

# 1TeamActive

**1TeamActive, an initiative from Team Police, is designed to support the physical and mental wellbeing of the Police Family. This is the first initiative of its kind supporting the Police and their families and you can be a part of it.**

TeamPolice is partnering with OscarKilo, the national lead for police wellbeing, to help deliver the physical activity element of the new Police Covenant requirements. Through the 1TeamActive programme we aim to provide opportunity, support and education to individuals that will have a lasting effect by changing lifestyle practices for the whole family.

1TeamActive focusses on those that will benefit the most. Those who wouldn't normally be involved in sport and exercise and do less than 150 minutes of moderate activity each week, and/or those who feel that their mental health has suffered due to the demands of policing. To support them in this initiative we encourage the whole family to participate and make it inclusive.

The scheme has been evaluated by Cardiff Metropolitan University and provides an evidence based analysis showing the value and benefits against the key objectives.

The aim is to embed a sustainable activity programme within the Police Service which improves the mental and physical wellbeing of our police officers, staff, volunteers, and their families.



*Thanks again for your time, support and especially for encouraging the kids to participate. We have all had a great 11 weeks training and hope to continue*

West Midlands Participant



*I have to say that I think the programme has been a real success as all of the participants are going to continue to attend the sessions once the programme has finished which is fantastic*

Wiltshire Instructor





## What 1TA entails for the participants

1TeamActive 'introduction days' will provide an opportunity for candidates and their families to learn, to meet others, and to try different activities in a supportive, fun and encouraging environment.

Following on from the initial event there will be 11 weeks of further activities - including a variety of online resources and training classes to provide flexible and encouraging help to keep participants engaged and, more importantly, active! The support will cover all levels of ability to enable full family participation. In addition there will be educational aspects on the benefits of an active lifestyle and nutrition.

## The Police Covenant

The covenant is a recognition by government, policing and society as a whole, acknowledging the sacrifices made by those who work or have previously worked in our police forces. It is intended to ensure that officers, staff, volunteers and their families are not disadvantaged as a result of their service in the police and seeks to mitigate the impact that this may have on day to day life. This places a legal requirement on Government to report to Parliament on issues relating to police welfare, wellbeing and support.

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1TeamActive needs your support to make this happen. Would your organisation be interested in increasing its social value by helping the policing family improve their physical and mental wellbeing?

Contact [1teamactive@teampolice.uk](mailto:1teamactive@teampolice.uk) for further information.

*It has been an amazing 11 weeks - great exercise sessions, healthy recipes and advice and best of all the wellbeing element. Thanks TeamPolice. Can't wait for a happier & healthier 2022*

Wiltshire Participant



*69% of respondents reported that they have experienced difficulties with their mental health and wellbeing ... that were either caused or exacerbated by work*

Police Federation Mental Health and Wellbeing Support Survey - Jun 2021