



Information for Retired officers

Automatic continuation

- If you currently subscribe to the Sussex Group Insurance Scheme you will automatically continue under the retiree scheme at the appropriate age category. To opt out, email admin@sussex.polfed.org.

Partner cover

- If your partner is already a member of the Sussex Group Insurance Scheme, their cover continues automatically by age category. New partner cover cannot be added after retirement. Partner cover ends at age **70**.

Payment of premiums

- Premiums will be deducted from your pension automatically which will be set up by the Federation admin team. Keep the Federation updated with beneficiary details, email, mobile number, postal address, or other changes.

Additional Life Insurance

- If subscribed pre-retirement, Additional Life Insurance continues up to age **65**, provided you remain in the group scheme. New Additional Life subscriptions cannot be added after retirement.
- Note: Life cover for you and your partner ceases at age **70**.

Beneficiary Form

- Please ensure your beneficiaries are kept up to date. You can amend them by [completing this form](#) and returning it to admin@sussex.polfed.org.

To view the policy booklet, please [click here](#). You can view the retired officer price and benefits included on p4/5.

****Please note, If you are not currently a member of the Group Insurance Scheme but wish to have insurance cover upon retirement, you must pay at least one month's subscription while still serving. Please be aware that if you are unable to make this payment during service, you will not be eligible to join the scheme upon retirement****

Returning to Sussex Police as Police Staff

If you are returning as Police Staff, it may be beneficial for you to move to the Police Staff Group Insurance Scheme subscription rather than moving to the retired scheme. This is subject to medical underwriting so please contact admin@sussex.polfed.org for further information.

Retirement Seminars / Webinars



DOUGLAS ROWE
FINANCIAL SERVICES

Doug Rowe Financial Services run a retirement seminar at the Federation office in Lancing every quarter.

To see dates, please click here: [Events](#)

To book a space, contact r.bennett@sipp.co.uk



Police Friendly and Met Friendly run monthly FREE webinars and seminars for police officers due to retire. Sign up using the links below: -

[Pension "myth-busting" webinars | Metfriendly](#)

[FREE Retirement Seminars for Police | Metfriendly](#)

Ill-Health Retirement Support & Dependent Assistance



[Police Care UK](#)

- Purpose: Support where retirement is due to injury on duty; assistance in cases of need for incapacitated officers or dependents of officers who died from duty-related injuries.
- An information leaflet can be found [here](#)
- Contact: hello@policecare.org.uk Tel: 0300 012 0030.



Police Children's Fund

- Provides allowances and grants for children of officers who died or who retired early on ill-health grounds. Grants may cover educational trips, instruments, books, uniforms and other needs.

- Contact: info@policechildrensfund.org Tel: 01903 237256.

Membership Organisations, Rehabilitation & Support



NARPO – The voice of
retired police officers

NARPO (National Association of Retired Police Officers)

NARPO is a member organisation representing retired police officers of all ranks and police widows from police forces throughout England and Wales. Advice on pensions and welfare for retired officers and police widows.

[Further information can be found here.](#)



Flint House
Police Rehabilitation

Flint House — The Police Rehabilitation Centre

Flint House offers physical rehabilitation and mental health support. Retired officers may join for a donation of **£5/month**.

[Further information can be found here.](#)



International Police Association (IPA)

The International Police Association (IPA) is a worldwide membership organisation for serving and retired police officers. Its aims have remained consistent since 1950 – to unite through friendship and professional understanding, and serving and retired police officer, without exception. The IPA provides social activities at an individual or family level – trips, holidays, sporting events, competitions and exchange visits. The IPA also organises seminars on police related topics.

Contact: www.ipa-uk.org | Tel: +44 (0) 115 981 3638



Oscar Kilo mental health support

24/7/365 crisis line – 0300 131 2789

[Mental Health Crisis Line for policing | Oscar Kilo](#)

Sussex Police Charitable Trust



The Sussex Police Charitable Trust is a registered charity. Their aim is to help their 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 their 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.*

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
- Financial Help
- Recuperative breaks at the Trust's bungalow

More information on the above can be found [here](#).

Contact details

Phone: 01273 404535 ext 540703

E-mail: 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>

Contact & Reminders



Federation contact:

E: admin@sussex.polfed.org

T: 01273 443681

W: www.polfed.org/sussex

Please keep the Federation updated with beneficiary details, email address, mobile number, postal address, or other changes.

Reminder: - If you have Salary deductions for either of the below, please make direct contact to arrange continuation from your personal bank account.



No1 CopperPot

Tel: 0161 741 3160

E: info@no1copperpot.com

W: www.no1copperpot.com



PoliceFriendly & MetFriendly

Tel: 01689 891454

E: info@mpfs.org.uk

W: www.metfriendly.org.uk



Serve + Protect

Tel: 0121 700 1222

E: info@serveandprotectcu.co.uk

W: www.serveandprotectcu.co.uk