



NEWS UPDATE

Supporting our members **five days a week**

Member Newsletter 2018

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State of the art wellness centre opens

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How we've helped our members



Multi-million pound St Michael's Lodge offers wellness breaks

Members in need of a short convalescence break can now benefit from the newly refurbished and extended St Michael's Lodge in Lancashire.

The old school house has undergone major work over the past 12 months and has been transformed, by North West Benevolent Fund, into a spectacular state-of-the-art holistic treatment centre.

Set in the picturesque Ribbles Valley, St Michael's Lodge is the perfect place for our members to visit when they need time away to recover from injury or illness.

Benevolent Fund Chairman, John Williams attended

the grand opening and was extremely impressed with the enhanced facilities on offer.

"Members reason's for staying at St Michael's Lodge are wide ranging and so to have a multi-million pound treatment centre offering individual tailored solutions is very exciting.

Our members can now take advantage of all the superb facilities during their stay and feel confident that their personal needs are being met."

For more details, turn inside for our special St Michael's Lodge feature.



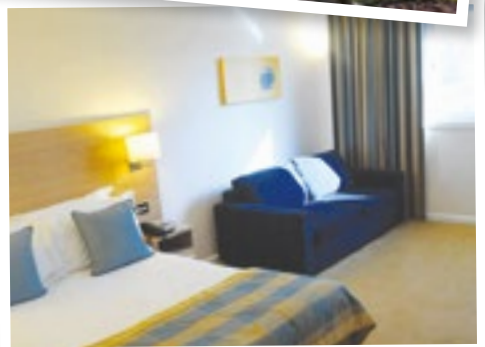
Brand new benefit for our members



If you're thinking of a thrilling day at Epsom Racecourse or a fun filled family day at Legoland you may be interested in our great new weekend deal.

Members can now enjoy a special weekend offer at Federation House, the headquarters and residential training centre of Police Federation England & Wales (PFEW).

Located in Leatherhead, in the beautiful county of Surrey, it's conveniently situated next to the train station and a 40 minute ride by rail to central London.



It's also not far from Windsor Castle, Thorpe Park and a variety of top golf courses and theme parks.

A weekend break staying B&B (Friday & Saturday night) costs £60 per room per night single occupancy or £70 double occupancy.

To enquire or make a booking please e-mail **PFEW reception@polfed.org** or call their reception desk on **01372 352000** and mention you are a member of WMP Benevolent Fund.

Notice of our AGM

Members of the Benevolent Fund are invited to attend our AGM on Friday 29 June 2018 at 11.30am. It will be held at Guardians House, 2111 Coventry Road, Sheldon, B26 3EA.

Last year's accounts will be available to view online via: **www.wmpben.co.uk** from 1 June. You can access them by using this password **WMPBEN2018**. Alternatively, call **0121 700 1212** or e-mail **info@wmpben.co.uk** and we'll send you a copy.

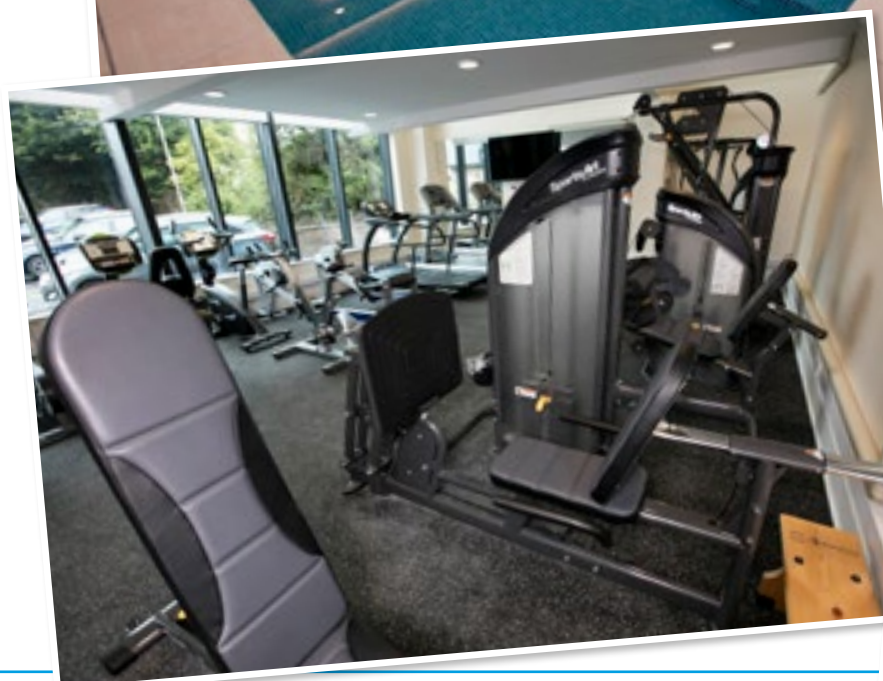
“Places like St Michael’s worth their weight in gold”

Recent renovations have turned St Michael’s Lodge into a state-of-the-art holistic treatment centre with first class well-being facilities.

The centre offers a diverse programme for our members, completely tailored to meet the individual needs of each guest. A wide range of treatments are on offer including; physiotherapy, holistic therapy and hydrotherapy treatment. The Lodge has 30 bedrooms, with two of the rooms adapted for wheelchair users. All the rooms have a TV, tea and coffee making facilities, fridge, hairdryer and en-suite shower rooms. There is a fully equipped gym for guests to improve their cardiovascular fitness and physical strength.

Relaxation is promoted with the beautiful orangery room overlooking open countryside, as well as, a comfortable TV lounge where internet access is available. Outside guests can enjoy the landscaped garden, complete with patio area, water feature and hot tub.

“Everyone who works there are extremely lovely and accommodating and I can’t begin to say how much places like St Michael’s Lodge are worth their weight in gold, as are all of the people.” **Serving officer**



Looking to the future

A message from the Chairman, John Williams.

We have had a record number of new joiners in 2017 and I would like to say a personal thank you to colleagues and retired officers for their continued support and monthly contributions.

In a world where there is constant change for officers and police staff who face significant challenges on a daily basis, it’s nice to know that the Fund is here to provide help and assistance when it’s needed.

Since January 2017 the Benevolent Fund has awarded:

- £34,500 in charitable grants
- £5,300 in interest-free loans
- £3,090 to support members off work through injury or sickness
- Just under £20,000 to our widows and orphans
- £7,000 in death-in-service grants
- £5,770 for convalescing members to attend St Michael’s Lodge.

We made it a priority, last year, to be actively involved with West Midlands Police



Chairman, John Williams

as it enters the next phase of WMP2020 so that we can be well-placed to support serving officers and police staff with any wellbeing issues. We attended many events, supporting the Force Be Well Programme and plan to continue our level of engagement throughout 2018.

As part of our on-going pledge to support West Midlands Police, we dedicated £4,500 to the Force’s Reward and Recognition programme in 2017. HQ Departments and Neighbourhood Teams were given an allocation. In some instances the money may have only been a modest amount, but our donations were gratefully

received. Events ranged from the small informal lunch buffets to the more formal family presentation evenings. It was an honour to attend these varied events that acknowledged the hard work of our colleagues.



Finally, I would like to say thanks to our small Benevolent Fund team, the Directors and Management Committee for their hard work and commitment to serving our members.

Lodge are old!"



St Michael's leads the way with new shockwave therapy

St Michael's Lodge treatment centre is pioneering a faster way of tackling 'Policeman's Heel' syndrome, otherwise known as Plantar fasciitis.

North West Police Benevolent Fund's £10,000 shockwave device offers fast and effective treatment to sufferers of this chronic condition, which affects one in 10 people at some time in their lives.

This revolutionary treatment is available to our members and is just one of many new therapies on offer at St Michael's.

If you would like to know more about St Michael's or apply to be treated there, go to www.wmpben.co.uk



First-hand experience of new rehab services

Former police inspector Roz Payne has learned first-hand about the benefits of being a member of West Midlands Police Benevolent Fund.

Roz, who has been our Company Secretary since 2014, was the unfortunate victim of crime earlier this year and suffered a broken hip as a result.

As a member of the Fund for more than 40 years, Roz was entitled to go to St Michael's Lodge treatment centre for rehabilitation. She was given exceptional treatment by the physio team - one-to-one sessions

in the gym and hydrotherapy pool and a bespoke exercise programme to get her back on the road to recovery.

"The treatment was extremely beneficial and I feel rejuvenated - both mentally and physically. The staff at St Michael's are first class and nothing is too much trouble, from the moment you walk in to when you leave," she said.

"The new services are second to none and we're very fortunate to have access to this treatment centre. You never know when you might need help because life is full of challenges at times."

Members give Peel's Retreat the thumbs up

Peel's Retreat is our new holiday home. Just steps away from the sea, in Weymouth, it offers members and their families (including dogs) a great base to explore the beautiful Jurassic coastline. Weeks were snapped during 2017, as members enjoyed a seaside break at an attractive discounted rate.

Our three-bedroom townhouse is ideally located in this popular seaside resort on the south coast of Dorset and will be available for members and their families to rent from 24 March 2018.

The property sleeps up to six people, with garage space for one car.

If you have been a member of the Fund for at least six months you will be eligible to bid for a week by registering your interest via our website from 8 January 2018.

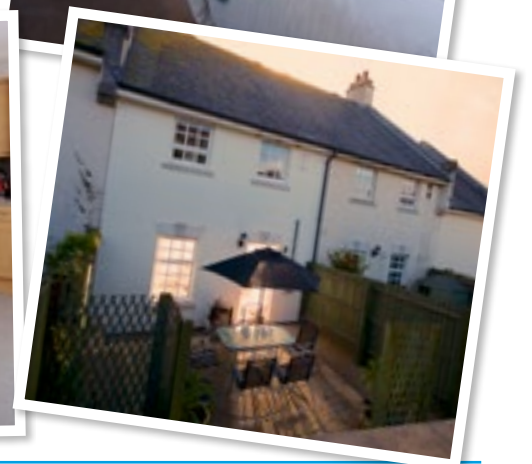
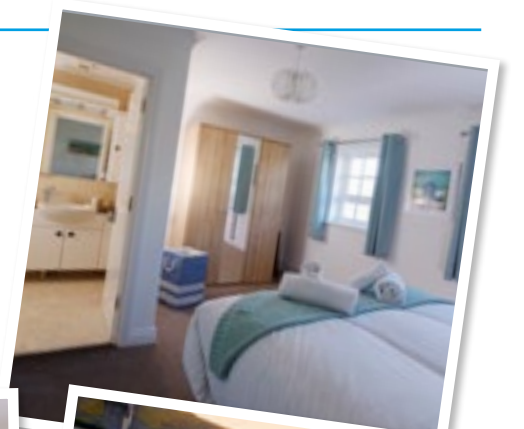
Registration will end on 30 January 2018, and then a ballot will take place to decide which members have been successful with their bid. A second ballot will run shortly afterwards to give

unsuccessful members another chance.

All members who stayed at Peel's Retreat last year will not be able to register their interest again for three years.



For more information about Peel's Retreat and how to book visit our website or contact a member of our team on **0121 700 1212**.



Email alerts keep members up to date

E-mail is now one of the nations preferred methods of receiving information.

In order to keep our members up-to-date with the latest offers, benefits and prize draws the Fund is set to launch a new quarterly email to its 6300 plus members.

Please get in touch if you need to update your contact details. You can do this by simply emailing us at info@wmpben.co.uk

Office open Monday to Thursday 8.30am to 4.30pm and Friday 8.30am to 3.30pm

How the Fund has helped our members

Police staff – We're here for you too!

We're pleased to say that word is getting around that WMP police staff are entitled to join the Benevolent Fund as well as serving officers.

This year we have welcomed more police staff to the Benevolent Fund than ever before.

One police staff member was really grateful for our help following a family separation.

"I joined the Ben Fund after receiving an input on my NPU. I thought 'Wow, what a worthy cause' and happily joined, not knowing that sometime in the near

future I would be asking them for help!

I thought I was finally getting my life straight after separating from my husband until I was struck with unexpected bills.

I spent sleepless nights worrying about how I would pay this then wondered if I could get some help from the Benevolent Fund.

"After making initial contact I arranged to see them. They were great, so helpful. I am so grateful for the grant they gave me, not to mention the ongoing support and empathy shown towards me."

Police staff



Bottling things up inside, doesn't make it go away!

Sometimes our pride or our desire not to show signs of weakness means we don't ask for help.

Thankfully one member finally turned to us for help and we were glad to offer our support.

"When I came to you, I was in a complete mess; financially, psychologically and physically. It was a very low point in both my career and my personal life.

I approached the Fund as a last resort, I've always thought the way to deal with life's problems was to bottle stuff up and hopefully it would go away. But

I realised it wouldn't go away and I needed to ask for help.

I was struggling financially and was receiving food parcels in order to put food on the table for my family. The bills, however, still kept coming in and my health was suffering as a result.

The Benevolent Fund were very understanding and offered me a grant to help get back on my feet. They also pointed me towards outside agencies, that I was not aware of, who could offer further support."

Serving officer

'Help when you need it most'

We get a lot of satisfaction from knowing the small part we play in helping members often makes a big difference to their lives and the lives of their families.

One member, who we helped recently, was really grateful for our support.

"Our 8 year old daughter was diagnosed with Autism which although a relief to finally have an answer it did not give us direction as to how to support her during her academic years.

Thanks to the Benevolent Fund we were able to employ an Educational Psychologist who assessed our daughters needs and gave clear direction as to the areas she would need support. This is something we would have had to wait for 2 years for through NHS. We are very grateful for the help the Benevolent Fund offered us as it eased the financial pressures during a very challenging time."

Serving officer

Member benefits explained

What am I entitled to?

All members can apply for:

- Sickness vouchers
- Help with convalescence
- Loans and grants
- Debt counselling
- Travel cost for Police Rehabilitation Centre, Goring
- Discounted seaside break at our holiday home in Weymouth

Members who are serving officers or police staff are also entitled to:

- Death grant of £3500 to a nominated person
- £25 per week for all their surviving children under the age of 18

Serving officers or police staff who pay £5 and retired members who pay £3.75 are *protected members. This means they are also entitled to:

- £600 medical consultations



*The protected membership rate is no longer available for new joiners.

Update your details

If you know your home address or e-mail has changed in the last couple of years, please get in touch and update your details.

You may also want to nominate a new beneficiary who will receive benefits that you are entitled to.

You can do this online via www.wmpben.co.uk/members-area/update-details/

We can help with debt advice

If you have any money worries, please don't turn to a pay-day loan, turn to us.

The Benevolent Fund runs a confidential debt advice service and can put you in touch with PayPlan for free advice on how to get your finances back under control.

You may also be eligible for a grant or an interest free loan from us as long as you are a member. For more information on how to apply for help or to arrange debt counselling with our trained adviser, go to our website.



West Midlands Police Benevolent Fund

WMP Benevolent Fund

Guardians House, 2111 Coventry Road, Sheldon, Birmingham B26 3EA

Our telephone number is: **0121 700 1212**

You can email us: info@wmpben.co.uk

www.facebook.com/wmpben [@wmpbenfund](https://twitter.com/wmpbenfund)

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