

# Dave Blundell

Engagement Officer  
Police Care UK

07762 286402

Dave.Blundell@policecare.org.uk

## An Introduction to Police Care UK



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# Police Care<sup>UK</sup>

- Who we are
- Who we help
- What we do
- How to access our help
- How we have helped
- How we are funded
- How you can help

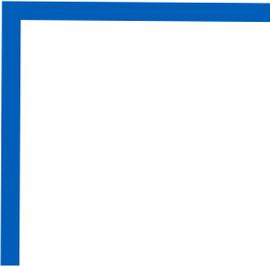




# Police Dependants' Trust

& The National Police Fund

- 1926 National Police Fund
- 1966 Police Dependants Trust
- 2016 University of Surrey
- **2019 Police Care UK**



**Police  
Care<sup>UK</sup>**



**Police  
Care<sup>UK</sup>**

## Our 3 aims



### **Raise awareness of the harm experienced**

Everyone should understand the dangers that police face everyday.



### **Enable people to recover and rebuild**

Police & families should have someone to turn to.



### **Empower Police forces to reduce harm**

Caring for their people is the duty of every police force - we'll do what we can to help.

# Police Care UK

- Fully Independent
- Receives no state funding
- Entirely confidential
- Assistance is Free



Police Care UK assists members of the police family, who have been **'Harmed as a result of policing'**.

	Police Officers	Police Staff	Police Volunteers
Serving	✓	✓	✓
Veteran	✓	✓	✓
Immediate Families	✓	✓	✓



## We do not Replace

- Line managers
- Human Resources
- Occupational Health
- Police Federation or Staff Associations
- Force statutory obligations
- Benevolent funds



## Assistance Grants

- For Individuals harmed through their policing role
- For the support and recovery of quality of life

e.g. Home adaptations, retraining, rehabilitation equipment

- No Limit

Applications are considered by grants panel and assessed (Joseph Rowntree Foundation Criteria) for people struggling financially



# Psychological Assistance and Support

For Individuals psychologically harmed through their policing role

- Counselling
- CBT - Cognitive Behavioural Therapy
- EMDR - Eye Movement Desensitization And Reprocessing
- CAT - Cognitive Analytical Therapy
- IPT Interpersonal Psychotherapy

Delivered by service provided (CIC)

# How Individuals can access our support



**Check out our website, or drop us an email.**

[www.policecare.org.uk](http://www.policecare.org.uk)

[hello@policecare.org.uk](mailto:hello@policecare.org.uk)



**Pick up the phone and give us a call on:**

**0300 012 0030**



**Ask one of our local Volunteers for help.**

# Individuals Contacting Police Care UK

**Initial call** (email, web referral form, or phone call)

Police Care welfare team contact individual and establish

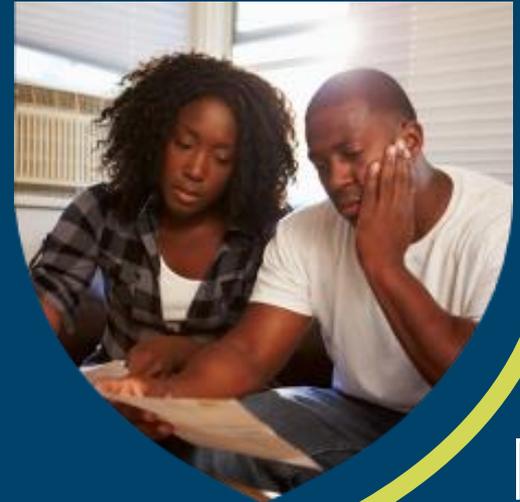
**Eligibility**

**Assistance** already provided

Provide advice and determine needs

**Grant**

**Psychological** assistance



# Trauma Impact Processing Techniques (TIPT)

- Proactive Resilience Building against impact of Trauma
- Tips and techniques for keeping well people well
- Delivery to Groups of 8-12 individuals
  - 1700+ across UK
- Train the Trainer 8-12
  - 35+ Licenced trainers across UK

[Click Here for Video](#)

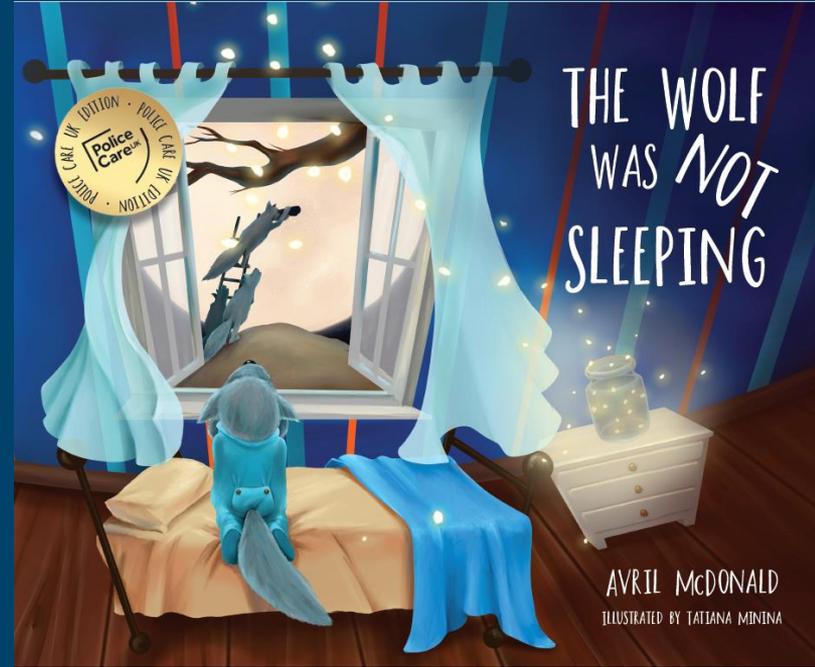


# The Wolf Was Not Sleeping

- Children's book
- 3-7 year old
- Available through our website
- Launched 31st March 2022

[Click Here for Video](https://shop.policecare.org.uk/)

<https://shop.policecare.org.uk/>



## How we've assisted since 2012

	UK Forces	Applications
Assistance Grants	£3,909,633	1558
Counselling	£1,966,184	1199
Major Grants	£2,771,918	13
Force Wellbeing	£309,180	125
<b>Total (inc. other grants)</b>	<b>£11,865,222</b>	<b>3564</b>

## Police Care UK – 2020-2021 in numbers

- Over **5300** Counselling sessions delivered.
- **36%** Increase in people coming to us for support.
- Provided help to **1500** families.
- **40%** of families received more than one form of assistance from us.
- **127** One-to-One sessions to 48 individuals through our pilot Veteran Peer Support Programme.



## How are we supported?

- Donations
- Legacies
- Investments
- GAYE (some forces)
- Friends of Police Care UK scheme
- Sales
- Fundraising Events



# Police Care UK | How can you help?

- Know who we are
- Tell others who we are and what we do
- Keep my details
  - Dave Blundell
  - [dave.Blundell@policecare.org.uk](mailto:dave.Blundell@policecare.org.uk)
  - 07762 286402
- Sign up for our Newsletter
- Follow us on Social Media and share with others





**We are a member of The Police Charities UK group**

**POLICE**  
**CHARITIES**  

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**UNITED KINGDOM**

**A Group of UK police charities which collaborate to  
share good practice and experience**

**<http://www.policecharitiesuk.org>**

**PFOA**

**Police  
Care<sup>UK</sup>**



PC DAVID RATHBAND'S  
**BLUE  
LAMP**  
FOUNDATION



# POLICE CHARITIES

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## UNITED KINGDOM



**FLINT HOUSE**  
POLICE REHABILITATION CENTRE



The Police Treatment Centres

Scottish Police  
**Benevolent Fund**  
The Scottish Police Charity

**CPA**  
CHRISTIAN POLICE ASSOCIATION



**UK POLICE  
MEMORIAL**



Benevolent Fund  
Supporting colleagues since 1974



THE  
**GURNEY**  
FUND



**West Midlands Police  
Benevolent Fund  
Charity**



**Sussex Police  
Charitable Trust**  
A helping hand

**Police Care UK** | Rebuilding lives for a brighter future

**Any Questions?**



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