

Alphabetical List of Suffolk Police Federation Member Service Providers

1st for Feet Chiropody: based in Museum Street, Ipswich would like to offer 10% discount on Chiropody Treatments to all officers and staff. Please use discount code: FEDERATION999 to obtain discount. Contact 01473 210553

A&L Clinics (Lower Brook Dental Surgery): 10% off all dental and anti-aging treatments: 50% off professional teeth whitening: 10% off the latest invisible braces. Contact number: 01473 287762

A W Smart Repairs: 10% discount on Vehicle exterior paint repairs: Alloy Wheel refurbishing; Vehicle Interior trim and seat repairs: Windscreen stone chip repairs: New Alloy Wheels and Tyres. Call 01473 611586

UPDATED OFFERS/CONTACT DETAILS

Abbeycroft Leisure: Offers corporate membership at The Gym Mildenhall, College Heath Road, Mildenhall, IP28 7EY Please Call: 01638 719700 or email dan.archibald@acleisure.com and Brandon Leisure Centre, Church Road, Brandon, Suffolk IP27 0JB Please call: 01842 819150
dan.archibald@acleisure.com

Academy of Motorcycling, Mill Street, Stowupland IP14 5BJ is pleased to offer 10% discount on all training (from CBT to Direct Access scheme and Advanced Training) to serving police officers. Telephone 01449 775776.

Africa Alive!: Purchase your tickets through the Federation Office. current prices: £15 Adults; £10.50 Children (3-15 years). Please phone on 2001 to check we have tickets in stock. More details from www.suffolk.polfed.org.uk – Member Services

Airsprung: Significant savings on Airsprung beds when ordered through the Federation Office. More details from www.suffolk.polfed.org – Member Services

Alan Bick Jewellery: Now you can buy diamonds and Jewellery at wholesale prices direct from the manufacturers. We have been supplying members of the Met Police Force for the past 26 years and would like to extend our offer to members of Suffolk. Contact [www.alanbick.co.uk/sales@alanbick.co.uk/020 7242 5831](http://www.alanbick.co.uk/sales@alanbick.co.uk/020_7242_5831)

Alex Smith, Registered Chiropractor based within Zest gym, Milner Road, Sudbury, CO10 2XG offers staff and officers free of charge Posture & Spinal Health Check (30 minutes) and half price consultation (includes Chiropractic Care) £30 instead of £60 (60 minutes) via voucher available on the Federation intranet page under Member Service Providers for everyone Health. Call 01787 207107
<http://www.alexandersmithchiropractor.co.uk/>

Alpha Executive Cars: established in 2012 and has been formed to provide a standard of excellence in the private hire and chauffeuring industry. Alpha Executive Cars would like to offer Suffolk Police Officers and staff a 10% discount to on all long-distance journeys valued at more than £50 one-way (£100 return), which can be obtained by quoting "Suffolk Police Federation" as the code. For further details see their website or contact them 01359 242724/07900 818818 or via email bookings@alphaexecutive.co.uk

Alpha Omega Independent Financial Advisers: Previously Lifetime Financial Solutions, Alpha Omega Independent Financial Advisers can offer advice on all independent financial matters and have now expanded and launched a new Mortgage Brokerage called **Suffolk Mortgages**). Contact 01473 659639.

Alstons: Significant savings on Alstons furniture when ordered through Suffolk Police Federation. More details from www.suffolk.polfed.org – Member Services (Please note there is no delivery service available – collection only from Colchester)

Altberg Boots: Altberg's tailor made site for police officers can be accessed via the Member Service page of the Suffolk Police Federation website (www.suffolk.polfed.org) where their range of Police boots, socks and boot-care products direct from the factory at discount prices for Police Federation members or check their website direct <http://www.altberg.co.uk/pf> . You will be asked for a user name which is police, and a password which is federation - Federation Members get up to **28% off RRP** by ordering via phone number 01748 850615 (Mon-Sat 0900-1630 hours)

AMAS Independent Financial Advisers: AMAS are able to advise on all financial matters from Mortgages, Protection, Investments, Pensions, IHT and much more. Being independent, AMAS have access to the 'Whole of Market' and with a great support staff in place they are able to spend the necessary time to assess a client and their family's needs to give independent, holistic advice. **AMAS offer first and subsequent meetings at nil cost** at a location to suit you. Please contact: Adam Kemp/Chris Farrell 01842 752140. adam.kemp@amas-ifa.co.uk chris.farrell@amas-ifa.co.uk **Please note all mortgage appointments are free and open to all friends and family.**

Andrew Bingham Independent Funeral Service is the only Independent family run funeral directors based in Stowmarket. As a family business you can be assured that you will receive our personal attention at all times. We are available 24 hours a day 7 days a week. Please contact 01449 771666.

Aqua Eight: 8 Lion St, Ipswich IP1 1DQ 01473 218989 Creative pan-Asian cuisine offer 10% discount – valid only Sunday-Thursday (excludes Friday and Saturday nights); please quote AquaSuffConst032017 to obtain discount at time of booking to check its validity. This offer may be stopped at any time. Not to be used in conjunction with any other offer or promotion

ARCO East Anglia: Bury St Edmunds branch offer up to 15% discount on selected items. Call 01284 773 030/www.arco.co.uk please quote account number **174941 - Suffolk Police Federation**

Argonauts Scuba Diving Club: Are pleased to offer "try dives" at £30 per group of six people or £10 per person if four people or less. Please note all instructors are voluntary and Argonaut Divers is a non profit club. This special offer has been organised especially and only for the Emergency Services. Based at Felix Road, Ipswich IP3 9HY. Please contact: Steve Cullington-Read on 07870 263018

Ashtons Legal The 1 Scheme covers the personal legal needs of the Suffolk Police Federation members and their families. The range of services through the scheme are: Wills & trusts, Lasting Power of Attorney, tax planning, family law, residential conveyancing and French legal services (property issues, tax & Wills). Members are entitled to a 15% discount (with all disbursements charged at cost) on these services. A full range of personal Injury Services are also provided with initial free appointments and preferential contingency fee arrangements. Please see the member web page for more details and membership terms. The 1 Scheme can be accessed by completing the enquiry form at www.ashtonslegal.co.uk/suffolkpolfed or call us on 0333 220 9042 quoting 'Suffolk Police Federation'

Atkins Thomson Solicitors, Nowton, BSE: would like to offer the following discounts: Wills (£95 plus VAT (simple will); £160 plus VAT (2 simple wills)) LPAs (£495 plus VAT (2 LPAs); £895 plus VAT (4x LPAs))



Probate (20% reduction on agreed fee); Disputed matters (20% reduction on agreed fee); Trusts; IHT Planning; 1 hour free initial consultation on all matters. Telephone: 01284 767766; suffolklaw@atkinsthomson.com

Attwells Solicitors would like to offer 20% discount off residential conveyancing or wills with the Attwells Employee Discount Scheme. Contact 01473 229200, info@attwells.com, www.attwells.com

Banham Zoo: Purchase your tickets through the Federation Office. current prices: £15.00 Adults; £10.50 Children (3-15 years). Please phone on 2001 to check we have tickets in stock. More details from www.suffolk.polfed.org – Member Services

Bannatyne Health Club, Bury (previously Clarice House) offering officers and staff joining on an Annual membership will receive a 15% discount so £428.40 inc the discount equates just £35.70 per month or Peak with a 12 month agreement it is £38.85 per month Peak with a 1 month no agreement membership it is £48.10 per month subject to 1 full calendar months' notice to cancel. All with a no joining fee. Everyone will need to bring an authorisation letter from the Federation office with them on joining to qualify. Please contact Julie Key on 01284 705550 or email sales.burystedmunds@bannatyne.co.uk. Please email mish.collins@polfed.org for an authorisation letter

Barclays Workplace Banking A free 121 service for all Suffolk Constabulary officers and staff offering a personalised banking service via your own dedicated Relationship Manager including advice on ISA's, Loans, Mortgages, current accounts and savings. Contact Lisa DeLaurentis 07881 356261.

Barker Gotelee Solicitors: Based at Adastral Park, Martlesham Heath with a large **free on site car park**, the family department at Barker Gotelee is pleased to offer all those in Suffolk Constabulary (including officers retired for seven years or less) a free first interview. The family department is also able to offer the flexibility of a **pay as you go service**. Enquiries to 01473 611211 or see their website at www.suffolk.polfed.org – Member Services

Barr Financial Services: As an independent mortgage advisor we have access to mortgages across the entire sector as opposed to being directly linked or tied to any one lender or panel of lenders, which means that we can find the best deal for individual client needs. We generally charge a fee for our service between £350-£500.00 dependent on the type and complexity of mortgage arranged. We do NOT charge this fee for emergency service personnel making a genuine saving in what is an ever increasing regulated environment. Please quote code "999" Contact: Website: <http://www.barr-fs.com>/T 01237 472 321; neil@barr-fs.com

Beacon Rally Karts: Based at Beacon Hill Farm, Bealings Road, Martlesham, IP12 4RP are offering 10% discount to officers and staff on all "arrive and drive" prices. For further details email info@beaconrallykarts.co.uk or call Louise on 01394 610066

Billsberrys Ltd, St Matthews Street, Ipswich Will offer a 10% discount to all officers this includes all police staff and the retired officers and any members of their families, if Suffolk constabulary require a buffet at any time we will offer 20% discount this will include our custom cakes. The code for the discount will be (10%member) or they can show their federation membership card Telephone: 01473 226954 or www.billsberrys.co.uk

Birketts Solicitors: Family Law Advice (Ipswich Office) – first meeting free of charge (up to one hour) with a further 15% off the next 5 hours of work undertaken for federation members. Based in Museum Street, Ipswich Telephone: 01473 406218

Blue Light Card: The Blue Light Card is a benefit provider for the Emergency Services, NHS and Armed Forces who provide free benefits both online and on the high street. To register please follow the link: <https://www.bluelightcard.co.uk/>



BMW Group-UK Forces are delighted to offer members of the Police Federation/police staff/retired officers and immediate family members preferential benefits on all new BMW and MINI models throughout the entire range. For further details on the programme please contact a member of the team quoting "Suffolk Police Web offer" on **020 7514 8606** or ukforces@bmw.co.uk www.bmw-ukforces.co.uk, also available through www.suffolk.polfed.org

BPHA Help to Buy: BPHA are delivering the Help to Buy scheme in the East and South East. The Government help to buy scheme now makes it possible to get a mortgage for a new or existing home with just 5% deposit. Further details from <http://www.helptobuyeastandsoutheast.uk.com/home>; or 03333 214044

Brantano Footwear: offer 10% discount in store when passcode "Community10" is quoted at the till point. Please be aware this offer is only available at the following stores Martlesham Heath Store 21 Beardmore Park, Ipswich IP5 3RX, Phone:01473 617500 and North Quay Retail Park, Peto Way, Lowestoft, Suffolk NR32 2ED phone 01502 534916.

Bohemia Hair Limited: Based at 15 Queen Street, Ipswich, IP1 1SS and offering 10% off any services at Bohemia for Police Officers and Police Staff. Please contact info@bohemia-hair.co.uk

Business Mapper: Business Mapper offers Start up business marketing advice and support;1-2-1 Skype advice; Website Development and search engine training and support; Social media marketing training; Advice and support in how to minimise your marketing spend when you start up a business and maximise the opportunity to reach customers and to cause them to buy. Offers 20% discount on consultation work, training and 7 page website Contact Lyndsay Trainer 07737 042493 or lindsey@businessmapper.co.uk

Butlins: Suffolk Police Federation is a member of Butlins Privilege Holiday Club – entitling staff to discounts throughout the year. 0845 070 4727 and quote code: Q0089

Classical Touch – Executive Chauffeur Services is pleased to offer all Suffolk constabulary staff discounted rates in relation to Airport Transfers, wedding cars and also self drive van, mini-bus, people carriers and car hire. They employ a number of retired police officers who are trained to advanced level driving and are based locally in Ipswich. Vehicles include Mercedes, Jaguar Sovereigns, Chrysler Grand Voyagers and Ford Tourneos. Telephone: 07885 255395

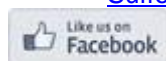
Clavering House Dental Practice – 35 Berners Street, Ipswich, Suffolk IP1 3LN – currently taking on new NHS patients. Please call the on 01473 252519 or email claveringhouse@googlemail.com

Colchester Zoo: Now offer a 15% discount voucher – please email Suffolk@polfed.org for your authorisation letter and discount voucher which must be taken to the zoo. Terms and Conditions apply

Co-Op Legal Services: Legal Services for Police Officers, Staff and their families: Estate Planning; Wills, Probate plus Funeral Plans, Conveyancing, Matrimonial/family. Fixed fees available. See website: www.co-oplegalservices.co.uk telephone 0330 606 9548

Cotswold Outdoors: Any officer or staff member is entitled to a 10% discount off any full priced items sold. Please quote code **AF-POLICE-AF** to obtain discount. Jerry Clarke Store Manager, Ipswich Shop, The Great White Horse Hotel, 43-45 Tavern Street, Ipswich, Suffolk IP1 3AG – telephone 01473 250883 or email- lmr.ipswich@cotswoldoutdoor.com or see website: <http://www.cotswoldoutdoor.com/>

Cretingham Golf Club: Cretingham, Woodbridge, Suffolk IP13 7BA. Green fee's at members rates, i.e. Monday to Friday £14 instead of £22 and weekends £15 instead of £24. A reduction on annual subscriptions is also available but not disclosed. www.cretinghamgolfclub.co.uk/ Telephone: 01728



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Cudds Accommodation – offer discounted price on accommodation. Please see www.cudds.com and quote the promotional code “Fed1”

Cunard Cruises: Cunard offers a range of cruises from two to 120 nights, giving you plenty of opportunity to explore, whatever time you have available. Cunard wish to offer an additional 5% saving n any holiday with them from 2 to 120 nights. To receive your 5% saving please call Cunard on 0843 374 2253 quoting 000POL or visit www.ourcruisepartners.com Please note 5% discount is applicable to new bookings only and must be booked directly with Cunard. Once booked, please request authorization letter from Suffolk Police Federation which you may need to present to a member of staff. Cunard reserve the right to withdraw the offer in whole or on an individual cruise any time. Full booking terms and conditions available at www.cunard.com

David Lloyd Gym, Ipswich: Please call Samantha Polson, Sales and Membership Manager on 01473 325971 to check latest offers.

DC Leisure: offer all staff directly employed by the Police force a 15% discount on their Kinetika Gym Memberships only. Please contact suffolk@polfed.org for an authorisation letter, informing us of your rank, home and work address. Letter must be presented to DC Leisure at point of sign up, within four weeks of date of letter. See: www.dcleisurecentres.co.uk/ for your nearest centre. **Please note this offer is not available to Special Constables**

Deben Carpets and Flooring: A family run carpet and flooring business based in Martlesham, Ipswich, wishes to offer Police officers and Police staff of Suffolk Constabulary 5% off carpet and flooring products. Contact: 01473 626097 or see their website: <http://www.debencarpetsandflooring.co.uk/>

Deli Café at the Chilli Farm is an independently owned business on the A140 opposite the Mendlesham Mast offering an extensive menu of delicious home-cooked food alongside a well-stocked delicatessen all housed within a converted 400 year old barn. Offering a 10% discount on ALL purchases of both food and items from within the delicatessen to serving Suffolk Police Officers and staff. To obtain discount please state you know Andy Dibbs at Suffolk Constabulary

Dinosaur Adventure: Purchase your tickets through the Federation Office (x2001). Prices Adults: £7; children: (3-15 years old) Free. More details from www.suffolk.polfed.org – Member Services

Dominos Pizza – Offers a discount to staff who collect their order at 40 Tayfen Road, Bury St Edmunds IP33 1TB

Donna Shelldrake - Complementary Therapist with 15 years' experience offering complementary and sports massage, aromatherapy, lymphatic drainage and Indian Head Massage. Specialising in sports injuries and stress management. 25% discount for all staff. Gift vouchers available. Please contact: 07786 515074

DW Sports Fitness, based at 204 Ranelagh Road, Ipswich provide: 10% discount off their standard memberships to those who work for the police force; Offer a “no joining fee”; Offer corporate open days and weekends to use their facilities free of charge. Telephone: 01473 228820 or email: ipswichoffice@dwsports.com

Edge Health and Fitness Club: The fully equipped Gym has a wide range of cardiovascular equipment, with individual Sky television monitors, free weights and exercise area for body toning. 15 metre long headed indoor pool is complemented by a luxurious Jacuzzi, sauna and steam room. Based at the Bedford Lodge Hotel, Bury Road, Newmarket Suffolk CB8 7BX Telephone 01638 666075



EE – Employee Advantage Scheme: please see <http://collaboration-portal/sd/ict/Pages/EmployeeBenefits.aspx> for further details

Erica's Beauty: Based at 4B Village Rise, Weston Road, Lowestoft, Suffolk NR32 4PT telephone 01502 562034 or www.ericasbeauty.co.uk with three treatment rooms and disabled access.

E-tyres: Mobile tyre fitting service 0800 028 9000 or www.etyres.co.uk/.

Euro Car Parts based at 1A Boldero Road, Moreton Hall, Bury St Edmunds, Suffolk IP32 7BS are pleased to offer a discount to all members of the emergency services on Vehicle spares and accessories and they can be contacted on 01284 777491 Please quote: **account number Z1010075**

Feather and Black: Feather and Black offer quality bedroom furniture and beds in a range of stunning finishes and styles and **offer a free delivery service** for all Police officers and employees (worth up to £45). See their website: <http://www.featherandblack.com/Default-B.ice> Feather and Black are based within Multiyork – who also offer staff a discount

Fiat/Alfa Romeo via West Midlands Police Federation: Fiat Group provide a great affinity scheme to police officers, police staff and family members on a national basis. Members can buy a Fiat or Alfa Romeo car from their local dealership anywhere within the UK with a voucher provided from West Midlands Police Federation. Please see the intranet for more details or contact West Midlands Police Federation direct. 0121 700 1131.

Foot Function Centre, based in Great Blakenham, would like to offer a 20% discount on both the standard assessment lasting for 45mins-1hour costs £65 with bespoke orthotics costing £185 so a total of £250. This would mean a £50 saving off of the standard £250. Telephone: Tel:01473 835001 www.footfunctioncentre.com

Fred Olsen Travel: Book your leisure travel with Fred Olsen Travel and receive a £50 Coes Voucher for a booking of £499pp minimum spend (based on 2 people sharing).. See: www.travelwithfredolsen.co.uk

Fresh Student Living: Offer a selection of stylish en-suite studio apartments and shared flats to keyworkers to rent from just £90 per week in their Athena Hall development on the Quayside. Telephone the Accommodation Team on 01473 221 526 or email Athena.hall@freshstudentliving.co.uk

Geoff Alderson Independent Financial Services: Experts on Mortgages and Remortgages **Looking for a better deal?** We search the mortgage market to find you the best deal **Call now for independent mortgage advice** 01473 626 266 or email: geoffalderson@hotmail.com
Your home may be repossessed if you do not keep up repayments on your mortgage
You can choose how we are paid pay a fee, usually £500 or we can accept commission from the lender

Glyn Hopkin Ltd, Romford offer discounts on a range of new car brands. Please phone Darren Smith on 020 8983 8588

Greenwoods Menswear – offer 15% discount to officers and staff, using code PoliceForce15 at checkout on www.greenwoodsonline.com. Also offering 25% discount for 1860 suit hire, using code PoliceForce25 at checkout on www.greenwoodsonline.com

GO APE! High wire forest adventure are offering a **20% discount** to all members of the police force, throughout their 26 courses UK-wide. This offer is available Monday to Friday, excluding bank holidays. The discount is available by booking online at www.goape.co.uk, or by quoting 'emergency



services' when booking through the call centre on 0845 643 9215

George Burrows: George Burrows has been at the forefront of providing personal protection policies to members of the police service for over 50 years. **Cover includes life assurance/Critical Illness/Personal Accident/Sickness benefit/Travel Insurance/Full RAC cover – inc oil check/access to ARC legal documents (voucher code: Suffpol). Additional life assurance also now available. Policies for officers, staff, specials and PCSOs.** **Travel Insurance**: Please note members can now purchase travel cover for their children who are no longer covered under the group arrangement and also for their friends/extended family members who travel with them. More details from www.suffolk.polfed.org – Member Services or email suffolk@polfed.org for details or call the office 01473 782001

Grange Fitness & performance centre, 28b Gloster Road, Martlesham IP5 3RD 01473 623277. Members can get 10% off our normal membership prices.

Great Cornard Sports Centre: Offer discounted gym membership including: Free joining fee £20 per month gym membership - £3.00 casual rate £23 month gym and classes membership - £3.00 Aerobic class casual rate. Usual rates are £25 per month gym membership and £3.50 for casual rate classes. Head Lane, Great Cornard, Sudbury, Suffolk, CO10 0JU. 01787 374 861 Hours: Mon, Wed, Fri 7am-12pm, 5-10pm; Tue, Thu 5-10pm; Sat-Sun 9am-5pm

The Gym based at Civic Drive, Ipswich offers members and staff Gym and leisure facilities at corporate membership price. www.thegymipswich.co.uk or call 0800 699 0147

HAI X Quality shoes and boots for police. Individual Federation **Code suf007**. See websites: www.haix.com and purchase from www.brixworkwear.com/bobbybrix.

Hallwood Training Services: Learn to drive with Hallwood Training Services who offer intensive and semi intensive courses; weekly lessons; refresher training and become a driving instructor course. Discounts available (block book 10 lessons and get eleventh one free - £25 per hour). Phone 07765500740 quoting Suffolk Police Federation Member Service provider

Halfords: Wish to offer following discount to officers and police staff – MOT - £25; Free MOT with any service; 10% off repairs; 15% off servicing – details of how to make use of these discounts awaited.

Haven Holidays: Fantastic offers with Haven Holidays. Offer open to serving and retired officers and staff and Friends and family can take advantage of these offers too. Telephone 0333 202 5247, quoting EMB_SUFFOLFED or book online www.haven.com/emb and enter **Suffolk Police Federation** in the company name field and either **EMB_SUFFOLFED** or employee number in the employee id field) this then takes you into the EMB page and activates the extra discount.

Hilton Hotels: offering all public sector employees 40% discount off their best available rate (inclusive of breakfast) at weekends, at all participating hotels in UK, Ireland and Europe. Visit hiltonpublicsector.co.uk/leisure for a full list of participating hotels. To book, visit hiltonpublicsector.co.uk/leisure. PLEASE be aware proof of public sector employment may be asked for on arrival at hotel and this will be via your payslip.

HiQ: HiQ are able to provide a 10% discount to all Federation Members and Police Staff at their Bury St Edmunds and Ipswich branches. Please quote account **SPF001** to obtain your discount. Branches located: Bury St Edmunds (01284 701228), Ipswich (01473 724431) and Chelmsford (01245 344688).

Heritage Wellbeing Centre: Discover a gentle place to relax, refresh, rejuvenate and revitalise. Whether it's pampering or to seek specialist healthcare packages. The Wellbeing Centre brings together experienced therapists offering a wealth of knowledge in varied disciplines all designed to help with your wellbeing in feeling and looking your best. Contact details: 01284 846800 or www.heritagemanor.co.uk



Holly Croft Financial Services: Steven McDade DipPFS, is pleased to offer: initial meetings with no charge. Reduced fee for mortgage applications to £100 (usual fee £250). Steven offers advice on a full range of financial planning areas. Full details can be found at website. www.hollycroftfm.co.uk or contact Steven on 07736 868730 or email: stevenmcdade@hollycroftfm.co.uk

Hurden Osteopathy: 10% discount offered to all serving, retired and special constable members of the Suffolk Police federation. Osteopaths are specialists in treating and managing pain, through the use of manual therapy. Jim also offers acupuncture where this is appropriate and patients are happy with this. Jim served as a PC in Suffolk for 12 years and understands the unique challenge that policing brings to the human body. For a full list of conditions treated, or to make a booking please visit www.hurdenosteopaths.co.uk Make sure to claim your discount by using discount code ThinBlueLine

Hyundai Affinity Scheme through Dingles Hyundai Norwich/Lowestoft: Tempting selection of stylish, high-quality cars, available on the Hyundai Affinity Scheme; Every new Hyundai comes with the reassurance of their industry-leading 5 year unlimited mileage warranty, 5 year roadside assistance and 5 years of annual vehicle health checks to keep your Hyundai in tip-top condition. Visit www.hyundaiaffinities.co.uk and enter code B25 or pop to Dingles Hyundai quoting Affinity and ask for Nolan Cook – telephone 01603 480077.

I Need Pampering; Offers 80% hair/pamper pack off prices at The Edge Salon, Ipswich. Email: marc@ineedpampering.com for further details. Please mention Suffolk Police Federation Member Services. Details on intranet.

AMENDED OFFER

Ipswich Sports Club offers Suffolk Constabulary officers and employees **25% off annual or monthly fee with no joining fee**. Telephone 01473 251143 or visit their website www.ipswichsportsclub.co.uk/membership for further details

Irwin Mitchell Solicitors will offer Suffolk Police officers and staff a fixed fee for uncontested divorce at £450 plus VAT and with a 10% reduction on hourly rates for any work outside the fixed fee proposal. Alison Fernandes, Partner heading up the Family team in their Cambridge office will also be available to host advice surgeries for members to confidentially discuss family issues with one of our partners. We can make them aware of the choices available to them. Irwin Mitchell will also offer a discounted wills and conveyancing service with a 10% discount on fees. Telephone: 0122 385 5820 email: alison.fernandes@irwinmitchell.com <http://www.irwinmitchell.com/>

Jane Pennington Distinctive Jewellery: Jewellery made by Jane Pennington is bespoke, high quality and sells to a number of contemporary galleries, museums and independent jewellery stores in the UK. Jane offers a wide range of designs using glass, stones, ceramics and pearls. You can see examples of her work reflecting retail prices at www.janepenningtonjewellery.co.uk All work is guaranteed. Jane is pleased to offer a discount of 15% on any sales made to Suffolk Police officers and staff through her website. This can be achieved easily by typing in the **code SUFPOL** during checkout.

JET Health and Wellbeing Sports Massage Therapy: James Taylor is a Sports Massage Specialist, and runs a clinic in Fornham All Saints. He has been massaging for four years and has eight years background in Personal Training and Fitness Consultation/ Exercise on Referral Instructor. He offers a discounted price for the police service staff. I would usually charge £42 for an hour treatment, however the discount I would like to offer is £35. Please call him: 07540083752 or email: jam.tay@me.com

CHANGE OF TERMS AND CONDITIONS PLEASE READ

Jimmy's Farm: Police Officers and Members of Police Support Staff are able to obtain a letter of



authorisation from the Suffolk Police Officer to gain a **discount of £1 per person** to the nature trail at Jimmy's Farm. Please be aware that to register Jimmy's Farm require both your residential and work addresses, together with work department. You will also be expected to take along other ID each time you visit the farm. To request a registration letter to take to Jimmy's Farm together with their strict terms and conditions please email: suffolk@polfed.org with your work and home address and confirmation if you are a police officer or member of support.

John Grose, Ipswich: As Suffolk Constabulary is a member of the Ford Advantage programme, officers and employees are entitled to a free 3 year servicing plan (see website below for full terms and conditions) when they buy any new Ford car - this is in addition to any current retail promotions. For further information and details of the latest new Ford offers please contact the John Grose sales team on 01473 270707. Discounts are also available on scheduled servicing and stocked parts - for details of these offers call 01473 209120 quoting reference: **RTS-XX002**

Johnson Dry Cleaners would be happy to offer a 15% discount on all dry cleaning and laundry services to Suffolk Police. If a member has a Priority Club card they will get an additional 10% discount, bringing total discount to 25%. Offer available at Ipswich/Stowmarket/Bury St Edmunds/Norwich/Sudbury.

Terms & conditions 15% discount on dry cleaning and laundry services at selected Johnson Cleaners branches. **Please quote promotion code "W30" or "Suffolk Police"** when you deposit your order. Available to employees of Suffolk Police only. Only one voucher per transaction. Cannot be used with any other offer. Priority Club 10% discount is applicable.

Johnston Leylands – Painting and Decorating Suppliers Unit 4, Boss Hall Industrial Estate, Sproughton Road, Ipswich IP1 5BN. Telephone 01473 462818 Offer 20% discount for all employees of the emergency services. Please ask for the police discount and it will be applied to your purchases.

Katrina Love Counselling: I am a psychotherapeutic counsellor and Life Coach and have previously worked at Ipswich SARC as an out of hours crisis worker and Hatecrime counsellor. Offers discounted 121 at £50 per hour. Telephone: 07747345384 or email katrinalovecounselling@hotmail.co.uk

Kent Blaxill: Decorating, glass and building centre based at Layer Road, Colchester. Offer a 10% discount across the range of decorating and building materials, including kitchens and bathrooms. Free delivery in their normal delivery areas and exclusive monthly offers. Please quote discount code **"sufpolfed"** to obtain your discount. www.kentblaxill.co.uk Telephone 01206 216000

Kick Start Fat Loss are offering 10% discount for police federation members for the kick start fat loss online, wellness in the workplace. This includes nutrition and online workouts.
<http://kickstartfatlosslowestoft.co.uk/>

KitCrew Camps: Based at four fantastic locations: Ipswich, Felixstowe, Kesgrave and Colchester, KitCrew Summer Camps offers a fantastic week-long summer holiday experience for kids from 5-12 years. KitCrew Camps are offering Suffolk Constabulary employees a fantastic saving on summer camp costs this year. Five days for the price of Four – no code required Contact: 07799 538413 or see their website <http://www.kitcrewcamps.co.uk>

Kingpin Bowling is offering discounts on "peak" and "off peak" rates. All games will be charged at junior rates, this could mean a saving of up to 25% "peak". For a full list of prices visit their website at www.kingpinbowling.co.uk or call them on 01473 611111 and quote "Suffolk Police Federation".

Kusadasi Golf and Spa Turkey: Zoe Wilsher (Suffolk police officer) has a two bedroom/one bathroom apartment for rent on the Kusadasi Golf and Spa Resort in Turkey. The apartment sleeps 6 adults. Rental costs: October-May £150 per week; June-September - £250 per week. For further details



please contact Zoe Wilsher – 07547689815; zoe.wilsher@btinternet.com or via the website www.kusadasiswan23.webs.com

Lee Westwood Golf School: based at the picturesque resort of Stoke by Nayland Hotel, Golf and Spa, on the Essex/Suffolk border. Provider of unique bespoke golf training packages for all ages and abilities. Proven track record of developing at grass root levels to elite golfers utilising GASP video analysis and trackman performance data. For details on designing an individual or group programme please contact one of our Lee Westwood Golf School PGA Professionals on 01206 265834, alternatively please email Elliot@leewestwoodgolfschool.com

NEW PROVIDER

Leisure Club (The): is working in partnership with **Crusader Holidays** who can offer a variety of short breaks, holidays, and themed events – please see www.crusader-holidays.co.uk/the-leisure-club/police for details and **Teetopin** who offer discounted Golf and Spa breaks, as well as discounted personalised golfing merchandise. Golf Breaks: please see www.teetopin.co.uk – members then click on log in on the top right hand corner – user name is police, password is police123 and organisation is Police S

Lings: Lings based at Bixley Drive, Ipswich are pleased to offer a preferential service on new and used Honda and Triumph motorcycles, servicing and clothing. Please call 01473 237357

Lowestoft Bathroom Centre has over 50 stunning bathroom and shower room displays over two floors and you are encouraged to visit their store in person to see the wide selection of bathroom furniture yourself. 10% discount offered to officers and staff. Based at 261 Whapload Road, Lowestoft, telephone 01502 512174 www.thelowestoftbathroomcentre.co.uk/

Mann Island Vehicle Funding: is a specialist provider of vehicle financing. Through our relationship with UK dealers, we provide a wide range of vehicle funding options, enabling us to find the solution which best meets each customer's needs. Whether our customer wants to buy, lease or rent we have a product or solution to meet their needs. Telephone: 0370 600 6668; website <https://www.mannisland.co.uk/>

Makro: Police Officers and Members of Police Support Staff are able to obtain access to Makro Ipswich by requesting an authorisation letter from the Federation office which contains a generic number to quote at the store. To request an authorisation letter to take to Makro please email: suffolk@polfed.org with your work address and confirmation if you are a police officer or member of support staff or retired.

Mid Suffolk Leisure Centre: Based at Gainsborough Road, Stowmarket IP14 1LH offers Suffolk Constabulary staff 20% discount off their gym memberships. Please contact them for further details on 01449 674980

Mizu Noodle Bar: 10 Cornhill, Ipswich IP1 1DB 01473 288839 Canteen-style dining on noodle dishes at communal long wooden tables with benches in a modern space offer 10% discount – valid only Sunday-Thursday (excludes Friday and Saturday nights); please quote MizuSuffConst032017 to obtain discount at time of booking to check its validity. This offer may be stopped at any time. Not to be used in conjunction with any other offer or promotion

Moreton Hall Health Club offers Suffolk Constabulary police officers and support staff 15% discount with no joining fee on a variety of membership options. They also offer 35% discount on a family membership, this is only available on the 3 month or annual paid in advance prices. Call 01284 704232 or www.moretonhallhealthclub.co.uk/welcome.

Mortgage Hut: Our dedicated team of expert mortgage and insurance advisers can help you find the right options. The Mortgage Hut offers Mortgage Advice on both the telephone and face-to-face,



providing support to help find the most suited mortgage option for you. Telephone: 0330 0372284

Motorfinity: Discounts on brand new cars, up to 30% - most car brands available. Also offering leasing special offers, with no administration fees or charges and backed with a price match promise; www.motorfinity.uk and www.motorfinityleasing.co.uk

Motor Source Group: offer discounts on motor vehicles and leasing for new and used cars, across many makes and models. Website: <http://www.police.motorsourcegroup.com/>

Newmarket Leisure Centre: Suffolk Police Federation has secured Corporate Membership of Newmarket Leisure Centre (up to 20% discount). Telephone 01638 782535 or see the Suffolk Police Federation intranet site.

New Wolsey Theatre: Civic Drive, Ipswich. Occasional complimentary and discounted tickets to officers and staff by way of offer codes and competitions. Box Office 01473 295900; email tickets@wolseytheatre.co.uk quoting "SPF Member Services" to ask for current offers.

Nirvana Fitness: Offering Corporate rates. Based at 60 Pinbush Road, Lowestoft, Suffolk NR33 7NL 01502 566346

No 1 Copper Pot: No1 CopperPot Credit Union is financial co-operative offering savings, loans and mortgages exclusively for Police Officers, including retired Officers, Police Staff, PCSOs, Specials and their families too. To be a member of No1 CopperPot all you need to do is save a minimum of £5 per month in your Member Account, this is the key to access their range of savings, loan and mortgage products. The money you save always remains your money, for you to withdraw whenever you may wish. We want to make saving or repaying easier by offering payroll deduction to our members in Suffolk. Each year you will earn a share of our profits in the form of a dividend payment, as a reward for being one of our loyal members. Visit our website for more details at www.no1copperpot.com or www.suffolk.polfed.org

UPDATED OFFER

O2 Open Employee Perks Up to 25% Discount from O2 & Family (living in the same household) get up to 20% Discount. To find out what the latest offers are please contact Mo Patel (Franchise) (UK) <mo.patel@store.o2.com> Or 07715201851/08009878047. Please note offers are open to both officers and staff

Odyssey is an independent business in St Johns Street, Bury that specialises in surf and ski wear and equipment. They would be pleased to offer a 10% reduction on products for Emergency service Personnel. Email them for further details: info@surfsnowstyle.com

OptimiseBills: provides a service to domestic householders and businesses to make sure that you are on the best tariff at all times. Using your details OptimiseBills searches the market to save you the most money and will alert you to changes that might affect you. They also help you through the switching process and if you have any difficulties, you can get through to a real person on the end of a phone! For further information <http://www.optimisebills.com/> or 0845 130 3858

Orange Network: Exclusive staff discounts at the Ipswich store. Call 0870 376 3891 for further details.

Orissa Indian Restaurant: Would like to offer 10% discount Sunday-Thursday through out the year to all staff working for Suffolk Constabulary. Call 01473 232 439

Orwell Park Activities: Offers throughout the year during school holidays. See Suffolk Police Federation intranet site or contact them direct on 01473 653232



P&O Cruises: A P&O Cruises holiday is a great way to escape everyday life and to explore many different destinations in one of the most relaxing ways imaginable and P&O Cruises wish to offer officers and staff an additional 5% additional saving on any P&O Cruises holiday from 2 to 100+ nights. To receive your 5% saving please call P&O Cruises on 0843 374 2287 quoting 000POL or visit www.ourcruisepartners.com. Please note 5% discount is applicable to new bookings only and must be booked directly with P&O Cruises. Once booked, please request authorization letter from Suffolk Police Federation which you may need to present to a member of staff. P&O reserve the right to withdraw the offer in whole or on an individual cruise any time.

Park and Go – Discount Airport Parking offer for Police Officers, Staff and Family: Park and Go are an airport parking booking agent, who have been established for over 15 years, dealing with 80+ car parks at 20 airports around the country. We would like to offer all Police Officers, staff members and friends a discount scheme giving them a 12% discount on any future airport parking bookings. By using the following link <http://www.parkandgo.co.uk/police>

ParkDean Resorts are one of the leading UK holiday operators and own 48 UK Holiday Parks in fantastic locations from the Isle of Wight to Scotland. You'll have plenty of fun with great facilities including pools, sports courts, kids' activities etc. as well as superb family entertainment. Self-Catering offer - Save an extra 10%* on spring, early summer and autumn holidays excluding school and bank holiday periods where the saving is an extra 5% off. Camping & Touring offer – Save 25%* off all season. Go online at www.parkdeanresorts.co.uk/rewards and quote POLICE for special discount or call 0333 2076884. *Full terms and conditions apply, call or go online for details

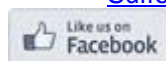
Peugeot Affinity Scheme provides Police Federation members, staff and retired officers and your partner/spouse with the benefit of exclusive, competitive rentals across the entire Peugeot range through Peugeot Contract Hire. Please contact 0845 313 3810 or see link: at www.peugeotcontracthire.co.uk/policefederation

Paul Ward – Financial Planning Consultant - Paul offers face-to-face financial advice at your home or place of work on Retirement planning, ISA/Investment planning, Tax & Estate/IHT planning, Financial Protection for your family or if you're just looking to review your existing financial affairs. Having served as a Suffolk officer Paul is knowledgeable on the issues that face officers and their families and will provide uncomplicated advice - see Paul's website www.paulwardwealth.co.uk phone 07984 317795 or email paul.ward@sipp.co.uk for more information or to make an appointment. The Partner represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/products. The 'St. James's Place Partnership' and the title 'Partner' are marketing terms used to describe St. James's Place representatives.

Payplan: For **free**, confidential and impartial money advice, you can call **PayPlan on 0800 009 4146** or visit payplan.com/police. You'll find our team of trained advisers understanding of your situation and always on hand to help you find a solution that fits your life. They will never tell you what to do, but they will offer you best advice, share their experience and help you every step of the way.

Pedal Power Cycles: Based at Martlesham Heath would like to offer 11% discount on parts and accessories and 10% discount on bicycle servicing. Please contact them on 01473 610500 for further details and use discount code PPC-PF999.

Pettitts Animal Adventure Park: Purchase your tickets through the Federation Office. **2017** prices Adult tickets £11.45 and Children tickets: £12.45. Call the Federation Office on 2001. Further details from www.sufpolfed.co.uk – Member Services



Prettys Solicitors: Elm House, 25 Elm Street, Ipswich: wish to offer Personal Injury – a conditional fee agreements (“no win/no fee” agreement) Where compensation is recovered, Prettys will not charge you for their legal fees and expenses and they will not deduct them from any compensation received. Residential Conveyancing – 10% deduction of Prettys legal fees for all new instructions.
www.prettys.co.uk/ or phone 01473 232121

Police Credit Union: Police Credit Union Limited is a not for profit Savings and Loans operation dedicated exclusively to helping the law enforcement family through seven key regional branches plus a number of local contact points covering England and Wales. Further details from www.suffolk.polfed.org – Member Services

Police Federation Mortgages: Expert independent advice from police mortgage specialists, best value mortgages arranged or information provided over the telephone at your convenience. Telephone: 0191 483 2254 or 0845 459 6390; email enquiries@polfedmortgages.co.uk or visit www.polfedmortgages.co.uk

Police Federation Rescue is a unique breakdown service designed especially for Police Federation members and support staff covering the whole of the UK and if required Europe. PF Rescue offers a comprehensive package at specially reduced rates. Telephone 0845 600 2845.

Police Insure: Discounted Car, Motorcycle and Home Insurance for Police Officers, Retired Officers, Staff, Specials and partners. Telephone: 0161 762 4416 www.policeinsure.co.uk/

Police Mortgages: Police Mortgages offer whole of market mortgage advice to police officers and staff, including specials, PCSO's and retired officers. We charge no broker/advice fee which saves the client £399. We have exclusive deals only available via Police Mortgages for our clients and we're also able to help officers who may have previously had financial difficulty (Debt management plans and IVA's). Contact: 0300 303 2760 or see website: <http://www.police-mortgages.co.uk/>

Police Mutual: offer members exclusive products and services, free financial education and wellbeing support through their Foundation. Assisting serving and retired officers, staff and their families. www.policemutual.co.uk for further details.

Premier Vehicle Services would like to offer 20% discount off labour and up to 10% discount off parts for any employees of Suffolk Constabulary. They offer a fixed price list including MOTs (£30); Wheel Balance (£5 per wheel); Puncture Repair (£10 per tyre). Our Mechanics are fully qualified with all the latest up to date equipment to service and maintain your vehicles and we are based at Unit 11 Olympus Close, Ipswich, IP1 5LJ Contact: Tel/Fax: 01473 749395 www.pvsipswich.com

Prestwood Automotive Ltd: based at Cavendish Street Ipswich IP38AX, would like to offer 10% discount on labour charges using **passcode: POLFED2014**. Telephone: 01473 213572

Principal Hayley, Devere Venues and Four Pillars Please see the following offer for the Principal Hayley, De Vere Venues and Four Pillars Hotel Group

1. DIRECT1: 10% discount off the best available rate at all hotels in the group – subject to availability

10% discount off the best available rate at the hotel subject to availability

The link for this offer page is : <http://www.deverevenues.co.uk/en/special-offers/exclusive-police-federation-offer/>

Quayside Nursery: Children's full day care nursery open from 0800-1800 hours offering full and/or part time places for children aged 0-5 years. OFSTED registered “Good” grade overall with areas of “outstanding” Based at Back Hamlet Ipswich, Suffolk IP4 1QJ
01473 295890 <http://www.brighthorizons.co.uk/our-nurseries/quayside-nursery-ipswich/about-this-nursery/overview> Please use “**Free Registration**” as the discount code.



RAC: 50% off RAC Breakdown cover and 25% for renewals (applies to all cover levels). Call 0800 581 077 quoting GEO538 or look online www.rac.co.uk/join/ebs. Also 10% off the RAC webshop quoting affinity01. **Staff using this service have only been able to obtain discount on a single policy.**

RBF Carpentry and Joinery: Full carpentry and joinery service provided – offering a 10% discount to all members. Call 01394 279128/07968 145279

Rewards for Police (formerly www.forcesdiscounts-police.co.uk) Rewarding those who keep us safe, **including discounted cinema tickets**. Free website helps all Police Staff including Officers, PSCO's and Specials to obtain useful discounts online and in their local high street stores. Operational Support, Constables, Special Constables, Detectives, PSCO's and all other Police Staff as well as those who have retired from the Police Force are all welcome. Go to www.rewardsforpolice.co.uk for a list of the discounts available. **If you do register to this site please use your personal email account and not your pnn account.**

Rhymes Nursery based at Martlesham Heath offer our officers and staff a 10% discount on childcare fees at Martlesham Rhymes Nursery, 2 Hawker Drive, Martlesham Heath, Suffolk IP5 3RQ, via the passcode "RHYMHQ" is quoted. Call 01473 611881. **Please note**: This offer is not available at any other branches of Rhymes Nursery.

Ridgeons: Huge discounts on all stock. **Please quote cash account 9008950** in store. See Suffolk Police Federation intranet site for full details

Ring.com: wish to offer officers and staff £40 discount on the ring video doorbell and ring stick up camera when purchased through <https://ring.com/> Please contact them at ukneighborhoods@ring.com

Risbygate Sports Club; based in Westley Road, Bury St Edmunds is offering 10% discount on Squash, Tennis and indoor/outdoor bowls. Contact 01284 755468

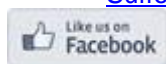
Rohan – Norwich and Woodbridge branches only; We would like to offer 10% discount on full priced items to Suffolk officers/staff and NARPO members. Please note this is only applicable to the Norwich and Woodbridge branches – please quote "Police Federation" at the Woodbridge store.

RUD: Offer snow chains for vehicles and shoe chains for people – The RUD I-Sock which is one of RUD's latest innovations is a revolutionary safety product that offers exceptional footing and traction on slippery and icy surfaces. It is extremely quick and easy to use and simply straps on to your boot. The RUD I – Sock is made from a unique combination of textile and metal that offers excellent grip and traction on compact snow, slippery and icy surfaces. Call them on 01227 276611 or see their website www.rud.co.uk

Sahasta: Yoga and Sports Massage in Suffolk. Yoga classes are held next door to the Bury Police Station at the Boiler House yoga studio and sports massage appointments are at a variety of local locations within a few minutes of Bury St Edmunds – see www.sahasta.co.uk for further details and class times or call Jacqui on 07795 516065 or email: Jacqui@sahasta.co.uk

Salon Evolution – 80% off Hair & Beauty: Salon Evolution is inviting staff to save 80% off some of the UK's leading Hair & Beauty salons. Invitations range from 3-6 visits, and while valued between £225-300, are available to police officers and staff and family members for £44.99- £60.00 depending on location. The offer is valid for new clients only. Please call 020 7092 9188 or email megan@salonevolution.co.uk.

The Saplings (Martlesham Heath) provides Preschool Early Years Foundation Stage Education and a flexible range of kids clubs. We offer a Baby Room for children aged 3 months - 2 years, Preschool



[Play Sessions](#) for children aged 2-5 years and [Breakfast](#), [After School](#) and [Holiday Club](#) for children aged 2-11 years. From our spacious premises in Martlesham Heath, Ipswich, we offer a safe, stimulating, fun and friendly environment for all children to enjoy! Based at 2 The Square, Martlesham Heath phone 01473 614753 or contact news@thesaplings.org.uk

[The Self Centre](#) is based at Bury St Edmunds and is a special place to relax, unwind and simply be yourself – a place of sanctuary. The Self Centre offers a wide range of mind/body classes including Yoga (Beginners to specialist classes and everything in between), Tai Chi and Pilates. Complementary Therapies include Acupuncture (Western); bower technique; clinical psychology; counselling; cranio sacral therapy; eft tapping; eating therapy; electro-magnetic stimulation; homeopathy; hypnobirthing (relaxed childbirth programme); hypnotherapy; kinesiology; lymphoedema treatment; massage; osteopathy; pre-conception, pregnancy & post-natal care; pure physiotherapy; reflexology; shiatsu; speech and language therapy (wordswell); ultra sound scans. Workshops run most weekends and their studios and meeting rooms are available for private hire. On site Superfood Coffee Shop plus hairdresser and Beauty. 5% discount on class cards to Suffolk Police officers and staff. Further details from www.the-self-centre.co.uk or call: 01284 769090

[Schools Out Activities](#): would like to offer 20% off all bookings to their School Holiday Activity Camps based at Felixstowe Academy. School's Out Activities provides the opportunity for children to learn, build confidence, get fit and have fun in a safe and supportive environment. All of our venues are Ofsted registered, with full activity insurance, and all staff DBS and reference checked for total peace of mind for parents. Contact: 07766220075 or info@schoolsoutactivities.co.uk or see website: www.schoolsoutactivities.co.uk/

[Simply Health](#): Get money back for your everyday healthcare with a Simply Cash Plan. A simple monthly payment means you can get back towards your healthcare bills. You can claim straight away for the majority of benefits. Contact 0330 102 5313 quoting LW0018 or visit www.simplyhealth.co.uk/youremployeebenefit

[Shuropody](#) based at 23 Upperbrook Street, Ipswich IP4 1ED offers the following discounts:
20% off Chiropody Treatment - 30 minutes with HCPC podiatrist, hard skin, corns, callouses removed, cracked heels smoothed, toe nails cut, problem nails assessed. (normally £35.25)
20% off Footwear, Footcare and Accessories Phone: 01473 254949 or contact via email: ipswich@shuropody.com. This offer is also available at the Norwich and Colchester branches.

[Slaters](#) offer emergency service personnel throughout the country, the opportunity to enjoy interest free credit on the largest selection of menswear and women's business suits you will ever see under one roof. For your nearest store visit www.slaters.co.uk

Slater & Gordon Solicitors

[Legal Services Slater & Gordon](#) have acted for the Police Federation and its members for over 50 years. As a benefit of your Federation membership you have access to a comprehensive legal service. Our specialist solicitors have expert knowledge of issues facing police officers including:

Crime & Misconduct Allegations; Personal Injury Claims- on or off duty for you or your family;
Family Law- for Police Federation members or police personnel; Inheritance & Welfare;
Defamation Matters; Employment Law; Police Pensions

Call 0808 175 7805 or see www.slatergordon.co.uk/policelaw

[Free Online Wills](#) Slater & Gordon offer a **FREE** will service to serving police officers and support staff. Further information on this and other services offered from Slater & Gordon can be found at www.suffolk.polfed.org – Member Services or call **0845 601 1908** quoting reference **SUF999** or online at www.slatergordon.co.uk/wills



Family Lawyers Slater & Gordon are the ONLY nationwide team of family lawyers with over **16 solid years' experience** of dealing with complex police divorce cases involving pensions. Each one of the team has undergone an intense training programme ensuring they are fully familiar with every aspect of **police culture, pay, pensions** and **shift patterns** essential to ensure the best result for their clients. We offer free initial advice, fixed fees & discounted rates for all Police Federation members, police personnel and staff. Call 0808 175 7805 or see www.slatergordon.co.uk/policeLaw

Spirit Health Club: based at Holiday Inn, Ipswich IP2 0UA. Offer a discounted employee package of £40 a month and 5 free guest passes will be included to all members and staff that join. For further details: www.spirithealthclubs.com or contact Terry Regan, Deputy Club Manager – 01473 680653 spirit.ipswich@ihg.com

Spokeworx: 12-14 Princess Street, Ipswich would like to offer a discount of 10% on all our products, including bikes and our guided mountain bike rides. In addition to this, we would like to offer 20% discount on bike servicing. Please quote "Bobby on a Bike" to access offers. Contact details: www.spokeworx.co.uk/ or 01473 422332

Staff Discounts UK Ltd: are pleased to provide members and staff with local discounts on an extensive range of products and services, that we all spend money on throughout the year, such as clothes, shoes, garages, restaurants <http://www.staffdiscountspolicefederation.org/>

Stoke by Nayland Golf and Spa are pleased to offer the following Leisure Membership offers: **Peake Fitness**: For officers and staff the usual joining fee of up to £150 is **WAIVED** Peake Fitness Subscription rates then apply as usual. **Golf Membership**: For officers and staff the usual **joining fee** (up to £199) is **WAIVED**. Special Membership rates as follows: 7-Day Police Membership: £770.00 (usually £945.00) – a saving of £349.00; 5-Day Police Membership: £650.00 (usually £795.00) – a saving of £145.00. For further information see their website: <http://www.stokebynayland.com/> or call Mary Seward 01206 265841. If you wish to take one of these offers please email suffolk@polfed.org to request an authorisation letter

Suffolk Canine Creche, Bury St Edmunds offering 10% off pay as you go day dog care. Payslip must be shown as proof of employment and code POLICE10. Please note dogs do need to be assessed and registered prior to booking. Telephone 01284 766700 www.burystedmundscaninecreche.co.uk
PLEASE NOTE OFFER ONLY AVAILABLE AT BURY ST EDMUNDS

Sytner Affinity: Sytner Affinity are able to offer Suffolk Police Federation members discounted rates on new and approved used cars from the Sytner Group. Sytner represent 20 vehicle manufacturers and have over 5,000 approved used cars in our group stock at any one time. We would also like to offer a guaranteed 10% discount on all servicing, parts and accessories. The scheme will also be open to friends and family members in order to allow as many people to take advantage of the offer as possible. contact your dedicated Sytner Affinity/Suffolk Police Federation team today on **0845 051 7873** or email suffolkpolfed@sytner.co.uk, and we will assist you with your enquiry.

Tec41 Unit 8 Great Whip Street Ipswich IP2 8EY: is an approved Bosch Service Centre, providing trusted and quality MOT's, car services and repairs. We are pleased to offer Suffolk Police Federation members a discounted price of **£35.00 on all MOT's** (normally priced at £39.00), plus a **10% discount on any vehicle service**. In order to book your vehicle for an MOT or service and claim this discount please call us on 01473 603932 and advise our service department that you are a Suffolk Police Federation member by advising the following password: POLICEFEDERATION. For more information visit our website: <https://tec41.com/>

Timeout2enjoy: For discounted hotel breaks, luxury holidays, and other leisure offers – **now includes car rental from Avis**, including worldwide flights and discounted car hire at very competitive prices as well as the opportunity to rent colleagues holiday homes. www.timeout2enjoy.co.uk/– Log on:

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Suffolk Police Federation - "We are here when you need us most"

Updated: 2 May 2018

[Suffolk Police Federation Website](http://www.suffolkpolfed.org/)



Member Services; password: robert peel

Thomas Sanderson Blinds: are able to offer £250 discount on top of any other offer they may be running e.g. 3 for 2. Please be aware there is a minimum order value after the 3 for 2 offer, which is £1000, so a potential discount of up to 25% is available. **To Redeem The Offer Members must** quote the code **PH123** when arranging either a no obligation home consultation from one of our designers or when ordering a free brochure via the **Free Phone Number 0800 0562929**. If this is not done at first point of contact Thomas Sanderson Blinds will not be able to offer the discount.

Trade Electricals Direct: The new name for Hughes Trade and Bennetts Trade. Best prices, huge choice, first class advice. Visit their website: www.get-ted.co.uk or call 01473 727453
Latest offers: <http://www.get-ted.co.uk/static/newsletter.pdf>

TRAKER Police Discount Scheme available to Serving Police Officers, Ex Police Officers and Police Staff. Please contact Adrian Davenport at adrian.davenport@TRACKER.co.uk

Triple C Garage: based at Unit 8, Farthing Road, Ipswich, offers car servicing, MOTs and repairs. Labour rate is £29 + VAT per hour and MOT cost is £29.95. 01473 747779

Vauxhall Associates Partners Programme: Up to 33% off Vauxhall cars. To benefit from the very latest Vauxhall Associate Partner offers and to nominate family members so that they can share your benefits, please visit : partnersprogramme.co.uk, using the login: POLFED, or visit the nearest Vauxhall Retailer. (Marshalls of Ipswich - Adam Roe Adam.Roe@Marshallweb.co.uk 0844 243 5866)

Vitality Health Insurance: Vitality is health and life insurance that rewards you for being healthy. Vitality provide award-winning health and life insurance for individuals and businesses. Vitality is health and life insurance that rewards you for being healthy. With discounts on healthy partners like 50% off monthly gym membership fees (a joining fee will apply)* and motivating rewards when you do healthy things, like weekly cinema tickets , Vitality makes your cover more rewarding. You have peace of mind you'll get the best possible cover with our 5 star insurance and get more out of life with Vitality. You can only get Vitality by taking out a health or life insurance plan with VitalityHealth or VitalityLife. See <https://www.vitality.co.uk/> for further details.

Vodafone Employee Advantage Scheme: As Norfolk and Suffolk Constabularies are corporate customers of Vodafone – serving officers and staff (**please note this offer is not open to retired officers and staff**) are able to take advantage of their employee advantage scheme. The scheme offers serving officers and staff a total of six great deals for you and your friends and family and you can get up to 20% discount on the line rental. It has been agreed with Vodafone that this offer will **only** be available **in store** by taking a letter of authority from the Federation. To be able to take advantage of this offer please email suffolk@polfed.org with your work and home address and confirmation if you are a police officer or member of support staff. A letter of authority, together with Vodafone's strict terms and conditions will be sent through to you

VoiceMobile: for the latest offers phone 0121 748 8467/0800 0520
www.voice999.co.uk/sales@voice999.co.uk Also available to friends and family.

Ufford Park Spa and Health Club Ufford Park Health and Spa is beautifully situated in 120 acres of historic parkland just outside Woodbridge. They offer a 25% discount on any Health Club Memberships through Suffolk Police which then also offers you a 20% discount on any spa days or treatments. Further details from www.suffolk.polfed.org – Member Services. Sign up on the website to receive their monthly offers."

Warner Holidays: Save up to 25% off brochure prices. Look out for offers for up to 50% off! Call 0800 1 388 399 quoting code HD175 or visit their website: www.warnerleisurehotels.co.uk/phc



Windmill Lodges: based at Red House Farm, Saxtead, Woodbridge, IP13 9RD offering 10% discount off any mid week short break booked via phone. Please contact 01728 685338

Woodbridge Complementary Health Centre: Our aim is to help individuals find the best approach to maintain or restore their own personal health. Every one of our therapists are all experts in their respective fields, and offer a universally friendly and professional service to promote wellbeing. Our website features information on each of the therapies we offer at the centre, as well as profiles of each of our therapists. 10% discount offered on all complementary therapies and 10% discount with all beauty therapies with Becky Louise. Please contact: 01394 388234 or website: <http://www.wchc.info/>

Xplore (previously KG Adventure) offers staff of Suffolk Police a 20% discount on their daily and residential bookings. Further details from Suffolk Police Federation intranet site. Or call 01449 742700, quoting the code SUFFPOL2013. Please note childcare vouchers from all major providers, such as Edenred, Care4 and Sodexo are accepted.

NEW PROVIDER

Yoga with Caroline Boggon: Caroline is a yoga teacher who offers beginners and flow yoga classes. I teach in the Kesgrave and Martlesham areas. Yoga offers multiple benefits to support and sustain wellbeing, for the mind and body. As a retired officer, I am keen to help others learn about yoga, and would offer 10% discount for any members of Suffolk Constabulary who attend my classes. I am happy to have a free consultation with anybody interested. For further details please contact Caroline on 07850 683196 or email caroline.boggon@btinternet.com

Zoo Tickets and merchandise available from the Federation Office Please call 2001 or email suffolk@polfed.org



Support Group Associations

International Police Association –No 8 Region – Suffolk Branch: In 2013 the Norfolk & Suffolk Branches of IPA merged since which time we have been actively recruiting new members from both forces. We run a full social programme across both Counties which has included including a visit to Ixworth Hall, lunches at Wymondham, Beccles, Lavenham, Norwich, Southwold and elsewhere, a walking tour of Lavenham a visits to Adnams Brewery, a Broads Cruise, Light Railway, Broads BBQ, Sandringham Flower Show, and foreign trips to the Normandy and the Somme , the Krammermarkt in Saxony and Wangerland on the German Coast.

IPA is all about making friendships. With organised trips worldwide, exchange opportunities for young people, stays in IPA Flats and Houses at discount rates, or free seminars in Gimborn , Germany, the IPA has something for everyone. We welcome Serving and retired Officers, Special Constables, PCSO's and anyone who is undertaking a policing role.

For existing member E mail it is the fastest and most effective way to keep in contact with you all. Please send me your most recent e mail so we can keep our records up to date and let you know what is going on where. To find out more visit www.ipa-uk.org, E mail me s.thacker@btinternet.com or ring 013626935651

National Association of Retired Police Officers (NARPO): Most police officers seldom think about their representation when about to begin their retirement. The act of retirement is a major step by itself and the side issues are apt to be overlooked. The National Association of Retired Police Officers (NARPO) is the only organisation which devotes itself to looking after the needs of retired officers and their partners. Its primary object is to safeguard the rights of its members and to promote measures for their welfare, with particular regard to pensions.

NARPO regularly lobbies and campaigns to maintain and improve pensions. It is also a member of the National Pensioners' Convention and the Public Services Pensioners' Council. NARPO will assist and advise any member who may have difficulties with reductions in pensions, benefits etc and may be able to assist with employment opportunities. There are also a number of member services on offer.

It is important to remember that throughout their service police officers have had a representative body there to provide guidance and assistance. However, upon retirement that support will be gone. For whatever reason some retired police officers do not join NARPO but regrettably some then find that when they need assistance or support it is not necessarily available. The annual subscription to NARPO is currently less than £20.

Suffolk Police Federation Services

Furthermore, your first year's membership to SuffolkNARPO is paid by the Suffolk Police Federation (SPF), provided you are a Suffolk Constabulary officer and been a subscribing member of the SPF for at least the previous 12 months prior to retirement. You will continue to be eligible to George Burrows Services (up to 65 years' of age) and Flint House. Please make contact with Suffolk Police Federation on suffolk@polfed.org for further information. For further information about NARPO contact

The Suffolk Branch Chairman: John Saunders 01284 767894 or email: jes767894@btinternet.com
Branch Secretary: Les Jolley 01473 327372 or email: jolley425@btinternet.com

Police Firearms Officers Association (PFOA): The PFOA has been created to support all those involved in firearms operations, and their families. It is managed by serving and retired police officers with many years' experience in this field. We offer a unique package of support for officers and their families, which is supported by ACPO Firearms, The Police Federation of England & Wales, and The Superintendents Association. We are a non-political, not for profits Association. Please see website <http://www.pfoa.co.uk/> for further details or call 01354 742444 or email info@pfoa.co.uk

Reach Out Suffolk Support Association: In response to the growing numbers of disabled people in the workplace and in society, Reach Out was formed. Statistics show that 1 in 6 have some form of a disability. It is forecast that 1 in 4 will have some form of disability during their working life. The Association is to provide a voice for the disabled employees of Suffolk Constabulary to work alongside the other Staff Associations and the Federation in their day to day dealings with the Constabulary

What can reach out Suffolk do for you?

- Provide a forum for discussion of issues.
- Assist with informal resolution of issues.
- Represent our member's interests in discussions.
- Help with formulating policies and procedures.
- Maintain a database of useful contacts and information.
- Maintain a website to keep members updated with what Reach Out is doing, etc.

Who can join Reach Out?

Any member of Suffolk Constabulary who meets any of the following criteria:-

- Has a disability. Cares for a disabled person.
- Is a colleague of a staff member with a disability.
- Is a colleague of a staff member who cares for a disabled person.
- Supports the aims and objectives of Reach Out.

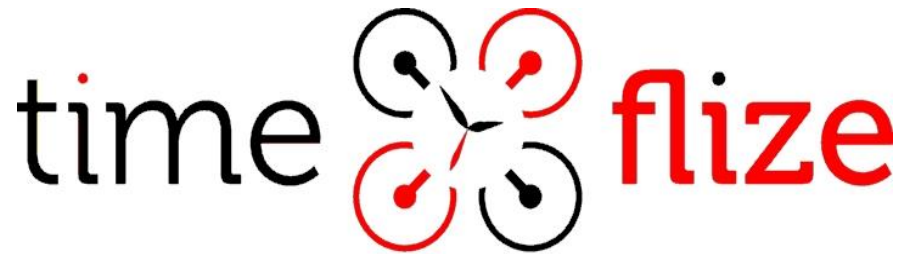
Please find further details on the intranet site or to apply for application form email: reachout@suffolk.pnn.police.uk or speak to Yvonne Coolbear on 01473 613657.

Suffolk Association of Women in Policing (SAWP) aims to identify professional development opportunities, developing networks and supporting employees to make a positive difference to policing, whilst promoting the interests of women. SAWP objectives are to Support, Advise and Motivate our members. Benefits of joining SAWP include Professional and Personal development, Mentoring and networking events and opportunities. Please see intranet for further details or email sawp@suffolk.pnn.police.uk

Suffolk Gay Police Association: The Suffolk Gay Police Association exists to provide support and guidance to any police officers, police staff member, PCSO or Special Constabulary employed by Suffolk Constabulary, who identifies as gay or bisexual. The Suffolk GPA is also represented on various Committees and subgroups to ensure that sexual orientation issues are a thread through everything we as a Constabulary do.

SGPA offers full membership for anyone who identifies as gay or bisexual and friend membership for anyone else who wishes to supports the aims and objectives of the SGPA. Information held by SGPA is strictly confidential. For further information please visit our intranet site about any issues or details on how to join SGPA please see intranet and contact: GPA@suffolk.pnn.police.uk. Chair Sgt 488 Steve Wright telephone 07921 095257

Suffolk Ethnic Police Association (SEPA): The Constabulary's Association for ethnic minorities provides staff with information, support and advice to enable them to make a positive contribution at work. For more information, please look at our intranet site or contact us via: SBPA@suffolk.pnn.police.uk or Amos Owen amos.owen@suffolk.pnn.police.uk



timeflize.co.uk

07946 028517

**Want to be a professional drone pilot?
Are you a hobby drone pilot – but want to 'fly safe – fly legal'?**

Time Flize Ltd. can provide the coaching and education that allows you to fly with confidence.
'Fly Safe – Fly Legal'

As a hobby flyer with a drone, YOU remain legally responsible for each and every flight.

Do you know what the law says? Do you want to fly 'legal and safe'?

Time Flize Ltd. can provide informal and informative training using your own drone in a 'safe' environment. *

What can you do? What can't you do? Where can you fly? Where can't you fly? What restrictions apply to you and your drone?

What are you liable for with regards to 'data protection'?

Time Flize Ltd. has the answers.

Time Flize Ltd. is the lead trainer and assessor for a Nationally Qualified Entity (www.UAV8.co) on behalf of the UK Civil Aviation Authority

*... Students are required to provide their own drone and a sufficient number of fully charged batteries. Each session is projected to last approximately 4 hours for £75. Weather permitting. Flights are at 'own risk', Time Flize Ltd. accepts no liability for any loss however incurred.

See www.timeflize.co.uk for further details

SUFFOLK POLICE FEDERATION DISCOUNTED TICKETS

Please remember you can purchase the following discounted tickets from the Suffolk Police Federation Office at The Pines, PHQ.



15% Discount Voucher available from the Federation Office, allowing up to six guests. Please email Suffolk@polfed.org from your pnn account to request a voucher, stating where you work.

Terms and Conditions apply



Discounted Adult Tickets: £11.45

Discounted Children (3-15 years) Tickets: £12.45



Discounted Adult Tickets: £15.00

Discounted Children (3-15 years) Tickets: £10.50



Discounted Adult Tickets: £15.00

Discounted Children (3-15 years) Tickets: £10.50



Discounted Adult Tickets: £7

Discounted Children (3-15 years) Free

Home security at your fingertips



Ring lets you monitor your home from your smartphone, and see, hear and speak to anyone on your property from anywhere.

Enjoy a **£40** discount, and join the millions of homeowners who use Ring to protect their homes and their communities:

Redeem this code on Ring.com

SUFFOLKPOLFED

Contact ukneighbourhoods@ring.com with any questions

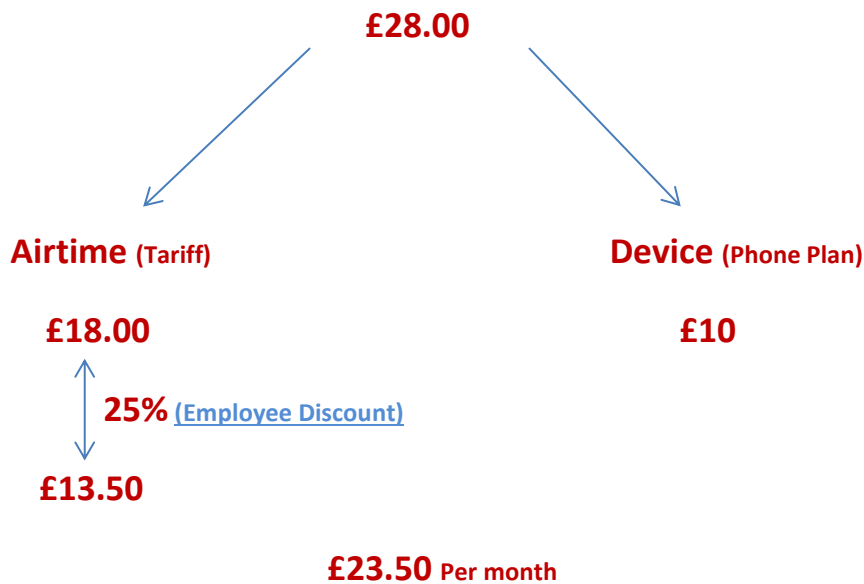
This offer is valid in the UK only. Limited one discount per person, per transaction, valid on ring.com.

Offer not valid in retail locations. Discount is not valid on the Ring Video Doorbell (£89) or Ring Accessories. Ring reserves the right to change these terms and conditions at any time. Returns are subject to Ring's return policy. Offer valid until 30th June 2018

ring Alwayshome

www.ring.com

What is O2 Refresh



There are many benefits with O2 Refresh, each month you will have 2 direct debits for your agreement coming out on the same date and equal to the same bottom line figure.

O2 now splits the cost each month and shows you exactly what you are paying for, there will be 1 direct debit for the airtime and 1 for the device plan.

Please keep in mind the discount takes effect from the second bill as we offer you a 14 day peace of mind (cooling off period) so the first bill will always be higher, once the discount takes effect it will stay on the account for the remaining 23 months or until you decide to upgrade again.

- FULL 24 MONTHS:** If you are happy with the phone & the Airtime plan for the full 24 months then automatically the device plan will drop off by itself and at that stage there will only be 1 direct debit for you to pay for the Airtime only. The Airtime then becomes a rolling sim and you can let it roll for however long you wish or you can upgrade to a new phone plan after the 24 months and at that stage you can recycle your old phone or sell it off and get some money back for it and restart a whole new agreement.
- EARLY UPGRADE:** If you want to upgrade early for whatever the reason or just treat yourself to a new phone anytime within your 24 months agreement, O2 now allows you to buy yourself out at a discounted rate, instead of paying the combined airtime & the device plan back to O2 you just pay off the remaining balance on the device plan only and choose a new phone this will restart a whole new agreement.
- FLEXIBILITY:** If you decide you just want to keep your cost low or not be tied up in a long term agreement you can now pay off the remaining balance of the device in 1 lump sum or make additional payments every other month and pay the device plan off early by calling customer services. Once the device is paid off at any time within the 24 months you will no longer be tied into the agreement and the Airtime will automatically become a rolling sim until you decide to upgrade to a new phone, even though you took it out as a 24 months plan originally.



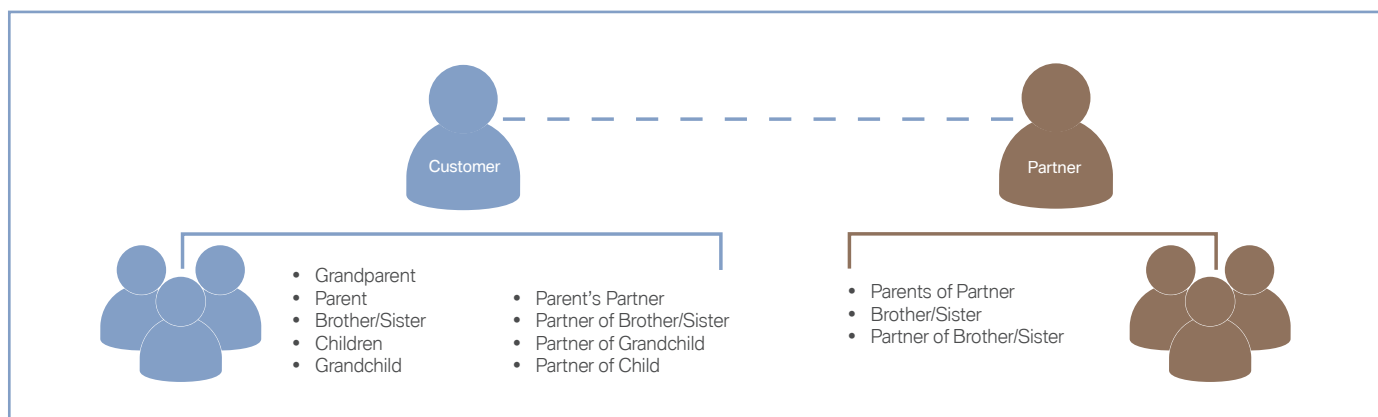
THE UK FORCES SALES PROGRAMME.

BMW Group is proud to offer preferential rates throughout the BMW and MINI ranges to all current and previously serving members of the Military and Emergency Services.

Benefits include:

- Special discounted sales programme across the BMW and MINI Range
- Experienced and dedicated friendly sales team
- Fast delivery with immediate stock available on some models
- Offers available to current and formerly serving Police, Army, Air Forces, Navy, Air Ambulance Association, National Fire Services and the NHS.
- Offers available to immediate family members, please see the family tree below
- Mainland UK delivery to an address of your choosing*

View our eligibility tree below, and for more information, please contact our UK Forces Sales team by calling 020 7514 8606, emailing ukforces@bmw.co.uk or visiting www.bmw-ukforces.co.uk



STAFFORDSHIRE POLICE FEDERATION DISCOUNTED TICKET RATES FOR 2018

ATTRACTION	ADULT	CHILD	FAMILY	TWO DAY	
				AD	CH
ALTON TOWERS	29.50	24.75		37.00	32.50
AT WATERPARK	14.25	10.75			
CHESSINGTON	26.00	26.00		32.75	32.75
LEGOLAND GREEN	29.95	29.95		35.95	35.95
LEGOLAND YELLOW	34.75	34.75		40.50	40.50
LEGOLAND BLUE	43.75	43.75		49.50	49.50
THORPE PARK PEAK	29.25	29.25			
THORPE PARK OFF PEAK	26.75	26.75			
THORPE FRIGHT NIGHTS PEAK	36.95	36.95			
THORPE FRIGHT NIGHTS OFF PEAK	32.00	32.00			
WARWICK CASTLE <small>peak 1.4.-1.11.18</small>	14.75	10.75			
WINTER 2.11.18 – 31.3.19	11.75	8.50			
SEA LIFE BIRMINGHAM	Fr 13.00	Fr 13.00			
SEA LIFE BHAM/LEGO					
DISCOVERY B'HAM COMBINED <small>AVAIL SOON</small>	25.00	25.00			
SHAKESPEARE B TRUST	Fr 14.75	Fr 9.75	Fr 38.00		
CHESTER ZOO Bronze Level*	16.90	13.90	Con 13.90		
Silver Level*	18.75	15.25	Con 15.25		
Gold Level*	20.10	16.85	Con 16.85		
DUDLEY ZOO	11.75	8.50			
B'POOL "THE BIG TICKET"	38.00	28.50	U 3 £7.50		
B TOWER EYE	8.25	6.50			
B TOWER CIRCUS	10.00	8.25	U 3 £5.25		
B TOWER DUNGEON	10.00	8.25			
BLACKPOOL SEA LIFE	10.00	8.25			
MADAME TUSSAUDS B'POOL	11.00	8.50			
TOWER BALLROOM	6.25	6.25			
TOWER BALLROOM with aft Tea	Fr 21.00				
Tower Ballroom with cream tea	11.00				
UTTOXETER RACES	13.00				
Midlands National/Ladies Day/Night					
Summer Cup/Beer Festival	21.00				

- | | |
|--|--|
| ALTON TOWERS/WATERPARK | - Child aged 3 - 11 yrs (under 3yrs free) |
| THORPE PARK/CHESSINGTON | - Child aged 3-11 yrs (under 3 yrs free) |
| LEGOLAND/WARWICK CASTLE | - Child aged 3-11 yrs (under 3 yrs free) |
| B'POOL | - Child aged 3- 14 yrs (under 3 yrs free except Circus and Big Ticket) |
| SEA LIFE BIRMINGHAM/Lego Discovery B'ham | - Child under 3 yrs free |
| DUDLEY ZOO | - Child aged 3 -15 yrs (under 3 yrs free) |
| CHESTER ZOO/SHAKESPEARE B T | - Child aged 3-17 yrs (under 3 yrs free) Con 65+ CZOO |

Thorpe Fright Nights 5-7, 12-14, 19 -31st

For more information and details on how to order please visit www.staffordshire.polfed.org or ring 01785 242215

CHESTER ZOO *Bronze level 1st Jan – 23rd Mar, 5th Nov – 31st Dec
 *Silver Level 16th Apr - 25th May, 3rd Sept - 4th Nov
 *Gold Level 24th March – 15th April, 26th May – 2nd Sept



Legal Document Service

The web's most advanced legal service

Arc Legal Assistance, in partnership with George Burrows, provides access to an Online Legal Document Service as an additional benefit to your Police Officer's Legal Assistance policy.

This is a web based service, created by legal experts to provide you with access to a range of high quality legal documents, including content available at no cost as a benefit to the legal assistance service for Police Officers.

The Legal Document Service provides:

Online access to legal documents without the need to visit a legal professional

Access to legal document templates covering a wide range of topic areas

A step-by-step walkthrough throughout the document drafting process

To access the range of free documentation, please visit www.arclegal.co.uk/legaldocuments where you can register your details using the voucher code available from your Federation.

Halfords Rewards

10% off

In-store purchases



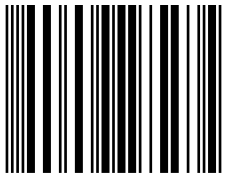
Terms & Conditions:

This voucher entitles you to 10% off in-store at Halfords. Voucher expires 31.01.2019. It cannot be used in conjunction with any other voucher, colleague discount or exchanged for cash. This voucher will only be valid when supported by proof of entitlement (ie. payslip)

Note to store:

Please scan the barcode to deduct the 10% discount. Valid until 31.01.2019.

Customer may retain voucher for future use



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For all Voucher Enquiries, please contact Halfords for Business on 0845 0778851, and we will be happy to help.

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for life's journeys



MEMBER SERVICE PROVIDER ADVICE SURGERIES 2018

On behalf of our members, Suffolk Police Federation has arranged the following **FREE** advice/information days at venues listed. Please attend in your own time:



Date/Time	Provider Details	Venue
<p>By Appointment only</p> <p>Thursday 8 March Thursday 19 April Thursday 17 May Thursday 14 June Thursday 19 July Thursday 2 August Thursday 6 September Tuesday 9 October Thursday 15 November Thursday 6 December</p>	<p>Simon Tilling and Amanda Erskine, Solicitors at Barker Gotelee are happy to see officers and support staff at a free advice surgery</p> <p>Simon is available to discuss Wills, estate planning advice re care home fees, powers of attorney, court of protection work, tax, trusts, gifts and probate issues, probate and trust disputes.</p> <p>Amanda is available to discuss family matters including divorce, financial settlements, cohabitee disputes, children matters and prenuptial agreements. The family department are also able to offer all those in Suffolk Constabulary, (including retired officers of seven years or less) a free first interview</p> <p>Phone: 01473 611211 or email bg@barkergotelee.co.uk for an appointment and suitable date if the dates listed are not convenient.</p>	<p>Fed Office PHQ</p>
<p>By Appointment only</p> <p>Thursday 5 April Tuesday 12 July Thursday 4 October</p>	<p>Slater Gordon Solicitors – specialise in all Family Law matters and offer a free first interview. For an appointment email Hannah Cornish Hannah.Cornish@slatergordon.co.uk</p>	<p>Fed Office PHQ</p>
<p>By Appointment only</p> <p>Tuesday 3 July Tuesday 20 November</p>	<p>Paul Ward, wealth management consultant is happy to see officers and support staff at a free advice surgery to discuss retirement planning; tax efficient investment planning; tax and estate/IHT planning; financial protection for family or business or just looking to review your financial affairs.</p> <p>Please contact Paul direct for an appointment by contacting him on 07984 317795; paul.ward@sjpp.co.uk Website: www.paulwardwealth.co.uk.</p>	<p>Fed Office PHQ</p>
<p>By Appointment only</p> <p>Thursday 3 May Thursday 8 November</p>	<p>Tim Metcalfe is a Solicitor in the Private Client Department of Atkins Thomson Solicitors and specializes in the preparation of Wills, Lasting Powers of Attorney and the Administration of Estates. Atkins Thomson offer fixed priced services on many legal matters.</p> <p>Contact Tim for an appointment 01284 731926 or Tim.Metcalfe@atkinsthomson.com</p>	









Suffolk Police Federation - "We are here when you need us most"

Represent Influence Negotiate

www.sufpolfed.co.uk

West Midlands Police Federation offer a number of discounted vehicle schemes which run nationally. The below is a snapshot of the discounts available to all Police Federation members in England and Wales.

Click on the logo or heading below for further details and price guides.

	<p><u>Citroen</u></p> <p>Up to 31% discount across the whole range, plus free metallic paint.</p>
	<p><u>DS</u></p> <p>Great discounts on DS3, DS4 and DS5, plus free metallic paint.</p>
	<p><u>Peugeot</u></p> <p>New 2008 SUV Active from just £207 per month. All models included in the discount terms.</p>
	<p><u>Suzuki</u></p> <p>Save up to £5,400 on a brand new Suzuki SX4 Cross or up to £4,400 on a new Vitara. All models included in discount terms.</p>
	<p><u>Fiat & Alfa Romeo</u></p> <p>Huge discounts across the brands, with up to £3,000 deposit contribution on the ever popular Fiat 500.</p>
	<p><u>Jeep</u></p> <p>20% saving on the Grand Cherokee – that's £12,845 saving!</p>
	<p><u>Nissan</u></p> <p>Preferential rates across the board, call 01252 266 038 or email vip@westwayleasing.co.uk for a quotation.</p>
	<p><u>Volvo</u></p> <p>10% discount and free metallic paint on cars across the XC, V and S range.</p>

For further enquiries on any of the above schemes, please call Claire on 0121 700 1231.



Care of Police Survivors Subscription Form

Instruction to Payroll to deduct from pay regular subscription of 30p per month

Please complete the following in BLOCK CAPITALS

Surname		Forenames	
Rank		Epaulette	
Telephone:			
Work Address			
Work Email address			

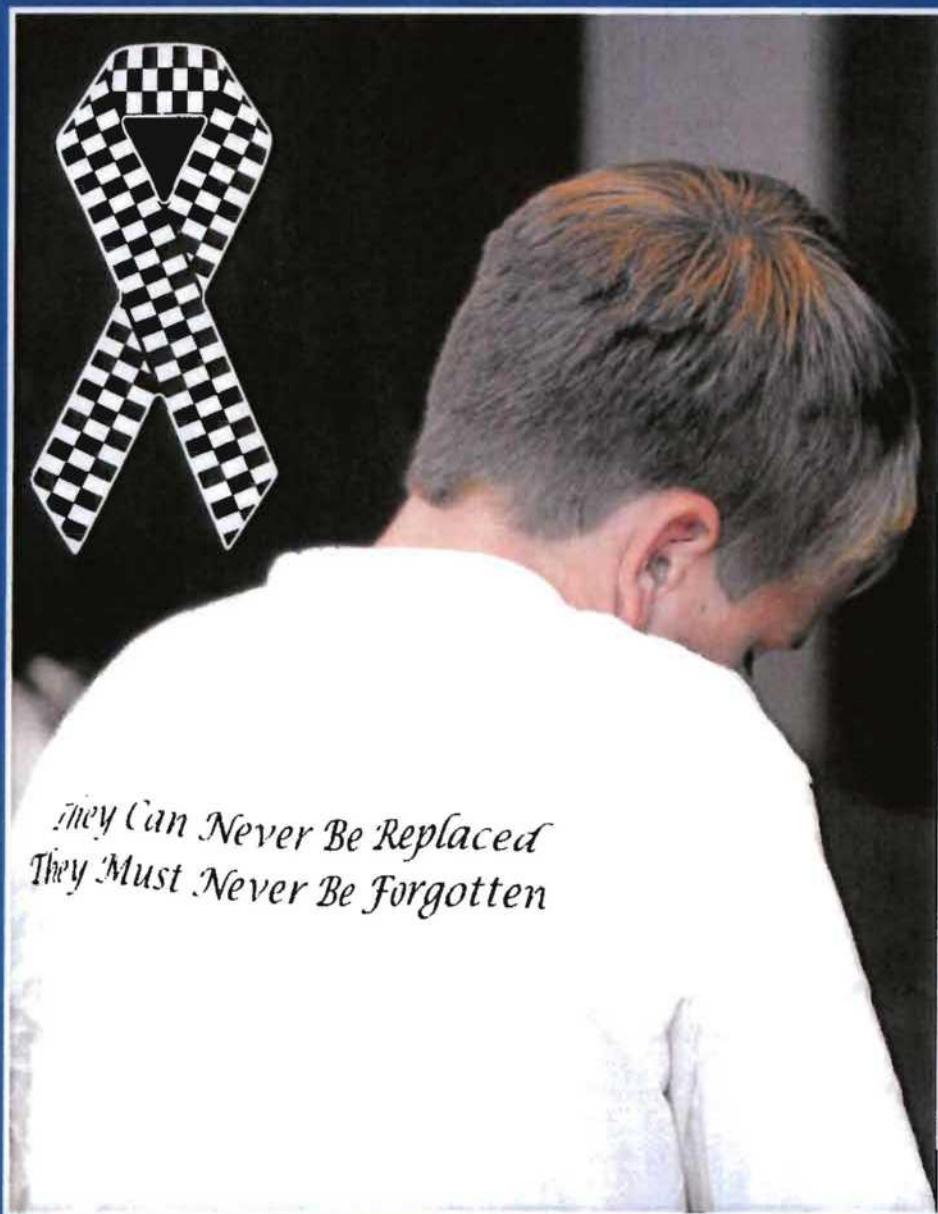
I authorise the deduction of 30 pence per month from my salary to be paid to COPS. I understand I can cancel this amount at any time I wish to and if so I only need to make contact with Suffolk Constabulary Finance Department in order to cancel.

Signed: Date:

CARE OF POLICE SURVIVORS

"Rebuilding Shattered Lives"

Care Of Police Survivors (COPS) is the charity dedicated to helping surviving families rebuild their lives after the trauma of a line of duty death.



**Please Help COPS by donating
just 30p each month!**

It may not seem like much, but your monthly donation will help us continue to support the families of Officers who have died on duty.

To donate 30p each month please contact: Complete attached form and send to Mish Collins Federation

Name: _____ **Phone:** _____