUP INSURANCE SCHEME

### Did you know...

Life Assurance is included as part of the Group Insurance Scheme.

#### Some of the key features include:

- Serving Officer benefit - £120,000
- Death from any cause- worldwide basis/24 hour cover
- Optional Partner cover - £60,000 (subject to an additional premium)
- Easy application process
- Separate Top Up Life cover also available (£50,000/ £75,000/ £100,000 - additional premiums apply)

Membership of the Group Insurance Scheme costs **£17.35** per lunar month for Serving Officer only or **£21.85** per lunar month if the optional partner life cover is taken.

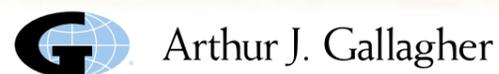
As well as Life Assurance, the following cover is also provided:

- ✓ Personal Accident & Sick Pay
- ✓ Worldwide Travel Insurance
- ✓ Motor Breakdown
- ✓ Gadget Cover
- ✓ Legal Expenses
- ✓ Care first lifestyle Counselling Helpline

For more information, contact the Federation Office on

# 01661 863 492

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# Keeping You Fit To Work

**Patrick Cairns**  
CEO  
Police Treatment  
Centres



I am sure most of the Northumbria Police Federation readership are very familiar with the Police Treatment Centres (PTC), but if you have not been to us for treatment recently, you will be unaware of how much has changed over the past 12 months both in terms of the treatment and services we provide and indeed our facilities and infrastructure.

For those of you who are unaware, the PTC is a two-centre Police charity based in Harrogate in the north of England and Auchterarder in Scotland. We have 22 forces within our constituency from the four countries of the UK, including Northumbria and other forces in the North of England, North Wales, Police Scotland and the Police Service of Northern Ireland. We also cater for three non-geographical forces:

possible. It is worthy of note to add that we provide care and treatment for both on and off duty injuries.

## How You Can Sign Up

Officers can sign up to donate to the PTC through a very modest monthly payroll deduction. Once you arrive at the PTC for your two week residential stay, everything is absolutely free – including your accommodation, food, all treatment, attendance at all classes and talks and use of facilities.

This represents remarkable value by way of a return that directly benefits you, for what you actually donate.

The PTC is a fantastic place where we take huge pride in delivering the very best service and treatment to our police patients and in delivering proven results that help our patients get back to work and health and fitness much earlier than would otherwise be the case.

## Our Facilities At Harrogate

There have been a number of significant im-

provements to our facilities and equipment at the PTC in the past 12 months. Evidence of this change is everywhere.

At Harrogate (pictured below) last year we updated our real estate with the creation of a new Sensory Garden, the building of a new outdoor gym, and the refurbishment of the Summer House and cottage (for use by those with carer/dependant responsibilities). We also built a new indoor cycling studio on the side of the building where we now run instructor led and individual cycling classes and, as well as replacing all the gym cardio equipment with the most modern and up-to-date equipment on the market, we took the opportunity to buy two new state-of-the-art anti-gravity running machines, which are normally only used by professional athletes and Olympians.

## Our Facilities At Auchterarder

This change is even more evident at Auchterarder in Scotland where many of our Northumbria patients go for treatment, and where we have recently opened a new £2.5 million Health and Fitness Complex which will include a new gym, a new swimming pool, and for the first time in Auchterarder, a brand new Hydrotherapy pool.

All of these new additions will enable us to improve our service and treatment to all our

**“We take huge pride in delivering the very best service and treatment to our police patients”**

the British Transport Police, the MoD Police and the Civil Nuclear Constabulary.

Our vision is to establish the PTC as a Centre of Excellence in the care and treatment of police patients suffering from injury and illness, and through our work, support and encourage their return to better health as swiftly as

possible. It is worthy of note to add that we provide care and treatment for both on and off duty injuries.

provements to our facilities and equipment at the PTC in the past 12 months. Evidence of this change is everywhere.

patients, and maintain our position as the treatment centre of first choice.

## Looking After Your Mental Health

We also rolled out our new Psychological Wellbeing Programme at both Centres in the first half of 2016, which has dramatically improved and enhanced the level of treatment we are able to deliver to patients in the future.

We are seeing growing numbers of police officers presenting with these types of conditions and this was something we wanted to give our full attention and develop a more joined up approach to treatment.

We have traditionally focused our treatment for police patients (police officers) on a range of musculoskeletal and other physical injuries, and this obviously includes a significant number of police patients who suffer on duty injuries from assaults, road traffic collisions, stabbings, and public order incidents etc.

Although this remains the bulk of our work, it was clear that due to the number of police officers suffering from psychological injuries and illnesses, we needed to improve our treatment delivery in this critical area.

The result was the new Psychological Wellbeing Programme (PWP); which is a better structured and much improved programme that aims to treat our police patients suffering from mild to moderate stress, anxiety and mental health issues, and a range of other psychological conditions.

The PWP is made up of a number of treatment blocks including individual counselling sessions, group workshops, complementary therapies, exercise classes, and educational talks and advice forums.

One of the key elements of the programme is helping patients to develop coping strategies which will assist officers in dealing with their issues when they leave the PTC. Individual officers also benefit hugely from being able to share their experiences and stories with fellow officers whilst on the Programme, and form enduring support groups to help each other after they leave the PTC.

Feedback from the PWP has been incredibly positive so far, and the majority of patients in their feedback forms and discussions confirm that they leave the PTC in a better place emotionally, are more able to cope with the challenges of a demanding work environment than they were when they arrived at the PTC.

This has been reinforced by results from nationally accredited psychological tests and results on a sample of our PWP patients which have ratified the effectiveness of the Programme, and provide clear evidence of the difference we are making to our patients' work and lives.

## Growing Demand

We are not claiming that the PWP is for everyone, or that it is the only treatment programme available within the police community, but it is an important new approach to how we treat our police patients at the PTC.

Psychological and mental health challenges for police officers are very real issues that are going to be with us for many years.

Since April 2016 over 1,400 officers have attended the PWP at the PTC and demand continues to rise.

One in four of our patients at the PTC are now requesting admission to the PWP, and we anticipate this will increase to one in three in the next five years.

Every patient we treat on the PWP knows a colleague or colleagues who would benefit from attending the Programme and we continue to see a growth in the number of police officers and staff applying. The PTC is determined to respond to this growing demand and the needs of our patients and improve and expand the PWP in the future

The PTC is a fantastic place where we take

**123**  
Northumbria  
officers used the  
Police Treatment  
Centres over a  
calendar year



enormous pride in delivering class leading treatment to all our police patients.

## Helping Northumbria Officers

Northumbria has the lowest sign-up rate amongst our Home Office Forces as donors to the PTC at 43% of your Force total.

Notwithstanding that low sign-up rate, we still treated 123 Northumbria police officers at both our centres in 2016 and made a real differ-

ence to their health and wellbeing.

Independent evidence from Robert Gordon University in Aberdeen published earlier on this year concluded that after a two week residential stay with us the majority of our police patients returned to work much earlier than would otherwise be the case without treatment at the PTC.

The research also found that they were less likely to go sick in the future with that same injury/illness, they were also less likely to go sick with other related injury/illness, and much more likely to return to unrestricted full time duties.

Those of us who are privileged to work at the PTC, see the very real difference that we make to our police patients for every intake through our treatment, and we know that we are helping to get our police patients back to better health, fitness and wellbeing.

I hosted both Northumbria Police Federation Chairman Jim Gray and David Orr, the Deputy Secretary and Treasurer for a visit to the PTC at Harrogate.

It was clear that they were really motivated to look after their federated members, and felt that the PTC have an important role to play in this respect, and are extremely keen to work with us to both improve the sign up rates, and of course increase the number of Northumbria Officers who present for treatment.

They are also in the process of developing the Health Care Scheme within Northumbria, which will include a number of benefits including access to the PTC for treatment.

I hope to welcome many of you for treatment with us in 2018 and beyond, but in the meantime do please take the opportunity to have a look at our updated website at [www.thepolice-treatmentcentres.org](http://www.thepolice-treatmentcentres.org) and browse through our services.

If you do have any questions, do not hesitate to give us a call, or drop into the Federation offices to ensure you are signed up as a donor to the PTC, and able to benefit from treatment with us when you need it.



# The Northern Police Healthcare Scheme



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- Eligibility to join**
- Serving Police Officers who are subscribing members of the Police Federation
  - Police Staff
  - Spouse/Partner & Dependent Children, under 21 years of age, of a Serving Police Officer/Police Staff who is a member of the scheme

**If you wish to receive more information on The Northern Police Healthcare Schemes please contact:**

11-14 Apex Business Village,  
Annitsford, Cramlington,  
Northumberland NE23 7BF

**Pauline Chapman - Administrator**  
Northumbria Police Federation  
**Tel. 01661 863490**  
**Fax. 0191 250 2961**  
**Email. [Healthcare@npf.polfed.org](mailto:Healthcare@npf.polfed.org)**  
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📍 26 Kingsway House, Kingsway, Team Valley, Gateshead, NE11 0HW 📞 0191 731 6389



# The Police Treatment Centres

A charity providing treatment, support & recuperation for injured and ill police family members.

For just **£1.80** per week the Police Treatment Centres can support YOU during difficult times.

Your donation gives you access to free, expert, police-specific treatment at one of our two centres, regardless of whether your injury occurred on or off duty. Whether it is a physical injury or a need for psychological support, treatment is provided to help recover and aid return to work.

→ **Physiotherapy Programme**

A two weeks tailored programme including a combination of exercise prescription & intensive job-specific physiotherapy

→ **Psychological Wellbeing Programme**

A two week structured programme offering sessions in stress management, workshops focusing on relaxation, sleep, mindfulness, group exercise sessions and also individual counselling and complementary therapy sessions.

Sign Up Today at

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



Treatment is provided free-of-charge to donating officers

## St George's Police Children Trust

*"Providing a helping hand if the unimaginable happens"*



No amount of money can replace a parent, but financial support from the Trust can make a real difference to the lives Police Families.

The St George's Police Children Trust is a registered charity which aims to support Police families by helping ease the financial pressures of bringing up children in the face of life-changing circumstances.

*"Losing my partner, the father of my children was unbearable. Life hasn't been easy, but the support we've received from the Trust has helped my children to regain some normality by enabling us to afford a family holiday, continue with their hobbies and take part in school activities – Thank You."*

Support the Trust from as little as 35pence and together we can help safeguard your children's future.



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



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## Remembering Fallen Colleagues in 2018

### Care of Police Survivors Service of Remembrance and National Police Memorial Day.

Serving police officers of all ranks are welcome at both events.

Care of Police Survivors Service of Remembrance – Sunday 29 July 2018. National Memorial Arboretum, Staffordshire.  
More info at <http://www.ukcops.org>

National Police Memorial Day – Sunday 30 September 2018. Waterfront Hall, Belfast.  
More info and registration at <http://www.nationalpolicememorialday.org>

**We will remember them.**



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