

REASONS TO BECOME A DONATING MEMBER TO THE POLICE TREATMENT CENTRES (PTC)

You have to be injured on duty to receive treatment.

- No. You can attend for treatment following an injury sustained outside work for example a sporting injury/slip/fall.

You have to have an injury to attend.

- No. We can offer physiotherapy for any treatable condition e.g. degenerative arthritis. If your condition is affecting your ability to perform the activities of daily living, or your job, to the full then you should consider applying for treatment.

We also have a Psychological Wellbeing Programme starting in 2016 for officers who need support with stress, anxiety and other such conditions.

All treatment is residential.

- No. If you live within an hour's time of the PTC you can potentially attend as an outpatient for physio. When attending the Police Treatment Centres on the Psychological Wellbeing Programme you must stay at the centre.

Residential Stays have to be for two week blocks.

- No. Physiotherapy Programme - Although Clinical advice recommends that a two week stay is the best period of time to gain maximum benefit from a course of treatment, the PTC can and does consider applications for shorter stays if that best suits your personal circumstances.

Psychological Wellbeing Programme – This is a structured programme across two weeks, so we recommend a two week block.

You can only receive treatment whilst a serving officer.

- No. Retired officers are eligible to apply for treatment as long as they remain a current donor. Currently the donation rate is set at 65pence per week for retired officers. Once you retire you are still eligible for one week's treatment a year where capacity allows.

There is a long waiting list.

- No. We generally admit patients within six weeks and often more quickly. If you can come at very short notice it can be almost immediately if we have a cancellation.

You have to be seriously injured to be treated.

- No. We can treat a large range of injuries. In the case of less serious conditions we often find officers attending for physio quite late on in their recovery whereas in fact early intervention can often bring about far more significant results. If your condition is affecting your ability to perform the activities of daily living, or your job, to the full then you should consider applying for treatment.

You have to attend your nearest treatment centre

- No. The application form allows you to express a preference to attend either St Andrews; Castlebrae; or either Centre. However, allocation will depend upon a number of factors for example: capacity at each centre; and the urgency for treatment. By selecting "Either" you may be allocated admission for treatment sooner than if you expressed a preference solely for a specific Centre. Where possible we respect your preference.

You cannot attend for treatment if you need help with dressing or eating.

- No. We have three self-catering cottages and a number of double occupancy rooms which are available to patients who need to attend with a family member or companion to help with dressing and eating.

All companions accompanying a patient must complete an application form. A companion will be charged at the rate of £150 per week to cover the additional accommodation, food and service costs.

Do I need to be a member of the Federation to sign up to the PTC?

No. You do not.

I can't afford to donate to the PTC

Yes. Donating to the PTC costs £1.80 each week (£7.80 per Calendar Month). Once admitted to the PTC all treatments (including physio), food, accommodation and all services and facilities in each Centre are absolutely free. The question is not whether you can afford to donate; it is rather whether you can afford not to donate a sum each week that is less than a price of a "posh" coffee.

The amount deducted from my salary appears to be more than £1.80 each week.

Yes. Some Forces wrap all donations up within an overall contribution to a Benevolent Fund for example; the PTC only receives our designated contribution of £1.80 each week.

Is the donation tax efficient?

Yes. For those individuals that pay through the Charities Aid foundation (CAF), making the £1.80 per week tax efficient. Therefore of the £1.80, you will only donate £1.44 with the balance coming from HMRC.

For individuals that pay direct to the PTC via Direct Debit, gift aid can be claimed on the donation providing the gift aid declaration has been completed.

Do you have any plans to increase the donation rate in the future?

The donation rate was increased from 1st January 2016 to £1.80 per week. We still believe that the weekly donation rate of £1.80 represents outstanding value for what you get at the PTC on admission for treatment. The trustees review the finances over both the short and long term. Based on the information available to the trustees the decision to increase the donation rate by 50p per week is expected to ensure financial viability over at least the next 3 years.

Can I bring my family with me if I apply during the school holidays?

Yes. It clearly depends on capacity and vacancies, but the three self-catering PTC cottages, if available, can be booked for families to stay in whilst the eligible officer is booked in for treatment.

Is there any other news that I should know about?

Yes. There is lots going on at the moment, we are currently reviewing all of our practices and procedures to ensure that we are fit for purpose.

The PTC Board of Trustees have directed that from 1 January 2016, PCSOs, Special Constables and Detention/Custody Officers (employed by the Chief Constable or Police Crime Commissioner) will be eligible to sign up to donate to the PTC, and therefore eligible to access free treatment at either of our Centres.

We are also starting a new Psychological Wellbeing programme in 2016 to reflect the needs of the Policing family.

Police are under higher stress, because of lower staff numbers and confirmed exposure to stressful situations, and sometimes both personal and professional responsibilities take their toll.

The benefits of attending the treatment centre for such officers provides the necessary support needed in an informal setting, reducing pressures of life & workload to enable them to take the time to learn strategies to improve their psychological wellbeing.