



**PFOA**  
POLICE FIREARMS OFFICERS ASSOCIATION

**PFOA membership is available to all those involved in Armed Policing and Taser trained officers.**

Front line policing is challenging and dangerous. The PFOA recognises the added responsibility faced by all those involved in Armed Policing, whatever the role. We offer prompt, professional support to you and your family as well as a friendly voice at the end of a phone.

- Face to face counselling
- PFOA NLP Welfare Coaching
- Physiotherapy\*
- Financial Assistance\*\*
- Respite Breaks
- Organised peer support
- 24/7 Phone Support Line
- 24/7 GP line
- Top Cover magazine

**Join us today for just £5 per month donation!**

To join go online or contact the PFOA office  
T 01354 697890 E info@pfoa.co.uk www.pfoa.co.uk

The Old Police Station  
18 East Park Street  
Chatteris, Cambridgeshire, PE16 6LD  
Registered Charity 1126247

\*Physiotherapy only available to officers and when they cannot work. Subject to availability. Cannot be used for personal physiotherapy. \*\*Financial assistance only available to officers and when they cannot work. Subject to availability. Cannot be used for personal physiotherapy. \*\*Financial assistance only available to officers and when they cannot work. Subject to availability. Cannot be used for personal physiotherapy.

## Blue Light Hiking

The Police Firearms Officers Association have teamed up with Challenge the Wild to offer our members the opportunity to attend Well-being Walks across the UK in 2023.

Blue Light Hiking provides all Blue Light employees access to Well-being Walks. There events are designed to support participants and offer real benefits. They focus on improving the physical and mental well-being of participants, whilst connecting like mind people and building team spirit in a safe place. They boast years of experience designing and delivering events. Anyone can plan a hike; but they plan each one as an opportunity for you to build stronger connections with nature, with yourself, and within a community.

All walks are guided by professional instructors who will ensure you really benefit both physically and mentally; and include a Mental Fitness Workshop and the best bit is that they are free to attend for PFOA Members. You may attend any walk unless ringfenced. To book, please visit [Blue Light Hiking](#) and mention you are a member of the PFOA.

## Support Given in April

The PFOA assisted 70 members and their families in March. Some examples of support given: Coaching x 19, Counselling x 19, Physio, x 5, Welfare calls out x 78, Welfare calls in x 19, Welfare breaks x 1, Signposting x 1.

## PFOA Promotional Video



The PFOA has teamed up with Good Guys Productions to make a promotional film. This will be sent out to all Forces, with the intention to be shown on Initial Firearms Courses, Taser Courses, ITFC/TFC Courses & PIM/PIP courses  
We would like to thank the PFOA members who have gone on camera to share the support we have given to them and their families.



## PFOA Members walk for charity raises £1,117

The [@trojan78expedition](#) team are now back in the UK following an eventful trip to Svalbard. Raising money for the PFOA and Air Ambulance.

**PFOA Summer Ball**  
Only a few tickets remaining  
**Saturday 10<sup>th</sup> June 2023**  
Leicester Tigers Rugby Club  
Black Tie event  
£70 per person  
Contact PFOA HQ

Police Firearms Officers  
Association  
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**Current membership**  
**10,646**

To Unsubscribe to this newsletter please contact your Force Coordinator