

IMPORTANT INFORMATION PRIOR AND POST YOUR RETIREMENT



You may wish to look at the various services available from the Federation by visiting our website at www.sussexpolfed.org where you will find the following:-

Member Services – Special Offers for Holidays, Motoring, Phones, Days Out and more
Pension advice – including Review of IOD pensions

Have you been retired as a result of ill health?



If you have been retired on the grounds of ill-health as a result of an injury on duty, [please click here to access the Police Dependants' Trust website](#) . There may be distinct benefits for you in making contact with them. Their aim is to assist in cases of need.

- dependants of police officers or former police officers who die or have died as a result of an injury received in the execution of duty;
- police officers or former police officers who are, or have been incapacitated as a result of an injury received in the execution of duty, or dependants of such officers”.

Are you planning to return to Sussex Police?

Re-engagement of retired officers/Protected Pension Age

There are HM Revenue & Customs (HMRC) rules that apply should you be looking to become a re-employed with Sussex Police before age 55. Whether that be as a Police Officer or as Police Staff.

If you are considering re-employment in a Police Staff role there may be tax implications. This applies only to those who are aged between 50 and 55 (ie not applicable if Police Pension taken before age 50 or over age 55). If you fall into the 50-55 category then you MUST leave ONE month's break. It was previously thought that the role needed to be determined as to whether it was materially different or not and that if the role was not materially different a six month break would be necessary to avoid a tax liability on the lump sum and pension. However, HMRC have now confirmed that the role of a police officer IS materially different to a police staff role due to the powers of a police officer, so it is only necessary to leave a one month break irrespective of job description.



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. They offer a range of services to members including advice on pensions and other issues affecting the welfare of members.

NARPO is a branch based organisation formed in 1919 and still have local branches spread throughout England and Wales.

Should you wish to join NARPO or require further information please [click here](#) to access the online Application for Membership and details offered. Current rates are: £19.80 per annum.



The Police Rehabilitation Centre, Flint House, a registered Charity was founded in 1890 by Catherine Gurney for serving and retired police officers.

Retired officers can stay for 5 days in any one year, but as from November 2015 a charge of £400 for this stay will be levied. The retired officer will need to

access the Flint House website and download an application form - [Click Here](#) The completed form, signed by your GP, should be sent directly to Flint House and the admin team will liaise with the retired officer direct.

More information can be found at [by clicking here](#) or by telephoning 01491 874499



The Sussex Police Charitable Trust employs two part time Charitable Trust Liaison Officers, with the specific remit of providing welfare support to Sussex Police pensioners aged 78+, widowed spouses and medically retired staff living in the county. They can also make

contact with younger pensioners and widowed spouses upon referral. They do not visit pensioners or widowed spouses from other Forces.

The Charitable Trust Liaison Officers can offer support and information, assistance with filling in forms, making contact with a variety of agencies on the client's behalf, securing benefits, and may make applications to the Sussex Police Charitable Trust for grant help, if this is appropriate. All applications are presented on an anonymous basis to preserve confidentiality, and assessed on an individual basis. In most cases, any assistance agreed will be paid directly to the provider of a service that is required. This service is only available for retired officers, their spouses or widows/ers

The Charities own a bungalow in Dorset, which is intended for recuperative purposes. It is for use by Members and their families and is free of charge in line with the Trusts' object of helping their members in times of need, hardship or distress. 'Recuperative' taken in its broadest sense will include individuals and families who are affected by illness, injury, disability and infirmity; bereavement; family difficulties; work-related problems and trauma.

More information can be found at [Sussex Police Charitable Trust](#) or by telephoning the Charitable Trust team on 01273 470101 ext 540703.



The Gurney Fund for Police Orphans may help children not only of Police Officers who have died, but of those who have taken early retirement on ill-health grounds within the various subscribing Forces. The allowances are reviewed each year and all families are paid according to need, although there is a 'basic' weekly allowance which again is reviewed at regular intervals. Grants can be made for various items which families could not otherwise afford, such as educational trips, musical instruments, books and school uniforms.

More information can be found at [The Gurney Fund](#) or by telephoning 01903 237256



International Police Association

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.

The benefits of individual police participation are many – make new friends, learn about policing in other countries, cultures and professional practice, and receive help with travel and accommodation. For retired police officers the IPA Benefits are:-

- ★ Professional development
- ★ Free or subsidised travel to Gimborn
- ★ Retain contact with former colleagues
- ★ Police World magazine
- ★ Member's only website
- ★ Membership Card – your 'Reach Out' tool
- ★ Access to a worldwide network of police families
- ★ Organised social events – local, national, international
- ★ Special interest groups
- ★ Reasonable priced accommodation – IPA Houses and Members' owned

Membership of Section UK is open to serving and retired police, members of the Special Constabulary, PCSO's, Investigating Officers, SOCO's, and officers who resigned with over five years' service. For more information or to join the IPA go to www.ipa-uk.org



IMPORTANT

DO YOU HAVE DEDUCTIONS TAKEN FROM SALARY FOR PMAS?

If so you must contact PMAS direct to make arrangements for your deductions to continue from your personal bank account on retirement.

Tel: 0345 88 22 999 Website: www.policemutual.co.uk