

Derbyshire Police Federation

SUPPORTING YOU



The coronavirus outbreak is obviously having a massive impact on the way we work and how we live our lives.

As your Police Federation, we have been fully engaged with the Force as it responds to this crisis and have been your voice in Gold and Silver meetings, ensuring that officer wellbeing is put to the fore.

We appreciate members are committed to serving and protecting their communities but recognise the impact this may be having on them physically, mentally and emotionally. They are also likely to face a financial impact as most household incomes will be affected in some way.

We want members to know that there is help at hand. The Police Federation of England and Wales and

the National Police Wellbeing Service's Oscar Kilo initiative both have dedicated sections on their websites, pulling together links where information and advice can be found.

In this document, we highlight a number of other sources of help and support but please do not hesitate to contact the branch officials, your workplace representatives or your Federation support officers (FSOs) if you need further information.

Tony Wetton, branch chair

Mark Wright, branch health and safety lead



The Police Federation of England and Wales

The national Federation has a [dedicated page](#) on its website where you can find a wide range of resources related to the COVID-19 outbreak.

Police officers will understandably be focused on supporting the public through the COVID-19 crisis but there is [general advice](#) on policing during the pandemic and also, since officers may face personal and financial difficulties due to reduced household income or childcare, there is a section on [financial support](#).

Oscar Kilo - the National Police Wellbeing Service

Guidance and resources relating to the coronavirus have been brought together in one place on an online hub by Oscar Kilo, the National Police Wellbeing Service.

Members can access advice from the Government, the NHS and the World Health Organisation by visiting the [COVID-19 Coronavirus Hub](#).

Oscar Kilo is carrying out specific work to support and guide forces through the crisis and help them to



Regular news updates are posted on the Derbyshire Police Federation website where you can also find general information about [health, safety and wellbeing](#).

The Force also includes information through the Connect pages. Try searching 'Employment support': You at Work.

communicate key messages to officers and staff.

The hub includes advice on self-isolation, social distancing in a public role and coping with quarantine.

The College of Policing

The College of Policing has a COVID-19 page on its website giving the latest front-line policing updates.

The updates are for everyone in policing and aim to help officers, staff and volunteers stay safe while performing their duties and serving the public.

[Visit the college website.](#)



No1 Copperpot: helping the police family

Within the UK police family, No1 CopperPot Credit Union has more than 35,000 members.

Different to many other financial institutions, credit unions offer their products only to members, who must be within a common bond. At No1 CopperPot Credit Union, the common bond is the police family. This means anyone employed by, or working for, the police can join and once you are a member you can introduce family members residing at your address too. The exclusivity of the credit union means that members are working towards the same goal, and pool their finances to benefit one another.

Membership means you can save on a regular basis, which creates good savings habits as well as a rainy day fund. These pooled savings can be accessed by all members through loans and mortgages, as and when necessary.

Whereas building societies were created to make all members home-owners one day, credit unions are an affordable, fair source of finance for loans as well as mortgages. As soon as you join No1 CopperPot and agree to start saving, you can then apply for any other products and services as required.

The credit union is member-owned which means members have a say in how the credit union is run, which puts members at the heart of every decision made.

As a not-for-profit organisation, surplus available profits, made each year, are shared among all members in the form of an annual dividend. Credit unions have no shareholders, only members benefit from the profits.

No1 CopperPot Credit Union was created in 1986 by police officers who liked the idea of colleagues helping one another financially.

Visit [No1CopperPot's website](#).

PayPlan

PayPlan recognises coronavirus could mean many people are going to need to start living on less money than they are used to.

They offer this initial advice for steps you can take:

- Look at your budget. Work out how much money you need to live on a day-to-day basis by downloading and completing PayPlan's handy budget sheet
- Priority debts should be dealt with before your non-priority debts. Make sure you understand the difference and act accordingly
- Speak to your bank, lender or credit provider if you think you'll miss payments – most companies will give you at least 30 - 60 days' breathing space
- Get debt help as early as possible – PayPlan offers free and confidential debt help for police officers, police staff and their families

PayPlan advisers offer free and confidential Financial Conduct Authority regulated support, advising on a range of debt-free solutions that are tailored to each individual's circumstances. Call **0800 009 4146** or get debt advice or visit the [PayPlan website](#).



Helping you save, and borrow

Police Credit Union is a free employee benefit which helps members of the police family save and borrow with repayments straight from their pay.

It is passionate about improving the financial resilience of those who serve and protect and currently serves more than 32,000 members including police officers, staff, retirees and their family members.

Here to help our members save, there when they need to borrow. Committed to the principles of people helping people – it is a not-for profit financial cooperative owned by and run for its members – offering an ethical alternative to other financial providers and treating people as an individual rather than just a credit score.

- Save with repayments straight from your salary
- Receive a return in the form of an annual dividend
- Loans of up to £25,000 – with no early repayment penalties
- FREE life cover
- Completely confidential
- Join for FREE.

"We are proud to play our part in helping our members protect the nation, helping them prepare for their financial future, so they are ready to respond to any financial challenges they may face throughout their career," says Rob Lovesey, business development manager at Police Credit Union.

For more information call **0121 700 1220** or visit the [PCU website](#).

Police Mutual

Police Mutual has produced a newsletter focussing on coronavirus as part of its 'Let's Talk Money' series in support of the Federation's national campaign on wellbeing.

[Read the newsletter](#).

Money Saving Expert

You may recognise Martin Lewis from ITV's Money Saving Expert TV programme. The Money Saving Expert site is dedicated to helping to cut your bills and to help support your case with journalist research, cutting-edge tools and support from the wider community – all with the focus on finding the best deals, saving money and campaigning for financial justice.

[Read advice on dealing with your finances and bills during the coronavirus crisis](#).

WELLBEING

Due to the current circumstances and being encouraged to self-isolate, there are concerns around wellbeing that should be highlighted with people likely to feel anxious, stressed, bored, lonely and frustrated.

In addition to the resources available from [Oscar Kilo](#), the NHS has released articles providing helpful tips and guides to help those with [anxiety](#) and [staying at home](#).

If you are considering further support for your wellbeing, please consider [Mind](#), the mental health charity.

Joe Wicks - The Body Coach home work-outs

Joe Wicks posts weekly HIIT workouts to help you burn fat and get fitter, stronger, healthier and lean. You don't need a gym to get lean and most of his work-outs can be done anywhere with no equipment.

Recently, Joe has been posting daily PE lessons on his YouTube channel to enable families to exercise from their own home while under the current restrictions.

Each lesson begins at 9am and lasts roughly 30 minutes. [View Joe's channel](#).

WORKING FROM HOME

Everyone who can work from home has been told to do so but this can take some adjustments.

Oscar Kilo has produced [tips for working from home](#) and the NHS has released a guide including [essential health and safety tips](#) setting out how you should be appropriately set up to carry out your work from home.

The BBC has also produced an article suggesting [five key ways to work from home](#).

USEFUL LINKS:

[Gov UK COVID-19 Guidance](#)

[NHS - COVID-19](#)

[Public Health England](#)

[World Health Organisation](#)

[BACP](#)

– tips and strategies to help you cope

[The Campaign Against Living Miserably](#)

[\(CALM\)](#)

– tips for coping through the crisis

[Headspace](#)

– mindfulness App

CHARITIES

Wide range of support available from Police Care UK

Police Care UK is a charity for serving and veteran police officers and staff, volunteers, and their families.

Independent of the police service, it is entirely funded by donations and fund-raising and receives no money from the Government or police forces for its work.

You can access practical, emotional and financial support that is confidential and impartial by submitting a referral for you or someone you know.

Police Care UK offers:

- Psychological support
- Financial assistance and benefits
- Specialist equipment grants
- Support for those seeking new careers after policing
- Veterans' peer support
- Educational bursaries for the children of serving and retired police officers and staff and volunteers in full-time or higher education. [Find out more](#).

The Welfare Support Programme

The Welfare Support Programme (WSP), launched by the national Federation and the Police Firearms Officers' Association, is there for officers who find themselves having to cope with often life-changing situations through the course of their duties.

It offers a 24-hour, 365 days a year telephone support line for officers and their family members who can speak directly to fully trained staff with mental health first aid certificates.

They help officers to get the best support and is available to:

- Officers who have been involved in a death or serious injury incident at work that results in Post-Incident Procedures
- Officers suspended from duty
- Officers served with gross misconduct papers and
- Officers who, following a consultation with their Federation branch and the WSP, are deemed in need of being placed on the programme.

It is also available for family members of officers entered onto the programme, their partners, any person living in the officer's household and officers' dependants.

Contact must be made initially through the Federation branch.

