



Rebuilding lives for a brighter future

It is a pleasure to introduce you to [Police Care UK](#).

This is a new and exciting time for us as an organisation, and the biggest change we have undergone in our 53 year history.

Following extensive research and feedback from supporters, we discovered that our services needed better clarification and explanation. The term 'dependants' was also considered somewhat vague and unclear.

We therefore decided to merge the Police Dependants' Trust and the National Police Fund into one organisation.

At Police Care UK, it is our mission to reduce the impact of harm on police and their families. We wish to ensure that those in need, whether serving or former officers, have someone that they can turn to for support.

We have launched a new success framework with three core aims:

- Ensure everyone is aware of the harm police can experience as part of their role.
- Police and their families can recover and rebuild their lives after suffering harm.
- Police forces and agencies are doing all they can to reduce harm.

We now look to the future with great optimism and hope you will all be there to share it.

A handwritten signature in black ink, appearing to read "Ciu".

Gill Scott-Moore
Chief Executive, Police Care UK



Police Care UK reduces the impact of harm on police and families. We:

- **ensure everyone is aware of the harm police experience**
- **enable people to recover and rebuild their lives, and**
- **engage with the service to reduce or prevent harm.**

What does this mean to the people are care for? Well, Just a few years into what he hoped would be a long career in the police service, Dave Powell was facing up to the reality of spending life in a wheelchair.

[Read Dave's story >](#)



Ways we have helped recently

- Funded a sports wheelchair for an officer who lost his leg.
- Covered maintenance costs - enabling a family to remain close to a vulnerable relative in care.
- Funded a series of **Police Care Wellbeing Rooms** - allowing staff to have proper areas of relaxation.
- Provided a respite break for an officer and his family.

Want to talk to us in confidence? Call 0300 012 0030.



NEW SEMINAR PROGRAMME: Suicide awareness & prevention

21 police officers died by suicide in England and Wales in 2017. There are no figures on attempts, and more are struggling to cope. Police Care UK is committed to supporting the police to reduce the impact of harm, and so we've launched our first seminar programme to help police help each other.

This free-to-attend seminar will provide the tools and techniques needed to spot the warning signs, how to get help, and how to improve your personal resilience.

Due to the sensitive nature, these seminars are only for people with a valid .pnn or .gov email address, and a £20 refundable deposit is taken at the point of booking to ensure attendance.

There are ten dates and locations published online and bookings are now open.

[Find out more >](#)



[Donate to Anna's Wolf-run fundraiser for Police Care UK](#)

Anna and her partner Tom are both serving police officers in Thames Valley. Last year, Tom suffered an injury on duty and had to have his leg amputated.

Police Care UK have been supporting them since, and Anna has decided to raise money to say thank you.

She has already completed her first wolf-run, but is doing 3 more this year. Wish her good luck and support Police Care UK by making a donation to her campaign.

[Donate to Anna's fundraising page >](#)



Become a Police Care Ambassador in your force

We are currently looking for dedicated volunteers who can help us spread the word about our services in your force. Ambassadors help us promote Police Care UK, attend briefings, and even arrange stands & stalls at force events.

Come along to one of our introduction days and find out more about the roles that are available.

[Find out more >](#)



Upbeat! 2019

At the end of March, we held our much-anticipated Upbeat! conference in Leeds.

The new National Wellbeing Service and responding to a major terrorist incident were just two of the important topics covered.

[Find out more >](#)

**No one who suffers harm should be left without help.
To talk to Police Care UK in confidence, call 0300 012 0030
or email hello@policecare.org.uk**