

THE FUTURE IS WHAT YOU MAKE IT...
BUT YOU DON'T HAVE TO DO IT ALONE.



Rehabilitation and
Retraining Trust

....Quarterly Brief

Business and Trade Directory

PRRT is currently considering the benefits of developing a **Business and Trade Directory**. The objective is to advertise businesses owned by officers and ex officers who could benefit from promoting their business to the wider police population; similar to a “*yellow pages*” for ex and serving police officers.

How many times have you wondered, “*Where would I find a tiler?*” Usually the answer came from a colleague or friend who knew someone; many times it was an officer who was running a parallel business in addition to their police career. It was always good to find someone who came with a positive recommendation.

So what happens after you leave the Police Service? PRRT wishes to help retain and extend this network of contacts through this innovative project. It is intended that such a directory will assist with the establishment of networks, both formal and informal, to provide business and support. The directory will assist businesses by expanding customer bases through the promotion of a wide range of businesses.



A secondary benefit is that it provides access and links to a network of other services. Overall, the benefits will be to extend previous and existing camaraderie.

We appreciate that this may take some time to develop, but to meet current needs and start the process of advertising we have dedicated a page on our website on which officers and ex officers can advertise their business: just visit them at www.prrt.org and click on Business and Trade Directory. To advertise in the Directory, or learn more about the project, contact Elaine on 9042 7788 or info@prrt.org.

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*Police Rehabilitation &
Retraining Trust
Maryfield Complex
100 Belfast Road
Holywood
BT18 9QY*

*Tel: 028 9042 7788
email: info@prrt.org*

www.prrt.org

TRAINING DEPARTMENT PROFILE: TRAINING ASSESSOR - KELLY WHITE



Kelly White, PRRT Training Assessor

I have worked at the Trust for 3 years now. My first role was Administration Officer, but I was recently appointed as the Trust Training Assessor.

The Training Assessor role commences with any client (or prospective client) making an enquiry about training and development support. This could be in relation to in-house or external training

courses, or about need to apply for discretionary grant funding. If a PRRT client (or prospective client) has decided, or has already embarked, upon their future career direction and does not require careers advice, they can access training support by making a Training Assessment appointment with me. During this appointment (usually 40 to 45 minutes) the client and I discuss training needs, expected outcomes, and future objectives; we then produce and agree an action plan which works toward the achievement of a career plan outside the police service. Additional appointments are planned with individual needs in mind, and the training support service is available for how ever long it is required by each of our clients.

One of my key responsibilities is discretionary grant applications. A discretionary grant may be available to clients who wish to pursue a particular course of study or training which is not provided as part of the current PRRT offering. The chosen course of study must be such that it underpins or supports a future career plan. A discretionary grant application may be made at the aforementioned Training Assessment appointment.

An interesting and enjoyable part of my role is that the Training Assessor service is now available at various other outreach locations throughout the province. If you would like further details regarding outreach locations, or would like to make an appointment in your district, please contact me or one of the Trust training team and we would be delighted to discuss your training and development needs and to see how best we can support you as you continue with, or approach, your transition to civilian life.

PRRT is now offering ECDL

The European Computer Driving Licence® (or ECDL) is the European-wide qualification which enables people to demonstrate their competence in computer skills. The ECDL is designed specifically for those who wish to gain a basic qualification in computing to help them with their current job, develop their IT skills and enhance their career prospects.

No prior knowledge of IT or computer skills is needed to study ECDL.

The seven modules that make up the ECDL are:

- Basic concepts of IT (1 day)
- Using the computer and managing files (1 day)
- Word processing (2 days)
- Spreadsheets (2 days)
- Database (2 days)
- Presentation (2 days)
- Information and Communication (1 day)

The ECDL will:

- * Increase your competency in IT & computer skills
- * Improve your productivity at work

- * provide you with an industry recognised qualification which can be built upon
- * Each module can be done as a stand alone course followed by the relevant examination – accreditation will be awarded when all 7 exams are successfully completed
- If you are already competent in any of the module topics, you can sit the examination only, and receive the accreditation.

You can come along and benefit from the training even if you do not want to register for ECDL or sit the examinations. Call Stephanie for more details.

EVER THOUGHT OF BEING YOUR OWN BOSS?

Being your own boss is exciting and rewarding – when you get it right! But it's easy to make mistakes at any stage – some may be costly, other could cause your business to fail.

PRRT can help you at every stage of business development – with free advice, training and business counselling, tailored to your specific needs.

Bright Ideas

Some people would love to be self-employed, but just cannot come up with the right idea. If you're in this situation, the PRRT "Ideas Generation" one-day workshop will help you to develop your creative thinking and tell you about generating business ideas.

Is Self-Employment for YOU?

Even if you have a good idea, you may not be sure if self-employment is right for you. The one-day PRRT course "Is Business for Me?" gives you an insight into the pros

and cons of running your own business. You will learn about the transition from employment to self-employment and hear at first-hand from those who have made the transition and are now successfully running their own small businesses.

Getting Started

Once you've decided that you want to run your own business, you're ready for the PRRT Business Start-Up Training Programme. This four-day course will prepare you for the potential pitfalls and problems that can affect new businesses. The programme is the PRRT equivalent of the Business Start-Up course which is run at Enterprise Centres throughout Northern Ireland. It is specially designed for PRRT clients and is approved by Invest Northern Ireland. At the end of the course, all participants receive a certificate which allows them to apply for financial support from Invest Northern Ireland through a local enterprise centre.

Expert trainers and advisers will help you plan how and when to get started and will cover key issues including:

- Marketing and Promotion
- Finance and Book-keeping

- Tax and VAT
- Business Planning
- Sources of Advice and Support

Support for Success

Being your own boss means making all the decisions and planning for the future of your business. The first 12-24 months can make or break a small firm and PRRT wants to help you develop and grow a successful business. For this reason, PRRT provides a range of follow-up business development courses and a free individual business counselling service.

It's Good to Talk

PRRT Business Counselling is confidential, free of charge and available at any stage of your business development. Don't risk failure or the chance of missing out on opportunities; our expert advisers can provide invaluable guidance and support. They will help you assess business decisions and overcome any difficulties or obstacles to the future success of your business. Other business development courses at PRRT will help you develop your skills in record-keeping, sales techniques, media management and using computers.

PHYSIOTHERAPY UPDATE

PRRT offers a province wide service for the treatment of musculo-skeletal and neurological conditions. In addition to this two new services have been piloted this year.

HYDROTHERAPY CLASSES

Essentially a treatment based on exercise in warm water. This is particularly useful for clients with chronic joint conditions but can be helpful for any client who, due to their condition, finds weight bearing exercise difficult.

Classes aim to maintain or increase joint mobility, strength and co-ordination and it is hoped clients will be able to continue exercising independently in water or return to gentle weight bearing exercise when their course is completed.

Clients are assessed for this service at Maryfield, classes are held at a private hydrotherapy pool in Newtownards, a group of 6 clients attend for 8 weekly sessions.

CHRONIC PAIN MANAGEMENT PROGRAMME

This is a joint rehabilitation team programme and is held at Maryfield. 8 clients attend once a week for 8 weeks.

Each session involves 45minutes of group psychology work, based on the principles of Cognitive Behaviour Therapy, a 45 minute physical re-activation programme followed by a relaxation session. The programme is suitable for clients who have ongoing pain, which is significantly affecting their quality of life. The aim of the programme is not to reduce pain but to develop clients' coping strategies, improve functional ability and reduce the impact of pain on their everyday life.

A psychologist and a physiotherapist assess clients for this service at Maryfield. For further information, or to arrange an assessment, please contact our Service Co-ordinator.

INCREASING EXPERTISE IN PRRT'S PSYCHOLOGY TEAM

Recent government guidelines issued in June 2003 recommended Cognitive Behavioural Therapy (CBT) and EMDR as the best treatment available for the treatment of Post Traumatic Stress Disorder. The Psychological Therapies department continues to offer this type of therapy to all eligible clients and their families. CBT is an effective treatment for a wide range of mental health disorders including anxiety and depression. The client and therapist work in partnership towards mutually agreed goals that enhance the client's daily quality of life. It is a short term form of therapy with active follow up to ensure that all improvements in mental health are maintained and extended.



A PRRT Therapist at work

The team has recently expanded to 4 fulltime accredited CBT Psychotherapists. Clients referring themselves, or who are referred to the service, will be seen for assessment within one week of the initial contact with the department.

Child and Adolescent Therapy Service

The same cognitive behavioural treatment model also underpins the clinical work of the Child and Adolescent Therapy Service. This service provides psychological assessment and treatment for the children of serving and retired police officers up to 18 years of age who are experiencing psychological, emotional and/or behavioural difficulties relating to their parent's police service. The service continues to provide one to one treatment for a wide range of child and adolescent mental health disorders and also provides a consultation service that can be used by parents or other professionals working with these children. As with the adult service, mutually agreeable treatment goals are established with the child / young person and their parents. The service focuses on preserving clients' independence by assisting them to resolve their presenting problems and equipping them with coping strategies for any future difficulties. Referral can be made directly by the parent or primary carer, or via GPs or other health care professionals by contacting the Service Co-ordinator.

*Sorry ..
what
was
that?*



Have you or someone you know acquired hearing loss as a result of the Troubles in Northern Ireland?

RNID has received Peace II funding which is administered through the Community Foundation for Northern Ireland to deliver a programme of rehabilitation and development to people who have become deafened, or acquired hearing loss, as a result of the Troubles.

Acquired hearing loss can have far reaching effects for not only the individual but also their family, friends, work colleagues and in general everyday interactions. People with hearing loss can often feel lonely, isolated and excluded. The rehabilitation project aims to help people deal with their hearing loss and overcome the problems they face as a result of hearing loss, thus enabling them to become more socially included and better equipped to take advantage of education, training and employment opportunities.

If you or someone you know has become deafened as a result of the Troubles, or you would like more information on the project you can contact Maria King, Rehabilitation Co-ordinator at:

Tel 028 6632 9849

Fax 028 6632 7197 or email
maria.king@rnid.org.uk.



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