



Rehabilitation and
Retraining Trust

Quarterly Brief



End of year brings PRRT national success

The Trust is only one of 12 national organisations to have recently been awarded the matrix Excellence Award at a prestigious award ceremony in London. The matrix Excellence Award is made each year to those organisations meeting and exceeding the required standard in the delivery of information, advice and guidance to their adult clients.

The Police Rehabilitation and Retraining Trust, through its Careers Guidance and Personal Development service, focuses on the training and education needs of

former police officers helping them to recognise their employment potential and to regain their self-confidence in the job market.

Mr Edward Gorringe, PRRT's Chief Executive, says that the matrix judging panel was impressed with the excellent partnership work undertaken to bridge the divide between the security minded culture of the police, and the array of opportunities for personal and career development available outside the service.

"The matrix Standard provided us with a very practical structure for the provision of information, advice and guidance and proves that simple is often best. It really helps us to respond to our clients professionally.

As a result we are seen as a more serious player in the market" says Edward Gorringe.

PRRT was set up in 1999 to offer services to retired and retiring officers, many of whom had served for decades in a socially and politically unstable society. It exists to help clients maximise their employability, enhance their skill base and address any physical and psychological needs, helping to achieve optimum mental and physical well-being outside policing.

In June 2004 PRRT was accredited to the matrix Standard for information, advice and guidance services and has now successfully retained it in 2007 whilst concurrently achieving the matrix Excellence Award.



James Cracknell OBE, Olympic gold medallist, presents the matrix Excellence Award to Edward Gorringe, Chief Executive, Linda McClure, Information Officer and Sandra Herdman, Head of Careers & Personal Development, PRRT.

Chronic Pain Programme Update

The fourth PRRT Chronic Pain Management Programme (CPM) took place in March 2007. This Programme is designed for clients who suffer from a variety of conditions and experience pain on an ongoing basis, and it aims to increase the client's knowledge and understanding of the factors which contribute to chronic pain, as well as empowering the individual with various coping strategies. The course consists of a nine week programme facilitated by two physiotherapists and a psychotherapist who specialises in chronic pain management. The small group situation enables participants to

gain support from each other, and encourages the exchange of information in a friendly and non-competitive atmosphere.

Each week the class commences with a 'functional activity programme' consisting of a 45 minute 'circuit' type exercise class, aimed at a level suitable for each client in the group. One client commented: "I would not have started to do any exercise without the gentle, easing method used by the tutors."

This is followed by discussion on the management of chronic pain, and participants learn various techniques to

help reduce stress and promote relaxation - as one participant puts it: "...rational thinking to prevent anger and irritation".

Clients reported not only having enjoyed the CPM Programme, but felt they had learned many coping strategies to help them manage their pain and better understand its source. One client said "...meeting others who share the burden of chronic pain helps you... to know you're not unique... Thank-you."

For further information on the CPM Programme please contact PRRT on **028 9042 7788**

PRRT Christmas Charity Appeal



John Swift, who coordinated the PRRT fundraising effort, presents the cheque to Edward Gorringer, Chief Executive.

At Christmas PRRT organised a fundraising raffle in support of 'Fields of Life', a charity that provides educational and health care facilities in East Africa. PRRT Chief Executive, Edward Gorringer, travelled to Uganda in January to take part in a 'Fields of Life' project to help build homes and a school. The raffle was held in December, and there were many prizes on offer, including sailing lessons from Ards Sailing Centre and an overnight

break at the Ramada Hotel, Belfast. Due to the hard work of PRRT staff, and some extremely generous donations from our suppliers, we raised £1609 in total. We would like to thank everyone who helped in our fundraising efforts for their generosity and support.

Billy Brown, on behalf of PRRT, presents the PRRT trophy for the fastest Veteran, PSNI Sports Day, 2007.



Information Day - interested in working with people?

coming soon... PRRT information day
Community/Youthwork/Healthcare

PRRT GCSE Mathematics graduation ceremony, November 2007.



RUC GC Garden

The Garden includes the names of all RUC GC Officers who were murdered or who died in service.

Large, small and family groups welcome.

No charge - donations acceptable.

Guided Tours last approx 1.25 hours during daylight hours, including weekends.

All visits by arrangement: Tel 028 9070 0116

or e-mail rucgcfoundation@nics.gov.uk

RUC GC Foundation, 65 Knock Road, Belfast, BT5 6LE