

MARCH 2019 NEWSLETTER

PFEW 2019 Demand, Capacity and Welfare Survey

New figures revealed in the [PFEW's 2019 Demand, Capacity and Welfare Survey](#) show that a huge number of officers (82%) admitted to experiencing difficulties with their mental health and wellbeing over the past year.

84% of Northumbria officers also said they are not able to do their jobs properly because there are simply not enough of them on the frontline. That has led to unrealistic demands on their time – 81% of respondents to the survey recorded their workload as being 'far too high'.

Officers also report that levels of single crewing are up in the area too – 86% said they often or always go out alone – while over half say they are not able to take proper breaks on shift, all symptoms of officers having to do far more with far less. [Click here to read Northumbria Police Federation Chairman's response](#)

March Surgeries

Northumbria Police Federation facilitate a variety of surgeries every month for eligible officers and police staff. These include Mortgages, Wills, Pre Retirement Financial Planning, Family Law, Debt Management as well as general Financial Advice. All initial one hour sessions are free of charge. [Click here for details of our March surgeries, including how to book.](#)

Pre-Retirement Financial Investment Seminars

Northumbria Police Federation continue to facilitate Pre Retirement Financial Advice Seminars, hosted by [Police Money Matters](#), who have developed an excellent reputation and level of trust within the Police Family throughout the UK. **Please note these Seminars are IN ADDITION to our **Two Day Pre Retirement Courses** held at the Beefeater in Annitsford.**

One of the aims of these Seminars is to support officers as they reach retirement by enabling them to effectively go from a full salary to a pension income without changing their lifestyles, from the point of retirement right up to state pension and beyond. [Click here for more information](#)

The following are the dates of our forthcoming Seminars, all to be held at the [Badger in Ponteland](#), running from **9.30 am to 12.30 pm** with complimentary tea, coffee and a buffet lunch provided:

Wednesday 3 April
Wednesday 5 June
Wednesday 4 September

Wednesday 6 November
Wednesday 4 December

To book a place on one of these Seminars, or for more information, please email Lee Clements at the Federation Office: lclements@npf.polfed.org.

Northern Police Healthcare Scheme – Refer A Friend and Receive £25!

If you are currently a member of our [Healthcare Scheme](#) and you recommend a friend/colleague (*who must be a serving police officer or police staff member*), who then joins the Scheme, **you will receive £25**. You can refer as many friends/colleagues as you like, so each time a new member is referred by you, **that's another £25 in your pocket**.

Once your nominee joins the Scheme and makes 3 payments, we will email you requesting your bank details to make the appropriate incentive payment directly into your account. **It's that simple!**

[Click here to Refer a Friend](#)

The Stables and Wandylaw Cottage

As an additional loyalty bonus, members of our [Healthcare Scheme](#) can book a break in one of our **two luxury barn conversions** in Wandylaw, Near Chathill, Northumberland at *extremely competitive prices from £150 rental per week*. [Click here for full details and to access the online booking calendar](#). [Click here for 2019 prices for both properties](#).

Court Compensation Orders (Fin 100)

Where a Police Officer or Police Staff member has been awarded a Compensation payment by HM Courts & Tribunal Service (HMCTS) (*and no payment has been received within three months of the date on the Court Order*), applications can be made to the Force to obtain an advance against the Compensation payment.

Such applications should be made on a [Fin 100](#) and sent to **Exchequer Services, Forth Banks** for payment, attaching a copy of the Court Compensation Order.

Please note that when the claimant subsequently receives payment from HMCTS, they must send an email to Exchequer Services confirming that this has been received, and the advance will subsequently be deducted from their salary.

Tax Relief on Federation Subscriptions

Every officer paying Federation Subscriptions (*currently £19.92 per 4 week period*) is eligible to claim tax relief on these from the Inland Revenue. [Click here to read more](#).

You can also claim tax relief on your [Flat Rate Expense Allowance](#) (*currently £140 per annum*) which covers general laundry expenses for uniform. If you have never made a claim, you can back claim up to 6 years. For your convenience, we have prepared a template letter which can be sent directly to the Inland Revenue. [Click here to download a tax reclaim letter](#).

Northumbria Police Credit Union

Just a reminder that the Police Credit Union office formerly on Prestwick Park is now closed. Their contact number remains **0845 241 7506** or you can email enquiries@policecu.co.uk. Please note they are not based at the Federation Office.

Know Your Rights

Not all officers are aware of their basic entitlements under [Police Regulations](#), and we are keen to spread awareness of these and the support available to our members. [Click here to read a Quick Reference Guide re your main Terms and Conditions](#). If you have specific questions regarding your conditions, please contact your [local Federation Representative\(s\)](#).

Jim Gray
Northumbria Police Federation Chairman

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