



The Police Treatment Centres

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

The PTC is now delighted to be welcoming Staffordshire Officers for treatment.

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.



The service is available to all serving Staffordshire Officers, PCSOs, Special Constables and Detention and Custody Officers. Retired Officers can also sign up at a lower rate.

Avoid the 12month wait!

Sign up between October & 17th December 2018 & **access treatment straight away!** Subject to clinical Assessment.

Student Officers receive their first 12months free on the proviso that they sign to make the minimum donation after the 12 months.

Myth - Busters

You have to be injured on duty to receive treatment.

No. You can attend for treatment following an injury sustained outside work, e.g. sporting injury/slip/fall, home-related stress.

All treatment is residential.

No. If you live within a reasonable travelling time of the PTC you can attend as a day-patient. There are also Cottages on site to assist in accommodating patients who have a family or personal circumstance where 'family' accommodation would support their ability to attend for treatment.

You can only receive treatment while a Serving Officer.

No. Once you retire you are still eligible for one week's treatment a year, if you continue to donate at the lower weekly rate of £0.65.

There is a long waiting list.

No. Patients are generally admitted within their optimum time period. If you can come at very short notice it can be almost immediately if we have a cancellation.

I need to take sick leave or annual leave to attend the centres.

No. All Staffordshire officers can attend the PTCs on Duty Time.



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

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 do so 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 or Castlebrae, or either Centre. However, allocation will depend upon a number of factors, for example: clinical need, 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.

Treatment is given one month after an operation.

This will vary according to the exact nature of the surgery, i.e. after joint replacement it is best to wait until your stitches are removed and the wound is healed at around three weeks, but after ACL reconstruction a six-week period post-operative is recommended to allow for the knee joint to settle down. Please contact the Physiotherapy Department if you require further guidance.

What is the usual treatment period for serving officers?

The period of admission for a serving officer is either one week or two dependent on which will achieve the maximum benefit from treatment. If in the opinion of the clinical team a shorter stay would be sufficient to achieve a positive clinical outcome then an initial one week admission period will be offered. Personal circumstances or duty requirements may mean that a one-week admission is more beneficial than no admission at all. If so, this will normally be Monday to Friday only (four nights duration), however - consideration may be given to a Sunday admission with arrival after 1430.

The PWP is a two week programme designed specifically for Serving Officers.

How do I sign up?

Any officer who had previously been donating to Flint House will have been automatically transferred. The transfer is automatic and will be on an opt- out basis; any Officer not wishing to subscribe to the new facility please contact the Federation. For those wishing to make donations to the PTC who were not previously donating to Flint House, please contact your Federation.

Any further questions can be directed to the Police Treatment Centres.

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