



Following positive feedback from the document sent to you a few days ago we wanted to send you a follow up document with some further advice and guidance as well as some reminders as to services and entitlements that are relevant in the current pandemic.

Oscar Kilo is the national police wellbeing service and they offer some really useful advice if you've worries about social distancing whilst at work, making valuable contributions whilst working from home and many more: https://oscarkilo.org.uk/covid-19-whats-worrying-our-people/?utm_source=Twitter&utm_medium=social&utm_campaign=SocialSignIn&utm_content=Oscar+Kilo+general

We all need to look after our mental wellbeing and doing so at this time is even more important. The NHS have some good suggestions 'Coronavirus and mental wellbeing' accessed via this link here:

<https://www.nhs.uk/oneyou/every-mind-matters/>



The force welfare fund supports staff and officers with financial assistance when faced with extreme financial hardship.

The current situation brings additional worries and now is a good time to suggest a time to 'service' your finances.

Do you need that gym membership? Can you have a holiday from the payments? Are you still paying for any after school clubs or evening sessions?

Are you saving money by not driving your car thus not using so much fuel? Can you save that money for any unexpected bills such as electric or heating costs that are higher when the next bill comes in due to being at home 24/7?

If you need assistance or further advice from the welfare fund check the force intranet page for details or contact samantha.greatorex@hampshire.pnn.police.uk



We are pleased to offer you access to a webinar being facilitated by Dorset MIND. These are free to attend and places are limited to just 50 on each seminar.

Taking part in a webinar doesn't identify who you are and you remain anonymous, only the facilitator can see you.

A personal email is needed to register and log in. No one else sees this email but for the facilitator.

There is a Q&A session at the end of each session.

The first webinar on Thursday 9th April 1030 – 1130hrs and titled ***Supporting children and young people in the Covid-19 Pandemic*** will cover:

Exploring the challenges of Parenting in the Covid-19 Pandemic and Strategies to support the mental health of young people.

The second one on Tuesday 14th April 1030-1130 titled ***Supporting Mental Health in the Covid-19 Pandemic*** covers:

Exploring the challenges of the Covid-19 Pandemic, Core coping strategies to help prevent escalation and maintain Wellbeing and Five Ways to Wellbeing Plans.

Both are one hour long.

To register your interest in either of these webinars please email Wendie.douglas@polfed.org

Once your place is confirmed you will be sent a unique link to join the webinar. You are advised to login ten minutes before the webinar is due to start to make sure you can access the session.

*****WIN***WIN***WIN*****

Gardening can be good for your mental and physical health, it can help to lower your stress levels, and help you overcome anxiety and loneliness.

Being confined to your home gives you time to work on the garden, terrace, vegetable patch, window box or balcony!

Police Mutual offer a £50 AMAZON voucher to the winner of the best garden/terrace/window box/vegetable patch or balcony. Also a £25 AMAZON voucher to the runner up!

Take a photo of your chosen category **now**, take another on the 30th April and then please email your photo to Hampshire@polfed.org

Our PMAS contact Jo Beard will judge the entries on the 1st May!

Get those **green** fingers out and get growing!



Worried about your finances?

In response to the uncertainty created by the COVID-19 pandemic, Rob Heath, a retired Police Officer and qualified financial adviser of Eight Wealth Management is offering complimentary consultations to anyone concerned about the impact on their financial situation.

You and your loved ones can access advice in your own home by telephone or video call.

Rob's aim is to contribute knowledge, experience and to provide guidance and reassurance in these difficult times.



COVID-19
Coronavirus



EIGHT
WEALTH MANAGEMENT

Day and evening consultations are available for individuals, couples or families, on various weekdays.

To book a slot, please email Rob.Heath@sjpp.co.uk
Make sure you leave your name, telephone number and an indication of what you would like to discuss.

We hope you all stay safe and well.

Coronavirus: Managing your Financial Resilience

During times of uncertainty, finances can be the last thing on your mind. But, for many of our Serve and Protect family throughout the country, now is a time when their financial resilience becomes vital. Some are facing the possibility of their household income halving, others are suddenly having to arrange childcare, all whilst continuing to serve and protect our nation during this difficult time. **But, what can you do to maintain your financial resilience?**

Below are some useful hints and tips to help you get through this challenging period.

www.serveandprotectcu.co.uk

1) Mortgage Payment Holidays



If you are struggling to keep up with your mortgage during the COVID-19 pandemic, you may be eligible for a rest period of 3 months during which you will not have to pay your mortgage. Note that this is a voluntary break offered by a few banks. If you feel that you could benefit, contact your bank to find out if they offer it and make sure you fully understand the process. The cost of the 3 months will result in a small uplift on your remaining payments, and you will still be charged interest for this period.

2) Access your Fixed-term Savings Account



If you need access to funds as a result of COVID-19, you may consider accessing your fixed-rate savings account. Usually, if you want to withdraw from a fixed-rate savings account before your term is up, you will incur penalties for early withdrawal. However, several banks have pledged to waive penalties for those who need to access their funds because of the COVID-19 pandemic. Your interest may be affected, so if

you can manage without, do so. Instead, look at cutting down your outgoings and creating an emergency budget plan on the free tool on our website www.policecu.co.uk/loans/budget-planner/.

3) Help for Renters and Landlords



If you are renting from a private or social landlord and you are struggling to meet your rent as a result of COVID-19, you should contact your landlord in the first instance to work out a realistic repayment plan. New legislation set to be imposed by the government means that no evictions can take place lawfully within the next 3 months, protecting renters who are struggling financially. Existing protocols in place

for social landlords dealing with rent arrears will also be extended to help private landlords manage the deficit.

Proud to support those who Serve and Protect.

Here for you, when you need us most.

PART OF THE SERVE AND PROTECT FAMILY

POLICE/CU **MILITARY/CU** **PRISON/CU**

**SERVE
PROTECT** 

4) Avoid high cost lenders



When times get tough, it can be tempting to turn to high cost lenders or high-interest credit cards to get cash quickly. Whilst this might solve the problem to begin with, it can often leave you in a worse position later on, as a result of high interest, fees, and the adverse impact it can have your credit history. If you

are

in need of a loan to support you, there are ethical alternatives out there that can help you, like the credit union.

5) Speak to someone



Lean on your Serve and Protect family. If you have colleagues that you can ask to help you cope with your financial stress, now is the time to do so. Too often, when we face financial worries, we are too afraid to talk to someone. Instead, we suffer in silence. If you are already feeling the impact and are having difficulty

paying your debts, reach out to your creditors as soon as you can. Some creditors will offer small periods of non-payment, to allow you some time to get things in order. Remember, it is okay to ask for help!



We've had some great feedback on the use of the below service allowing access to a GP from your own home.

The **GP Care on Demand service** from George Burrows under the Group Insurance Scheme provides the subscribing member and their resident family with unlimited access to a GMC licensed practicing GP from the comfort of their home or workplace.

You can conveniently schedule a video consultation or request a telephone call back consultation from an experienced GP who'll take the time to support your individual needs. Where appropriate, they will be able to issue an open private specialist referral letter or a private prescription.

If it is identified you will benefit from a second medical opinion the doctor will support you by connecting to the Best Doctors® service which has a network of over 50,000 world leading specialists to review your case in full and help support some of the most important decisions you may have to make around your health.

Brought to you by Teladoc Health, a world leader in virtual care, you can use the GP service when you are abroad to access doctors who are practiced in supporting patients wherever they are in the world.

Key benefits:

- ☐ 24/7, 365 days a year, worldwide access
- ☐ Connect via the App, or simply call
- ☐ Discuss all aspects of your physical and mental wellbeing
- ☐ Unlimited consultations; you can use the service as much as you need
- ☐ Connect with a high quality GP* who has the time to listen and to help you

To arrange an appointment simply **download the 'Care on demand' App****, create an account and book a consult:

Apple Store: <https://apps.apple.com/gb/app/care-on-demand/id1481628208?ls=1>

Google Play: <https://play.google.com/store/apps/details?id=com.advancemedical.careondemand>

Using code: **HANTS2019**

Or you can call: **+44(0) 203 499 4891**

No pre-existing medical condition exclusion or age limit applies.

**Teladoc GP's are carefully selected and actively practicing medicine. They have over 6 years professional experience, undergo quarterly appraisals and continuous training.*

***As part of Care Quality Commission (CQC) regulations patients, when engaging the service for the first time, will be asked to go through a positive ID process.*

GP Care on Demand is provided by Teladoc Health, Inc.

Teladoc, Inc. is a telemedicine company that uses telephone and videoconferencing technology to provide on-demand remote medical care via mobile devices, the internet, video and phone.

www.teladoc.com



Police Care UK are the chosen charity for Hampshire Police federation for 2020 and here Dr Jess Miller gives advice on coping with the response to Covid19 Covid19 - Resilience for the Policing Brain.

As the pandemic starts to shape our world at work and at home, it's good to just hit the 'pause button', to check in to see how we're doing and thinking.

- What do you exchange with others about news and social media: is it useful?
- Choose your position: is it one of strength, humour, new thinking, protection?
- Think what you DO know & what resources you HAVE (not what you don't)

Threat Perception

Policing brains are great at threat perception. BUT public panic can disrupt it. We can get triggered and reminded of past jobs (family crises, public disorder...)

- Think! this is a NEW situation. This is not you in a past scenario.
- You're HERE as part of a wider emergency response involving all walks of life.
- There are police just like you all over the world who will experience this.
- This will become a job we learn from and think back to when it's done.

People

There is lots of talk about isolation and keeping connected– but it's very different for police and staff still on the job with families at home. Recognise that.

- Make sure your loved ones understand why you are out at work when you are
- Bring some humour into this crazy situation, with peers and in the family
- Create new rituals and routines which include things you do together
- Find new ways of showing people you care. Even if they seem silly to you
- Look out for happy strangers. Give people being kind a mental fist bump

Body Resilience

It's so easy to 'be in your head' when responding to the demands of the job and family life. This latent sense of 'unease' about the pandemic is something that our bodies have to get on with. We need to give them support to prevent discomfort.

- Feel strong by re-working fitness into your new routines*
- Keep nutrition up –even if it's a shake, a protein bar or chewy vitamins
- Put effort into rest and mentally tell your body "Thank you, time off now!"
- Reward your body with a favourite hoodie, chair, a decent stretch, a self-hug!

Covid19– fitness tips!

If you can't train outside, why not go online or order DVDs to use at home!
Military Marine training: good for zero space and exertive

TRX Suspension Training: good for zero space, stretching and strength

HIT: good cardio and stress relief. Weights & Tabata: good for zero space, power

MMA and Zumba: Coordination and energy and fun

<https://www.policecare.org.uk/covid19-resilience/>

If you've read this far and wanted to contact us then here are the deets:

Hampshire Police Federation

Tel: 02380 478920

Internal no. 4726 418

Email: Hampshire@polfed.org

Internal station code: EN/P124