

LOOKING FORWARD: REMAINING ACTIVE IN RETIREMENT

From early 2020 we have adjusted to changes in our lifestyle and daily activities due to the impact of COVID-19. In many cases this has resulted in a cessation of activities and a loss of structure, this can be difficult as such things bring pleasure and purpose to our lives. This has potentially been a particularly challenging time for newly retired and retired officers as in many cases plans have been put on hold. The PRRT Coaching and Development Team, throughout the pandemic, have supported retired and retiring clients to remain focused and look towards the future.

As we adjust to a relaxation in guidelines options to be involved in new and familiar activities are increasing. There has been an increase in demand to meet with a PRRT Coach to access advice, guidance and support to meet the requirements of clients preparing for retirement and those already retired. Retired officers are seeking opportunities to provide purpose and structure through employment (full and part time), volunteering, learning new and building on existing skills and interests.

The coaching staff at PRRT have a great deal of experience and expertise in supporting retired officers through this period of transition. Many retiring and retired officers improve in confidence as coaching staff assist clients to realise the extensive range of skills and expertise developed both in and outside their policing service.

COACHING AND DEVELOPMENT: PATHWAY TO AN ACTIVE RETIREMENT

The Personal Development and Coaching Service offers a number of options to retiring and retired officers:

ONE TO ONE COACHING

All members of the coaching team are aware of the challenges experienced by officers moving on from a policing career. All our coaching staff are security cleared and treat all information with the utmost confidentiality. Coaching focuses on the individual and their thoughts, hopes and concerns about retirement. Many clients have been successful in the transition from policing and have moved into an active and fulfilling retirement. The coach will discuss your options, offer advice and guidance and help you consider what is right for you from a range of options.

CV WRITING, GUIDANCE AND ADVICE

When employment (paid and unpaid) is an option, it is useful to have a CV as employers

may ask for this in the early stages of recruitment. A coach may advise you to attend a PRRT course focused on writing a CV or can work with you on an individual basis to develop this with you.

COMPLETING APPLICATION FORMS AND PREPARING FOR INTERVIEW

Assistance is available with the completion of application forms for paid and unpaid employment (volunteering). The recruitment process from application to interview can be overwhelming for those with limited experience of it. Interview preparation is also available to ensure readiness for interview questions and processes. Many clients have benefitted from this support and have been successful in gaining employment.

COURSES

At the present time the Coaching and Development Service is providing online training to assist clients in CV preparation and writing. Two courses are currently available.

TRANSFERABLE SKILLS

This short course focuses on assisting clients to draw out the vast range of skills and experience developed across a career in policing. On completion of the course clients have an increased awareness of their skills and are more confident about the future.

CV WRITING

It is recommended that clients complete Transferable Skills before taking this course. CV Writing focuses on how to structure a CV, the content, what is relevant and not relevant information. On completion of the course those attending are able to start with building their own CV.

FINANCIAL SUPPORT WITH COURSE COSTS

The choices made to remain active in retirement may often result in accessing courses that have a cost. The Coaching and Development Service has in place 'Training Support' to assist clients attending courses as part of planning for or maintaining an active retirement. The Coaching and Development Service contributes a percentage of the course cost, however clients accessing 'Training Support' must meet eligibility requirements.

Many clients have received and benefited from financial assistance towards the cost of courses to achieve goals and remain active in retirement.



HEALTHCARE

As retired officers you are eligible for free services provided by PRRT to help you develop a healthy body and mind;

Physiotherapy - Chartered Physiotherapists based at Maryfield, provide a physiotherapy service to clients from the greater Belfast area. Clients are assessed and the number of treatment sessions delivered are on a case-to-case basis. The physiotherapist will work closely with clients to restore and maintain physical function, maximise potential and promote wellbeing. Clients from the rest of the province are initially assessed by our Maryfield team by telephone triage or face to face. Any necessary treatment is then carried out at an approved, security cleared physiotherapy practice closer to their home.

Psychological Therapies - Our clinical team provides treatment for retired officers and their family members who have been impacted by their family member's policing service. At pre-treatment assessment we collaborate on a bespoke treatment plan that addresses psychological symptoms and set measurable goals that impact positively on day-to-day living. All treatment is evidenced based and follows NICE Guidelines. You will play an active part in your treatment, working in partnership with the therapist to employ new strategies between sessions.

All retired officers including those who retired via Patten and the FTR Severance Scheme are eligible for PRRT Services. To check eligibility please contact PRRT.

PRRT is based at Maryfield, Holywood and provides psychological therapies, physiotherapy, personal development and training to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access personal development and training directly.

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Rehabilitation and
Retraining Trust