

OCTOBER NEWSLETTER

HAVE YOUR SAY ON POLICING INCLUDING THE IMPACT OF THE COVID-19 PANDEMIC

The [PFEW Demand, Capacity & Welfare Survey](#), launched on 5 October 2020, is an opportunity for you to share your views on policing the **COVID-19** pandemic and issues that impact you in your day-to-day job.

All federated ranks will receive a link to this survey via email. This is designed to provide a clearer picture of the main challenges currently facing policing and includes bespoke questions around your experiences of working during the pandemic and the plan to recruit an additional 20,000 officers by 2023. Other topics covered in the survey include resilience within the police service, the demands you face and the stress and impact on your mental health and welfare. [Click here for full details.](#)

Can I encourage you all to complete this survey, as the information provided will be used to inform our policy development and help us to support and represent our colleagues going forward.

PHYSIOTHERAPY & COUNSELLING SERVICES FOR GROUP INSURANCE MEMBERS

Just a further reminder that **Physiotherapy, Chiropractic and Counselling** services are now available at the Federation Office **FREE OF CHARGE** for members of our [Group Insurance Scheme](#). Please be assured that these new services are provided in *strict compliance* with all guidelines relating to the current Covid-19 pandemic.

If you wish to book a Physiotherapy, Chiropractic or Counselling appointment, please ring the Federation Office Reception on **0191 437 3766** or email norpolfedreception@polfed.org

POLICE TREATMENT CENTRES RE-OPEN

[The Police Treatment Centres](#) have recently reopened their centres in Harrogate and Auchterarder and are now taking applications for both the Physiotherapy and Psychological Wellbeing programme. You need to be subscribing to [The Police Treatment Centres](#) to be eligible to attend and members will need to complete the relevant [Physiotherapy Application](#) or [Psychological Wellbeing](#) application form, attach 2 payslips (*1 recent and 1 from 12 months ago*) and return all documentation to the Federation office for verification and onward transmission.

Did you know that Police Treatment Centre membership, usually £7.80 per month, is included in membership of [The Northern Police Healthcare Scheme](#)? For full details of [The Northern Police Healthcare Scheme](#), including prices and an application form, [please click here.](#)

FEDERATION SURGERIES

Due to ongoing Coronavirus implications, we are still unable to hold our normal monthly surgeries at the Federation Office, however, our service providers have agreed to offer telephone contact should any members require advice or assistance with any of the following issues in the interim period:

Family Law

Holmes Family Law solicitors offer a bespoke, specialist legal service to Northumbria Police Federation Members and their families advising on all aspects of Family Law. They offer a free and comprehensive initial hour long appointment. Please ring **0191 500 9337** or **01670 707338** or email lily@holmesfamilylaw.co.uk

Financial Advice (including Covid-19 related financial issues), Mortgages / Investment Services / Wills / Estate Planning

Carss Financial Services offer mortgage, insurance, investment, power of attorney and estate planning advice. They can also give advice and guidance in relation to the furlough process or other financial issues relating to the Covid-19 situation. Please ring Steve Carss on **07775 575445** or email info.cfp@btconnect.com.

Additional Wills & Estate Planning

Taylor–Hall are a ‘Whole of Market’ broker with 30 years of industry experience and technical excellence. They are there to support their clients throughout every stage of their life. Please ring Mark Hall on **07885 041245** or email mark@taylor-hall.co.uk.

PRE-RETIREMENT COURSES

Again, due to Covid-19 implications, we have been unable to hold the usual two day Pre Retirement Courses delivered by Carss Financial Partners. We have, however, held one remote Course and two one day physical but socially distanced courses to accommodate those officers retiring this year.

Pre-Retirement Courses are *completely free of charge to our members* and cover useful subjects, such as **Financial and Estate planning, Recruitment and CV preparation, as well as Mortgage/Property issues**. Duty time is afforded for all attendees and food and refreshments will be provided (if appropriate).

If you are a *subscribing* Federation member within **18 months of retirement** and would like to attend a Pre-Retirement Course, please email info@norpolfed.org.uk to register your interest in the first instance, stating your proposed retirement date.

OUR HOLIDAY HOMES

As you know, we now manage four Holiday Homes, two for the benefit of our [Group Insurance Scheme Members](#) and two for the benefit of our [Healthcare Scheme Members](#). The purpose of these Holiday Homes is to offer *high quality, affordable breaks exclusively* to members of these Schemes.

Holiday Lodge Windermere

We have now released dates for the whole of 2021 for our [Holiday Lodge in Windermere](#), at specially reduced prices for members of our [Group Insurance Scheme](#).
[Click here for 2021 prices](#)..
[Please click here to check availability and to submit a booking enquiry](#).

The Old Byre, Wandylaw, Northumberland – Short Breaks now available

[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](#)

The Stables and Wandylaw Cottage

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

LOOKERS VOLKSWAGEN - PERSONAL CONTRACT HIRE OFFERS

We continue to work 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.](#)

TAX RELIEF ON FEDERATION SUBSCRIPTIONS

Did you know that you can claim tax relief on your Federation subscriptions? If you haven't already registered with HMRC to claim this, you can go back 6 years. In addition, you can also claim tax relief on Flat rate expenses, e.g. uniform cleaning, work boot replacement etc. The following are links to letters pre-addressed to HMRC to enable you to submit these claims:

[Click here to download a letter to reclaim tax for the current year](#)

[Click here to download a letter to reclaim tax for the last 6 years plus Flat Rate Expense Allowance](#)

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 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.

Be safe

Jim

Jim Gray
Chairman

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