



A simple
way to make
a difference

Payroll Giving Guide



Our mission is to reduce the impact of trauma on individuals as a result of their policing role.

Help from people like you, means we can continue supporting serving and former police officers and staff, veterans, volunteers, and their families; whether this is through our trauma therapy services or by enabling us to provide financial assistance for home adaptation to support a physical injury.

In 2022-2023, we:

Delivered **3,923** therapy sessions.



Spent on our charitable activities.

£2,291,597



Approved **74%** of financial assistance grants.

We believe that police, and their families, should always have someone to turn to who understands their situation and can respond effectively to their needs. Help us to protect those who dedicate their lives to protecting others.

What is Payroll Giving?

Payroll Giving, also known as Give As You Earn (GAYE) and workplace giving, is a flexible scheme which allows anyone who pays UK income tax to give regularly and on a tax free basis to support Police Care UK. It is a very simple and effective way of helping you make your giving go further.

Employers deduct your agreed sum of money straight from an employee's gross salary before any tax is deducted, so each £1.00 you give will only cost you 80p if you are a Basic Rate Tax Payer and if you're a Higher Rate Tax Payer, it will only cost you 60p meaning giving more actually costs you less!

Employers

If you do not have a payroll scheme at your workplace, contact a Payroll Giving Agency to set one up. You can find a list of agencies, approved by HMRC at www.gov.uk or [click here](#)

Agencies may charge an administration fee. They usually deduct this from employee's donations before they pass them to the Charity. You can choose to pay the fee, meaning the charities will get more money.

Your donations illustration:

Monthly donation amount Police Care UK receives:	Cost to 20% UK tax payer	Cost to 40% UK tax payer	Cost to 45% UK tax payer
£10	£8	£6	£5.50
£25	£20	£15	£13.75
£50	£40	£30	£27.50

Remember! You can amend your donation amount or cancel at any time.

Where your money goes

- £15** Buys a year's access to a wellbeing app to support those who are experiencing anxiety or depression.
- £50** Enables us to provide a clinical assessment to a police officer or their family member.
- £100** Will pay for one session of trauma focussed therapy to a serving or retired police officer, staff member or volunteer.
- £1,000** Will help retrain a veteran and give them new skills after leaving the job due to ill-health.

To sign up follow the steps

1

[Sign up online](#)
(or click [here](#) and print a form).

2

Sign up to our newsletter at www.policecare.org.uk to keep up to date with how your money helps.



James' story

“When you’re at the point that you think you’ve run out of options, reaching out and gaining access to people who actually understand you is so, so important.”

By anyone’s standards, traffic police officer James has been through a lot. Dealing with numerous traumatic incidents at work, the untimely death of his mother and, more recently, the impact of the lockdowns on his autistic child, all took their toll.

James got to the point where he wasn’t sleeping. He would return home after a night shift shaking and unable to switch off. He describes feeling depressed and withdrawn and very negative about his job. One morning, James left the house and began walking. He said:

“I didn’t say anything, I just walked out of the front door. I left at nine o’clock in the morning and I was found around five or six in the evening. I’d lost all track of time. It was almost like I was on a power walk, and I just walked to old places. There was a multitude of emotions in my head, but I didn’t want to be here anymore.

“Police Care UK is an organisation that understands what it is like. Someone actually understands you as a police officer and understands what you go through. And it’s a whole different kind of approach.

“Things don’t go away and you’re never really better, but I’m more equipped to deal with life. Police Care UK gave me that control back.

“I’ve found my old self again. I’m back enjoying my work, life is good.”

About Police Care UK

Police Care UK makes sure both service and former colleagues who suffer harm, and their families, have someone to turn to when things get tough.

We provide practical, emotional and financial support that is confidential, independent and accessible.

Police Care UK offers a wide range of help:

- ☛ To serving and former police officers, staff , volunteers, and their immediate families.
- ☛ Providing clinical and other therapeutic support.
- ☛ Providing financial grants.

We are independent of the police service and funded entirely by donations and fundraising - we receive no money from government .

Please sign up and support us today.



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REGULATOR**

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