



Charity Registration No. 257564

## **Services for Retired Members**

### **What is the SPCT?**

The Sussex Police Charitable Trust is a registered charity. Our aim is to help our members amongst the Sussex Police family in times of need, hardship or distress.

If you were a member of Sussex Police Charitable Trust\* when you retired, you will remain a member of the Trust for life with no membership fee payable. Family members who are financially dependent on the member can also benefit from our services. When a member of the Trust passes away, their membership automatically passes to their surviving partner or spouse.

*\*The SPCT was previously known as the Sussex Police Welfare Fund/Sussex Police Staff Welfare Fund. If you are not sure if you are a member, please get in touch with us.*

### **Confidentiality**

As an independent charity, we are a confidential service and confidentiality would only be compromised in the most exceptional circumstances for example, to prevent harm or where a legal duty overrides. There is more information on our confidentiality procedure on our website: [Confidentiality and Privacy](#)

Other than the above, we would not discuss any contact we've had with members with anyone else either inside or outside of Sussex Police without their express permission.

### **How can the Trust help?**

There are 3 main ways in which the Trust helps members and the service can be tailored to meet the needs of members.

### **Advice, support and guidance**

We can provide advice, support and guidance on any issues members or their dependant family members are facing. This could be anything from a quick chat to a more involved discussion helping members to look at their options. The advice,

support and guidance often includes signposting to other organisations/support groups where the member would find this useful.

We usually find that face to face is most effective for giving advice, support and guidance. We have a meeting room at HQ, we can come to any Sussex Police site or we can do a home visit or meet at another location within Sussex. We can also adapt our service to provide advice, support and guidance via e-mail or over the phone if the member prefers this.

Advice, support and guidance we have provided to members previously includes:

- Helping to explore housing options following a relationship breakdown
- Support around debt and signposting to specialist organisations for debt advice
- Providing a benefits check
- Providing support following a bereavement
- Looking at options for local support groups
- Helping to look through care options either for themselves or a family member.

This is by no means an exhaustive list, so please do ask if you're not sure if we could help.

## **Financial help**

Members can apply for a non-repayable grant towards unexpected expenses for themselves or dependant family members in times of need, hardship or distress. For financial applications, the Trust Adviser would gather the facts and present an anonymised application to the funding committee. The committee decide whether to support the application using our charitable guidelines. We ask that members contact us **before** an expense has been paid for or committed to wherever possible.

Financial help we have provided to members previously includes:

- Hospital travel and/or accommodation where the member or a family member is in hospital or needing frequent trips to the hospital.
- Sessions of therapy (usually up to 6), for example physio (where not available through the NHS or if there is a long waiting list), acupuncture, counselling (again where not available/long wait through NHS), osteopathy, deep tissue massage etc. We don't have a set list of therapies and will consider applications towards any therapies.
- Home help whilst recovering from an operation or where the member or one of their family is unwell.
- Legal advice
- Medical equipment/aids
- Short term help towards food/bills

Again, this is not an exhaustive list, please do ask if you are facing an expense that isn't in the list.

## **Bungalow**

Members can also apply for a free of charge, self-catering, recuperative break in the Trust's bungalow in Dorset. 'Recuperative' taken in its broadest sense includes individuals and families who are affected by physical or mental illness, injury, disability and infirmity; bereavement; family difficulties; work related problems and trauma. The Trust's bungalow sleeps up to 6 people with one double and two twin rooms and members are able to bring along family/friends for their recuperative break. We make allocations for the bungalow 2 months in advance and prioritise on the basis of need. Applications are made via a short application form.

## **How can I access your services?**

You can contact us directly using the contact details at the bottom of the document.

You can also refer other members in need of support to the Trust for support either by phone or e-mail. Please make sure you have their consent before doing this.

## **How can I help to support the Trust?**

### **-Donations**

We receive a number of requests from retired members asking if they can continue to support the Trust by giving a one off or regular donation. If you would like to give a donation you can do so via bank transfer (or Standing Order for regular donations) using our bank details below:

- Name of Bank: CAFBANK
- Account Name: Sussex Police Charitable Trust
- Sort code: 40-52-40
- Account Number: 00000698

You can also donate online via our PayPal Giving Fund page here: [PayPal Giving Fund Page](#)

### **-Fundraising**

You can set up fundraisers for the Trust through Facebook Donate [SPCT Facebook Fundraisers](#) or through GoFundMe [www.gofundme.com](http://www.gofundme.com)

If you're planning some fundraising for the Trust, please let us know as we would love to support you! We can provide collection tins/buckets, posters, banners, leaflets and also an extra hand on deck if needed. For inspiration and fundraising ideas, please have a look on our [website](#)

#### **-Raising Donations when you shop online**

You can raise *free* donations for the Trust when you do your usual shopping online when you choose the Trust as your charity for [AmazonSmile](#) and [easyfundraising](#)

#### **-Selling unwanted items**

You can raise donations for the Trust when selling items on eBay through [eBay for Charity](#) by choosing the Trust as your charity. You can then set a percentage of the sale to be donated to the Trust. As a bonus, you'll save on your selling fees too!

You can also keep up to date with us by following our Facebook page:

<https://www.facebook.com/sussexpolicecharitabletrust>

#### **Contact details:**

Phone: 01273 404535 ext 540703

E-mail: [spct@sussex.police.uk](mailto:spct@sussex.police.uk)

Address: Sussex Police HQ, Church Lane, Lewes, BN7 2DZ

Website: <https://www.sussex.police.uk/spct>

Facebook: <https://www.facebook.com/sussexpolicecharitabletrust>

***If you're not sure if (or how) we could help you or someone else within the Sussex Police family, or if you'd like to discuss our services further, please don't hesitate to get in touch.***

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