

Following a serious injury when on duty PC Claire Bond, who has been an officer with West Midlands Police for 14 years, saw first-hand the work of the Federation and decided that being a rep was a role she wanted to do.

“I didn’t want to just jump in and not do a good job of it. The whole point, I think, is when you take on something like this, you need to give it your 100% effort and concentration, and I just felt that actually it was the time to try and see if there’s things that I could do to assist my force with.

“I recall a time when I didn’t actually know how to find a rep and I didn’t want that to be the case for me. I wanted to be more visible. I wanted people to go ‘Right, I know I can contact Claire and she’ll get back in touch with me’.



Claire Bond, Staffordshire Police

“ Whether it’s a disciplinary issue or a health related issue, you have to take that case on behalf of your colleague. ”

“I didn’t really have a lot of knowledge about the Federation and what it could do for officers until the Federation assisted me after I suffered a serious injury whilst on duty.

When asked about what it is about being a rep she finds most rewarding Claire said: “As a rep you get more opportunities to see issues

through from start to finish. You may have a colleague who comes to you with all matters of difficulties – it maybe something to do with work or home life.”

“Whether it’s a disciplinary issue or a health related issue, you have to take that case on behalf of your colleague, and you do have to possess the ability to see it through from start to finish for their benefit.”

Because of the support that Claire received from the Federations following her serious injury she began to think much more about how officers need to take more care of their wellbeing.

Claire explains: “During my rehab I did a lot of work with Occupational Therapists. Each week they would be giving you things to do and it set me thinking that this would work really well with the probationer officers. If they take steps now to take better care of themselves I believe we would avoid a lot of issues further down the line, when they are burnt out or they do something wrong requiring much bigger and more costly interventions.”