



MELANIE EARNSHAW
 Workplace Rep

“ I’m interested in people’s lives and helping them ”

Melanie Earnshaw was persuaded to become a Federation rep after winning a Police Bravery Award.

The Gloucestershire PC was recognised for her actions in preventing a woman from setting fire to herself. After the award ceremony she got talking to a senior Federation Rep who encouraged her to get involved. She was elected in 2018.

Melanie says: “I enjoy being a rep for the same reasons I like policing: it’s the variety of the work and I’m interested in people’s lives and helping them. I feel that I’m able to empathise with colleagues and whatever they are going through.

“I’ve been able to help colleagues with a range of queries, including professional standards interviews.

“I’ve also become a mental health wellbeing lead – there’s not nearly

enough understanding around this issue and people still don’t feel comfortable to admit when they are struggling. I hope we can change that. I’m more than happy to speak to anyone on a member’s behalf.”

Melanie has a child of school age and recognises that family commitments can deter women from becoming reps, but they are vital to ensure the Federation is relevant and representative of its members.

She added: “It is hard work and I regularly do work at home – if you have an understanding family like I do then that definitely helps. But forces usually allow time for us to do Federation work on duty.

“Being a rep it’s a great way to upskill and network, while also helping your colleagues. I’m so glad that I decided to do it. I enjoyed the first year and have not looked back.”