



NORTHERN POLICE CONVALESCENT AND TREATMENT CENTRES

# BULLETIN

INFORMATION FOR HEALTH/WELFARE STAFF AND FEDERATION REPRESENTATIVES

## St Andrews: Major improvements

Major improvement and refurbishment work to revitalise St Andrews, the Police Treatment Centre in Harrogate, gets underway next month (November 2008).

The first stage of the project will see six ground floor bedrooms converted to meet the needs of people with disabilities. The centre will remain open for the duration of this work, but to minimise disruption, the six rooms being refurbished and those rooms on the corridor immediately above will be taken out of use for eight weeks.

Michael Baxter, Chief Executive of the Police Treatment Centres charity, said: For a few weeks from the start of November we will have twelve fewer bedrooms available to us. This is going to lead to greater pressure on our remaining

facilities so some officers applying for treatment at St Andrews during this time will be encouraged instead to attend Castlebrae, the Police Treatment Centre in Scotland which has identical facilities. This will maintain timely admission for those most in need.

The second and biggest phase of the refurbishment project will get underway in December. Clinical areas such as the physiotherapy department, gym, changing rooms and nursing facilities will be extended and modernised. Additional patient facilities will also be developed. The centre will close as usual over the Christmas period but will remain closed to patients for a further week to allow for the most disruptive of work to be carried out. Therefore St Andrews will close on Friday 19 December

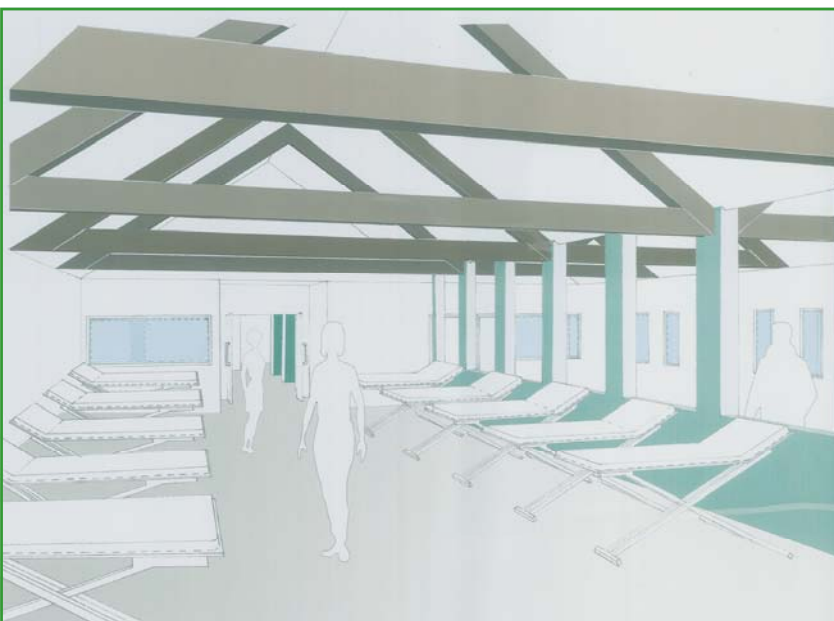
(patients will leave on Thursday 18<sup>th</sup>) and will re-open on Monday 12 January.

There will again be a reduction in the number of rooms available at St Andrews from December through to the end of April and again some officers will be referred to Castlebrae while improvement work is carried out.

Michael Baxter said: "While the reduction in the availability of rooms at St Andrews will cause some inconvenience for serving and retired police officers, I am confident those officers most in need of treatment will be able to receive this at both St Andrews and Castlebrae.

"I would like to thank officers and police forces for their patience over the coming months while this work to significantly improve our facilities is carried out.

"I would encourage anyone who has questions about the improvement and refurbishment work to visit the charity's website over the coming months where they will be able to find out more about the project."



## Stress: How NPC&TC can help

Headlines such as the recent offering in the Daily Express of “Stressed-out police costing £1 million a week” may be news to the general public, but not to those working in the police service.

It’s estimated that about twenty percent of officers attending the Police Treatment Centres do so for reasons other than needing treatment for an injury. Of those some are recovering from illnesses or operations but many are suffering the effects of stress, depression and anxiety.

As part of a wider programme of treatment and care, many officers gain benefit from attending the centres. While formal counselling is not offered (due to the fact officers attend on a short-term basis) officers can meet with the charity’s Patient Support Advisor (like a Welfare Officer) and participate in classes and workshops aimed at developing coping strategies and self-awareness. Complementary therapy for the purpose of relaxation is also available.

*My life was in a complete mess.*

*With support from all the staff and patients, and the availability of the facilities I am going home a new person who has regained focus, enthusiasm and an excitement for life. I cannot thank you all enough.*  
Anon.

Comments like this are fairly typical of officers who attend the centres because of stress-related issues. Head Nurse at St Andrews, Carol Whitehouse said, “There are a great many officers for whom we can provide positive, practical support but



there are also times when we are contacted about acute cases and sometimes our centres are not the best places for an officer to spend time in the first instance.

“It’s important that people are well enough to take full advantage of the facilities and classes available for them. In some cases after receiving an application we may prefer to discuss an officers needs with them and see them at a later date when they are more likely to gain maximum benefit from their stay. It’s about seeing people at the optimum time in their recovery.”

With any application, it is important that clinical staff at the Police Treatment Centres have

as much information as possible to assist with establishing the best time for an officer to attend the centres. This is especially important with stress-related cases, as is having the most up to date information possible.

If you are dealing with an officer you think might benefit from a stay at the treatment centre, whatever the circumstances, you are very welcome to call and discuss the case with either a nurse or physiotherapist. Often they can offer guidance on the sort of treatment that would be appropriate as well as the best time to attend one of the centres.

Contact details can be found overleaf or from [www.npch.org](http://www.npch.org)

### Get in touch

**Write to us:**  
NPC&TC  
St Andrews  
Harlow Moor Road  
Harrogate  
HG2 0AD

**Call us:**  
Tel: 01423 504448  
Fax: 01423 527543  
**Or send e-mail:**  
[enquiries@npch.org](mailto:enquiries@npch.org)  
**Visit our site:**  
[www.npch.org](http://www.npch.org)