



Vital new services on offer at St Michael's Lodge therapy centre

Newly-refurbished St Michael's Lodge is fast-becoming known as an outstanding therapy centre for both mental and physical wellbeing.

Since its new £2.5million extension was opened in July, the Lancashire-based centre has unveiled a whole range of holistic treatments for members of the North West Police Benevolent Fund.

St Michael's now has swimming and hydrotherapy pools, a well-equipped gym, a work-out area for classes such as pilates, a sauna and hot tub as well as 30 en-suite bedrooms.

These facilities are available to Benevolent Fund members either receiving physio or wellbeing treatment and who make a monthly donation.

Exceptional value for members

Serving officers now donate £7.40, which is subject to tax relief, so it's £5.92 per month if they're in the 20% tax bracket. It's only £4.44 if they pay 40% tax. Retired officers

now pay £5 (£4 for 20% tax payers) and £3 for those who pay 40%, as long as it's deducted from their pension.

We still believe that this represents exceptional value for members, especially during these challenging times where police officers and their families are facing threats to pay and pensions as well as the economic downturn.

Wellbeing breaks for paying guests

St Michael's Lodge also offers wellbeing breaks and pamper days, which you can book in advance as a paying guest, and stay on a bed and breakfast basis or extra nights if you wish.

If you pay to stay you can also use the new facilities such as the swimming pool, sauna, hot tub and gym and you can book treatments such as massage and reflexology.

- See inside for how to apply for treatment or to book a 'feel good' break

How the Benevolent Fund can help you

If you're a member of the Fund, you now have access to the very best therapeutic services as well as our range of other

benefits such as grants and loans if you're struggling financially.

We can fund equipment for anyone suffering serious illness or injury and you may also be entitled to free convalescence at our Lake District lodges. We also offer free hire of mobility aids.

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Take a tour of St Michael's Lodge

Pioneering new shockwave therapy



Our physio team at St Michael's are pioneering a faster way of tackling 'Policeman's Heel' syndrome, otherwise known as plantar fasciitis.

The Fund's new £10,000 shockwave device offers effective treatment to sufferers of this chronic condition, which affects one in 10 people at some time in their lives.

The device can also treat other chronic tendonitis problems, which traditional treatments help to relieve but can sometimes result in surgery.

The physio team hold pilates sessions in the new work-out area and run Ai Chi strengthening and relaxation sessions in the new hydrotherapy pool, which they now use for physio sessions on patients with more serious injuries.

If you would like to apply for in-patient or out-patient treatment, go to <http://www.nwpcf.org/pubs.htm> or call us now for more information.



Staff from the physio team demonstrate the new shockwave therapy machine



Landscaped gardens look out over the surrounding countryside

Welcome to St Michael's Lodge – our new state-of-the-art treatment centre in the heart of the Ribble Valley in Lancashire.

We've been working hard for the last 12 months on extending St Michael's, which is now up and running with an extensive range of physical rehabilitation and mental wellbeing services on offer to members of the Fund.

The aim of the new centre is provide members with holistic support to meet everyone's requirements. This includes a counselling suite in response to the increasing need for help to combat anxiety and stress.

Alternative therapy is also available to enhance the physiotherapy treatment programmes that are set for both out-patients and short-term residential patients.

You can see from the pictures here that St Michael's Lodge now boasts the very best facilities, which more than justify the increase in monthly donations from members.



State-of-the-art gym

Treatment for in-patients and out-patients

The 20th century Lodge, which was the former village primary school, is easy to reach by road or rail and there is plenty of off-road parking. It has been sensitively renovated retaining the building original character and charm.

There are now 30 en-suite bedrooms complete with remote control TV, tea and coffee making facilities, fridge, hairdryer and two of the rooms are accessible for guests with disabilities.

The sun-filled orangery is the ideal way to unwind with comfortable leather sofas, huge TV screens and free internet access as well as a refreshments area. There are views from here out over the surrounding countryside and stunning Ribble Valley.

There are several treatment options available to members including in-patient and out-patient physiotherapy, psychological wellbeing residential support and convalescence breaks. However, your application must be supported by medical evidence from a medical practitioner.



Relaxing grounds to walk in



Fully equipped en-suite rooms



Games room with billiards and darts

Stay as a paying guest

You can also pay to stay at St Michael's where you're free to use many of the facilities. You can treat yourself to a massage, relax in the hot-tub or check out the surrounding heritage attractions such as Whalley Abbey.

St Michael's is ideally situated in the Lancashire village of Langho in an area of outstanding natural beauty. It's the perfect place to come for a short stay and take advantage of the pamper facilities.

You can enjoy the views from the top of Pendle right across to the Irish Sea and there's a vast array of great places to eat or you can arrange an evening meal at St Michael's. We'll even prepare you a packed lunch!

How to book your stay or apply for treatment

If you want to book a stay at St Michael's, there are more details on our website and if you want to apply for therapy treatment there are a range of applications forms on the publications page: <http://www.nwpcf.org/pubs.htm>



Work-out area for exercise classes such as pilates

Book your stay at a luxury lodge

Members can book discounted breaks at any of our lodges in Carnforth and Windermere – and you can now book a stay in an en-suite room at St Michael's Lodge where we have a range of new facilities.

- Each lodge in Cumbria features gas-fired heating in lounge and electric panel heating in bedrooms
- The bathroom includes WC, bath, shower, washbasin and heated towel rail.
- Every kitchen is fully fitted with oven, grill hob, freezer and fridge. There is a colour television in the lounge and a DVD player

To apply to stay at one of our lodges next year, the email address is enquiries@nwpcf.org or for further

information go to <http://www.nwpcf.org/ourlodges.htm>. Opening dates for lodge bookings will be available soon on our website.



You can now stay at St Michael's, the former village school, which still has its original character and charm



Well-equipped shower rooms



Leather sofas and dining table in the sun-filled orangery



Hydrotherapy pool, drench shower and sauna

Pamper packages and events

We're now offering £95 pamper packages and wellbeing breaks at St Michael's Lodge including:

- Full range of massages
- Reflexology
- Gym facilities
- Swimming pool, sauna, large outside hot tub, games room, relaxing lounges
- Lunch and refreshments
- Overnight bed and breakfast (additional nights available on request)
- Glass of prosecco in arrival

We also run regular pamper events although they have limited availability

– keep an eye on our website for future dates and details.

Why not turn your pamper day into a long weekend and enjoy a relaxing stay in a beautiful part of the UK? Contact us direct if you want to know more.



Pool with a view complete with relaxing loungers

Ways we support our members

Thanks to your much-needed donations, the Benevolent Fund has been able to provide vital support for many serving and retired officers as well as their families.

We've been able to provide equipment and mobility adaptations to people with everything from Motor Neurone disease, serious lung conditions and spinal injuries to open heart surgery on a three-year-old boy.

Merseyside officer Chris Reszczynski felt that his world had fallen apart when his wife was diagnosed with cancer but we supported him with some rest and respite and helped him to take time off work to look after his family.

Officers in Cumbria who had been injured also benefited from free convalescence breaks at White Cross Bay Lodges in Windermere.

We also helped another Cumbrian officer who had broken his back in an accident on duty with an orthopaedic mattress paid for by the Fund.

An officer from Greater Manchester Police was made temporarily homeless for six weeks after a gas explosion

at her home. We gave her immediate access to a £200 grant to buy clothes and other basic items.

If you want to read more personal stories on how the Fund helped our members, go to <http://www.nwpbf.org/testimonials.htm>



Why not join our Fund today?

If you want to join, go to <http://www.nwpbf.org/about.htm> where you can download an application form. Your monthly donation will be paid directly from either your salary or pension.

Enter our weekly prize draw

North West Police Benevolent Fund has joined forces with the Greater Manchester High Sheriff's Police Trust in association with the LCCC Foundation (Lancashire County Cricket Club) to raise funds for both our charities. Go to our home page at www.nwpbf.org for more details and a chance to win up to £100,000.

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Here's a list of the new benefits at St Michael's Lodge:

- State-of-the art gym and workout area
- Swimming and hydrotherapy pools
- Sauna and hot tub
- Exercise classes such as pilates
- Meeting room for hire
- Free convalescence and discounted hotel breaks
- Pamper events and packages
- Wellbeing packages

Our other key benefits for members:

- Financial help via loans or grants
- Day physio treatment at multiple venues across our region
- Free convalescence breaks if a medical form is signed
- Discounted luxury lodges to rent
- Free short-term loan of mobility aids such as wheelchairs, walking frames, crutches and scooters
- Death in service grant of £5,000

How to donate to the Fund

Regular donations to the Benevolent Fund help us to save on admin costs so that more money goes into supporting members in need.

This income also helps us to budget with greater confidence throughout the year and to invest in more services.

If you're a UK taxpayer and donate through Gift Aid, the Fund will receive an additional 28 pence for every £1 you donate at no cost to you. There are other ways you can donate:

- Make a regular donation by standing order – go to our website where you can download a printable form or donate via the PayPal button on the home page
- Send us a cheque or Postal Order or donate through Gift Aid or via your tax return
- Donate in memory of someone, remember us in your will or by payroll giving



**St Michael's Lodge,
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