

Leicestershire
POLICE
Federation



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Dear members & colleagues,

As you are aware, we are currently in unprecedented and very difficult times. The COVID-19 virus is currently attacking our local areas as well as the nation, the most vulnerable in our society are falling victim to its destructiveness. As Police Officers we have an extremely important role to play during this time and more is likely to be asked of you all as we move forward.

Over the coming weeks many of you will be asked to help enforce the governments message to the nation to 'stay home', whilst not being able to stay home yourself with your loved ones. This is on top of your normal duties and the risk of meeting those infected with the virus. This does not go unnoticed and we are aware of the pressures and the serious concerns you will have, and you will face.

We are also aware that many of you are absent from work due to the virus, whether that be for self-isolation – a family member with symptoms, self-isolation - showing symptoms yourself, or self-isolation - because you are in a high-risk group. I ask that you remember this **'you are not letting your team down if you have to self-isolate to go home with symptoms, you need to get better and be ready to step back in when the next officer needs to be at home'**.

I am concerned about you and your wellbeing, the effect that the situation, both in work and at home, may be having on you and your family. I also understand that those with family and partners who do not work in the public sector may well be facing very uncertain times in terms of employment and finance.

The contacts and information contained within this document are not exhaustive, we are constantly working with the force to ensure that you are afforded the best protections and that regulations are complied with, Our Chair, Dave Stokes, and Branch Secretary, Jon Carter-Lang, are joining the Gold and Silver meetings daily to ensure that the force have your wellbeing at the centre of their decision making.

The team at Leicestershire Police Federation are meeting regularly using technology to keep updated and feed into the full-time principals with concerns and ideas for our members and colleagues. We currently have the full support of the government and the public and this shows your critical place in managing the situation we are in.

Please contact your local Federation Representative or any of the full-time team if you have any questions or require any advice whatsoever. For any other queries, you can contact the Federation office on **0116 218 3131** or by emailing leics@polfed.org.

We are extremely proud of how you are all working and coping at this stressful time.

A handwritten signature in black ink, appearing to be "Joe Lloyd".

Joe Lloyd
Deputy Secretary and Wellbeing Lead
Leicestershire Police Federation

A handwritten signature in black ink, appearing to be "Adam Commons".

Adam Commons
Vice Chair
Leicestershire Police Federation

Joe Wicks – The Body Coach Home Workouts

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 workouts 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 the own home whilst under the current circumstances.

Each lesson begins at 9am and lasts roughly 30 minutes.

To view Joe's channel, click [here](#).



PFEW

Police officers will understandably be focused on supporting the public through the COVID-19 crisis. But you may also face personal difficulties around reduced household income or childcare.

To view the resources available, please click [here](#).



No.1 Copperpot

No.1 Copperpot deals only with the Police family. They can offer personal loans, debt consolidation loans, student officer loans, commutation loans, mortgages, savings accounts, junior saving accounts. Lending decisions are based on personal circumstances and not just your credit score (savings account must be opened to access any loan product - minimum saving of £5 per month).

Due to the current circumstances surrounding COVID-19, No1 Copperpot have released new temporary phone numbers for you to access their services. To view the temporary contact numbers, please click [here](#).



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 the support from the wider community – all with the focus on finding the best deals, saving money and campaigning for financial justice.

A guide on financial wellbeing surrounding the current circumstances can be found [here](#).

MoneySavingExpert
Cutting your costs, fighting your corner



Fit for Duty

The Fit for Duty Scheme has been created by the Leicestershire Police Federation to support working members returning to good health. The scheme will assist officers who are recently injured on duty and require physiotherapy treatment quickly in order to get back to work and minimise sick leave or to return to full operational duties if they are currently restricted due to the injury.

To view the criteria for the scheme and how to apply for this, please click [here](#).



Wellbeing

Due to the current circumstances and being encouraged to self-isolate, there are concerns to wellbeing that should be highlighted. The current circumstances may cause feelings on anxiety, stress, boredom, loneliness and frustration.

The NHS have 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 – For Better Mental Health](#).

Oscar Kilo

Oscar Kilo lead on the National Wellbeing Program. Over recent weeks they have been creating the Coronavirus Hub on their website.

Below is a link that will take you directly to the hub, where you will find a large amount of information, such as relevant signposting, advice on self-isolation, home working and school closures. To view the Coronavirus Hub, please click [here](#).



Tips for Working from Home

With recent government advice encouraging those who can work from home to do so, it is always important to ensure that you are set up appropriately, to be able to work as if you were back at the workplace.

The NHS have released a guide including essential health and safety tips to encourage how you should be appropriately set up to carry out your work from home. To view this guide, please click [here](#).

The BBC have also released 5 keyways to work from home. To view these, please click [here](#).