

# Police officers charity bike ride from Auchterarder to Harrogate



OLYMPUS DIGITAL CAMERA

Two Scottish police officers will take part in a challenging, 240 miles in 24 hours, bike ride from Auchterarder, Perthshire to Harrogate, North Yorkshire in aid of the Police Treatment Centre (PTC) Psychological Wellbeing Programme.

The Cycleological Bike Ride will take place on 22<sup>nd</sup> June and Police Scotland Constables Andy Whittie (pictured) and Brian Marsland will be joined by an elite Peloton of 23 riders, who have been selected as the best of the best from their respective forces.

They will all aim to ride the 249 miles as a peloton which is a staggering test of endurance, skill and determination!

Each rider hopes raise at least £1 per officer in their force, and will have the support of a fundraising buddy to do this.

The funds raised will go specifically towards the expansion of the Psychological Wellbeing Programme to benefit those officers in need of Psychological Wellbeing Treatment.

Currently, one in four officers attending the centres do so to receive such treatment. This helps officers dealing with anxiety, depression and stress related issues.

Police are under higher stress, because of lower staff numbers and exposure to stressful situations, and sometimes both personal and professional responsibilities take their toll.

Both UK PTC's (In Auchterarder & Harrogate) are an essential resource for both serving, retired officers and staff and there is an increasing need for this type of continued fundraising to ensure that they can operate well into the future and provide the excellent care and treatment that the policing family often rely on to maintain their wellbeing.

Reducing police budgets places more pressure on hard working police officers and staff to do more with less.

This can unfortunately lead to many experiencing a range of mental health concerns as well as injuries.

PTC's help get officers the support they need, fit and well again and 'back on the beat' doing what they want to do which is to serve & protect the public.

Around 4,000 police family patients are treated across both centres every year.

Visit the [PTC](#) Website to see the great work that is carried

out and view the testimonies from some of those who have benefited from the services provided.

You can support the peloton [here:](#)

You can also text and give!! Just text:

PTCRIDE3 to 70085 to donate £3

PTCRIDE5 to 70085 to donate £5

PTCRIDE10 to 70085 to donate £10