

## JULY NEWSLETTER

### Physiotherapy & Counselling Services For Group Insurance Members

We are delighted to confirm that our **Physiotherapy, Chiropractic and Counselling** services continue to be delivered at the Federation Office at no additional cost for Group Insurance Scheme members.

If you are a member of the [Group Insurance Scheme](#) and wish to book a Physiotherapy, Chiropractic or Counselling appointment, please ring the Federation Office Reception on **0191 4373766** or email [norpolfedreception@polfed.org](mailto:norpolfedreception@polfed.org)

If you are not already a subscribing member of our Group Insurance Scheme, this is a comprehensive scheme offering **Life Insurance, Personal Accident Cover, Half Pay Sickness Cover, Worldwide Travel Insurance, Legal Expenses Cover, UK/European Motor Breakdown cover, plus access to a 24 Hour Counselling Helpline & Support Service.** [Click here to read the full Scheme Benefits.](#)

If you are not yet a member and wish to join, [please click here for an application form](#) which should be completed and returned to the [info@norpolfed.org.uk](mailto:info@norpolfed.org.uk) for processing. **Please note that applications are welcomed from both Police Officers and Police Staff.**

### The Northern Police Healthcare Scheme

[The Northern Police Healthcare Scheme](#), administered from the Federation Office, is a self-financing Trust, offering private medical treatment to subscribing members and their families. With subscriptions from **only £16 a month (including free Police Treatment Centre membership)** the Scheme makes private healthcare affordable to all. For full details of the scheme, including prices and an application form, [please click here](#). Any completed application forms should be sent to [healthcare@npf.polfed.org](mailto:healthcare@npf.polfed.org).

### Pre-Retirement Courses

We are in the process of organising dates for 1 day Pre-Retirement courses for 2022, these courses will be delivered by Carss Financial Partners. If you are interested in attending a course, please email [info@norpolfed.org.uk](mailto:info@norpolfed.org.uk) with your retirement date. Once we have further dates confirmed, we will contact those officers who have registered an interest.

### FEDERATION SURGERIES

Our service providers have agreed to offer telephone contact, online meetings or a face-to-face meeting at a location which is convenient to yourself:

#### Family Law - 14<sup>th</sup> July 2022

Browell Smith & Co Solicitors are holding a Surgery at the Federation office on **14<sup>th</sup> July 2022**. One hour appointments slots are available, please email [info@norpolfed.org.uk](mailto:info@norpolfed.org.uk) to book an appointment.

They offer a bespoke, specialist legal service to Northumbria Police Federation Members and their families advising on all aspects of Family Law. For a free and comprehensive initial hour long appointment. Please Call 0191 250 4222.

#### Financial Advice, Mortgages / Investment Services / Wills / Estate Planning

Carss Financial Services offer mortgage, insurance, investment, power of attorney and estate planning advice. Please ring Steve Carss on **07775 575445** or email [info.cfp@btconnect.com](mailto:info.cfp@btconnect.com)

#### Discounts On Alt-Berg Boots

Alt-Berg, the Yorkshire bootmakers, offer exclusive discounts to Police Federation members on their whole range of high quality police boots. The full range can be viewed on their dedicated [site](#).

This site and the **exclusive discounts** offered are password protected for viewing by **Police Federation Members only**. To receive the password, please email [info@norpolfed.org.uk](mailto:info@norpolfed.org.uk)

### **Special Personal Contract Hire Offers On Volkswagen**

We are pleased to announce that we are still working with [Lookers Volkswagen](#) to provide our members and their immediate families with exclusive offers on Volkswagen personal contract hire vehicles. Offers are only available through Lookers Volkswagen Scotswood Road . [Click here for full details.](#)

### **The Stables and Wandylaw Cottage - 2023 Dates Now Available**

We have now released dates for 2023 Members of our Healthcare Scheme can book a break in one of our two luxury barn conversions in Wandylaw, Chathill, Northumberland at very competitive prices. [Click here for full details, prices and to access the online booking calendar.](#)

### **The Old Byre, Wandylaw, Northumberland - 2023 Dates Now Available**

We have now released dates for 2023 for The Old Byre (sleeps 5) is a three bedroomed stone-built barn conversion located less than half a mile from the A1, is within easy reach of Alnwick, Berwick and Edinburgh. It is available for hire at substantially discounted prices by members of our Group Insurance Scheme for 3, 4 and 7 night bookings.

[Click here for full details, prices and to access the online booking calendar](#)

### **Duty Spectacles/Contact Lenses**

Just a reminder that the Force will provide financial assistance towards the cost of obtaining duty spectacles/contact lenses, should your optician deem your eyesight requires correction.

Payments will be made up to a maximum of £55. Claims will only be considered every 2 years but there is no time limit on replacement spectacle lenses.

Applications should be made on a [SPECS 1](#) form which should be signed and stamped by your optician. Remember to attach the relevant receipts (copies will suffice). Completed forms should then be sent to Payroll & Pensions Department at Forth Banks for processing.

### **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.](#) <https://www.polfed.org/media/13810/qrg-complete.pdf> If you have any specific queries, please contact your local Federation Representative(s), details of which can be found on the Force's intranet within the Staff Associations section.

*Jim*

**Jim Gray**  
Chairman

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Northumbria Police Federation